



Transitioning from Elementary to Middle School

Students may find that transitioning from the safeguard of one classroom with the same teacher and friends to the independent structure and environment of middle school is an overwhelming and frightening experience. During the transition from elementary to middle school, many students feel the need to assert their independence, perhaps for the first time.

Middle School requires students to attend not one class, but six or seven classes, each with its own teacher and homework. Many students discover that the few hundred students they have known at their elementary school have been replaced with many more new, and sometimes physically larger, students.

These and other changes may cause the student to be fearful, anxious and apprehensive. Parents need to pay close attention to their children's needs and help support their child as they seek to become more independent.

Listed below are a few tips for parents to ease their student's transition into middle school:

- Have daily communication with your child
- Ask open-ended questions about their school day
- Provide and maintain a familiar home structure
- Listen to their ideas for establishing home rules and incorporate them when possible
- Offer and expect your child to accept and perform more responsible acts, e.g., household chores or volunteer service
- Introduce yourself and meet with the middle school's administrators and teachers regularly to monitor your child's progress and educational needs
- Help familiarize your child with their school schedule, calendar, locker rules, school rules
- Review your child's academic progress with your child every quarter
- Maintain regular family events, e.g., family dinners, weekend outings, etc.

SUMMARY

Students entering middle school may become anxious or apprehensive.

Tips for helping your child through the transition include:

- ❖ Talk to your child daily about school activities and events
- ❖ Ask questions, which require more than a yes or no answer
- ❖ Try not to make changes to the familiarity of their home structure and routines
- ❖ Ask them for their input with establishing home rules
- ❖ Give your child more demanding household chores
- ❖ Schedule regular meetings with the school teacher and meet the principal
- ❖ Review their report card with the teacher and your child
- ❖ Schedule family events, family dinners or other activities

Published with support from the Annie E. Casey Foundation

Contact Info: Counseling and Guidance Department: (619) 725-7297
Media inquiries: (619) 725-5578

www.sandi.net

Serving more than 140,000 students, San Diego City Schools is the second largest school district in California, with more than 200 educational facilities and more than 17,000 employees. SDCS is improving student achievement through a focus on basic education skills in reading, writing and mathematics. The district is committed to supporting schools and enhancing the classroom learning environment through modernized facilities and resources and through parent, teacher and community involvement in the educational process.