

FOSSIL RIDGE INTERMEDIATE SCHOOL

10 STEPS TO BE SUCCESSFUL AS A NEW 6TH GRADER



Intermediate school is a big step and a very big change, both for students and parents. The following ways can help to ensure an easier and more positive transition.

- **Insist on daily attendance.** At the beginning of the school year, there are often belly aches and tears, but it is imperative that parents send their child to school to ensure they don't miss assignments.
- **Friendships shift.** At the same time that your child is going through puberty and wrestling with changes in his body and swirling moods, he's trying to figure out who's in, who's out, and where he stands on the social ladder. If he's attending a new school, he may be sharing a lunch table with youngsters from one or more elementary schools — kids he may not know and who don't know him. Remind him to be himself—be kind, outgoing, friendly and NO GOSSIPING!!!
- **Bolster social skills.** If your child says she has no friends, help her find new ways to get to know classmates better. Replace “No one likes me” with “I'll be a better listener” or “I'll invite someone to the basketball game this weekend.”
- **She has a different teacher for each subject.** Instead of the supportive setting of elementary school where she had just one teacher who challenged her strengths and understood her weaknesses, she now has several teachers, each with his or her own teaching style and expectations.
- **Counselors monitor academic progress and are available to answer questions, to listen, and to help students deal with difficult situations.** You child's counselors are Chelsea Holt chelsea.holt@washk12.org and Jason Jensen jason.jensen@washk12.org
- **Organization.** Can your student find her supplies, her books, her homework? Can she keep her binder and folders organized? If this is a tough area for her, be sure to go through her stuff with her on a regular basis to help keep her together. Show her how to organize papers in a binder, and use dividers to separate different subjects and sections. Having several different teachers usually means several different sets of expectations. Using the Student Planner **EVERY DAY** is critical.
- **Time Management.** In intermediate school, students start getting more long term assignments than they are used to. Help your student learn how to break these bigger projects down into smaller chunks and use a time map to plan how he's going to tackle them. Kids often underestimate the size of a project and procrastinate until there's not enough time left to do a good job. Help him learn to manage his time by making sure he does some work each day instead of leaving it all until the end.
- **Setting Goals.** Help him identify what he wants to accomplish and make a game plan for getting there. You can even work together to choose some tangible rewards for hitting the mark. Keeping his goal in mind will help him continue to make strides towards reaching it.
- **Problem Solving.** Lots of kids hit obstacles and then get stuck because they don't have good problem solving skills. Teach your student how to brainstorm solutions to roadblocks that get in his way. Does he keep forgetting to write down his homework assignments? Maybe he can copy down the numbers of several classmates he can call in a pinch. Does he keep losing pencils? He can keep an extra package of pencils in his backpack.
- **Asking for Help.** Often kids don't ask for help because they're afraid of looking dumb. Remind kids that it's the smart people that ask the best questions! Help her develop the assertiveness skills to ask for help *before* she gets too far behind.

Fossil Ridge is committed to providing the finest, most comprehensive education for our students. As a result, we implement over 22 interventions and have modified our school's time structure (REACH Time) to provide students with additional instructional time in core academic and co-curricular disciplines throughout the week while teaching our wonderful students the invaluable skill of personal responsibility.

REMEMBER—YOUR ENTHUSIASM AND SUPPORT CAN HELP MAKE THIS BIG CHANGE IN YOUR CHILD'S SCHOOL LIFE A POSITIVE ONE.