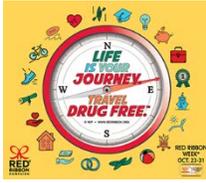


Guidelines

Colonial Heights Middle School Guidance Newsletter

October 2018



RED RIBBON WEEK OCTOBER 22-28

Since 1988, communities across the nation have been participating in Red Ribbon campaigns to show **intolerance for drugs in our schools, our workplaces and our communities**. Red Ribbon Week is an ideal time to **sit down with your middle-school-age child and discuss your standards** about adolescent alcohol, tobacco and other drug use, and to help him or her learn how to deal with negative peer pressure to experiment with these substances.

Here are some online resources to help parents help their children stay drug-free:

<http://www.drugfree.org/the-parent-toolkit/>
<http://www2.ed.gov/parents/academic/involve/drugfree/>



APPOMATTOX REGIONAL GOVERNOR'S SCHOOL (ARGS)

Appomattox Regional Governor's School representatives will be here to meet with 8th grade Algebra I students about ARGS at an assembly during school on October 10th. ARGS applications will be available beginning October 15th.

NJHS Reminder: Applications are due to Mr. Uyeda or Mr. Hathaway by the end of the school day on Monday, October 15th. **Late applications will NOT be accepted.**

The Rise of the Lawnmower Parent by Dr. Karen Fancher, Duquesne University

You're probably familiar with the term "Helicopter Parents," where parents hover over their children and swoop in to rescue them at the first sign of trouble. We are now observing a different parenting style: "Lawnmower Parents." These are the parents who rush ahead to intervene, saving the child from any potential inconvenience, problem, or discomfort.

This kind of parental behavior can have long-lasting, detrimental effects on your child. Some of these include:



She becomes poorly equipped to deal with routine growing and learning experiences. This includes everything from dealing with roommates to communicating with bosses and coping with setbacks.

He doesn't develop a sense of personal motivation or drive, since he only knows how to follow the path that the Lawnmower Parent has already prepared.

She can't make a decision—big or small—without the guidance of others.

He constantly receives the message that he isn't good enough to do this himself. In essence, the Lawnmower Parent is repeatedly demonstrating to him that he can't be trusted to accomplish things on his own.

How can you avoid becoming a Lawnmower Parent?

Let your kids do the talking as often as possible: ordering at restaurants, asking for directions, or calling a friend themselves to arrange getting together.

For older kids, *insist your child attempt all communication on her own first.* If she has to make up a quiz she missed, have her make the arrangements herself and only intervene AFTER she has made the first attempt.

Trust your kid to do well, and tell him repeatedly that you believe he can make good decisions on his own. Give him room to make mistakes—even major ones sometimes—and learn from them together.

Read the full article at:
<http://pittsburgh.citymomsblog.com/mom/rise-lawnmower-parent/>

