

# HELP! MY KID IS IN HIGH SCHOOL!

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STRATEGIES TO SET YOUR STUDENT UP  
FOR SUCCESS IN HIGH SCHOOL DURING  
THEIR FRESHMAN YEAR

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# WHAT YOU CAN DO TO STAY SANE FOR THE NEXT FOUR YEARS

- ▶ Understand the teenage brain
- ▶ Promote strong attendance habits
- ▶ Stay involved in your student's education

# THE PUZZLE OF THE TEENAGE BRAIN

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AND WHY TEENAGERS CAN BE STRANGE

**TEENAGERS ARE EXPERIENCE MASSIVE STRUCTURAL CHANGES IN THE BRAIN THAT ARE SIMILAR TO THOSE HAPPENING IN AN INFANT'S BRAIN, WHICH IS THE BIGGEST REASON FOR BIZARRE TEEN BEHAVIOR.**

**Brian Jensen**

## HERE ARE JUST A FEW THINGS GOING ON IN YOUR KID'S BRAIN:

- ▶ **Parietal lobes** (which deal with reception of sensory information from the opposite side of the body and also play a part in reading, writing, language, and calculation) **are doubling or tripling in size**
- ▶ **Frontal lobes** (responsible for thoughtful, reflective reasoning capabilities) **are the last areas of the brain to mature**
- ▶ The hormone, **melatonin** (responsible for regulating the sleep schedule) **is at levels typically too low for appropriate sleep regulation, making it difficult for the teenage brain to organize and store new learning**

## SEVEN STRATEGIES FOR PARENTS TO USE WITH THEIR TEENAGERS

- ▶ **Be understanding rather than judgmental** - teenagers ability to recognize the emotions of others is weaker by 20 percent up until age 18. This also makes it difficult for them to identify their own emotions. Identify what behaviors you see and let them reach their own conclusions.
- ▶ **Be clear about the dangers of substance abuse** - the greatest risk for alcohol and tobacco addiction occurs between the ages of 12 and 19.

## SEVEN STRATEGIES FOR PARENTS TO USE WITH THEIR TEENAGERS

- ▶ **Be succinct** - when giving directions, give one at a time. Be straightforward, not sarcastic or patronizing.
- ▶ **Be a coach** - teenage brains are not yet wired for good decision-making skills because they are often unable to recognize the universe of options available to them, causing them to lie more in order to get out of a bind. Instead of lecturing them, help them to reflect on and understand the different options available to them after making poor decisions.

## SEVEN STRATEGIES FOR PARENTS TO USE WITH THEIR TEENAGERS

- ▶ **Sometimes, just let them sleep** - adolescents need 7 to 9 hours of sleep a night so their brains have enough time to process new experiences and learning.
- ▶ **Cut them some slack** - although teenagers need to feel the consequences of their mistakes, punishment should be approached carefully.
- ▶ **Serve well-balanced meals** - most teenagers are not malnourished, they are improperly nourished. The foods teenagers eat are not just feeding their daily energy requirements, they are also shaping the teenage brain.



# NUTRITIOUS SNACKS TO FEED THE BRAIN

- ▶ Popcorn
- ▶ Carrots
- ▶ Raisins
- ▶ Rice cakes
- ▶ Energy bars
- ▶ Yogurt
- ▶ Mixed nuts
- ▶ Ried fruits
- ▶ Fresh fruit
- ▶ Veggie sticks

# ATTENDANCE AND TARDIES: EVERY TEACHER'S NIGHTMARE

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HOW POOR ATTENDANCE AND FREQUENT  
TARDIES ARE LIKE A MESSY HOUSE

**AFTER ONE OR TWO TARDIES OR ABSENCES, YOUR STUDENT MAY HAVE A LITTLE EXTRA WORK TO DO TO KEEP THEIR HOUSE CLEAN AND ORGANIZED.**



**WITH ADDITIONAL TARDIES AND ABSENCES,  
YOUR STUDENT HAS TO WORK MUCH HARDER  
TO KEEP THEIR HOUSE CLEAN AND ORGANIZED.**



**WHEN TARDIES AND ABSENCES BECOME A HABIT,  
YOUR STUDENT WILL BECOME OVERWHELMED  
AND BELIEVE THAT IT IS IMPOSSIBLE FOR THEM  
TO KEEP THEIR HOUSE CLEAN AND ORGANIZED.**





**HELP YOUR STUDENT  
KEEP THEIR HOUSE  
CLEAN AND  
ORGANIZED BY  
DEVELOPING  
HEALTHY  
ATTENDANCE  
HABITS.**

# EMBARRASSING YOUR HIGH SCHOOL STUDENT

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HOW TO STAY INVOLVED EVEN WHEN  
YOU'RE REALLY REALLY REALLY BUSY

# PARENTVUE – YOUR NEW BEST FRIEND!

- ▶ Stay updated on your students grades
- ▶ Keep an eye on your students attendance
- ▶ Easily contact teachers via email if you have any questions



The Albuquerque Public Schools Web Based Parent/Student Communication Tool

**Activation Key & Account Setup**

**ParentVUE**

**StudentVUE**

Follow the steps to gain access to an activation key and setup your account.

If you're a parent who has set up your account, login here.

If you're a student who has set up your account, login here.


Synergy is the APS student information system that gives parents and students secure, private access to school and student information including:



- Assignments
- Grades
- Attendance

**SET UP AND ACCESS YOUR PARENTVUE ACCOUNT BY VISITING:**

**[HTTP://BIT.LY/APSPARENTVUE](http://bit.ly/apsparentvue)**

- Messages
- Calendar
- Attendance
- Course History
- Course Request
- Fee
- Health
- Report Card
- School Information
- Student Info
- Graduation Requirements

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Manzano High School (505-559-2200)

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## SIGN UP FOR TEXT-ALERTS FROM SCHOOL STAFF

- ▶ Make sure you're on the list to receive text-alerts by signing up at the beginning of the year.
- ▶ To sign up for alerts for the Class of 2021, text **@manzano21** to **81010**.
- ▶ Many of your student's teachers will also have Remind accounts for parents. These codes will likely be on the syllabus.

# JOIN MANZANO'S INSTRUCTIONAL COUNCIL

- ▶ **Manzano's Instructional Council** works to address school issues that fall within the scope of instructional improvement by means of collaborative processes with the goal to improve and support teaching and learning. Learn more about APS' IC Guidelines by visiting <http://bit.ly/apsicguidelines>
- ▶ If you are interested in representing parents on Manzano's IC, join Manzano's PTA, which will elect their IC representative. For more information, email the acting IC chair, Lawrence Walsh at [walsh\\_l@aps.edu](mailto:walsh_l@aps.edu).

# JOIN MANZANO'S PTA

- ▶ **Manzano's PTA's** mission is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children. Learn more about National PTA by visiting <http://bit.ly/nationalpta>.
- ▶ Sign up for the PTA in the front office or as you leave the gym today.
- ▶ For more information, contact Brenda Simpkins at [simpkins@aps.edu](mailto:simpkins@aps.edu).

## **VOLUNTEER TO HELP WITH EXTRACURRICULAR ACTIVITIES**

Whether your student is involved in band, sports, or clubs on campus, their teacher, coach, or club sponsor likely needs help from parents. Contact the adult in charge of your student's extracurricular activities to ask how you can help!

# THAT'S ALL, FOLKS!

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AT [HTTP://BIT.LY/MHSPARENTINFO](http://bit.ly/mhsparentinfo).

EMAIL KELLY DUTRO WITH QUESTIONS AT [KELLY.DUTRO@APS.EDU](mailto:kelly.dutro@aps.edu)