Parent Advisory Meeting
For 8th Grade going 9th Grade Parents
February 6th, 6:00 pm
Senior & West High School
(Parents—please attend the meeting at the high school your student will be attending the 2019-2020 school year.)

Officer Z’s Corner

Good Citizenship: Back to a basic approach of kindness

If you’re sick of your child’s self-centered shenanigans, don’t just sit around waiting for the behavior to change. Here are several ways you can help enhance your kid’s empathy skills:

Play pretend! Kids who have more practice pretending, role-playing or taking acting classes tend to be better at putting themselves in another person’s shoes.

Talk about feelings. Promote your child to read, and pay attention to what they are reading, discuss the thoughts of characters that drive them to act in the ways that they do. Or use everyday conflicts to talk about feelings: “How do you think Dillon felt when you made fun of him?”

Use discipline as an opportunity for teaching. Don’t just issue a punishment when your child does something wrong – take the time to explain why rules exist, and how they ensure we treat people with respect.

Show your child plenty of care and compassion. Kids get lots of benefits from having parents that are warm and loving toward them, including learning that it’s nice to treat others that way themselves.

So give your kids praise when they do something kind, and use positive words like “honest” and “caring” to describe them—they’ll be more likely to think of themselves as good people, grow into good citizens and have higher self-esteem to boot!

You can promote your child’s good citizenship skills even further:

Being a good role model. If your kids see you volunteering, working with charities and helping others, you’ll help them discover that being nice is its own reward.

Encouraging your child to volunteer. Since kids naturally tend to get better at sharing and helping after the early elementary school years, you can support their budding humanitarian interests by encouraging them to volunteer in the community. Doing so can lead to feelings of personal responsibility for helping others and higher self-esteem.

For your child to truly develop a lifelong care and compassion for others, it has to be nurtured and practiced like any other skill. So recognize that this process will take time. But by making kindness to others a priority in your family, you’ll be continually impressed by your child’s capacity for caring!

Freshman Registration

8th graders will be pre-registering for 9th grade classes on Tuesday, February 12th thru Friday, February 15th. High School counselors from WEST and SENIOR will be at Lewis and Clark on Thursday, February 21st to register students for their 9th grade courses. Senior High counselors will be available all day but West High counselors will only be available in the morning.

Thank you to our amazing coffee sponsors for helping us reach our coffee fundraising goal. City Brew and Global Travel, thank you for your continued help and support!

Parents!

All students must be checked in and out with Mrs. Backer (in the attendance office) before leaving during school hours.

Volleyball


CREATIVE COURAGE

In addition to the regular fall and spring AWB after school art programs, Ms. Wardrip offers a specialized program to a smaller group of students starting in February 2019. This program acts as a support group for students who face the challenges of depression, anxiety, or just simply need a safe and comfortable space for a more personal artistic expression. Throughout ten sessions, students will focus on methods of mindfulness-based art techniques, personal journaling, and healthy coping mechanisms for anxiety or depression. The goal of Creative Courage is to use art as a pathway to release our emotions, banish the stigma against mental illnesses, and understand more about our complex thoughts. If you feel that your child would be a good fit for the Creative Courage program, please contact Tori Wardrip for more information: wardript@billingsschools.org

PLEASE STOP IN TO THE MAIN OFFICE AND CHECK OUT OUR APPAREL WE HAVE ON HAND!!!
These standardized tests are very important for a number of reasons. The tests are designed to measure how well students have learned what they have been taught. Test results provide parents with information about their child’s academic progress. Tests help teachers understand a student’s interests and needs. Test results are used to rate how well schools are doing to prepare your child. Also, test results identify areas of future student interests and possible career choices.

**Upcoming Test Dates for Lewis and Clark**

- **MontCas-Science:** Grade 8  
  March 7th
- **Smarter Balance:** Grades 6, 7, 8  
  March 20th—May 24th (Window)
- **NWEA-MAP:** Grades 6, 7, 8  
  April 1st—May 8th (Window)

*A few reminders/suggestions:*

- Attendance on testing day is essential
- Encourage your child to always get enough sleep
- Insist that your child eat healthy, nutritious meals, especially breakfast
- Talk with your child about doing their best on these tests
- Encourage your child to read
- Provide incentives for your child to do well in school and on tests
- Actively participate in homework assignments

**HAPPY NEW YEAR!** Discover Zone is looking forward to 2018 at Lewis & Clark Middle School – offering 6th, 7th, & 8th grade students exciting after school opportunities in a safe and positive environment.

