

The Swanson Anchor

December 2013



From the Principal's Desk

December brings a wealth of activities related to scholarship, spirit and service. As we move into the heart of the second quarter, please continue to support your child's *scholarship* endeavors. Teachers update grades every Tuesday by 9 am, so please use ParentVUE to track your child's progress. (You can find a link to ParentVUE on the Swanson website.) Ask your child about his or her challenges and successes in school. Once you have talked with your child, feel free to email his or her teachers and counselors with any questions or concerns.

December offers several chances to strengthen your child's Swanson *spirit*. Kick off the holiday season by coming to one of our amazing concerts. The winter band concert (Symphonic Band, Jazz Band and Wind Ensemble) is on Friday, December 6 at 7 pm. Our vocal music ensembles perform on Wednesday, December 11 at 7 pm. And the instrumental music concert (Orchestra and Concert Band) is on Friday, December 13 at 7 pm.

If hoops are more up your alley, our girls basketball team plays several games against our APS middle school rivals in December. You and your child can also celebrate reading by coming to our annual book fair. It runs from Monday, December 9 through Friday, December 13.

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From the PTA

Although we've recently put the Thanksgiving holiday behind us, there's so much to be thankful for at Swanson! The November PTA meeting featured Swanson Resource Specialist Christine Joy, who gave a presentation, "Swanson as a Learning Community." John Peck also came to provide a status update on More Seats for More Students. Thanks to all parents who attended the meeting.

Thanks also to those parents who supported the Teacher Workday Breakfast on November 5 by bringing in dishes, setting up and cleaning up. And thanks to event chair Billie Shoemaker for ensuring that all ran smoothly — for the second consecutive year! The teachers deeply appreciate the food and the kindness with which it was prepared.

The Swanson Book Fair takes place during the week of December 9 — thanks in advance to those who are volunteering their time in support of this event.

To enhance holiday spirit, the Winter Choral Concert will be held on December 11, with the Winter Instrumental Concert taking place on December 13. The last day

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December 2013

December

- 5, 12, 19 Strengthening Families Program
6:00 pm
- 5 and 19 School Board Meeting
7:30 pm
- 9-13 Swanson Bookfair
7:20 am (daily)
- 11 Winter Choral Concert
7:00 pm
- 13 Winter Instrumental Music Concert
7:00 pm
- 23-1/1 Winter Break
(No School for Students)

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From the PTA (Continued from page 1)

of school before the Winter Break is Friday, December 20. (I'm sure that students will be quite thankful for some time off of school!) We will have a brief PTA meeting at 7 pm on Tuesday, December 10 in the library. We hope to approve PTA-sponsored grants as presented by the PTA Grants Committee at the meeting. See you there! In the interim, please accept my thanks for your continued support of the work we do — along with my ongoing requests for your time and talents — on behalf of all Swanson students.

May this holiday season be a joyous, peaceful and restorative one for you and your family, and may the happiest of New Years be yours!

— Julie R. Jernigan, 2013-14 Swanson PTA President

From the Principal's Desk (Continued from page 1)

Swanson's students and staff engage in *service* activities throughout the school year. But December causes us to renew our focus on supporting our neighbors in need. Several STARS are coordinating service projects to support those less fortunate in Arlington with mitten drives and bake sale fundraisers. The Student Government Association, Emerging Scholars and Taking Charge class are running a school-wide collection of nonperishable foods for area food banks. In doing so, our students learn and appreciate the meaning of one component of the Swanson Statement, "connecting to one another, our community and to the world." I encourage you to talk with your child about the importance and benefits of service.

During this busy season, I hope you will find quiet time to spend with your child and your family. Whether you spend it reading together, listening to beautiful music, enjoying a sporting event or volunteering to help your neighbors far and wide, I hope you will treasure these times together.

Enjoy the Winter Break, and all the best in the New Year.

— Bridget Loft, Principal

From the Desk of Sharen Humann, Resource Teacher for the Gifted

The Northern Virginia Council for Gifted/Talented Education has scholarship funds available to Identified Gifted and Talented Students. Funds are for those who have not yet graduated from high school and wish to take part in an educational enrichment program, summer workshop, or enroll in college credit courses concurrent with high school enrollment. The maximum award is \$500. For more information, go online to the Gifted Services page on the Swanson website: www.apsva.us/domain/3842. Make sure your application is postmarked by February 3, 2014.

