



PIONEER MIDDLE SCHOOL
PANTHER POST

Week of June 13, 2022

"All students will learn and grow academically, socially, emotionally and physically!"

"Every strike brings me closer to the next home run."

~Babe Ruth

Dates to Remember

- June 13-17: Grade 6 Prov. Achievement Testing
- June 14 & 15: Grade 7C & 7E Drumheller Trip
- June 20: Grade 7 Sports Day
- June 20: Dress Like a Rainbow Day
- June 21: National Indigenous People's Day
- June 22: Grade 8 Sports Day
- June 22 & 23: Grade 7S & 7U Drumheller Trip
- June 23: Grade 6 Sports Day
- June 24: Report Cards, Year-End Celebrations, Last Day of School
- June 25: First Day of Students' Summer Vacation
- June 29: West Central Grad
- Sept. 1: First Day for Grade 6
- Sept. 2: First Day for All Students

Items of Note

Grade 6 students write **Provincial Achievement Tests** (PAT) this week. Tests are written in the morning and afternoons are dedicated to review activities for the next day. Regular attendance is a necessary element to success on these tests. As is getting a good night's sleep.



Parent Corner

Middle school can be a challenging time for children and their families. It is the transition period between childhood and young adulthood known as adolescence. Adolescents experience rapid physical, cognitive and social/emotional growth. This affects how they feel, think, make decisions, and interact with the world around them. The hallmark of adolescence is puberty.

Puberty typically starts earlier in girls (between 10 - 12 years of age) than in boys (between 12 - 16 years of age). Parents often go into this phase of development prepared to deal with the physical & cognitive changes it brings. But they are often alarmed by the challenge posed by the social/emotional changes.

Not only are adolescents dealing with their physical changes, but they are experiencing emotional change as well. They are dealing with an identity crisis as their childhood thoughts and emotions morph into adult thoughts and emotions. Not only are they figuring out who they are, but who their friends are and how to navigate social relationships. They will also be seeking out new and thrilling experiences. To complicate matters even more is the fact that their brains won't be fully developed for another 10 to 15 years, particularly their ability to make reasoned decisions.

There are plenty of good articles available to help you navigate this developmental stage. Here are just two. The first is from *Mom Junction* and is called "[4 Social Changes During Puberty In Boys And Girls.](#)" It gives a good overview on the subject and offers sound advice for parents. The other article is from *The Australian Parenting Website: RaisingChildren.net.au* "[Social and Emotional Changes in Pre-Teens and Teenagers,](#)" which goes into more detail.

As much as your children may want to pull away from you, it is more important now than ever for parents to ensure they have open lines of communication with their children. Be sure you are a part of their lives so you can support them through this challenging time.