Discover Zone offers non-school time, skill building activities to students at Lewis & Clark Middle School. ANY student enrolled at Lewis & Clark Middle School is eligible to participate and all activities are offered FREE OF CHARGE! Students must have parents complete a registration form prior to attending Discover Zone.

Activities take place after school Mondays through Thursdays, until 4:30 p.m. All activities take place at Lewis & Clark Middle School and are led by community volunteers who have been interviewed and screened prior to acceptance with Discover Zone. Parents are encouraged to volunteer as well. Registration forms and session calendars can be picked up at Discover Zone, Lewis & Clark Middle School room 105.

Please call 672-4214 for more information.

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**SMART PHONES AND OTHER ELECTRONIC DEVICES**

Students are encouraged not to bring items such as smart phones, cell phones, i-pads etc. However, if they are brought to school they are to be promptly TURNED OFF, put in a safe place, and not used until school is dismissed. No explicit music or violent video games are permitted. The following consequences will occur for violation of this policy:

- **First Offense:** Phone confiscated, phone back at end of the day in the office
- **Second Offense:** Phone confiscated, lunch detention, phone back at end of the day in the office
- **Third Offense:** Phone confiscated, after school detention, phone back after three school days or parent pickup
- **Fourth Offense:** Phone confiscated, one day in school suspension, parent pickup required
- **Fifth Offense:** Parent pick up and conference required, device must be checked in at office daily if brought to school

Further Offenses: Subject to the discretion of administration as per the Billings Public Schools District Acceptable Use Policy.

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**Polar Bare Plunge 2019**

This year on Saturday, December 1st, 20 students from Lewis and Clark got together and took the plunge for Billings Special Olympics. This group raised over $1400 giving them the opportunity to jump into Lake Elmo. Without students like this our program would not be possible. Thank you to all those who supported this group of students and Billings Schools Special Olympics. Congratulations: to the following Scouts: “The Courageous Candy Canes” and Team “Freezin for a Reason” - Kyle Bailey, Sam Boese, Ethan Crawford, Emma Croft, Ashlyn Dennis, Lydia Eby, Riley Fenton, Kaleila Fuchs, Emily Humphrey, Paisley Jaeger, Celia Jaeger, Carolyn Kelso-Heggem, Audreyana Kiedrowski, Marienna Lopez, Hayden Pierce-Mahugh, Jazmin Smith, McKenzie Stephens, Lauren Wright, Adysen Fitch & Marlitirrie Olmsted.
Indian Education Home to School Coordinator

Greetings!
My name is Rusty Ontiveros or Mr. O. As the Indian Education Home to School Coordinator. I am available as a resource to advocate for the academic, social, and cultural needs of the Native American students at Lewis and Clark Middle School.

I also coordinate the All Nations Club activities. The club meets on the second and fourth Wednesday of each month from 2:10-3:00 pm in room 227, everyone is welcome to attend!

I am scheduled to be at Lewis & Clark Wednesday afternoons and all day Thursday/Fridays. My office is in room 227 and I can be reached at 281-5958 or ontiveros@billingsschools.org.

If your child is struggling in a particular area, you are having difficulty connecting with the school staff or have any other concerns, let me know what I can do to help!

Don't forget to like us on Facebook!

Lewis & Clark Motto
“Every Child, Every Chance, Every Day.”

Science and Math Exploration for Middle School Girls
The 26th Annual Expanding Your Horizons in Science and Mathematics (EYH) Conference will be held on Saturday, March 30, 2019, at 8:30 a.m. to 3:30 p.m. at Montana State University in Bozeman.

The focus of this workshop is to encourage young women in grades 6-8 to explore a variety of math and science related professions through fun and creative hands-on workshops.

Conference registration will open March 4, 2019 and cost is just $30.00 which includes lunch and supplies. Space limited to 240 participants and is determined on first-come basis. Register early!