The 6th Grade Social Studies team is happy to announce the first annual Revolutionary War Day in June 2014, following SOL testing. They are deep into the planning process and very excited to be organizing this opportunity for students. If any parent has expertise on the Revolutionary War and would like to help out, please contact the RTG at x5529. If your schedule doesn't permit you to assist but you know an expert who can, please share that as well.

As the 2013 Holiday Season quickly approaches, Gifted Services would like to take a moment to extend a warm Seasons Greetings to all students and their families. We look forward to working with you in the New Year.

The UN Comes to Swanson!

Over the course of the next few weeks, 8th grade students will prepare to speak in front of a mock United Nations (UN). The UN project, which combines research, writing and public speaking, culminates on January 6 – 9.

Working in small groups, students choose to research one of 12 world conflicts. Each team researches the conflict to understand their and their opponents' positions. They go on to develop the best solution from the perspective of their nation, state or group. Then they take on the challenge of finding evidence to support their position and solution.

To prepare for the presentation, students will need to apply global themes in geography, including culture, economics and politics. In addition, students will work to enhance their persuasive techniques, technical writing, grammar and public speaking skills.

In the past, district and community leaders served as members of the UN Security Council. They include Bill Veale, Cathy Eckbreth, Cathy Hix, Dat Le, Diana Hasuly-Ackman, Gayle Kelley, Gene Cross, Libby Garvey, Margaret Gilhooley, Melissa Sen, Mo Noonan-Moore, Paula Lamina, Robin Liten-Tejada, Regina Van Horne, Sandi Green, Sarah Ann Bounds, Steve Oxenrider, Valerie Smolinski and Wendy Carria. They decided on a “winner” in each debate based on the team who presented the most convincing argument.

We’ll continue to use district and community leaders to enhance the authenticity of the experience for students this year. We encourage you to ask 8th grade students about the project and their understanding of their conflict. It is amazing how well they can integrate content and content vocabulary as they differentiate between the pros and cons of each viewpoint.

Thanks to the PTA for supporting this event.

– *Christine Joy, Hurricanes; Sarah Giese, Tropical Cyclone and Eric Tarquinio, Typhoons*

The Latest in Latin

On November 24 and 25, 33 Swanson Latin students joined over 2,000 fellow Latinists from all over the state for the Virginia Junior Classical League Annual Convention (VJCL) in Richmond. At this event, students participate in academic tests and costume or oratorical contests, submit art and crafts projects, and attend talks on classical themes. It’s not all academics at VJCL, however. The convention opened with a huge spirit event and then, come evening, there was the convention banquet, followed by karaoke and a disco, where kids danced gangnam style in togas!

Swanson students signed up for a variety of tests ahead of the event, and then showed great initiative in studying independently for their chosen topics. Fully 25 of Swanson’s students placed within the top 10 scores in the tests and art contests (tied scores share each placement)! Congratulations to all of our students for Swanson’s best showing yet in the academic tests! Special mention to those who won first through fifth place ribbons:

- Calder Lowenstahl placed first in the Mythology test and Gus Grohmann earned a second place ribbon
- Ben McCracken earned a second place ribbon in the Classical Geography test and Jonathan Stutzman earned a third place ribbon

- Natalie Chin earned a second place ribbon in the Latin Mottoes test
- Claire Cofield and Calder Lowenstahl earned second and third place ribbons in the Vocabulary test
- Julia Billera earned a third place ribbon in the Reading Comprehension test



- Julia Billera and Claire Colfield earned third and fourth place ribbons in the Latin Derivatives test

In the Art and Crafts contests, special mention to Vicki Summitt, for earning third place for her comic book on the Trojan War; to Sophie Lent, who won fourth place for a sculpture of Zeus; and to Cody Erikson for winning fourth place for his Hitchcock-inspired posters promoting Latin.

Most importantly, I hope everyone had fun! Thanks to all the parents who chaperoned, kept an eye on our students throughout, and gamely participated in judging, proctoring, and generally helping out with the many events that make up VJCL Convention – gratias vobis ago!

– Melanie Stowell, Latin Teacher

Swanson Students to Compete in National Geographic Bee

For the 26th year, the National Geographic Society is holding the National Geographic Bee for students in 4th through 8th grades. The Bee will be held in thousands of schools across the United States and in the five US territories, as well as in Department of Defense Dependents Schools around the world. Google is sponsoring the 2014 Bee.

