

Middle School Summer Checklist (for students)



☐ ***Get lots of exercise this summer!*** Regular activity helps prevent some of the “sluggishness” that can happen at the beginning of a new school year.

☐ ***Think about how you will organize your study time*** and space at home. Ask parents or older brothers and sisters to help you find a space where you will keep your school materials and do your studying. Remember, you want to choose a space that has as little distraction as possible! Organization and a good study space is very important for your success in middle school.

☐ ***Write down any questions you have*** about middle school this summer. Ask your parents to send your questions to the office or save them until Back-to-School morning. The more questions you ask, the more comfortable you will feel next year!

☐ ***Finish your summer reading assignment*** and response journals.

☐ ***Talk to your parents about middle school.*** Let them know how you are feeling, what you are looking forward to. Make sure you ask them for help when you need it! They are your best resource!

☐ ***Be excited about what’s ahead!*** Middle school is great and you’re going to love it!

Middle School Summer Checklist (for parents)



- ☐ ***Spend some time helping your child get organized*** before the school year begins. Identify a quiet study location where students can both store their materials and work at home with as little distraction as possible .
- ☐ ***Consider reading the book “7 Habits of Highly Effective Teens”*** by Sean Covey or a similar book with your child over the summer. This resource provides a great description of what makes middle and high school students successful. Often experiencing a book like this with your child opens up lines of communication that will hopefully continue through the coming years.
- ☐ ***Plan to attend our Back-to-School Morning*** on Friday, August 25. Students will receive their class schedules, meet all their teachers, and walk through a typical school day. This experience will be different than what you and your student might be used to from past Back to School Mornings so please make a point to attend. It is key for students to feel comfortable on the first day of school.
- ☐ ***Check out the new uniform options*** for middle school students in the Parent Handbook and order over the summer.
- ☐ **Purchase a PE uniform for your child from Dennis Uniform.**
- ☐ **Check out the school supply list and shop for your child.**
- ☐ ***Contact Mrs. Henzel with any questions*** you may have over the summer months. (619) 232-3794 or becky.henzel@citytree.org

Enjoy the benefits that come with student maturity and independence!