Registration forms will be sent to the schools the beginning of March. Students may also learn more about the conference at http://ato.montana.edu/eyh/index.html. And registration forms will be available online after March 4.

For further information or questions contact EYH Program Manager Nicole Soll at (406) 994-6633 or Nicole.soll1@montana.edu.

DRIVERS EDUCATION
SUMMER 2019
REGISTRATION FOR BOTH SESSIONS IS APRIL 1, 2019- APRIL 12, 2019
SESSION 1: Students must be born on or before November 20, 2004 and be enrolled in grades 9-12 for the 2019/2020 school year
When: May 20, 21, 23 & 28, and June 3 – 28, 2018
Where: Senior, Skyview, and West
Time: 8:00am or 10:00am at the high schools. On May 20, 21, 23, 28 and June 3, 4, 5 & 6 classes will all meet at 4:00 pm at the high schools. On May 20, 21, 23 & 28, 8th grade students will be bussed from Billings Public Schools middle schools to the high schools. Transportation after class and in June is the responsibility of the student/parent.
Fee: $265.00 must be paid by April 30, 2019

All classes will meet for 2 hours each day. On May 20, 21, 23 & 28 classes will meet after school from 4:00 pm – 6:00 pm and 8th graders at Ben Steele, Castle Rock, Lewis & Clark, Medicine Crow, Riverside and Will James will be bussed from their middle school to the high school for class. Students who attend schools outside of Billings Public Schools are responsible for their own transportation to the high schools for the May classes. Due to teacher training, classes on June 3, 4, & 5 classes will also be held from 4:00 – 6:00 pm. From June 6 – June 28, class will meet at 8:00am or 10:00am, whichever time you chose at registration.

SESSION 2: Students must be born on or before January 8, 2005 and be enrolled in grades 9-12 for the 2019/2020 school year.
When: July 8 – August 8, 2019
Where: Senior, Skyview and West
Time: 10:00am – 12:00pm Monday - Friday
Fee: $265.00 must be paid by April 30, 2019

For both sessions there are 6 drive times outside of class time during the course. These are scheduled by the instructor. Students are allowed up to 3 absences but those absences must be made up at a time scheduled by the instructor. Anyone missing more than 3 days or failing to attend the make-up days will automatically fail the course. NO EXCEPTIONS!

Registration is done online at https://www.billingsschools.org/programs/drivers-edication

The registration fee of $265.00 is due by April 30, 2019. It may be paid online using the payment link under the school logo for which you are enrolling at https://www.billingsschools.org/programs/drivers-edication or by mailing a check or money order made payable to Billings Public Schools to Billings Public Schools, Attn: Drivers Ed, 1470 Industrial Ave., Billings, MT 59101. CARD PAYMENTS ONLY ACCEPTED ONLINE!

No refunds will be issued so please make sure Drivers Ed fits your schedule and that you won’t have more than 3 absences before registering and paying for it!
Questions? Please contact Joni Bertsch 281-5074, driversed@billingsschools.org
Journey to Ancient Egypt!

6th Grade Social Studies classes under the direction of Mr. Feeley and Mr. Reitz brought Ancient Egypt to the Lewis and Clark Library. The exhibit featured Egyptian sarcophagi and accompanying mummies and canopic jars.

Many thanks to our amazing, 1st Semester library aides! The Library will miss you!
Morgan Moline and Alexis Lehmann

We will be placing this year’s final book order this Spring…please let Mrs. Rice know if there are particular books you’d like her to purchase for the library! Thank you to all of the students and staff who have already given us their input!

World Book Online! All Lewis and Clark students have access to World Book Online (www.worldbookonline.com), a database that is especially helpful for research projects. World Book Online is a comprehensive, online encyclopedia. Check out this amazing resource on our Lewis and Clark website—click on “Library” to access the direct link. When accessing from home, username: lewisscouts, password: discovery

8th grade Social Studies teachers, Mr. Visser and Mr. Jensen, have kicked off LC’s annual National History Day project. This year’s theme is “Triumph and Tragedy in History”. Students use the library to locate, evaluate, and use both primary and secondary resources in this student driven research project. Ask your 8th grader to describe their topic and how they will convey their message of Triumph and Tragedy in U.S. History!

