

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Have your teen set some specific learning goals for the summer. You set some, too.	2 If you're traveling this summer, try to visit colleges on the way. Even young teens can profit.	3 Think about things you wish you'd done last summer. Make plans with your teen for this year.	4 Look for a class—even a mini-class—in something your teen is interested in.	5 Summer's a great time to get more exercise. Do something active together.
6 Set some fitness goals for the summer. Write them down.	7 Many teachers require students to read over the summer. Make sure your teen gets started.	8 Is your teen planning to go to college? Perhaps he can take a course to prepare for entrance tests.	9 If your teen has a summer job, don't let her spend all her money. Save some for later goals.	10 Challenge your teen to show you how sports statistics are calculated.	11 Look for a movie you and your teen can see together.	12 Even if you've talked with your teen about AIDS, do it again.
13 Are there free outdoor concerts in your community this summer? Enjoy one with your teen.	14 Look for a list of vocabulary words for college entrance tests. Have your teen learn two new words a week.	15 Make a pitcher of lemonade and sit outside with your teen. Watch the sun go down.	16 Have everyone in the family list five to 10 interesting things about themselves. Share these at dinner tonight.	17 Watch a music video with your teen. Talk about what you saw.	18 Is your teen planning a party? Be there to supervise.	19 Take your teen out for breakfast. No agenda—just talk.
20 Does your teen know how to balance a checkbook? Show him today.	21 It's the longest day of the year. Get up early and watch the sunrise. Stay up to watch it set.	22 Have your teen make a list of things to do in your home town. Do at least one this summer.	23 Even teens who don't like reading may enjoy audio books.	24 Remember S'Mores? Make with a toasted marshmallow, a chocolate bar and two graham crackers.	25 This summer, perhaps your teen could spend time "shadowing" a person in a job she's thinking about.	26 Visit a nearby museum and see an exhibit of your teen's choosing.
27 Memorize something with your teen today—a poem, a quote, etc.	28 Plan a NO TV night (you're only missing reruns). Do something with the whole family.	29 Read poetry together.	30 Even if your family can't have a campfire, sing some campfire songs.	<h1>June 2010</h1>		

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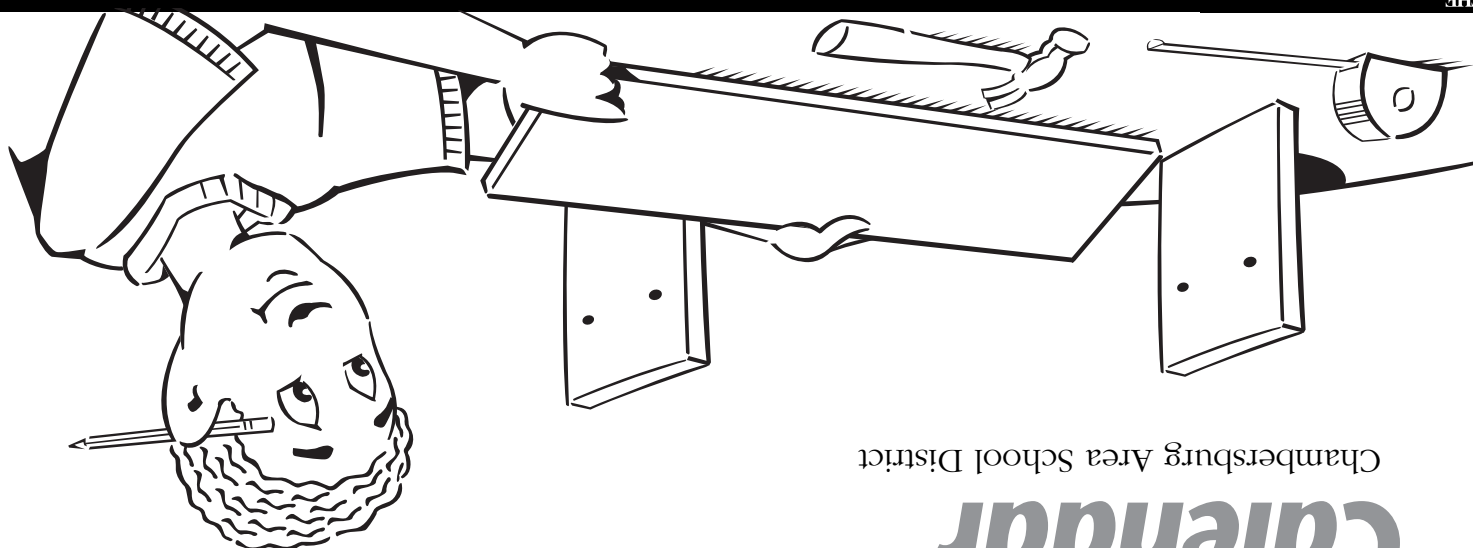
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<h1>July 2010</h1>				1 July is a great month for ice cream. Take your teen out for a double-decker ice cream cone.	2 Cut out an article or cartoon your teen will enjoy. Leave it by her place at breakfast.	3 Help your teen organize pictures and other school memorabilia into an album.
				8 Declare this an Acts of Kindness Day. Make a special effort to be kind to each other.	9 Most teens have their first drink at home. Prevent access to alcohol when you're not around.	10 Is your teen making a decision? Have him list positives and negatives for all possible choices.
4 Help your teen see that all rights come with responsibilities attached.	5 Set aside some time today to talk about future goals.	6 Does your teen have a favorite candy bar? Buy him one "just because."	7 When your teen goes out, know where she's going, who will be with her and when she'll be home.	15 Talk about dating violence with your teen. One in five teens in a relationship have been hit or pushed by a partner.	16 Watch the news. Learn more about one place mentioned—visit the library or use the Internet.	17 Find yourself yelling at your teen? Say, "Let's rewind this and start over."
11 Look for a recipe for a low-fat fruit dessert. Make it with your teen.	12 Visit the library together. Go to a section you don't usually visit and check out a book.	13 Have your teen do some "mental math." Try estimating the tax on a purchase.	14 Look for a volunteer activity you can do as a family.	22 Make tonight Teen's Night in the kitchen. Have your child plan and cook dinner for the family.	23 Take your car to a service station. Make sure your teen can fill it with gas and check the oil.	24 Work the Sunday crossword puzzle with your teen. Can you finish it working together?
18 Do something active as a family today.	19 Have your teen organize a summer book swap. Admission: one paper-back book.	20 When was the last time you told your teen you love him? Tell him today.	21 Teens don't always know how to say <i>no</i> . Role-play different situations where your teen should say <i>no</i> .	29 When you converse with your teen, stop every 30 seconds or so. Wait for your teen to respond.	30 Stay up late tonight. Have everyone read books by flashlight and enjoy a favorite snack.	31 Visit a used book store or flea market together. Can your teen find a bargain?
25 Spend some time with your teen today lying outside and looking at the clouds.	26 Is your teen a reluctant reader? Ask the librarian to suggest a book that ties in with a popular movie.	27 Look for a farmer's market. Ask your teen to find a new vegetable to try.	28 Does your teen want to change a family rule? Have her list three reasons for changing it.			