Contestants will earn their positions to compete by taking a written test. Then, six students from each grade level with the highest scores will be invited to attend the Swanson Bee.

The winner of the Swanson Bee will advance to the next level of competition. This level is a written examination to determine state competitors. All school winners are eligible to attend the national championship, May 19 – 21 in Washington, DC. The first prize is a \$50,000 college scholarship!

Last year, Zeke Albro represented Swanson at the state level. We look forward to having another student represent Swanson this year!

– Eric Tarquinio, World Geography Teacher

Continental Math League Contest

In early November, math students at Swanson participated in the Continental Math League contest. Students were given six questions to answer in 30 minutes without the use of a calculator. It's a challenging contest, since many problems require careful reading and multiple steps to solve, with the added pressure of a time limit.

Here's an example from the 7th grade contest:

A dozen rolls and a lemon cake cost \$12.75. Half a dozen rolls and two lemon cakes cost \$17.25. What is the cost of the lemon cake?

Students at Swanson performed very well on the challenging contest. The 7th and 8th grade contests proved to be particularly difficult, with only a couple of students mastering all six questions. Top scorers in each of the grade levels were as follows:

6th Graders Perfect Score of 6:

Sam Bender-Prouty	Michael Kyrychenko
George Brown	Zach Luzius
Aidan Burnside	Patrick Rampton
Claire Duncan	Brendan Rindfusz
Henry Erwin	Suruchi Sen
Max Gieseeman	Christina Sheckler
Kaya Guthrie	Julia Trapanese
Mariana Holladay	Narangunj Tuguldur
Robert Kirchenbauer	Helyn Walther

7th Graders Perfect Score of 6:

Hanna Xu

8th Graders Perfect Score of 6:

Thomas Callen

Derek Martin

The next contest was held in early December. We'll report the outcomes in the January Anchor. By the way, the answer to the question above? \$7.25.

– Laura Partridge, Math Coach

Intermediate Math Open a Big Draw for Swanson Students

Seven Swanson students attended the daylong Intermediate Math Open at Glasgow Middle School on Saturday, November 9. They were Raka Banerjee, Eric Dunham, Katerina Forrest, Gabi Fowler, Kayle Park, Shambhavi Ramaswamy, and Ben Salkind.

The event, hosted by the Thomas Jefferson High School Science and Technology varsity math team, is open to 7th and 8th graders of all math abilities. Swanson had more students interested than we were allowed to bring, so unfortunately not everyone who wanted to participate was able to do so.

The students who did attend enjoyed the various math activities involving individual and team rounds. Students were grouped into teams, with no team having more than one student from each school. TJ high school math team students coached the teams, and they learned some new strategies for solving math problems. Everyone on the team was included in the activities and all worked together to benefit the group as a whole.

All students represented Swanson admirably. Extra congratulations go to Raka, who was on the winning team and took home a trophy.

A special thanks to Gabi's mom, Sharon Buccino, for taking the lead in arranging car pooling, to all parents for making sure their student was ready and on time, and to Swanson's own Laura Baxter for helping chaperone.

– Laura Partridge, Math Coach

Swanson Clubs and Sports

Here's a rundown of Clubs and Sports activities and upcoming events:

Clubs

The December activities calendar will be out shortly. If you are looking for an electronic version, visit www.apsva.us/domain/4336. Please note that these calendars are for Swanson's clubs – they do not list ACT II classes.

Sports

Congratulations to the Boys Soccer team for braving the cold November evenings to a successful season! Our Girls Basketball team is now hitting the home stretch, so make sure to come out for the last few games!

Before you know it, it will be January, and that brings the beginning of both the Wrestling and Boys Basketball season. It's a good time to check to see if you have a physical on file to be prepared to hit the mat or court! Information about tryout and practice schedules will be posted soon, so make sure to tune in to the Morning Announcements each day!

As always, if you have any questions, feel free to contact me at trevor.holland@apsva.us or at (703) 228-5510.