The Library is open 4th, 5th, and 6th period lunches many days of the week! Come to the library to play games, enjoy our Makerspace, do homework, read a book, use a computer or just relax! Please eat

BOOK FAIR

Lewis and Clark held an extremely successful Book Fair in October! Thanks to all staff, families, and students that purchased books from our fair. The profits from the fair enabled the library to purchase a library “After Hours” book drop for the hallway and a large amount of books to add to our collection. Look forward to our Spring BOGO Book Fair! Thank you from the bottom of our bookshelves!

Remember to turn in or renew your overdue library books!
ENGLISH

The English department is proud to announce A myriad of items that make our kids bounce With happiness and joy because they are new We couldn’t believe our dreams all came true: Computers and workbooks—oh my, do they shine On every desktop from morning till night

The curriculum is aligned with all that they need Now us teachers no longer need to beg and to plead For materials and ideas to make it through We have a plethora of items from which we may choose

Now you may think “That’s great!” and “This poem must be done.” But I am happy to say we’ve only just begun We meet every Wednesday to plan our attack On the best way to help our kids who aren’t on track We share our ideas, our tests, and our plans And put together a remedy that puts learning back in THEIR hands

As the New Year approaches, we examine their growth Through assessments and writings—just look how they go! They’re building vocabulary and sharing their thoughts Why these children have clearly hit the jackpot!

We look forward to a new semester that is in sight. A merry school year to all; and to all a good night.

--The English Department (with the help of some elves)

MATH

Mathematics in 8th grade has been busy! We have learned about the exponents and scientific notation, linear and equations and transformations.

We are also excited about the online program sponsored by Exxon Mobile called Spatial Temporal Mathematics (ST Math) created by Mind Research. ST Math is a visual instructional program that builds a deep conceptual understanding of math through rigorous learning and creative problem solving to engage, motivate and challenge students toward higher achievement. Please check it out at https://www.stmath.com/play. Our students will be on the program for about 90 minutes a week working with grade level content as well as a personalized learning plan to fill in any gaps in understanding. Please contact your child’s math teacher with any questions!

In Algebra we are finishing up systems of linear equations. After systems we will be starting on our Statistics Unit before finishing the year with Polynomials. Algebra students will also be utilizing the ST Math program for the remainder of the year. Algebra students will be taking finals before the end of each semester; January and the end of May.

Mr. Qualls, Mr. Lindell and Mrs. Scott

SOCIAL STUDIES

It has been an awesome semester so far in our social studies classes! We are all working on inquiry learning through various activities. In sixth grade, the students have just completed their unit on ancient Egypt where they delved into the mysteries of Egyptian society, religion, government, and even created a sarcophagus. Before that, they studied Mesopotamian society, Hominids, and as always, current events. After break, sixth grade will be exploring the dynasties of ancient China. Some of the major topics covered will be - the Great Wall of China, the first emperor, and the Terracotta warriors (which the students will construct). In seventh grade, the students have just completed their study of the Western Hemisphere. They focused on North and Latin America with an emphasis on physical features, map reading skills, and governments. They will go on to focus on the Eastern Hemisphere, continuing with the big question, “How does where you live affect how you live?” Two areas of focus will be economics, and world religions. Current events are woven throughout the course.

In eighth grade, the students have studied American History from pre-contact through the American Revolution with a daily dose of current events. The students are currently studying the United States Constitution and will soon move into the Bill of Rights. Students are in the process of selecting topics for our capstone history project - National History Day, which will be due in March. As you can see, all three grade levels are in sync and creating a robust social studies program that builds upon the skills and knowledge learned the year before.

