

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2007				1 Give your teen some details about what you did today at work.	2 Think about how good it feels to have someone praise your work. Give your teen this gift.	3 Help your teen see that exercise is a great way to handle stress. Shoot some hoops or walk together.
4 If your teen is studying a foreign language, use the Internet to find publications written in that language.	5 Big test coming up? Have your teen list possible questions (and study the answers). It's a good way to review.	6 It's a fact: Tobacco is a "gateway drug." Teen smokers often move on to try other drugs.	7 When studying, suggest that your teen use two colors of highlighters—one for main ideas; one for details.	8 Ask to read your teen's school paper. Talk to him about the issues that are important at his school.	9 Think your teen doesn't drink? Half of all teens do. Let your teen know your family's views.	10 Visit a newsstand with your teen. Look for a magazine she might enjoy. Buy it.
11 Have your teen think up a new product and brainstorm an ad campaign for it.	12 Your teen can find plenty of friends, but only you can be his parent.	13 Watch the news. Talk about a story that interests you both. How could you get involved?	14 Seeing is believing. Write down and post statements of your teen's goals ("I want to get on the honor roll").	15 Is your teen hopping mad about an issue? Have him write to a public official.	16 Approval from parents is as important to teens as approval from their peers.	17 Visit the library with your teen. Check out a nature book your teen finds interesting.
18 Let your teen know that the things that make her unique also make her precious to you.	19 If your teen runs out of money, don't always bail him out—let him do without sometimes.	20 Talk with your teen about what makes someone a hero. Look for real-life heroes in the news.	21 What does your teen love to do? That's a good basis for choosing a career.	22 When your teen rebels, try to make the punishment fit the crime. Ideally, it should teach, too.	23 Set an example of community involvement. Join a club or group that can use your help.	24 As the weather improves, set a fitness goal of 30 minutes of exercise daily.
25 Keep two magazines in the car. When you're stuck waiting, you and your teen can both read.	26 Teach your teen that sports are for fun. Winning shouldn't always be the goal.	27 In some places, high schoolers can take college courses. Find out if your teen can.	28 Ask your teen's opinion of an idea or problem you have. Really listen to her answer.	29 Teens who can't sit still long enough to read a book may enjoy an audio book.	30 When your teen goes out, know where he's going, who he's with and when he'll be home.	31 Enjoy some physical activity together as a family.

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1 This month, set aside time to work on a project or hobby together. Write it on the calendar.	2 It isn't too early to make summer plans. Have your teen think about what he wants to do.	3 Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.	4 If your teen is facing a painful situation, try to offer support without giving advice.	5 Help your teen set up a filing system for colleges that interest her. Start as early as ninth grade.	6 Has it been a hard week? Take your teen out for a snack after school.	7 Buy or make a simple kite and find a place to fly it. You'll get exercise and have fun.
8 Teens know their shortcomings. They need you to remind them of their strengths.	9 Nervous before tests? A pep talk can help: "You know it. You studied hard. You can do it."	10 Dig out a favorite children's book and read it together. There are still lessons to be learned.	11 Ask your teen to talk about which class he feels he does best in and why.	12 Does your newspaper have an "online" edition? Check it out. Teens may prefer this version.	13 Plan a "Family Night In." Turn off the phone. Read, play games or watch a video.	14 Visit the library with your teen. Look for a new book by a favorite author.
15 Keep talking about school. Every day, ask your teen what she's doing and thinking about.	16 Little bits of time add up. Help your teen think about things he can study in 10 minutes.	17 Make a list of activities your teen loves to do. Choose two or three and do them together this month.	18 When your teen is making a big decision, talk about it in the context of your faith or values.	19 One of the toughest jobs of a parent is to put your teen's growth ahead of her happiness.	20 Read a book as a family.	21 "What if" questions can help teens think ahead: "What if the person who drove you to the party gets drunk?"
22 Celebrate Earth Day by planting a tree or a flower with your teenager.	23 Help your teen find a pen pal in another state, province or country. This is a fun way to practice writing.	24 Use natural consequences when you can. If your teen doesn't set his alarm, he'll miss the bus. But not next time.	25 Visit the library with your teen. Check out a book about nutrition.	26 Does your teen know how to swim? If not, sign her up for lessons this summer.	27 Before your teen applies for a job, help him practice filling out an application.	28 Take your teen out for breakfast or prepare a special breakfast at home.
29 Teach your teen how to cook a new meal today. Have a special dinner.	30 Encourage your teen to consider taking a challenging course in summer school when there's time to focus.	April 2007				

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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 2007		1 If your teen wants a summer job, he should start applying now.	2 Talk with your teen about a tough choice you had to make. Then talk about the consequences.	3 It's a fact: Four million teens will be treated for sexually transmitted diseases each year.	4 Post the schedule for your teen's final exams. Be sure your teen sets aside time to study in advance.	5 Today, spend some time just "hanging out." No agenda, no chores. Just be together.
6 Spring is a good time for 11th graders to make college visits. Plan one college visit this spring.	7 Have your teen research how and when she can register to vote.	8 Help your teen make a "to-do" list. Organization is a stepping stone to independence.	9 All teens experience losses. Help your teen find a way to turn loss into a positive experience.	10 Teens who want to take summer school classes should check into schedules now.	11 Improve your powers of observation. Describe a person you just passed on the street.	12 This weekend, set aside time for your teen to teach you something.
13 Visit the library with your teen. Check out a book that will make you laugh.	14 Suggest that your teen use a timer when studying for a test. Many short reviews are better than one long review.	15 Notice—and talk about—some good things about your teen's friends.	16 Teens need privacy. It's normal for them to want to close the doors to their rooms.	17 Can your teen write a poem that conveys a message in very few words? Have her try it!	18 Talk about books or music with your teen.	19 Take your teen out for breakfast or prepare a special breakfast at home together.
20 Visit the library together. Check out something new. If your teen usually reads thrillers, try science fiction.	21 Help teens see that they can't control others, but they can control how they react to others.	22 Have your teen do some Internet research about some fun activities he might take part in this summer.	23 List five things you'd like to do as a family this summer. Plan how to accomplish them.	24 Consider planning a vacation with other families.	25 Graduation is often a time when teens engage in binge drinking. Help plan alcohol-free graduation parties.	26 Make a list of things to do this summer.
27 Encourage your teen to read aloud to a younger cousin or neighborhood child.	28 All teens need keyboarding (typing) skills. See if there is a summer school course your teen can take.	29 Plan a special way to celebrate the end of the school year.	30 Planning a move this summer? See if your teen can spend one day in the new school.	31 If you sense a power struggle coming on, back off but don't back down.		