–Trevor Holland, Activities Coordinator

Builder's Club Sweeps Away Fall; Readies for Bake Sale

Members of the Builder's Club got into the Autumn spirit by helping to sweep away the falling leaves that blanketed the front walkways. The spirit of cooperation between students of all grades and the opportunity (Mrs. Loft's favorite word) for students who had previously not known each other to work together was in the true spirit of Builder's Club.

We are also planning for a December 12 bake sale to raise money to prepare meals for A-Span.

– Felicia Meier, Builder's Club Sponsor



Swanson Students Support Ethiopian Middle Schoolers

Did you know that in Ethiopia, students have to wear uniforms to school in order to create a sense of equality? These students, although very smart, struggle to attend school because of a lack of uniforms. When hearing about this, Swanson's SGA thought, "Why not increase the chances of these students succeeding in school?"

Last June, the SGA ran a donation drive for students in Kolf Middle School and Tiggie Be Nessant Middle School in Ethiopia. We asked Swanson students to donate their used school supplies. In addition, students participated in a Penny War. Competition fueled donations because after one and a half weeks of collecting, Swanson raised about \$500 and four large boxes of supplies!

The SGA got special permission from Ethiopian Airlines, Dallas Airport to ship the supplies for free in honor of their service. Bethlhem, a student from the SGA visited Ethiopia this summer and was lucky enough to personally deliver the supplies that Swanson donated. She met with the school principals and students, who were extremely grateful to Swanson. Bethlhem even met with the seamstress who fitted and made uniforms for 42 students.

The principals projected that the school supplies and uniforms would be enough for the next two full years! The students were incredibly happy, and for many, this was the first time that they had ever received help to this extent. The school board even said, "The donation was fabulous, but the fact that kids their age did this was mind boggling to the kids. The students all had thought that you could only achieve big things when you are old but know now that is not the case."

Throughout this whole process Swanson was highlighting three major things. We portrayed scholarship by thinking about what we donated and the quality of it (supplies). We showed service by connecting and helping another part of the world. We also showed spirit by being proud of ourselves and our school. Swanson did a lot of work to support these students. But the work doesn't stop here, there's an organization named One Uniform at a Time where you can help out even more.

– *Written by Bethlhem Damtie, SGA Student*

State Senator Meets with 6th Graders

The second mod classes of Ms. Schrecker, Ms. Donnelly and Mr. Philippon had the honor of attending a presentation by State Senator Barbara Favola on Wednesday, November 13. Senator Favola represents the 31st District of Virginia and has lived in Northern Virginia most of her life. She previously served for 14 years on the Arlington County Board.

Senator Favola gave students an overview of her job and engaged them in some great conversations. She and eager Swanson students discussed controversial issues like what time the school day should start, the effectiveness of SOLs and also whether the school year should begin before Labor Day. An educational and engaging time was had by all!

– *Ms. Schrecker, Ms. Donnelly and Mr. Philippon,
6th Grade Social Studies Teachers*

Calling All Scientists!

Are you interested in possibly seeing the future? Do you have a few spare hours in January? We are offering you the opportunity to answer these questions and many more! Join us at our Annual Swanson Science Fair on Thursday, January 23, 2014 at 6 pm. After a light dinner, you will have the time to visit with our students and witness what they have been curious about. Contact Mahi Savage at mahi.savage@apsva.us if you would like to join in the fun. Hope to see you there!

– *Ms. Savage, 7th Grade Life Science Teacher*

Stella and Dot Fundraiser!

The Student Government Association is involved in many activities at Swanson, including organizing service projects and spirit week. We would like to do some new and creative things this year, but we need your help!

SGA is holding a Stella and Dot fundraiser! You can purchase jewelry and handbags, just in time for the holiday season. Simply go online to www.stelladot.com/ts/pnou5. We'll hold a merchandise show at the school between 5 pm – 7 pm on December 11, so you can also shop in person.

Thanks for supporting the Student Government Association!

– *Christine Joy, SGA Sponsor*

7th Grade Shadowing Day a Great Success!

On Friday, November 15, 7th graders participated in our annual Shadowing Day. Students arranged a shadowing opportunity with a person in the field of their choosing. Upon their return, students told of exciting visits to forensic labs, doctors' offices, airplane repair facilities, bakeries, clothing distributors and even National's Ball Park.



