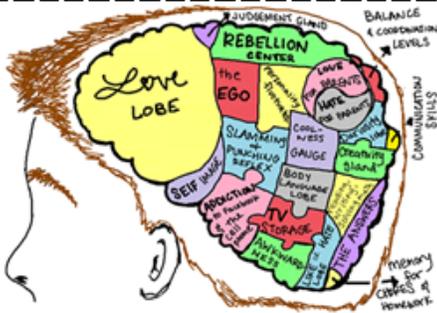


Family Engagement Newsletter

Teenage Responsibilities

THE AVERAGE TEENAGE BRAIN



TIPS FOR TWEENS AND TEENS

- **LEARNING NEVER ENDS:** Let your middle grader see that education is a lifelong process by sharing things that you learn. For example, you might tell him or her what you're learning in your own college course or show him or her a new yoga pose you're practicing.
- **ASKING FOR HELP:** When your child struggles with a lesson or concept in school, encourage him or her to go to his teacher or a classmate for help. Reassure them that it's okay to admit they don't understand, and it's important to get assistance before falling behind.
- **WORTH QUOTING:** "Always do your best. What you plant now, you will harvest later." OG Mandino

Encourage your child to take action and promote kindness.

Children aren't always kind to one another. They pick on other kids. They say mean things behind people's backs. Buy your child doesn't have to accept that unkindness as the norm. Instead, you can teach your child a simple rule: Do something about it. If your child witnesses a classmate being treated unkindly or left out, help them think of actions they could take. They could:

- **Start a Conversation** with the classmate about a book they read or a school assignment.
- Ask the classmate to sit with them at lunch.
- **Compliment the classmate** on something. "Your handwriting is neat," or "I like that shirt."
- **Smile at the classmate.** Sometimes all it takes is a simple smile to make someone's day.

Challenge your child to do at least one kind thing for a classmate each week and ask them to report on what they did – and how it made them feel.

As your child takes these actions, they will learn many lessons. They will learn how good it feels to do something positive to help another person. Even more importantly, they will learn that when they see something wrong, they don't have to accept it. Instead, they have the power to make a difference. Your child **CAN** do something about it.



Mystery Reader Contest

Watch the video and message Lincoln Park on Facebook with your guess! The winner will get a prize!
<https://youtu.be/gJZxyZ-bxmQ>

Beat the Boredom

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Motivational Monday: Quote of the Day - "It does not matter how slowly you go as long as you do not stop." -Confucius Write a small note about what this means to you.</p>	<p>Travel Tuesday: In today's adventure, we are going to explore the environment and different types of ecosystems. Use the link below to find cool virtual resources by the Nature Conservancy. https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/</p>	<p>Wild n' Out Wednesday: Put down your electronic devices and write down some thoughts about where you see yourself in five years</p>	<p>Thinking Thursday: Check out the website Rockalingua for free online resources for kids that teach basic Spanish! www.rockalingua.com</p>	<p>Fitness Friday: Let's try out this fun way to do push-up's using popcorn! Post your popcorn push-up routine to our Facebook so everyone can see! https://www.youtube.com/watch?v=G1z4UNUGxUA</p>