

# PCS

BE KIND ~ DO YOUR BEST ~ HAVE FUN

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## Middle School Counseling Notes

### The Middle School Mind

The Middle School years are a critical time for brain growth. Your child is moving from concrete to more abstract thinking, and on to the beginning of metacognition (the active monitoring and regulation of thinking processes). You may have noticed your child developing skills in deductive reasoning, problem solving, and generalizing. Simply stated, this is an exciting time in the classroom, and also a rewarding time for you as you witness your child's tremendous growth. If you are a parent or guardian thinking right now, *well that sounds great, but how would I know because my child rarely speaks more than two words at a time to me*, no worries! Hyper-focusing on friends, video games, tv, social media, etc. is also a phase common to pre-teens and teens. Just be sure your child knows that the door is always open for conversation!



### Mark Your Calendar!

**October 10** - 7<sup>th</sup> Grade High School/Inspire Night located in the middle school cafeteria

**October 22-26** – Red Ribbon Week (details coming soon)

***As Always, be kind,  
do your best, and  
have fun!***

### Attention:

### All 7<sup>th</sup> Gr. Parents

The High School/Inspire Night is a great way to gain insight to many of the possibilities regarding high school for your child. If you have not already done so, now is the time to begin gathering information, having conversations, planning, and, of course, shadowing at various high schools. This is an exciting time for you and your child! Please join us Wednesday, October 10th for more info!

