Get Ready for Middle School!

Eisenhower | Evergreen | Gateway | Heatherwood | North

My planning guide for middle school

_____

(Name)

Everett Public Schools 5th to 6th grade
Educational Planning Resource

Just WHAT is Middle School all about?

Middle school is a time where you have more choice, freedom, and responsibility, all of which are part of becoming an adult. This planning guide will help you understand some of the changes and choices you will experience as you enter middle school.

Important Middle School Terms

Term	Definition
Associated Student Body (ASB):	A student representative organization that plans student activities. ASB membership is required to participate in some activities.
Elective:	A class that you select from a number of options such as band, choir, computer tech or Unified Arts class (UA), which can include art or music class. Choices vary by middle school.
Orientation:	Before the first day of a school year, students are invited to the school to tour the school, engage in activities, and become familiar with the school layout.
Period:	A set amount of time spent in each class/subject. All Everett Public Schools have seven periods a day in middle school. *(One period =45 minutes)*.
Passing Time:	Time between classes. This is the time to walk from one classroom to another.
Progress Report:	A report sent home that lets you and your parents know how you are doing in your classes. Progress Reports show a grade however, they are not final. They indicate where you stand at a point in time.
Report Cards:	Report cards are sent home at the end of each semester with the grade that you have earned in each class. These grades are permanent.
Online Grades (LMS):	The Learning Management System (LMS) allows students to access their grades and other student information online.
Semester:	There are two 18-week grading periods throughout the school year called semesters.
Student ID Cards:	Issued at some middle schools to all students and provided at no cost.

Knowing What to Expect…

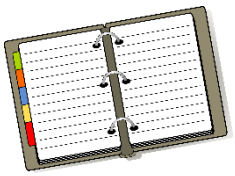
In middle school, your day may seem busier than before as you move from class to class. To become familiar with your school, attend orientation and walk around to find each of your classes so you know your way around the building. Carry your schedule with you for the first few weeks of school so that you know what classes to go to and the room numbers for each class. Adults are always available to help you find your way.

Schedule	When you enroll in a middle school in Everett Public Schools, you will have between five and six different teachers, classes or subjects throughout your school day. Some of your classes will be "blocked". You will stay in the same **classroom** for more than one subject. *For example: you may have English and language arts in the same room.* Many of your classes will be taught in different rooms throughout the school. *For example: PE will be taught in the gym and band will be in the band room.*
Electives	Most of you will have the opportunity to take an elective at your middle school. Electives are classes that you CHOOSE to enroll in. You will have one of three choices for your elective, either a music class, or unified arts/ UA class.
Learning Support Classes	Everett Public Schools, middle schools have learning support classes. These classes are designed for those students who need additional help to meet standard in different content areas. Contact your student's middle school counselor for more information.
PE/Lifetime Fitness	All Everett Public Middle Schools offer a physical education or lifetime fitness class EACH day. Students are required to wear a uniform. You may keep your uniform in your PE locker in the locker room and change into your uniform each day. Showers are not mandatory but are available. *Students may be required to purchase a PE uniform from their school once they register. Make sure to check with YOUR future middle school to see what uniform requirements they have for PE.*

Organization…Your Ticket to Success!

Every student is different when it comes to organization. However, one thing is CERTAIN; **students who stay organized in middle school are successful!**

The tools listed on this page will help you on your road to organization.

Notebook/Binder/Accordion Folder 	You will have up to seven subject areas/ classes. You should have a different section in your notebook for **EACH** subject area or class. Some students use notebooks, other use the plastic accordion envelopes. No matter what system you use: • Make sure that you **CLEARLY** label each of the sections with the class name. • Put all of the work for each class together. • Put your homework in the same place in your notebook each time you finish with it so that you can easily find it when it is time to turn it in.
Planner/Assignment Calendar	Because you have **MORE** classes in middle school, it is important that you keep track of your assignments and due dates. Students are required to have and **USE** a planner. • Write the class name, the assignment, AND the day the assignment is due. • If you do not have homework for a given class write "no homework" or "No HW" in your planner. That way when you get home you (and your parents) KNOW that you do not have any homework for that class, that evening.
Backpack	Pack your backpack **EACH NIGHT** after you have completed your homework. Make sure that you have all your assignments and materials necessary for the following day. It is important to empty your backpack **AT LEAST** once a week. After you have emptied, everything out of it put papers back in your binder or plastic pocket envelope, in the correct place *(*And do not forget to throw away any food that has started to mold.)*

PARENT TIP

Students who use a planner or assignment calendar tend to be more successful in middle school. Review your students' calendar/planner often and discuss together how their organizational system is working.