CARE CLUB

The Lewis and Clark Care Club has been very busy this year. This year they are once again assisting at the Assisted Living Facility off of Grand Avenue helping the elderly folks with activities once a month on Wednesdays. They have completed two fundraisers with cookie sales and bake sales raising money for the epilepsy foundation and for the Billings Animal Shelter and Bark. In the upcoming New Year they already have plans to make blankets for the homeless and the Children’s Hospital and a respect rally at the end of February.
**SCIENCE**

In 7th grade, students have wrapped up their units on Plants and Cells. Students learned about cells, cell structure, how cells photosynthesize, and how respiration allows cells to get energy. The adventure into Genetics has begun! We’ll be learning how genes are passed from one generation to the next and how to predict potential genetic outcomes. Throughout the rest of the year, we will be continuing our focus on graphing skills. Coming up, we will be learning about bacteria, viruses, and the other kingdoms of living things. We are especially looking forward to our “Zombie” unit!

Last semester, 8th grade science studied chemistry and the Periodic Table. The students adopted an element and built a 3D model with a poster of a chosen element. These beautiful models are now displayed in our classrooms. In addition, we concluded our Invention Project and shared these amazing prototypes in class the week before winter break. The students were very creative and inspiring with their inventions. We will begin exploring Newton’s Laws of Motion and the Engineering and Design Process through the next semester.

**HEALTH ENHANCEMENT**

**Health**

The 6th grade students will be wrapping up the Social, Family/Mental and Emotional Health Unit by the end of the semester. The second semester will consist of Communicable and Chronic diseases along with Injury Prevention and Safety which includes First Aid and CPR/Choking.

The 7th and 8th grade students are finishing up with Alcohol, Tobacco and other drugs paralleling with refusal skills and influence of advertisements. The students also learn of the consequences of these drugs along with treatments and relapse. The second semester will include the Growth and Development Unit which includes, fetal development, abstinence and changes during puberty.

**Physical Education**

The physical education aspect of Health Enhancement continues with cardiovascular fitness incorporating basic skills of lifetime games through fundamental motor skills, and game strategies. The second semester includes Team Handball, Volleyball, Badminton and outside games and activities such as softball and yard games.

**SPANISH**

Spanish 1 students have been busy learning vocabulary that helps them greet friends, count, and write sentences. They are currently learning about food. Each student has created a place setting for a table and has filled the plate with food to eat. They are learning how to make sentences about this food. They will have a final fiesta on January 10th (B day) or 11th (A day) depending on which day they have class. This is to celebrate their learning while in Spanish 1. Spanish 2 kicks off on January 15th where some of these students will continue to expand their exploration of Spanish. Many others will be joining us who had Spanish 1 in the past.

**ART**

This Fall, twenty-four students from Art 2 had artwork on display at the Yellowstone Art Museum. Students worked with kindergarten classes from Poly Drive elementary to create reimagined illustrations based on the children’s artwork. The exhibit will be on display in the young artists gallery at the YAM through January 14th.

Ms. Wardrip and a team of 8th graders created a Kindness wall by the front office. Students will be able to write words of kindness on the wall each week to spread positive messages throughout our school. Mural Club will be continuing this spring and will be creating a large scale mural in the cafeteria. If your student is interested in helping, just have them get info from Ms. Wardrip!

Several students worked on painting decorative instruments to help fundraise for Arts Without Boundaries after school art programs. The instruments turned out beautifully and we can’t wait to auction them off. If any students would like to join the spring painting program for AWB, please listen closely for announcements of dates and times!
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7th Grade
Lewis & Clark Middle School
1st Semester Academic Achievers