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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
1 Call the family of one of your teen's friends. Plan to do something together before school starts.	2 Visit the library with your teen. Check out two copies of a best-seller you can read & discuss.	3 Have a "Family Night In." Pop popcorn. Curl up with a book, a video or a game. Enjoy being together.	4 With your teen, estimate how many gallons of gas will fill the tank. Loser washes the windows.	5 Give your teen a budget and the responsibility for back-to-school shopping.	6 Have your teen start checking ads to see where he can get the best buys on school supplies.	7 Many extracurricular activities begin before classes. Have your teen check the school website for information.
8 Does your teen need immunizations before school? Make sure they are up to date.	9 Encourage your teen to check out a how-to book and learn a new skill.	10 Watch a TV show with your teen. Discuss how it does or does not reflect your family's moral values.	11 Many teens want to know more about their family's budget. Talk about finances with your teen.	12 Talk with your teen about a mistake you once made and what you learned from it.	13 Challenge your teen to keep an idea notebook. Jot down thoughts or ideas as they occur.	14 If it's hot, set up the sprinkler or the hose. You and your teen are not too old!
15 Do something active together as a family. Check your fitness goals from June.	16 Most high schools start early in the morning. Help your teen get readjusted to a new sleep schedule.	17 If your teen overreacts, it's important for you not to. Set a time to talk later when you both are in control.	18 Go to a store with a large magazine section. Let your teen choose one new magazine and buy it.	19 Teens have lots of ideas they need to sort out. Buy a journal and encourage her to use it.	20 During the summer, school friends may lose touch. Invite your teen's friends over to watch a video.	21 Prepare a recipe for an ethnic food with your child. Talk to each other while you cook.
22 Take a trip with a travel book. You can circle the globe without leaving home.	23 Suggest a wide time frame for completing chores. Let your teen decide when she'll do them.	24 Have your teen think about taking a risk this next school year—trying out for a team, a tough class.	25 Put your teen in charge of the next family birthday celebration.	26 Try not to do things for your teen if he can do them himself.	27 Model respect in your family. Don't tolerate name calling, put-downs or insults from any family member.	28 Tune to a radio station neither you nor your teen listens to. Discuss what you hear.
29 Pack a picnic lunch. Take along a newspaper and enjoy some time with your teen.	30 Tell your teen you love her. Better yet, write her a note.	31 Have each member of the family write down the best thing about summer 2010.	August 2010			