

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 It's Women's History Month. Visit the library and check out a book about a woman your teen admires.	2 This month, try to eliminate pessimistic phrases. Replace, "It won't work," with, "Why not try it?"	3 It's the birthday of Alexander Bell, inventor of the telephone. Set up a system for recording phone messages.	4 Keep talking about school. Every day, ask your teen what he's doing and thinking about.	5 Develop a "Where Am I?" form with your teen that lets each of you know where the other is.	6 Don't like a friend of your teen? Resist the urge to be negative. You may make the friendship seem more attractive.
7 Have your teen help you do your taxes. If she earned money in 2009, help her file a tax form.	8 If you want your teen to get more involved, set an example. Join a club or group that interests you.	9 Give your teen a small "Just because I love you" gift—a candy bar or a magazine, for example.	10 Is your teen learning to drive? Together, write out a contract that sets out responsibilities and rights.	11 Look in the newspaper for community events that may interest your teen.	12 Declare this an Acts of Kindness Day. Make a special effort to be kind to each other. It may become a habit!	13 Look for the positive and celebrate. Grades went up? A first job? An award? Focus on the joys of teen years.
14 Plan a "Family Night In." Read, play games, watch a video, take a walk or go for a bike ride.	15 Celebrate Nutrition Month by checking out a library book about nutrition.	16 If there are safety concerns at your teen's school, talk with your teen about how to stay safe.	17 Talk about alcohol by asking "What if" questions: "What if the friend who is driving gets drunk?"	18 Notice the good things about your teen's friends.	19 Does your teen want to talk? Stop what you're doing and listen.	20 Faced with a thorny situation? Try talking with other parents. Teachers can also be a good source of advice.
21 It's Clutter Awareness Week. Brainstorm with the family about ways to reduce the clutter in your house.	22 Write your teen a letter telling her about the day she was born.	23 Teens often follow bizarre diets. Learn more about the Food Guide Pyramid and good nutrition.	24 Teens don't think ahead. Help them learn this skill by thinking out loud: "Remember to be home by midnight."	25 Does your teen use the Internet? Stop by occasionally to monitor—just as you pay attention to the TV he watches.	26 Help your teen think about the snacks she eats. Could she make some healthier choices?	27 Take your teen out for breakfast. No agenda—just talk.
28 Highlight youth accomplishments. See if churches, newspapers or businesses will spotlight outstanding teens.	29 Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.	30 Talk about the future. Ask, "How can you become what you want to be? What steps can you take?"	31 Prepare a family recipe with your teen. Talk about recipes that have been handed down through the years.	<h1>March 2010</h1>		

