

Words from Wise

Express Lane



Teach Active Listening at Home

Want to help your child practice a behavior that can impact communication skills for the rest of his/her life? It's called "active listening," and it's a proficiency that requires a lot of practice! The next time you have a conversation with your tween, discuss the following behaviors to begin improving the active listening skills of everyone in your family:

- Turn your body towards the speaker
- Make eye contact with the speaker
- Stop whatever else you are doing with your hands or feet
- Make sure the person speaking has finished before interrupting
- Show that you understand how the other person is feeling (*You must be so excited! Oh, that's an awful feeling.*)
- Acknowledge what was said before responding (*I like your point about... I agree that... I heard what you said about ____, however...)*
- Ask questions!



Cell Phone Secrecy



Although everyone strives to maintain honest and open relationships with their children, tweens and teens can be especially secretive about their online activity. With text messaging and social media sites (Instagram, Snapchat, musical.ly) being such popular ways for students to communicate, many parents are seeking out advice to better monitor their children's social interactions.

Talk to Your Child

Talk to your child about what he/she should and should not be doing on his or her phone. Be clear about your expectations and make sure your tween knows what is appropriate to share with others. Discuss the fact that anything that gets typed or sent via phone can surely be captured in a screen-shot for anyone to see (even those that they didn't intend)!



Create a Family Policy

Remember, your children are watching and learning from your own cell phone behavior every day. If you do it, they'll attempt to do the same. Don't be afraid to create a family cell phone policy. Outline rules and behaviors that everyone in the family is expected to follow, even you!

Examples might include things like no phones at the table, no posts about someone else, no phone after 9pm, and no phones in bedrooms. Put this policy in place as soon as your child gets his/her phone rather than waiting for a problem.

Enforce Consequences

Let your child know that his/her phone is a privilege and be ready to take that privilege away when rules are broken. Remind your tween that an iPhone is not a necessity and there are plenty of phones that can offer basic calling and texting services if they cannot handle the responsibility of a smart phone.

Monitoring Apps

For a fee, there are many apps available that allow parents to keep tabs on what their children are doing on their phones. Although they come with a cost, these monitoring apps can assist you in setting time limits, blocking apps, and monitoring your child's messaging. Norton Family Premier, Kidslox, ESET, and MM Guardian are some of the names that are out there. Not all of these apps get the best reviews, so just make sure to do your research before purchasing anything.

Talking About Tragedy

When tragedies occur, we all have a hard time understanding ‘why?’ As you probably know, tweens and teens are no different. During these type of troubling and heartbreaking events, children may need a little extra guidance when it comes to sorting out their own emotions.

Talk Honestly

Although it’s important not to force your child to go into great detail about the tragedies that they see on the news or hear about at school, you also don’t want him/her to avoid these topics altogether. Voice your concerns, express your feelings, and be patient for his/her response. Some children will immediately want to talk more, while others may think about what was said and revisit the conversation at a later time.



Listen with an Open Mind

Your child may not view the situation the

same way that you do. Listen to his/her thoughts and offer words that can assist with describing our feelings (frustrated, angry, confused, sympathetic, etc.). Even if your tween responds with an inappropriate thought or comment, try to remain calm and refocus his/her emotions on the people who are experiencing the event firsthand.

Offer Suggestions to Help

When tragedies hit, tweens and teens may feel a desire to do something to help. Encourage them to turn their emotions into action. Writing letters or encouraging cards, collecting donations, or volunteering their time can all help your child feel like they are contributing something positive during an otherwise upsetting time.

Remember, anytime a tragedy strikes, it takes time for things to return to “normal.” Your child may ask an endless amount of questions, or he/she may only ask a couple. Despite his/her initial reaction, be as honest as possible when discussing concerns, reassure your children that you will always do as much as possible to keep them safe, and try to focus on positive events happening in your family’s life.

Reminders

- 3/2 –Marching Band Basket Raffle
- 3/12 – PTSA Meeting
- 3/23-3/25 – Med./Lynd. Musical
- 3/27 – BOE Meeting (6:30PM)
- 3/29 – End of MS Yearbook Sale

Modified Swimming (5:00 PM)

- | | |
|----------------|------------------|
| 3/2 - @ Barker | 3/5 - @ Roy-Hart |
| 3/7 - Akron | 3/9 - @ Newfane |

Remember to keep:

- Washing hands
- Using hand sanitizer
- Covering coughs and sneezes
- Getting enough sleep and healthy foods!



\$15 Yearbooks!

The Wise Intermediate/Middle School Yearbook is now on sale!



NEED A JOB ARE YOU BEING PASSED OVER FOR THE JOB? LET VONSWY SOLUTIONS HELP MARKET YOUR TALENT!

FREE 4 Day Workshop Series
Marketing Yourself for the Job

March 7	*WEEK 1: INTERVIEW SKILLS/ TELLING YOUR PERSONAL STORY
March 14	*WEEK 2: RESUME WRITING/DRESS FOR SUCCESS
March 21	*WEEK 3: COMMUNICATION SKILLS/GENERATIONS IN THE WORK PLACE
March 28	*WEEK 4: TIME MANAGEMENT

12 NOON AT THE EDUCATION RECREATION CLUB (YMCA)
SPONSORED BY COMMUNITY OUTREACH-MEDINA CENTRAL SCHOOL DISTRICT