At Swanson, visits by local professionals engaged our students with the tools of their trade. A firefighter brought his special wardrobe, a Parks professional brought a live snake, and a graphic artist showed students about computerized art. A Personal Chef, former Swanson teacher Ann Godfrey, had students making Brochette, an Italian favorite. Students followed up with special thank you notes and reflective reports. It was a successful time for all!

– Ms. Savage, 7th Grade Life Science Teacher

Ellis Island Brought to Life by 7th Grade Visual Art Students

The 7th Grade Visual Art students painted four 64"x64" murals and 20 posters for Ellis Island Day. The mural project started just before the 52 students learned about Ellis Island in their Social Studies classes.

Peaked with interest and questions, the Visual Art students were already engaged in the Ellis Island era. What colors were available at that time? Not as many as we see today, since color pigment was very expensive over 100 years ago. With the prior knowledge on how to blend and mix colors from other Units of Study in art, students readily took on the challenge of creating these murals. As they learned more about Ellis Island in their Social Studies classes, the students talked about the content of murals and posters while painting. All of them will be laminated and used for the next Ellis Island reenactment.

– Cecily Corcoran, Visual Arts Teacher





Blackboard Offers Great Research Databases

Did you know your child has access to several databases through Blackboard? The database subscriptions are great for researching current, accurate, authoritative information for middle school students. The reading level varies across the databases, so content is available for all students. Some of the databases are also available in Spanish.

First, sign into Blackboard from Swanson's website (www.apsva.us/swanson). Then click the Students page. From there, you'll see APS Library Online. All the databases listed include login information.

If you need help with a database, please contact genelle.schuler@apsva.us or amy.hailey@apsva.us.

– Amy Hailey, Librarian

COUNSELOR'S CORNER

Need Recommendations? Transcripts? Deadlines are Approaching!

Deadlines are approaching for 8th graders who plan to attend a high school other than their designated local school.

For students applying to private schools and other high school programs such as Washington-Lee's IB or TJHSST and summer programs like UVA's Summer Enrichment Program, all applications and requests for teacher recommendations and transcripts should be sent to your child's counselor at least **two weeks in advance of the due date**. The 8th grade counselor, Mrs. Jankowski will distribute the materials to the requested teachers.

Students should ask teachers **in advance** if they are willing to complete the application or recommendation **before** the counselor distributes them. All materials will be mailed directly to the schools from the Counseling Services Office. Please send in your requests in a timely manner, along with postage, so that teachers and staff will have adequate time to complete the materials. Thank you!

Book Fair Coming December 6–13!

The library will host its annual book fair Monday, December 6 – Friday, December 13. We will be open each day from 7:20 pm – 3:30 pm. We'll hold two night events on Friday, December 6 and Friday, December 13 from 5 pm – 7:30 pm. Profits made from the book fair will benefit the library program and the English Language Arts Department.

If you are interested in volunteering at the book fair, visit www.SignUpGenius.com/go/60BOC49AFA723A13-swanson/13694177 to sign up.

We look forward to seeing you shop at the book fair. Your children will be glad you did, and so will we!

– Amy Hailey, Librarian

In addition, specific TJHSST deadlines are coming up. The admissions test for students who have submitted applications to TJHSST will be held at Swanson on Saturday, December 7. Semi-finalists will return to Swanson to complete an essay test on Saturday, January 25, 2014.

International Baccalaureate (IB) Information Night

Students and parents are invited to International Baccalaureate (IB) Information Night on December 4 at 7 pm at W-L to learn more about the IB program there. This program is open to all grades, but prospective 8th grade candidates are strongly encouraged to attend.

International Baccalaureate applications are due to Washington-Lee High School by January 17, 2014 no later than 4 pm.

High School Information Sessions

All Arlington high schools schedule school information sessions to provide parents an opportunity to visit the schools, meet the principals, tour the buildings, and get a general sense of the personalities of each of the schools.

All parents of rising high school students are encouraged to attend one of these sessions; NO RSVP required. School Information sessions (your target school and the school you wish to attend) are **required** for families who are considering applying to another school other than their neighborhood school, including the high school countywide schools and programs (www.apsva.us/site/Default.aspx?PageID=3017).

