Changing Classrooms

- Click on the icon below to watch the video, *The Changing World of Education.*
Parent Academy Session

Topics

Physical Development - May 2
Cognitive Development - May 9
Social/Identity Development - May 23
FOCUS: PHYSICAL DEVELOPMENT

“Inside Amy’s Brain”

- Focus on the physical challenges discussed in the article
Physical Development of Middle School Students

- The physical development of students at the middle school level varies from student to student. Schools may have students of varying sizes and maturity rates in the same class.
Growth can be rapid and irregular.

- Heights of students in the class can range from students under five feet to someone over six feet.
- Body changes can result in students being awkward and clumsy.
- The rapid changes in body sizes and shapes may cause embarrassment to students.
Maturity development can vary.

- Girls tend to mature one and one-half to two years earlier than boys.
- Awareness of the other sex begins with the development of secondary sex characteristics.
- Students tend to judge themselves in relation to the development of their peers.
For Your Reflection…

Why might middle school staff closely monitor the interactions of students from different grade levels in light of the different levels of physical and sexual maturity?
There is a need for physical motion.

- Daily physical activity is needed due to high energy levels.
- Despite the need for movement, students have varying levels of endurance, strength and flexibility.
- Attention span may decrease if students do not have physical motion.
Hormonal changes can be rapid.

- Students may seem lethargic.
- Students may be restless and have trouble sitting at their desks.
- Attention span may be limited to 15-20 minutes.
- Students may obsess over changes and become concerned about characteristics that might make them stand out from their peers.
- Students become more impulsive decision makers.
For Your Reflection...

What kind of movement can you expect your child to have in a school environment to address the need for motion?
Students often don’t take care of their physical well-being.

- Students may have poor health habits.
- Students can prefer junk food over good nutrition.
- Students have irregular sleeping habits.
- Students may begin to engage in risky experimentation (i.e. smoking).
Importance of Sleep

- Research indicates that teens need 9 ¼ hours of sleep each night.
- Deep sleep coincides with the release of growth hormone in children and young adults.
- REM sleep stimulates the brain regions used in learning.
- Sleep appears necessary for nervous system to function properly.
Issues related to lack of sleep

- Limits ability to learn, listen, concentrate and solve problems.
- Leads to impaired memory and physical performance.
- May lead to aggressive or inappropriate behavior.
- May be related to unhealthy habits: overeating, use of nicotine and caffeine.
- Can contribute to increased incidence of illness.
- Contributes to acne and other skin problems.
Arlington Youth Data

Percentage of students reporting less than 8 hours of sleep per school night:

- 8th Grade – 50%
- 10th Grade – 69%
- 12th Grade – 78%

- Male – 65%, Female – 67%

Source: Arlington Partnership for Children, Youth and Families – 2010 Assets Survey
For Your Reflection…

What can parents and middle school staff do to support better health habits and the importance of making good decisions?
Cognitive and Social/Identity Connection Preview

Cognitive Development – May 9
Social/Identity Development – May 23
References:


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