

**Congratulations!**  
**Your child is Moving-Up to RFMS!**



**Tips for Middle School Parents**

- General supply lists are available on our website. Each subject/teacher may have a more specific list once school starts. You will receive your child's schedule in August.
- Share a positive attitude! Talk about the exciting changes – new friends, new clubs & activities, changing classes, having lockers, etc.
- Go through the process with them. Ask about the visit they had to RFMS, talk to them about this orientation and the tour you will go on, address any concerns they might have.
- Talk about getting organized. Review note taking, breaking down large assignments into smaller steps, etc.
- Discuss social skills and bullying - Being a good friend, listening, cooperation, respecting differences, managing anger, being supportive, apologizing when wrong, knowing resources when witnessing or experiencing bullying.
- Learn school policies together – dress code, cell phones must be off and locked away, Chromebook guidelines, extra help schedules, etc.
- Attendance is important. If your child has to be out, you can put in a homework request and encourage your child to speak to each teacher about what they missed.
- Talk about peer pressure. Give them a plan to get out of uncomfortable situations (a phrase or code word that you will work on together).
- Encourage your child to get involved. We have so many clubs and after school activities. Have them pick a few to try out!
- Stay on top of work. You have access to Parent Portal (grades and assignments that teachers update), Eboard (valuable classroom

information on activities, homework, and lessons organized by the teacher), Google Classrooms, Remind apps, and the RFMS website.

- Be an active parent. Join the PFC (Parent Faculty Club). Stay involved in your child's experiences at school.
- Set up a study space and start getting back into a routine at the end of August.
- Stay connected to your child. Schedule time to be together, don't be afraid to ask questions, and let them know you are always there for them.
- Realize it's ok for them to make mistakes. This is a part of growing up and being more responsible for their actions. If they forget a homework assignment, gym clothes, etc., don't make excuses for them. Let them learn from their mistakes so that they do not repeat them. It's more than ok to say "no".

### What do I do if I have questions???

Step #1 - Did I check Eboard? Parent Portal? Google Classroom? My child's planner/organizer? Sometimes the answers are at your fingertips!

Step #2 - Call the classroom teacher or send an email. Ask, "Is this typical?" or "I'm confused about an assignment" or "I couldn't find this information online", etc. Also, encourage your child to follow up with the teacher. That's how we work on independence!

Step #3 – General questions about schedules, mental health concerns, or not sure where to start? Call the School Counselor. You can also encourage your child to sign up for an appointment to meet with their counselor during their lunch period.

Step #4 – Realize that there are many adults with different roles and that the person you reach out to may refer you to another person who might hold the answer to your question.

We will see your children on August 23<sup>rd</sup>  
for 6<sup>th</sup> grade orientation at 9 am!  
Welcome to Robert Frost Middle School!