Movin’ On To Middle School

PRC Resources
FCPS Resources
Parent Guides
Organization/Study Skills
Social Life/Social Skills
Special Needs
Transition

The Parent Resource Center ◊ 703-204-3941
Communications & Community Outreach ◊ www.fcps.edu/cco/prc
For a complete listing of PRC resources, visit
http://www.fcps.edu/cco/prc/resources/library.shtml

A Good Friend: How to Make One, How to Be One
Herron, Ronald

A Parent’s Guide to the Middle School Years
Bruzzese, Joe

Adolescents and ADD: Gaining the Advantage
Quinn, Patricia

Asperger Syndrome and Adolescence: Helping Pre-Teens and Teens Get Ready for the Real World
Bolick, Teresa

Building Resilience in Children and Teens: Giving Kids Roots and Wings
Ginsburg, Kenneth R.
Fifty Graphic Organizers for Reading, Writing & More
Irwin-Devitis, Linda

Chicken Soup for the Soul, Teens Talk Middle School
Canfield, Jack

Fitting In and Having Fun (DVD)
TD Social Skills

Growing Up On The Spectrum: A Guide To Life, Love and Learning for Teens and Young Adults with Autism and Asperger's
Koegel, Lynn Kern

Helping Your Child with Homework: For Parents of Children in Elementary Through Middle School
Paulu, Nancy

Jarvis Clutch – Social Spy
Levine, Mel

Making Math Accessible to Students with Special Needs, Grades 6-8
R4 Educated Solutions

Making the Match: The Right Book for the Right Reader at the Right Time, Grades 4-12
Lesesne, Teri

Middle School: The Stuff Nobody Tells You About: A Teenage Girl with High-Functioning Autism Shares her Experiences
Moss, Haley

Model Me Conversation Clues (DVD)
Model Me Kids

Model Me Tips and Tricks (DVD)
Model Me Kids

Moving on to Middle School (DVD)
TD Social Skills
Open the Door to Better Communication With Your Teen
Garrison, David

Parenting Teens With Love and Logic
Cline, Foster

Social Skill Strategies: A Social-Emotional Curriculum for Adolescents
Gajewski, Nancy

The Bipolar Teen: What You Can Do to Help Your Child and Your Family
Miklowitz, David Jay

The Roller-Coaster Years: Raising Your Child Through the Maddening Yet Magical Middle School Years
Giannetti, Charlene

Teaching Teens With ADD, ADHD, and Executive Function Deficits
Zeigler Dendy, Chris A.

The Worst-Case Scenario Survival Handbook: Middle School
Borgenicht, David

Too Old for This, Too Young for That! Your Survival Guide for the Middle School Years
Mosatche, Harriet

Trouble-Free Teens: Smart Suggestions for Parenting Your Pre-Teen (CD)
Fay, Jim

Where's My Stuff?
Moss, Samantha

Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind
Bradley, Michael

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Communications & Community Outreach ♦ www.fcps.edu/cco/prc
After School Programs
Activities, opportunities and contact information
http://www.fcps.edu/supt/activities/afterschool.shtml

Middle School Guide
Includes middle school curriculum, resources and services in FCPS
http://www.fcps.edu/is/pos/documents/coursecatalogs/MSCatalog.pdf

School Counseling Services
Frequently requested publications and additional resources
http://www.fcps.edu/is/schoolcounseling/schoolcounseling.shtml

School Psychology Services
Overview of services and contact information
http://www.fcps.edu/dss/ips/psychologists/index.shtml

Social Work Services
Overview of services and contact information
http://www.fcps.edu/dss/ips/socialworkers/index.shtml

Special Education Services
ABA, Assessment, Career and Transition Services and more
http://www.fcps.edu/dss/sei

Student Safety and Wellness
Bullying prevention, Mentor Works, Violence Prevention and Intervention,
Conflict Resolution, Mediation and contact information
http://www.fcps.edu/dss/ips/ssaw/index.shtml

The Parent Resource Center  703-204-3941
Communications & Community Outreach  www.fcps.edu/cco/prc
Parent Guide: Making the Move to Middle School
http://www2.scholastic.com/browse/collection.jsp?id=84

- What to Expect, Grade by Grade
- Kids’ Biggest Middle School Fears
- A Kid’s-Eye View of Middle School
- A Brave New World
- Paging All Parents: Stay in touch and involved
- What’s Normal, What’s Not
- Stay Connected With Your Changing Child
- After School Alternatives for Your Middle Schooler
- Must-Haves for Middle School
- Success Tips From a Middle School Principal
- Motivating a Tween to Succeed
- Let’s Get Organized!

