



INSIGHTS ON ADOLESCENT DEVELOPMENT

FROM YOUR DIVISION DIRECTORS AND COUNSELORS



HELLO!

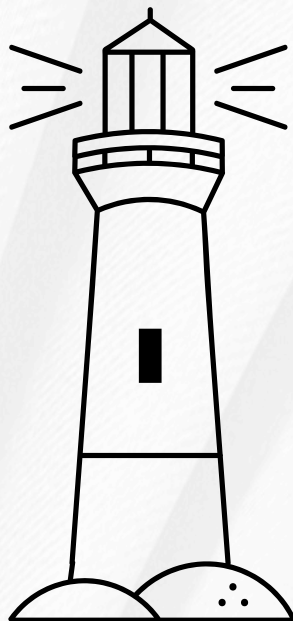
We believe the best education happens when families and schools work together. This year, we are excited to create new opportunities to work together through a monthly “Insights on Adolescent Development” newsletter. We will explore effective strategies for student success both academically and emotionally. These newsletters will allow us to dive into topics like effective study habits, emotional well-being, and strategies for enhancing both academic success and student happiness.

We look forward to collaborating with you in guiding them toward a bright future!

Danielle Wattleton-Anderson, Lia Gerety, Lauren Garrett, and Kate Smith

A CASE FOR THE LIGHTHOUSE PARENT

In his article, Russel Shaw (Head of School at Georgetown Day School in Washington D.C.), makes a case for what he calls the “Lighthouse parent”. In contrast to the “Helicopter parent” and the “Lawnmower parent” that we hear about more often, a “Lighthouse parent” aims to guide the way for their child while trusting them to navigate their own course.



[Lighthouse Parents Have More Confident Kids by Russel Shaw](#)

AT A GLANCE

- 1) UPCOMING **PARENT EDUCATION** OPPORTUNITIES
- 2) A CASE FOR THE **LIGHTHOUSE PARENT**
- 3) **EXECUTIVE FUNCTIONING** TIPS
- 4) HIGHLIGHTED LESSONS FROM THE **SOCIAL INSTITUTE**

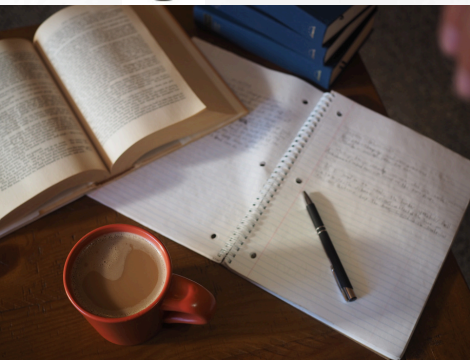


PARENT-COUNSELOR BOOK CLUB

When: Thursday October 17th
@ 12:00 pm (in person - location on campus TBD)
and 6:00 pm (Teams - [Join the meeting now](#))

What: *The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents* by Dr. Lisa Damour

Who: Parents of all grade levels are welcome to join! We encourage you to participate even if you have not had the chance to read the book.



HIGHLIGHTED LESSONS FROM THE SOCIAL INSTITUTE

We invite you and your family to join us in our partnership with The Social Institute. These lessons provide a great opportunity to explore important and sensitive topics through a developmentally appropriate lens. Here are some lessons that we recommend by grade level:

5th - [Diffusing gossip and rumors using celebrities' latest strategies | The Social Institute](#)

6th - [Living by our family's values with friends and speaking up when they're different | The Social Institute](#)

7th - [Breaking down when to text vs. talk | The Social Institute](#)

8th - [Recognizing how much we're influenced by online ads and social media influencers | The Social Institute](#)

9th - [Sharing our stance on screenshots and their impact on friendships | The Social Institute](#)

10th - [Understanding self-worth in a world fueled by external validation and imposter syndrome | The Social Institute](#)

11th - [Understanding self-worth in a world fueled by external validation and imposter syndrome | The Social Institute](#)

12th - [Owning our story by understanding struggles and triumphs | The Social Institute](#)

EXECUTIVE FUNCTIONING TIPS - TIME MANAGEMENT

Executive functioning skills are the skills that we use on a daily basis to make decisions, problem solve, manage our emotions and impulses, and organize our thoughts and tasks. These skills are crucial for success. This month, we would like to focus on time management strategies.

We recommend that all students practice building strong time management habits by identifying strategies that work for them. Here are some steps you can support them in taking to begin doing so:

- Students should take 10 minutes on Sunday evening to look the week ahead of them in Blackbaud (upper schoolers may take the time to look 2 weeks ahead).
- Create a list of the tasks they have upcoming and estimate what time will be spent on each one ("Do I have tests I should work ahead for?", "How many afternoons do I need to dedicate to this project?", "What days do I have an extracurricular commitment I will need to plan around?")
- Organize tasks into some sort of planner in the way that they would like to accomplish them.
- Revisit this plan for a moment each evening to adjust the plan as needed.

Below you will find links to documents that we use to help students make plans and practice time management techniques.

[Daily Plan Template](#)

[Weekly Plan Template](#)

[The Pomodoro Method](#)

[To make my schedule I ask myself....](#)

[Estimating Time](#)