The application period for secondary schools to apply to a countywide program or to transfer to another neighborhood school (on a space-available basis) is the first Monday in November to the third Friday in January for the following school year. Here are the steps you need to take:

- The parent must first attend a high school information session at both the neighborhood school and the school they're applying to.
- Both school principals must sign the Pupil Transfer Application (www.apsva.us/cms/lib2/VA01000586/Centricity/Domain/169/Pupil%20Transfer%20Application%202014-15%20Secondary.pdf).
- The application will be submitted to the requested school by the third Friday in January, by 4 pm.

A random lottery is held whenever there are more applications than available slots. After the lottery takes place, usually the week after the closing of the application deadline, those randomly selected will be notified by mail.

Students who applied but were not selected will be placed in numerical order on the waiting list. Applications received after the application deadline will be placed at the bottom of the existing waiting list. When there is a space opening, the next person in the waiting list will be contacted and given an opportunity to register.

High School Information Sessions for Admission for the 2014-15 School Year

School	Wed., Nov. 13	Tues., Dec. 10	Tues., Jan. 14
Wakefield (703) 228-6700	10 am	8:30 am	8:30 am
Washington-Lee (703) 228-6200	8:30 am	10 am	10 am
Yorktown (703)228-5400	10 am	8:30 am	8:30 am
H-B Woodlawn (High School Program) (703) 228-6363	3 pm	3 pm	3 pm

For more information, check the APS website: www.apsva.us/site/Default.aspx?PageID=3018

Yorktown AP Scholars

The AP Program Information Night is on a new date: Monday December 9 from 7 pm – 8 pm. The meeting will take place in the Yorktown High School Auditorium.

For information on the program and the application process, please visit

Yorktown AP Scholars Program online at www.apsva.us/domain/3884.

Character Education

Each month Swanson highlights one of the Six Pillars of Character Education. In October, we highlighted respect. In November, we concentrated on responsibility. During December, the focus will be on **caring**:

- Being responsive to the concerns and needs of others
- Treating others with kindness, concern, and generosity
- Being charitable
- Giving of yourself for the benefit of others

The Gift of a New Year: Looking ahead to 2014

The New Year ahead reminds us of our own opportunities as adults for renewal and improvement. Navigating adolescence takes patience and sensitivity to the twin pressures of academics and peer interactions. Recalling our own challenges as teens help us to remain sensitive to our students' unique challenges as we navigate our own!

This list of gifts you can give your teen come from Dr. Debbie Ciavola's book, [50 Great Tips, Tricks and Techniques to Connect with your Teen](#).

100 Ways to Connect with your Teens

1. View adolescence as an adventure.
2. Respect their privacy.
3. Create family times around activities they enjoy.
4. Keep the delicate balance between holding on and letting go.
5. Understand the nature of the adolescent beast.
6. Take advantage of an unexpected connection.
7. Bite your tongue.
8. Don't take their chaotic behavior or mood swings personally.
9. Help them discover their spirituality.
10. Catch them doing something right and praise them.
11. Influence your teens' decision making, but don't say, "I forbid."
12. Give privileges with age and responsibility.
13. Be their mentor and ally.
14. Guide them, not manage them.
15. Be clear about expectations and the consequences for not meeting those expectations.
16. Be your teen's advocate.
17. Show true interest in their activities.
18. Expect miracles.
19. Be their parent. Teens do want rules, limits, and questions from you.
20. If you can't police, monitor or enforce a rule, don't have it.
21. Watch the little rules that poison relationships.
22. Spend time alone with your teen.
23. Ask open-ended question, such as "What are you learning in your history class?"
24. Encourage them to talk it out.
25. Actively supervise your teen's exposure to media violence.
26. Acknowledge your teen's fears, even if you do not agree with them.
27. Control your own behavior.
28. Talk about gangs and cliques.
29. Allow them safe and healthy outlets for their energy.
30. Use "I" statements rather than "You."
31. Enforce the important stuff, not the little stuff.
32. Seek to understand what your teen is really saying rather than reacting.
33. Share something personal that relates to your years as a teen.
34. Avoid giving unwanted advice.
35. Discuss personal matters on sex and fears.
36. Give your teen the impression that you trust them to do what is right.
37. Listen patiently to your teen's reasons for wanting to do something.
38. Connect with your teen. Reflect on your adolescence.
39. Avoid lecturing.
40. Be someone they can believe in.

