



Preparing for High School and Beyond

A Bayside Academy Parent Education Event - May 7, 2018



Welcome to our LAST presentation of the year!

Our focus is helping you and your child THINK and PLAN for high school and beyond.

What questions should I answer by the end of today?



Here's What I'm Seeing From Our 8th Graders

- High highs and low lows
- Pushing friends away in anticipation of loss
- Desire to be “out” more often
- Senioritis
- Restlessness

What do you see?

**In moments of transition, help
your child remember all of the
other changes they've
SUCCEEDED through**

**When we are facing a change,
information is also helpful.**

**Where there is knowledge,
there is power!**



Differences Between Middle and High School

- Uniform school
- Small physical campus
- People know me
- I've been with these people for ___ years
- High level of communication
- Increased level of parent participation
- Free dress everyday!
- Campus is large
- Opportunity to meet many new people and "start fresh"
- Communication between parents and teachers is more rare
- Parent engagement tends to drop off
- Many more activities and course offerings



A-G Requirements

For UC and Cal State Schools





SMUHSD also requires...

5 credits of Health

20 credits (2 years) of Physical Education

10 credits (1 year) of Career and Technical Education [most count towards F or G requirement]

- Food and Nutrition, Construction, Healthcare Science and Medical Technology, Conservation Strategies



What Do Private Colleges Require?

- Take 3 years of History (rather than 2)
- Take 4 years of English (same)
- Take 4 years of Math (rather than 2)
- Take 3-4 years of Science (rather than 2)
- Take 3-4 years of a Foreign Language (rather than 2)



Preparing for the First Day of High School

Talk through what their day will look like - help them visualize their schedule, outfit, pickup

Gum/mint trick

Build in extra time to get there

Connect them with a buddy

Who can they eat lunch with?



How To Be An Involved High School Parent

Parent engagement at high school DROPS dramatically. Parents assume that because kids are older, they need to be less involved.

- Send a quick and BRIEF email to their teachers to introduce yourself and your kid
- Email works best for high school teachers (first initial LAST NAME @ smuhd.org)
- Go to every meeting you are invited to - parent education, conferences, college nights
- Attend sports games, plays, concerts
- Volunteer with the PTA or for events
- Get to know your child's friends and their parents AND communicate with those parents



High School Expectations

3.5 hours of homework per day

9 hours per day on technology (high schools don't have the same rules that we do about phones at school)

What can you put into place at your house to help your child be successful?

IDEAS: A schedule, a curfew, rules about technology, a quiet spot to do work, a routine to GET them to school on time, ways for them to get out of a bad situation



High School Success = Where Do My Interests Lie?

Future Potential Self -> What messages am I getting about who I am and who I can be?

Activities to try and be involved in...for genuine reasons!

Which classes am I most excited for? How can I push deeper into those classes or pathways?

Who can mentor me? Who has my back?



Additional Opportunities in High School

AVID Elective at San Mateo High School, Aragon, and Capuchino (<https://www.smuhsd.org/domain/86>)

Middle College at College of San Mateo (<https://www.smuhsd.org/domain/2789>)

San Mateo Police Department Cadet Program (<https://www.cityofsanmateo.org/2813/Cadet-Program>)

Recreation Department Volunteer and Job Opportunities (<https://www.cityofsanmateo.org/621/Teens>)



Thinking About College...

Get information! Research together! Start planning your finances!

<https://www.collegeboard.org/>

Send a message of SUPPORT! College is not THE only option, but it is a great option.

Help your child think about what college could get them -> not just \$\$\$, but what else??



Using Your Time Over The Summer

Reading lists

Summer programs and opportunities

Babysitting, dog walking, responsible for household work



Important Dates for 8th Grade Families

June 12 - Awards Ceremony in the Library at 5:30pm

June 15 - All day field trip to Great America

June 21 - Promotion Ceremony in the Bayside Performing Arts Center at 9:30am

August 15 - FIRST DAY OF HIGH SCHOOL

**Thank you for participating,
attending, asking questions, and
being a part of the Bayside
community!**