

## Principal's Log 2.18

Dear TMS families,

After a visit to Ms. Arpaia's room, who teaches 7th grade English and 6th grade AIS ELA, I was inspired by one of the brilliant bulletin boards on her wall. We all know that middle school is a time of growth and transition in the lives of adolescents. It is full of academic, social and athletic successes and failures that are wonderful but require resilience to overcome. Sometimes a well-reasoned idea presented in a way that young adults can understand can be very helpful and timely. With this in mind, I present Ms. Arpaia's "Life Hacks for Middle School Students." Of course, the lens is through an ELA classroom, yet the relevance to everyday life is self-evident.

1. Let yourself love books. Reading is an acceptable addiction.
2. Always have a book on deck, so you know what you are going to read next.
3. Each day holds the possibility of a new beginning. Things didn't go your way yesterday? Don't be afraid to try again today.
4. Never abandon a book before you read at least 40 pages. What if you abandoned what could have been your favorite book?
5. Unblock writers' block by talking through your ideas, drawing a diagram or making a list.
6. Learning works best when you are here. Showing up is always the first step in order to succeed at anything in life.
7. Bad readers and bad writers do not exist. The way you talk to yourself is what you allow yourself to believe. The first person to practice kindness to is yourself.
8. Nobody can ever be you. So bring your opinion, your voice, your talents, and your perspective to everything that you do.
9. Be kind and respectful to your classmates. Burning bridges never got anyone anywhere.
10. Give eye contact to the teacher and to your classmates during discussions. You will never regret being engaged in school.

With special thanks to Ms. Arpaia, I present these "Middle School Hacks" to you. I hope they will lead to purposeful conversations at home about life, literacy, and success.

Have a great weekend.

My very best,

Greg Stiefel

<https://twitter.com/GregStiefel>

Be sure to check out our website for PTA flyers, calendar snapshots, and other reminders.

[http://tms.tuckahoeschools.org/201718\\_weekly\\_enewsletter](http://tms.tuckahoeschools.org/201718_weekly_enewsletter)