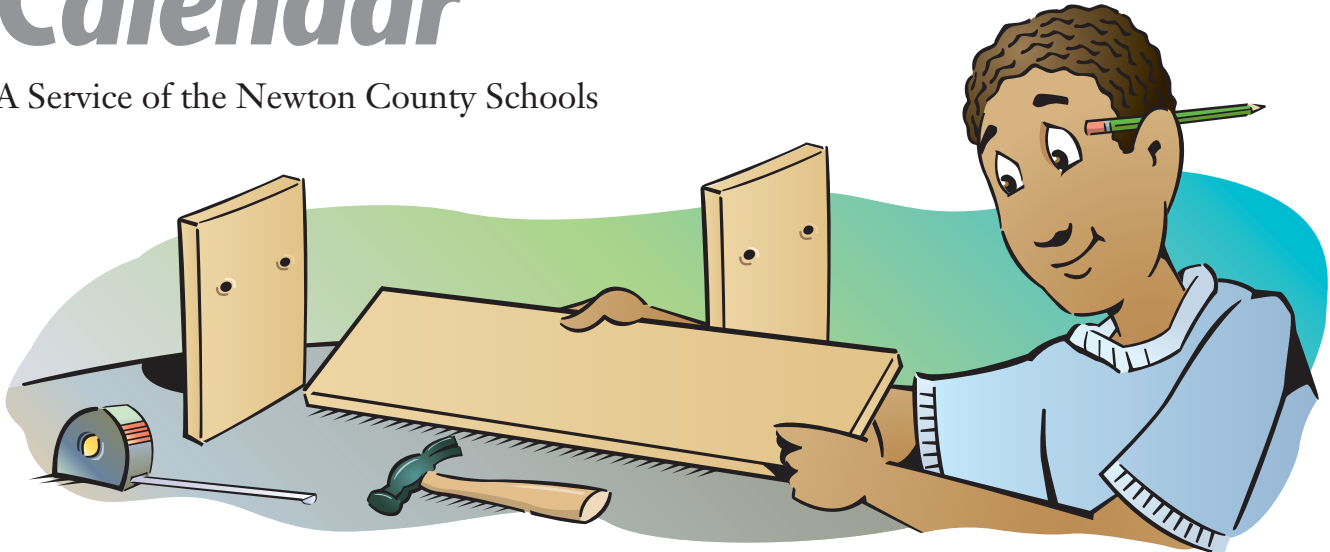


Parent Pointers

Calendar

A Service of the Newton County Schools



THE PARENT INSTITUTE®

Parent Pointers

Calendar

High School Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Collect photos and memorabilia from your teen's high school years. They make a treasured graduation gift.	2 Encourage your teen to create some school year resolutions. Write them down and put them in a safe place.	3 Set aside time to listen as your teen tells you about each new teacher and each new class.	4 Your teen may need special supplies for school. Make plans to get them early in the year.	5 Kids who take part in extracurricular activities do better in school. Is there an activity that interests your teen?
6 If there's no activity that interests your teen, find out how she can start a club or activity she would like.	7 Does your teen have a regular study schedule? Set aside time every day for schoolwork, reading or review.	8 Today is International Literacy Day. Make sure everyone in the family has a library card.	9 Set limits on how often your teen can go out with friends during the school week.	10 Help your teen think about things she could study if she has only 10 minutes. Those little bits of time add up.	11 Does your teen have a learning disability? Have him ask teachers if he can sit in front so he has fewer distractions.	12 Buy a big calendar. Have your teen write down major projects and tests. This avoids last-minute panic.
13 Challenge your teen to get fit. Set up a fitness plan that includes some things you do together.	14 Many high schools sell calendars with events listed. Buy a copy and plan to attend an event this month.	15 When was the last time you told your teen you love him? Tell him today.	16 Find out when your high school has a Back-to-School Night. Be sure to attend.	17 Today is Citizenship Day. What does being a "good citizen" mean in your family? In school?	18 Is study time before dinner? Be sure to have healthy snacks on hand. Hungry teens can't concentrate.	19 Take your teen out for breakfast. Make this a monthly tradition.
20 Car crashes are the largest cause of teen deaths. Make sure your teen buckles up.	21 Go to the library. Explore the nonfiction section—learn more about a subject that interests your teen.	22 What's the best way for your teen to prepare for college entrance tests? Turn off the TV and read.	23 Do you know what drugs teens use today? Ask your school counselor for information.	24 Encourage your teen to keep a to-do list. By writing it down, he is less likely to forget what he needs to do.	25 Ask your teen's opinion of an idea or problem you have. Really listen to her answer.	26 Is your home "teen friendly"? Ask your teen what you could do to make it a place where friends would come.
27 Teens aren't too old for reading aloud. Start reading a favorite book aloud tonight.	28 Is your teen a reluctant reader? Ask the librarian to suggest a book that ties in with a popular movie.	29 Teens usually need more sleep than they get. Set a regular bedtime. Encourage your teen to take "power naps."	30 Only 37 percent of teens exercise regularly—but 35 percent watch at least three hours of TV daily. Get your teen active.	<h1>September 2009</h1>		