41. Make your home a place where teens want to hang out.
42. Talk less about the media and more about real heroes in our country.
43. Make a list of 10 things you like about your teen and tell them.
44. Teach them how to be compassionate, empathetic and fair.
45. Show compassion to other teenagers.
46. Keep your face relaxed when they are telling you something you don't want to hear.
47. Talk about drinking and its consequences. Make your expectations known.
48. Help them establish their own autonomy while maintaining a loving relationship with you.
49. Support your teen's interests and encourage in their accomplishments.
50. Have regular family meetings in which the whole family talks things over and makes decisions together.
51. Ask what worries them most about their future.
52. Use natural and logical consequences, so discipline makes sense.
53. When they come home from an event ask, "How did you show good character?"
54. Teach respect for life in all forms.
55. Ask if they would like to go out to eat, run an errand, or go shopping with you.
56. Show up to watch them in their activities. Clap loudly.
57. Talk to their friends, learn their names, and let them confide in you.
58. Work together in community activities.
59. Learn more about their world.
60. Believe they can make a difference and be a success.
61. Admit when you are wrong. Be able to say, "I'm sorry."
62. Hug them often.
63. Say, "I love you. I'm proud of you."
64. Show your teen respect.
65. Eat dinner together four to five days a week.
66. Never berate or belittle teens in front of their friends or peers.
67. Ask their opinions.
68. Give them room to breathe to balance independence with dependence.
69. Set standards in clothing while still allowing them to express themselves.
70. Talk to your teen when there is not a problem.
71. Listen carefully to what is being said as well as what is not.
72. Have daily conversations.
73. Share your concerns rather than being the undercover cop.
74. Keep the discussions with your teen confidential (unless they are involved with something dangerous.)
75. Follow through on promises.
76. Allow your teen to take responsibility when you see them handling it well.
77. Forgive your teen when they make a mistake.
78. Negotiate new challenges.
79. Give your teen increasing autonomy (even if it kills you).
80. Accept all of your teen's feelings as long as they are respectfully conveyed.
81. Schedule times to talk about unappealing topics. Do not catch on the fly.
82. Focus on what your teen did right before offering constructive criticism.
83. Make more statements rather than asking questions.
84. Talk to your teenager rather than at them.
85. Don't over-react.
86. Accept they will have moody behavior and teach them how to deal with it.
87. Allow them to make decisions about their own lives whenever possible.
88. Remember you are in the process of "people-making."
89. Express words of appreciation.
90. Listen with your heart.
91. Help them develop a sense of humor by telling funny stories of your day.
92. Enforce mutually acceptable behavior standards.
93. Listen to the whole story before you react.
94. Use natural and logical consequences when a boundary is broken.
95. Cook together or teach them how to cook.
96. Wait up until they come home.

97. Talk in the dark after the house is quiet and they are tired and relaxed.
98. Find out if they want you to fix it or just listen before you give advice.
99. Discover a shared passion together.
100. Remember, children become who you predict them to be.

Dr. Debbie Ciavola is a marriage and family therapist specializing in teens, stepfamilies, grief, divorce, and single parenting. She is available for online coaching and by phone at (972) 304-5409. You can reach Dr. Debbie at www.greatparentingtips.com or email her at drdebbie@greatparentingtips.com.

Food Drive

Swanson will be holding its annual food drive from December 3–13. Please donate food that does not need refrigeration, such as canned meat, vegetables, oatmeal, peanut butter, rice, etc. This food will be collected by the Emerging Scholars and Student Government Association every day during STAR and donated to AFAC. Thank you in advance, Swanson, for bringing in food to help those in need!



– Michael Kyrychenko, 6th Grade SGA Representative

Report Cards Issued

Report cards were issued on November 15, 2013. Discussing your children's grades with them is a wonderful opportunity to review the strategies they are using to achieve their goals. Take time to analyze study habits and encourage them to seek out their teachers for clarification of assignments and extra support. Check to make sure your student isn't overscheduled with extra-curricular activities.

Do your children:

- Have a place to study without distractions?
- Take care of their academic responsibilities **before** TV, phone and computer time?
- Read nightly?
- Use an assignment book?
- Keep their binders organized?
- Know how to break down long-term projects into manageable parts?
- Know how to set short term and long term goals?
- Keep physically fit and are proud of their appearance?
- Select positive role models and friends?
- Get involved in extra-curricular activities and service to the community?
- Think on their own – do not give into peer pressure?
- Avoid drugs and other harmful substances?

