Welcome, 10th Grade Parents!!!

October 2nd, 2019



What has been going on this Fall?

- New Classes!
- Connecting with Advisors!
- Rehearsals, Practices, Clubs, Elections!
- Fall Mania!
- Climate Strike!
- 10th Grade Retreat!



Agenda + Goals

1. Situate y

2. Learn a

3. Engage identity

Research tells us...

when parents engage and guide their teens with a light but steady hand, staying connected but allowing independence, their kids generally do much better.

4. Grow your parent network



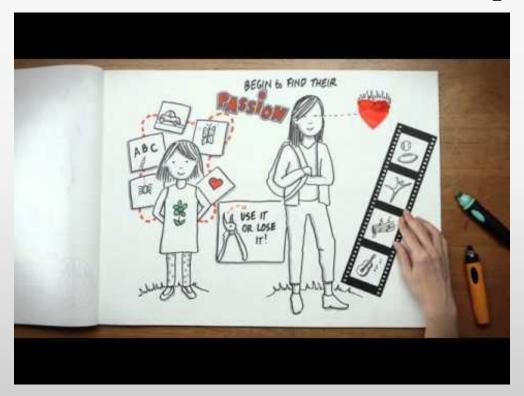
Dr. Daniel Siegel, Brainstorm: The Power and Purpose of the Teenage Brain

The teen brain transforms relationships...

- 1. More intense emotion
- 2. Risk and novelty become more compelling
- 3. Seeking attachment in peers



Adolescent Brain Development





10th Grade Retreat

- Identity and Community
 - Who am I?
 - Who are we?
 - How do I fit in (and belong)?
- Takeaways Aligning actions with values
 - Developing strong class bonds
 - Engaging community partnerships
 - Gaining a deeper understanding of friendships



Scenario 1:

During a service project planting trees at a local park, you hear a group of students laughing as one of them complains, "Why are we doing this? This is what Mexicans are for."

What does this student understand about stereotypes and privilege? What do those who were laughing understand about them?



Dan Siegel teaches us...

- → ESSENCE
 - ES: Emotional Spark
 - SE: Social Engagement
 - N: Novelty-seeking
 - CE: And our Creative Exploration
- → Teenage years are not just a time of raging hormones
- → Risk taking and impulsivity <u>peak at age 15</u>
- → Social inclusivity (being part of a group) is a survival technique

"The downside to this social engagement process is that you can fore sake morality for the benefit of membership. The positive side of this social engagement, is that you learn social skills that last a lifetime..." - Dan Siegel



Scenario 2:

Your student wants to go to a party after the Fall Function (October 10th!).

They share with you that there will be drinking.



"In the heat of the moment, the rational part of a kid's brain is often overpowered... part of helping kids managing risk is to help them in thinking about the kind of situations they do and don't want to be in, before they get into them."

- Time Magazine, "How to talk to your kids about taking risks"



Academics: 9th - 10th transition

9th grade:

- Skills and acquisitions
- "Small bites"
- High level scaffolding
- Concrete/little ambiguity



10th grade:

- Performance of skills
- Mastery of content:"Bigger, better, faster, more"
- "The whole"
- Abstract thinking



Scenario 3:

Your student comes home and says to you, "My teacher doesn't make sense, and they have no idea what they are doing."



The Work of Core Courses

- → Focus on general skills
 - Organization and preparation
 - Working with structure, but less scaffolding
 - Reading comprehension
 - Writing development (edit, revise, edit, repeat)
- → Long-term projects
 - Salon Project
 - Outliers Project



The Academic Formula

Longer Projects + Bigger Presentations + higher level of reading and research

More time and greater organization needed



Learning Support

Megan McCall - mmccall@seattleacademy.org

Jaymie Lewis - <u>jlewis@seattleacademy.org</u>



Allowing for *independence*while providing *structure* is key to the 10th grade year.



Social Shifts

Teens...

- are self-critical
- have a narrowed aperture
- participate in major social shifts

"I call the time of 8th-10th grade as the time of self-deprecating narcissism." - Mike Haykin



Scenario 4:

You overhear your student talking on the phone to a friend. Based on what you heard, you are concerned about the mental health of your student's friend.



Counseling Support

Jonathon Friedman jfriedman@seattleacademy.org

Leigh Hopkins - lhopkins@seattleacademy.org



"Trying to get kids to not take risks is an uphill battle against evolution and endocrinology."

Laurence Steinberg
 Professor of Psychology at Temple University







H'O Hemp Oil Vapor Pen (Silver)

by H'O

\$11⁹² (\$0.95/Count)

FREE Shipping on eligible orders

More options available:

\$7.94 Other Sellers

JUUL IS NOT YOUR AVERAGE VAPORIZER

HERE'S WHY

JUUL uses cigarette-like strength nicotine levels via proprietary e-liquid in order to meet the satisfaction standards of adult smokers.



3.5"



Scenario 5:

You find a vape pen in your student's backpack or bedroom



What does experimentation and risk-taking looks like?

- Pushing the limits
- Pushing back on parents
- Parties
- Drugs & Alcohol
- Relationships





What can you look for?

- Keep an eye out for shifts in these key indicator areas:
 - Attendance
 - Sleep patterns
 - Decreased work output
 - Decreased engagement in activities
 - Decreased self-care; lack of hygiene
- And remember to celebrate who they are and who they are becoming!

10th Grade is about...

- Being Present
- Being a Responsible Risk-taker
- Being a Good Citizen
 - Respect
 - Responsibility
 - Integrity
 - Trust



Scenario 6:

Your student tells you they want to quit their afternoon activity (sports team, play, etc.) suddenly.



What Can You Do?

- Listen, listen, listen
- Enjoy them in the present
- See the positives They are there! and let them know it
- Remember, they are likely to come back around to you after a year or two at college
- Talk to us & Talk to each other



Upcoming Events

- October 10th Fall Function
- October 10th College Advising Guest Speaker on Standardized Testing and Accommodations Q&A
 - October 19th PSAT
 - October 18th Midterm Grades and Comments



What questions do you have about the 10th grade journey?