Internet Safety Tips for Middle School Kids

- Essential Internet Guide video
- Common Sense on Internet Safety for Middle School Kids
- Be a Good Digital Citizen: Tips for Teens & Parents video
- Online Privacy: What It Is and How to Get It

What’s Best for Kids?
Tips for parents and educators from the National Middle School Association

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Communications & Community Outreach ◊ www.fcps.edu/cco/prc
ADHD School Organization: A Clean Locker
Ways to help your child maintain a well-organized school locker.
http://www.additudemag.com/adhd/article/829.html#

ADHD School Organization: Tips for Students
Help your child develop organization skills that will bring success and end clutter!
http://www.additudemag.com/adhd/article/760.html#

How to Improve Study Skills in Middle School
Master these techniques to improve study skills.
http://www.howtodothings.com/education/a2964-how-to-improve-study-skills-in-middle-school.html

Middle School Organization
Good organization can help ease the transition to middle school. Here are some good tips for parents.
http://www.lifeorganizers.com/cm_articles/104_middle_school_organization_373.html

Middle School Organization Tips
Assignment and Schedule tips for middle school students
http://www.ehow.com/way_5150363_middle-school-organization-tips.html

Preparing for Middle School
Tips for schedule changes and curriculum changes
http://homeworktips.about.com/od/makingthegrades/a/middleschool.htm
Middle School Organization Tips
Keeping track of assignments and getting organized
http://www.ehow.com/way_5150363_middle-school-organization-tips.html

School Binder Organization Tips
Organizing a school binder is one important step to a successful year.

Study Skills
Learn how you study best to improve your homework and test scores.
http://homeworktips.about.com/od/studymethods/u/studyskills.htm

Teens and Sleep Deprivation
Making time for sleep and homework
http://homeworktips.about.com/od/timemanagement/a/sleeptime.htm

Time Management Exercise
Using a task diary
http://homeworktips.about.com/od/studymethods/qt/taskdiary.htm
How to Make Friends in Middle School
New ways and opportunities to make friends.
http://www.ehow.com/how_2258653_make-friends-middle-school.html

Middle School Survival.com
Kids guide to surviving middle school!
http://www.scholastic.com/kids/middleschoolsurvival/

Middle School Friends and Enemies
Questions about navigating the social world of middle school.
http://www.drdavidgleason.com/articles/social1.html

Raising a Powerful Girl
Strategies to help girls feel more secure and make positive choices.
http://www.pbs.org/parents/raisinggirls/powerful

Social Life in Middle School
How to deal with cliques and bullies.
Social Security: Tips for Kids Going to Middle School
this article focuses on helping kids manage their social life.
http://www.tweenparent.com/articles/view/174

Top 6 Tips to Teach Social Skills and Help Kids Make Friends
Teach your child social skills to make friends with easy strategies.
http://learningdisabilities.about.com/od/instructionalmaterials/tp/tchkdsso
cskills.htm

Your Middle Schooler’s Social Life
An article about the roller coaster ride of middle school social interactions.
http://www.education.com/magazine/article/Middle_School_Social_Life/

Understanding and Raising Girls
How to help middle school girls navigate their social life.
http://www.pbs.org/parents/raisinggirls/friends/mid2.html
ADHD

Smoothing School Transitions for ADHD Children
How ADHD students can get to class on time, turn in homework and learn all they can at school.
http://www.additudemag.com/adhd/article/980.html#

Autism Spectrum Disorders

Aspergers and Middle School
Common misconceptions and school strategies to help your child be successful.
http://autism.lovetoknow.com/Aspergers_and_Middle_School

Aspergers Syndrome Education – Middle School
Tips for supporting children with Aspergers in middle school.
http://www.aane.org/aboutasperger/syndrome/asperger syndrome educat ion_middle.html

Living with Autism: Going to Middle School
Helpful steps for parents with children on the autism spectrum.
http://www.education.com/reference/article/Ref_Living_Autism_Going/
Strategies for Surviving Middle School with Autism and Inclusion
Helpful strategies from Pathfinders for Autism.
http://www.pathfindersforautism.org/articleItem.aspx?id=4

Transition to Middle School for Students with Autism
Tips for transition IEPs.

**Depression**

Depression Among Middle Schoolers
Identify depression signs and ways to relieve stress for your middle schooler.
http://www.suite101.com/content/depression-among-middle-schoolers-a37732

**Learning Disabilities**

Easing the Middle School Transition for a Child with Learning Disabilities
Minimize your child’s anxiety with these suggestions.

Learning Disabilities in Middle School
The path to middle school can be smoother with these strategies.
http://www2.scholastic.com/browse/article.jsp?id=3747163

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10 Tips for Middle School Parents
Ways to stay involved in your child's education.
http://www.schoolfamily.com/school-family-articles/article/801-10-tips-for-middle-school-parents

Elementary to Middle School Transition
Plan for a successful transition!

Elementary to Middle School Transition
Five helpful hints for parents.

It's My Life: Middle School - Movin' On Up
Interactive website for kids with games, video, advice & more!
http://pbskids.org/itsmylife/school/middleschool/

Mastering the Middle School Locker Blues
Tips and tricks to make opening a combination locker on the first day of school easier.
Middle School Parent Fears
Identify the signs of alcohol or drug abuse

Moving to Middle School: Kids Health
Helpful tips to boost your child’s confidence for the move to middle school.
http://kidshealth.org/kid/feeling/school/middle_school.html

Preparing a Student for Middle School
Practical ways to make a child’s transition less stressful.

Surviving Middle School
Five skills for a successful school year
http://susan-carney.suite101.com/surviving-middle-school-a26030

Survival Tips for Middle School Transition
Ten tips to help ease the transition to middle school.
http://www.lpcsc.k12.in.us/kesling/docs/Survival_Tips.pdf

Transition to Middle School
Ways to help make the move out of elementary school a little easier for your child.
http://www.theparentreport.com/resources/ages/teen/education/624.html