

# High School 1 YEARS

Working together for lifelong success

## Short Clips



### Spring fever

As the weather warms up, help your teen stay motivated by showing interest in her schoolwork. For example, if she's reading books by Edgar Allan Poe, rent a movie based on one of his short stories, and watch it with her. Then, compare the movie with the story. How are they alike? Different? Which does your child prefer?

### DID YOU KNOW?

About one in five teens in the United States are overweight, which can lead to serious health problems. Your teen can maintain a healthy weight by exercising every day and limiting fat, sugar, and cholesterol in his diet. If he's overweight, ask his doctor about safe ways to shed extra pounds.

### Earth-friendly fashion

Shopping at secondhand stores saves money, and it's good for the environment. That's because reusing clothing, accessories, CDs, and computer games gives the items a longer life and keeps them out of landfills. Your child may be surprised to find brand-name jeans or popular games at big discounts.

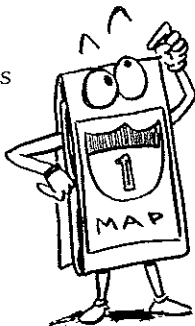
### Worth quoting

"My interest is in the future because I am going to spend the rest of my life there." *Charles F. Kettering*

### Just for fun

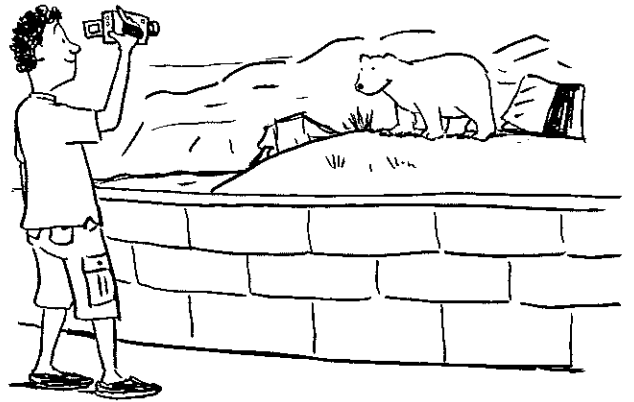
**Q:** What has cities without houses, rivers without water, and forests without trees?

**A:** A map!



## Making the most of summer

Teens look forward to summer break as a chance to unwind. This summer, encourage your child to be active, keep learning, and enjoy his time off with these suggestions.



**Fitness.** Look for ways your high schooler can be physically active. If he's on a school sports team, he might have conditioning sessions throughout the summer. If not, he could invite friends to join him for regular workouts. They might meet weekly at a swimming pool, fitness trail, or gym. Setting up a schedule and keeping people informed will "pump up" his organizational and communication skills, too.

**Learning.** If your teen likes taking pictures or videos, being outside can open doors to a whole new world of learning. He could tour and film your town's historic district or monuments. Or he might photograph zoo animals, focusing on their eating, playing, or sleeping

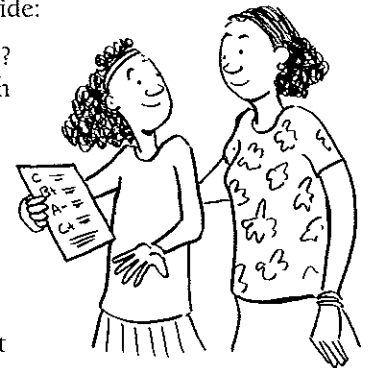
habits. While observing and filming, he'll learn about history or animal behavior.

**Community service.** Summer is a great time for your high schooler to volunteer. He might help out with Special Olympics by keeping score, recruiting other volunteers, or answering phones and e-mails in the office. He can find out about opportunities at [www.specialolympics.org](http://www.specialolympics.org). Or he could contact your local Red Cross. They may need someone to greet, register, and serve refreshments to blood donors. For other ideas, have your teen visit [www.dosomething.org/volunteer](http://www.dosomething.org/volunteer). 👍

## The last report card

When your child's final report card comes, use it as a tool to celebrate her progress and plan for improvement. Here's a guide:

