

Is your child anxious about attending a new school?

(NC) The thoughts of going to a new school in September are usually filled with questions, uncertainties and anxieties for young people.

The jitters occur, for example, going from elementary school to junior high. They occur again going from junior high to high



Junior High to High School:

Responsibilities intensify now with the need to set long-term academic goals. Students deal with pre-requisites, peer pressure, independence, study skills, workload, balancing school with extracurricular activities, and possibly an after-school job.

New Kid in School:

Brand new surroundings, the need to make new friends, meet new teachers, adapt to a new routine. All of this in addition to the academic challenges outlined above.

school. Imagine how intense the pressures are if your child has to go to a new school entirely.

"With each school year, children are maturing into a new role. And indeed, the new role is far more pronounced if he or she is changing schools. The most valuable support a parent can give at that time is to listen, show understanding, and to encourage with a positive attitude toward the changes ahead."

Ask your child what he or she thinks will be different and what might be the hardest thing. Share your own experiences with change, how you felt and how you coped. Here are some changes to consider:

Elementary School to Junior High:

Instead of one teacher, one group of friends, and one classroom, students will now have many. Students rotate for different subjects and lockers replace a permanent desk for their books and belongings.

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Discover the secrets of cool moms

(NC) Homebasics

(www.homebasics.ca) asked moms from all over Canada for their secret tips and tricks for gaining the respect and love of their teenage daughters. And while we can't promise she'll return to her doting six-year-old self, we can spare you a few of those winning looks. Who knows, she might even start walking next to you at the mall.

Do keep an eye on the media your daughter is consuming - celebrity magazines, TV shows, music videos - and take note of how her "role models" are dressing, how they're styling their hair. Surprise her with an item or two she'll truly love, which will let her know you're paying attention to her interests and aren't completely out of touch.

Don't dress like a teenager yourself. Nothing is less cool than a 42-year-old woman who dresses like she's 15. Especially when that woman also happens to be your mother. Gross.

Do plan a fun outing just for the two of



you. She may roll her eyes at the suggestion, but she's more likely to open up when no one's watching. Pick an activity that gives you the opportunity to interact, like pedicures followed by a fancy lunch.

Don't try to be her best friend, which will lead her to expect a life without limits. Above all, your daughter needs you to be a consistent adult and will respect you for abiding by the generational boundaries.

Do make offers to help her out, even when those offers aren't accepted. Whether it's a homework assignment or hairstyling tip, the more often you let her know you're available, the more likely she is to take you up on it.

Don't take it personally when she shuts you out. This is a hard one, but like most things in life, it's all about timing. Don't give up trying for fear of being rejected, because you never know when you'll catch her at a moment when she's open to your counsel.

The Collegiate Inspired, Motivated, Focused

At The Collegiate at The University of Winnipeg, faculty and students work together in an environment of mutual respect. Here, independence is nurtured, creativity flourishes, and excellence abounds.

Independence is Nurtured

The Collegiate's tradition of academic excellence and accessibility began well before the turn of the 20th century. Throughout its nearly 130-year history, The Collegiate has maintained its unique character and continues to develop innovative and passionate minds for the future.

Creativity Flourishes

Located in the urban heart of the city, The Collegiate offers a full complement of academically rigorous S2-S4 courses, as well as an innovative Fine Arts program. The Fine Arts program provides students with the opportunity to work with professional downtown arts organizations such as the Winnipeg Art Gallery, Prairie Theatre Exchange, Contemporary Dancers, and the Winnipeg Film

Group. Excellence Abounds

In an atmosphere of mutual respect, Collegiate students are given the tools to thrive and achieve their personal and academic goals. The Collegiate, a unique high school on the University's campus, attracts students from around the world, combining a vibrant cultural and intellectual experience with the benefits of a University atmosphere. A dedicated and award-winning community of faculty provides students with excellent preparation for their future university studies, enabling Collegiate students to consistently win university entrance scholarships and awards. In fact, every year over 85% of The Collegiate graduating class enrolls in first year university. This year, 40% of the 2006 graduating class received entrance scholarship offers from Canadian universities.

Senior 2, 3, and 4 spaces are still available for Fall, so call The Collegiate at 204.786.9221 today!

THE UNIVERSITY OF WINNIPEG
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inspired, motivated, focused

Located in historic Wesley Hall, The Collegiate at The University of Winnipeg is a unique university high school. Attracting students from across Canada and around the world with its full complement of S2 - S4 courses, The Collegiate also offers an innovative and highly respected Fine Arts program. Within an environment of respect, dedicated, award-winning Collegiate teachers give students the tools they need to thrive personally and academically. In fact, every year over 85% of The Collegiate graduating class enrolls in first year university. This year, 40% of the 2006 graduating class received entrance scholarship offers from Canadian universities.

Limited S2 - S4 spaces available for Fall. Call 786.9221 today!

www.uwinnipeg.ca/thecollegiate

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