

Movin ' On To Middle School



PRC Resources

FCPS Resources

Parent Guides

Organization/Study Skills

Social Life/Social Skills

Special Needs

Transition



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PRC Resources



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.



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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



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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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FCPS Resources

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>



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Parent Guides

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

<http://www.common sense media.org/internet-safety-tips-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

<http://www.nmsa.org/advocacy/pressroom/middleschooleducationnews/articles/article1/tips/tabid/394/default.aspx>



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Organization/Study Skills

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>



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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.

http://www.ehow.com/way_5149872_school-binder-organization-tips.html

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>



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Social Life/Social Skills

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.

<http://www.education.com/reference/article/bullying-in-middle-and-high-school/>



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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>



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Special Needs

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/about_asperger_syndrome/asperger_syndrome_education_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/



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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.

<http://www.lovaas.com/meetingpoint-2007-06-article-03.php>

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.

<http://school.familyeducation.com/learning-disabilities/middle-school/37597.html>

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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Transition

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!

<http://www.transitiononestop.org/Default.aspx?Page=ElementaryToMiddleSchool&AspxAutoDetectCookieSupport=1>

Elementary to Middle School Transition

Five helpful hints for parents.

<http://www.nmsa.org/publications/webexclusive/helpfulhints/tabid/649/default.aspx>

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.

<http://lynn-brogan.suite101.com/mastering-the-middle-school-locker-blues-a140413>



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Middle School Parent Fears

Identify the signs of alcohol or drug abuse

<http://joe-bruzzese.suite101.com/middle-school-parent-fears-a33081>

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.

<http://laura-marie-moore.suite101.com/preparing-a-student-for-middle-school-a198973>

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>



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