

**McGinnis Middle School**  
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## **RESPECT ATTITUDE EFFORT**

October 29, 2008

Dear Parents,

During the all-important middle years, the time between the ages of 10 and 14, adolescents try out new roles and develop habits that can last for a day, for a week, or for a lifetime. The middle years represent a fascinating period of physical, intellectual, and social changes. During puberty, growth is more rapid than at any other developmental stage except infancy. But this intense expansion can be uneven, which is why one 13-year-old might need to borrow his father's shaving supplies and another might need a stepstool to reach the water fountain.

Young adolescents are supremely self-conscious and are hungry for attention and nourishment - physical, intellectual, and spiritual. They often prefer active, loud, and energetic activities and need regular opportunities for exercise and stimulation. Some adolescents actually feel growing pains as their bones lengthen, their muscles stretch, and their weight shifts. No wonder they have a hard time sitting at hard desks all day in school.

All of these changes can make middle-grade students feel tired, confused, and irritable, so it's more important than ever that they get adequate sleep and nutrition.

With such swift fluctuations in their physical and hormonal development, young adolescents can experience emotional peaks and valleys and are particularly vulnerable to hurt and humiliation. They are extremely sensitive to ridicule and harbor strong self-doubts.

What they need most at this age is guidance and understanding.

Steve Goar

Principal, McGinnis Middle School

Here are a few other important bits of information:

We wish to thank everyone who attended our Parent/Teacher conferences on Wednesday and Thursday, October 22 & 23.

We will be having another early release day on Nov. 5<sup>th</sup>.

A reminder that there is no school the week of November 24-28 for the Thanksgiving Holiday.

At the end of the first semester just before the Christmas Break there is a trip planned to the hot springs pool in Salida for all students who have passing grades.

At the end of the school year there is a trip planned to Elitch Gardens for all students who will have earned the right to go through decent behavior at school.