Anderson Isabelle
Archer Caden
Bach Tyler
Bailey Kyley
BearQuiver Taesean
Beghin Jaedon
Belcourt Isabelle
Bentler Beatrice
Berry William
Binkley Caleb
Blackburn Bryce
Boatright Caine
Borden Ashlyn
Bouchard Stella
Bradley Brooke
Brady Ayden
Brown Alexander
Brown Kalli
Bryant Carlyn
Buchanan Thomas
Buckley Timothy
Byrd Ava
Carreno Cecilia
Chapel Trystin
Chease Adeline
Chavez Perrin
Christensen Xavier
Clark Zion
Coghlan Cooper
Col Cooper
Croft Emma
Dabney Cameron
Dankovchik-Greene Tula
Deich John
Dennis Ashlyn
DeRoeck Kara
Dillon Isabelle
DiMatteo Joseph
Doucette Harper
Dunn Kelcie
Dust Kaidie
Eby Lydian
Elbert Isaac
Evans Caelib
Fawcett Avery
Firman Ax
Foss Parker
Foss Morgan
Freese Aidan
Friedt Mechelle
Fuchs Kalelia
Garcia Solana
Gaston Xavier
Glassing Parker
Gomez Garcia Juan
Goudy Joshua
Gress Rian
Grier Addison
Guerrero-Martinez Francesca
Gunderson Evelyn
Gutierrez Luis
Hagstrom Grace
Harrington Jackson
Harris Lyric
Harvey Anthony
Hertz Keatlin
Hight Maxwell
Hohn Lydia
Honea Anna
Horton Alexz
Hostelier Jacob
Humphrey Jayda
Humphrey Emilyann
Hutsein BreAnna
Jaeger Paisley
Jaeger Celia
Jones Braydon
Jones Carter
Jordahl Sophie
Kelly Erik
Kincaid Aubrey
King Briella
Kinz Nicholas
Kluth Noah
Koch Ella
Koch Nicholas
Lambert Madison
Lamere-Johnson Ryan
Lara Jose
Lee Ava
Lehmann Hailee
Leone Lilac
Lewis Hsten
Linster Sophia
Lopez Marienna
Loveridge Ainsley
Ludwigson Aeson
Maddox James
Mares Mackenzie
Martin Harmoni
Massey Allison
Mavencamp Emily
Mavencamp Peyton
Maya Jose'
McCoy Alina
McCoy-Hill Amelia
McLaughlin Ethan
McNeish Aurora
Michael Aden
Morledge-Hampton Abigail
Mountain Sheep Evan
Nissen Aspen
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Oakley Peyton
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Oster Shakira
O'Toole Evan
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Robbins Gracie
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 Rollefson Celeste
Romero Mia
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Salman Jonathon
Schaefra Frankie
Schell Emma
Scott Nolan
Septon Emilee
Shaw Kaitlynn
Sheiden Ella
Sherman Terrence
Simons Landon
Sims Isis
Sironi Joshua
Smith Lilian
Smith Izac
Spargo Cadence
Stahl Eva
Steiner Haley
Stephens McKenzie
Stevenson Lance
Stoller-Little Sierra
Swanson Madeline
Terry Jasmine
Thomas Emma
VanHaele MaKayla
Vaughn Katie
Visser Hayden
Waddell Brinli
Wagner Camille
Waldron Sy
Walker Campbell
Walton Silas
Watson Sadie
Webb McKenzie
Weddie Cory
West Kaiden
Wilcox Rian
Wilkinson Lucas
Willems Noah
Wolf Hamish
Woods Alexander
Wright Lauren
Yates Jude
Zeiler Aiden
Zeiler Jonas
8th Grade
Lewis & Clark Middle School
1st Semester Academic Achievers

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Our Mission at Lewis & Clark:
“Empowering every student to achieve their individual success by creating positive connections and engaged learning.”
What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain
Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for $15.99 or two 3-packs for $8.99 each?

Make more space
Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in her closet? Will her bed fit against the wall?

Finish the race
Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be (30 minutes ÷ 3.1 miles = 9.67, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week.

Lessons in assertiveness
Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. (“The party sounds fun, but I have a big project due Monday.”)
Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

- **Only interact online with people you know in real life.** Your child shouldn’t accept chat invitations or friend requests from strangers. He’ll need to use privacy settings on websites and apps to control who sees his posts.

- **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer (say, at the library, in school, or at a friend’s house), he shouldn’t store passwords, and he should log out of websites and apps after he’s finished.

- **Avoid posting identifying information.** This includes your middle grader’s full name, school, phone number, home address, and email address. Also have him opt out of location sharing so strangers don’t know where he is.

Family meals with tweens

Did you know that eating together can boost your tween’s self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

**Plan ahead**

Have meals ready to go so you’re able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

**Keep conversations light**

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween’s low test grade or missed curfew for another time. She’ll look forward to coming to the table and chatting with you.

**Tip:** Put electronics in another room and silence them so you’re not tempted to check messages or answer calls.

Managing ADHD in middle school

**Q & A**

**Q** My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

**A** At this age, children start moving into the driver’s seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis.