Message from the Principal...

Raising Teens: Nobody Ever Said It was Easy – Part 2 of 2
by Michele DeAndrea-Austin, Principal at Bell Middle School

This is the second part of a two-part series on parenting teenagers. The first part was published in February. As was mentioned then, I will never claim to be an expert in parenting; however, I have definitely seen a few things in my 20+ years of educating teenagers, and I have learned a lot along the way. So, I hope the “pearls of wisdom” contained here will be of some help as you navigate through some of the more difficult parenting years.

1. **Keep your teens involved, but not too involved** – Teenagers who are involved in after school activities are more likely to stay away from trouble. These can be school-related activities, such as clubs or sports, or it can be outside activities, like having music lessons or a job. At the same time, teenagers who are overcommitted can become overwhelmed. This can lead to stress and anxiety, and if they fall behind, they could feel helpless and stop trying. Admittedly, it’s a difficult balance to strike, and it looks different for every kid. Again, by talking to your child regularly and knowing him/her well, you will be able to see the signs that may indicate your child is in over his/her head. Another side effect of having an over-committed teen is that it could impact their sleep. Research shows that only 15% of teens get the required 8-10 hours of sleep they need that helps them reach their highest potential during the day. Keeping a regular bedtime schedule is as important to teenagers – even over the weekend – as it was when they were toddlers.

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Message from the Principal, continued...

1. **Say what you mean, and mean what you say** - Teenagers are going to push the boundaries that you establish: just expect it. Once you set a reasonable expectation, if your child does not adhere to the expectations, then follow-through with consequences. The moment you back down, you are sending the message that you don’t really mean what you say. What’s worse? You have just given your control over to an adolescent whose frontal lobe in his/her brain is not fully developed. Just sayin’. This also means that you have to follow-through on the positives, as well. If you promised your child something for making good grades, for example, then you must follow through with your promise. Otherwise, you have lost all credibility and your word means nothing to them.

2. **Be on the same page as the other parent** – Whether a teenager’s parents are still together or not, or parenting is shared with grandparents/other adults, it is essential that all parent figures come to common ground about boundaries, expectations, consequences, and rewards for their teenager. Furthermore, for the sake of the child, agree to consistently follow-through with the agreements. I know - much easier said than done. However, it really matters. With every incongruent decision or action, you’re both losing credibility with your teenager. I hate to say it, but I have witnessed more situations than I can count where a student has manipulated a situation between two parents for his/her own benefit because it’s worked before for them. Some may assume that this happens only with parents who are separated or are co-parenting. Not true. This happens in all parenting situations. Sometimes, the consequences aren’t clear for years, but there are almost always some ramifications when parents are inconsistent with their kids.

3. **Be brave and talk to your kids about tough stuff** – It is hard being a teenager in the 21st century. We thought peer pressure was difficult when we were growing-up…well, our kids have it much worse. There is a constant flow of communication coming at them from friends and other sources, often encouraging them to engage in risky behaviors. We have recently seen an increase in teenagers using Vape pens. What is particularly popular are JUULs. These are odorless, easy to hide, and easily accessible Vape pens. They often look like a USB thumb drive. Kids have learned how to inhale from a Vape pen / JUUL and then discretely blow the smoke into their shirtsleeve. They can do this right in front of you, and you would not know it. I highly recommend you become educated on vaping, as it is both addictive and the new gateway for some teenagers to more dangerous drugs. One way our team at Bell is working to combat this new fad is by having our social-emotional learning specialist, Mr. Irwin, partner with our science teachers in the coming weeks to go over the dangers of vaping. If you would like more information on JUUL and vaping, go to this article from National Public Radio: [https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class](https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class).

   Additionally, there are so many other tough topics that, as a parent, I would prefer to bury my head in the sand and ignore (sex, drugs, alcohol, etc.); however, that is the last thing we parents should do. I would rather that I talk to my kids about these tough topics than they start getting advice from a peer (i.e. another teenager with an underdeveloped frontal lobe).

At the risk of over-simplifying a complex topic, parenting teenagers is not an easy task. Therefore, if you find yourself scratching your head and wondering, “What the heck!” take some comfort in knowing that you’re not alone. The ancient adage that “It takes a village to raise a child,” is as true today as it ever was. As mentioned in part one, I genuinely believe that the school is in a partnership with parents. We will continue to commit to and improve upon our partnership with our families in order to help our kids be successful, well-adjusted future leaders. I hope you found some of this helpful. Have a great month!
Lost and Found

If your student lost small items at school such as jewelry, keys, cell phone, prescription glasses, calculators, etc, please come to the main office to claim them. All will be donated at the end of the year.

Counseling Article

This time of year can leave students mentally and physically exhausted! Here are 2 tips to keep your student on track as Spring arrives!

1. Make room for downtime:
   a. Make sure your student has time to sit back and breathe and do something fun. (working out, time with friends, taking a nap, watching a movie)

2. Prepare in advance:
   a. Students will feel a lot more relaxed if they start studying or working on big assignments earlier and longer.
   b. Even if your student doesn’t have homework, studying or looking over notes for 10 minutes a night is beneficial.

3. Keep Encouraging and Motivating
   a. Acknowledge your student’s feelings and be a good listener, however keep encouraging them to hang in there and complete homework assignments, stay away from unnecessary drama, and remind them of any goals they set at the beginning of the year. It is never too late to set a goal that lasts until May!
Assessment News

All 8th grade students will be taking the Science CMAS test on Wednesday, April 18th.

- Please make sure that students are at school all day on April 18. If students are absent or miss tests due to an appointment or vacation plans, they will need to be pulled from core classes for test make-up.
- A good night’s sleep and breakfast will help kids stay focused during test days.
- Students will take the same lunch as their proctor (they might not have their regular lunch time)

**B Lunch Testing Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Test Content</th>
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</thead>
<tbody>
<tr>
<td>7:25 - 11:18</td>
<td>Science CMAS Unit 1 &amp; Unit 2</td>
</tr>
<tr>
<td>11:18 - 11:51</td>
<td>Lunch</td>
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<tr>
<td>11:52 - 2:10</td>
<td>Science CMAS Unit 3</td>
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</tbody>
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**C Lunch Testing Schedule**

<table>
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<th>Time</th>
<th>Test Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:25 - 11:49</td>
<td>Science CMAS Unit 1 &amp; Unit 2</td>
</tr>
<tr>
<td>11:49 - 12:22</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:23 - 2:10</td>
<td>Science CMAS Unit 3</td>
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Visual Arts Department

Students have been busy drawing mandalas. Even though they’re not done, I think you can agree they’re exquisite!
Visual Arts Department

Mosaics made by Art 2 students. Students carefully cut and placed tile and finished by grouting to make these stunning pieces.
**Community Wellness Fair**

Strengthening our community by promoting the mental well-being of youth, children and families.

**FREE!**
April 28
Saturday 9:45 – 3:00
(free food 11:30 – 1:00)

Golden High School
701 24th St., Golden

Proudly Organized and Sponsored by:
- Rotary Club of Golden
- Participating Sponsors:

<table>
<thead>
<tr>
<th>Schedule of Events</th>
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<tbody>
<tr>
<td><strong>Music by Skeleton Dolls</strong></td>
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<tr>
<td><strong>Classes and Presentation designed for Youth, Children &amp; Parents</strong></td>
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<tr>
<td><strong>Creativity and Healthy Communication</strong></td>
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<tr>
<td>9:45 – 10:45</td>
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<tr>
<td><strong>Inside Out Movie</strong></td>
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<tr>
<td><strong>Exhibits Open</strong></td>
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<td><strong>Transitioning to Middle School</strong></td>
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<tr>
<td>10:45 – 11:30</td>
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<td><strong>Presentation by JC Jackman</strong></td>
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<td><strong>2:15 – 2:45</strong></td>
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<tr>
<td><strong>Building Sources of Strength</strong></td>
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<td>1:00 – 1:30</td>
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For more information, visit GoldenRotary.org/Fair.
Golden High School Community

BIKE SWAP

Saturday, May 5th
11am - 2pm
Golden High School

Buy or Sell your bike or gear!

Want to sell - It’s Easy!
Register with us at GH5BikeSwap@gmail.com

$1 Suggested Admission Donation
Event benefits the Golden High School Mountain Bike Team

Advertising in this newsletter does not imply endorsement by the school or district.
Jumpstreet Indoor Trampoline Parks Celebrate Kids of All Abilities

April is National Autism Awareness Month but Jumpstreet celebrates kids of all abilities every month!

Jumpstreets across the country host a special semi-private event on the first Saturday of every month, including Saturday, April 7. Children with special needs and their siblings are welcome to enjoy the park one hour before it opens to the public. The private hour is from 9am to 10am.

Jumpstreet COO Mark Goldman says,

“Families have shared with us that their children with developmental challenges feel more confident in their play when the park is less crowded. We want all our young guests to have fun.”

The special admission price for the monthly event is $8 for kids 5 years old and older and $4 for ages 4 and younger. The admission is for a two-hour pass.

For more info, please visit GotJump.com.

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & support schools! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.