- Look for areas to praise. Did any grades go up? Did she do well on final exams? Did she get high marks for effort?
- Check attendance and tardy records, along with teacher comments. Did your teen attend class regularly, arrive on time, and complete assignments?
- Review the report card together, and then list ways she can improve in the fall. *Example:* Don't leave assignments for the last minute. 👍

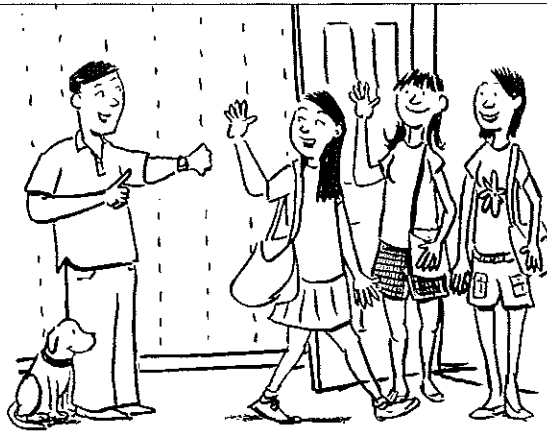


## Safe summer socializing

One of parents' biggest concerns for summer break is helping their teens stay out of trouble. Here are some ways you can keep your child safe.

### Be in the know

Tell your teen you need to know where she is going and who she'll be with. Set a time for her to come home, and agree on a way for her to contact you if her plans change (phone call, text message).



### Talk it over

Kids whose parents talk regularly about the dangers of drugs, alcohol, and tobacco are less apt to use them. Make sure your child understands how you feel and what your rules are. Lay out the consequences up front for breaking rules, and stick with what you say.

### Stay in touch

Get to know the parents of your teen's friends, and touch base often. For example, you might agree to call in advance to find out if your kids will be supervised when visiting each other. Also, talk about your rules on drinking, curfews, and other issues. 👍

## Q & A

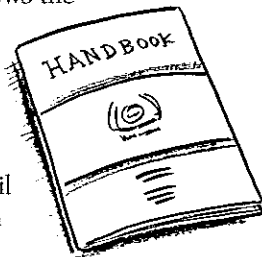
### Say no to cheating

**Q** I recently heard my daughter say that a friend had copied homework. How can I make sure she doesn't cheat?

**A** Start by talking with your daughter. Let her know that cheating is wrong—even if someone isn't caught. Explain that cheating can distort test curves or throw off class rankings, which affects everyone's scores and grades.

Together, review her school's handbook so she knows the consequences.

Cheaters will usually get a zero on the assignment, but they may also fail the class or even be suspended.



Finally, make sure your child understands that she can be caught cheating whether she's the one who copies answers or the one who lends her paper to a friend. Help her practice what to say if someone wants to borrow her homework. She might brush off the request with a casual "I don't do that," or she could say, "No way. We could get in serious trouble." 👍



## Parent to Parent

### Government matters

My son Patrick told me he didn't like civics class because he just wasn't interested in government and politics. I suggested that he think about how the subject affects his everyday life.

For example, I explained that a government agency would issue his driver's license next year. Then, he'd have to obey traffic laws that are made by state legislators. Also, the government would take taxes out of his paycheck when he gets a job. Finally, I reminded him that it wouldn't be too long before he'd be old enough to vote.

I started e-mailing Patrick newspaper articles about government and politics. He was surprised by how often those topics appeared in the news—and I was surprised when he mentioned one of the articles at breakfast. 👍



### Time for family

Sharing time together builds family bonds. Try these ideas:

**1.** Have a special dinner. As a family, decide on a theme and a menu. For example, you might wear pajamas and have omelets, or dress up in nice clothes and have pot roast. You could also dine by candlelight or choose music to listen to while you eat.

**2.** Take turns playing "expert." Pick a time when everyone is home, and teach each other how to do something. A parent might demonstrate how to change a

tire. A teen could explain how to use a new software program. And a younger child might show how he builds with Legos.

**3.** Start a book club. Take turns choosing a book for everyone in the family to read. Then, get together and discuss it. You might share what you liked or didn't

like or talk about your favorite characters. Before ending, decide on your next book. *Idea:* Make your meeting more fun by having it at a coffee shop or bookstore. 👍



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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