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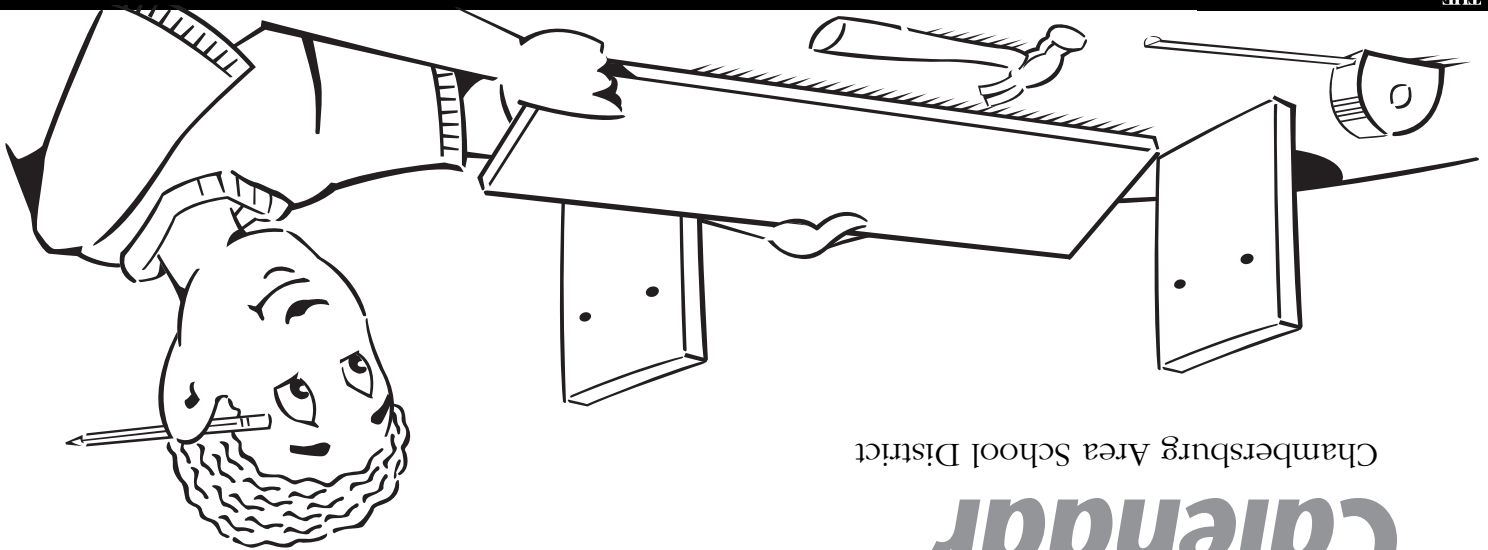
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<h1>April 2010</h1>				1 Have your teen start a spending notebook. Keep track of expenses for a month. Use it to prepare a budget.	2 Watch a TV program with your teen. Talk about the misleading messages that it sends about sex, love, drugs, etc.	3 In 1860, the Pony Express made its first trip. Have your teen write or email a letter to someone.
4 If your teen runs out of money, don't always bail her out.	5 Visit the library. Have your teen check out a book about the environment.	6 Choose one or two of your teen's interests. Have him research colleges with strong programs in those areas.	7 Keep things to read in the car. Your teen will have something to read while waiting for an appointment.	8 Encourage your teen to keep a journal of his accomplishments. He can read it when he needs a little encouragement.	9 Big test coming up? Have your teen make a list of possible questions (and answers). It's a good way to review.	10 Take your car to a service station. Make sure your teen can check the oil and fill it with gasoline.
11 Encourage your teen to call an adult friend she respects when she needs advice.	12 Help your teen make a budget. Be sure to include some money for the unexpected things that always occur.	13 Teach your teen to be a smart shopper. Help her set a budget for a big purchase before starting out.	14 Talk about the good and bad aspects of stress. Discuss ways your teen can deal with negative stress.	15 If your teen is faced with a big decision, talk about it within the context of your faith or family values.	16 Brainstorm how your family could help beautify your neighborhood.	17 Make music part of your everyday life. Explore different kinds of music. Look for a new radio station to try.
18 Plan a Family Night In. Pop some popcorn, rent a video, choose a favorite card game to enjoy together.	19 It's Turn Off the TV Week. Can your family switch off the set for seven days?	20 The next time you drop your teen off at practice, stay a few minutes and watch.	21 Know where your teen is going and who she's with. Peer pressure is less strong when parents are "in the know."	22 Celebrate Earth Day as a family by planting a tree or a flower.	23 Celebrate Shakespeare's birthday by reading one of his sonnets with your teen.	24 Post report cards, honor roll lists and awards just as when your teen was young. Celebrate achievement.
25 Enjoy some physical activity with your teen. You'll both get exercise—and it may lead to conversation.	26 Visit the library. Suggest that your teen look for a new book by a favorite author.	27 No homework tonight? Have your teen spend 30 minutes reading the newspaper.	28 When your teen brings home a test or assignment, talk about the questions he got right.	29 Watch the news together. Talk about one story that interests you both. What could you do to get involved?	30 Review your teen's spending notebook. What changes would she like to make for next month? Set goals.	

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Chambersburg Area School District

Calendar

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High School

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2010						1 It's a tradition to deliver flowers or candy to friends on May Day. Carry on this tradition with your teen!
2 It's the birthday of Henry Robert, author of Robert's Rules of Order. Learn about parliamentary procedure.	3 It's Teacher Appreciation Week. Write a letter to one or more teachers. Encourage your teen to write, too.	4 Your teen may be facing important exams this month. Make sure he gets enough sleep the night before a test.	5 Now is the time to start thinking about what your teen will do during the summer. A job? Volunteering? Camp?	6 Planning a move this summer? See if your teen can spend one day in the new school.	7 Perhaps your teen can take a summer school course. It may allow her to fit in a class she can't during the year.	8 Summer school is also a time to take a challenging course when your teen can concentrate on one subject.
9 Talk about rules and consequences. Encourage teens to think of consequences if they don't follow rules.	10 Look through the community college catalog. There may be a course you and your teen can take this summer.	11 Have your teen do some Internet research about things he might do this summer.	12 Get the schedule for final exams. Post it and be sure your teen sets up a study schedule.	13 You can't take care of your family if you don't take care of yourself. Set aside an hour to do something you like.	14 Help your teen make flash cards to study for final exams.	15 It's Physical Fitness and Sports Month. Enjoy some new physical activity you can do together as a family.
16 The best way to spend time with a teen is a casual invitation: "Would you like to go on an errand with me?"	17 Visit the library. Have your teen check out a book about physical fitness. Or look for a video on fitness.	18 Cook dinner with your teen. Try to think about ways to reduce the fat in something you're cooking.	19 Does your teen have computer skills? If not, perhaps he can take a course this summer.	20 Help your teen prepare a brief résumé. It will help if he wants a summer job.	21 When setting rules for your teen, remember to be firm, fair and flexible.	22 Take your teen out for breakfast. No agenda—just talk.
23 Make a list of things to do this summer.	24 Browse in a bookstore with your teen.	25 It's not true that teens want parents to stop hugging. Ask your teen what's comfortable & respect her wishes.	26 Depression is much more common for girls than boys. Watch your daughter for signs of depression.	27 Plan a special activity to celebrate the end of the year. Take your teen out for ice cream or a special meal.	28 Even though the amount of money saved may be small, make sure your teen has some kind of savings plan.	29 One way to encourage regular savings is by matching the amount your teen saves with an equal contribution.
30 Check out a library book today.	31 Consider planning a vacation with other families.					