Keeping Track of Your Homework

Keeping track of your assignments in your assignment calendar/planner will help you stay on top of your work. Make sure to include page numbers, materials you need to bring to school and due dates. Make sure you write "No HW" if you do not have a homework assignment.

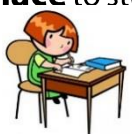
9 WEDNESDAY	10 THURSDAY	11 FRIDAY
EARLY AM		
MATH: Questions 5-10 pg 42 Due Monday	Bring Tri board for project	No HW
SCIENCE•LIFESKILLS: Study Moss Notes Quiz Friday	Study 20 min for quiz Quiz Friday	No HW Took Quiz
SOCIAL STUDIES: No HW	Read Chapt. 7	Outline Chapt.
LANGUAGE ARTS•READING: Read 20 min in Tuck Everlasting	Start essay Essay due Next Friday	Work on essay Rough Draft
AFTER SCHOOL		
Soccer buy Tri board	Piano lesson	Mara's Birthday Party

12 SATURDAY

PARENT TIP

Share your organizational system with your student. Create a time each day where you model for your student how to keep track of activities, etc. Discuss your students' calendar with them each day.

Homework Tips!

Find the best place to study that works for you. 	Try to move away from the TV to a place with the least distractions. Turn off all electronics.
Find out if your middle school has a homework club.	You can also check with your teacher to see when they have time to provide help outside of class time. Often times, computers and extra help are available after school.
Exchange phone numbers with a helpful student in each of your classes	If you are stuck while doing your homework you can text, call, or contact your friends to get help *(Psst…this only works if you talk about homework).*
Break big projects into smaller steps.	Create a timeline starting with the due date and work backwards. Next, using your planner, schedule each piece of the project you need to complete. If you need help doing this, ask an adult or your teacher.
<u>Turn in</u> your homework.	If you do your homework, but fail to turn it in, your overall grade may be negatively impacted. • Keep your homework in a place in your binder, or in a special folder, so that it is easy to find. • Take your homework out right when you enter the class. • When you turn it in, check it off in your planner.
Get ready for your day the night before.	Pack your backpack immediately after you finish your homework. Put your backpack in a place where you will easily see it and pick it up to bring with you to school.

PARENT TIP

Have your student put away their electronics during homework time.

Students will have approximately one hour of homework each night. If they do not have homework, check their planner, the teacher's website, or have them read for an hour.

Help your student's brain form the habit of studying each night.

Keep Track of Your Grades ONLINE!

In middle school, it is good to get in the habit of checking your online grades at LEAST once per week. This allows you to double check that the teacher has received the work you turned in and make an appointment to talk with or work with the teacher if you have any questions or concerns.

Student LMS Access:

1. Connectto **https://lms.everettsd.org**
2. Enter your student ID and your network password to log in (The same way you log in to the computer).
3. Once logged in – select **Gradebook** to link to your grades.

It can take approximately two weeks for assignments to be collected, graded, and then recorded online depending upon the teacher. Online grades give an OVERALL picture.

Keeping track of what **you** NEED to do in your planner each day is important!

PARENT TIP

Set up a regular, weekly time to sit with your student and check their grades online. If your child is struggling academically, contact the teacher.

For Parents and Guardians: Access to online student information is available through Everett Public School's Learning Management System (LMS).

How to access student information online:

1. Schools will electronically link the students you have authorized to the adults you have authorized.
2. We will send each of your authorized adults a unique login, user name and temporary password.
3. **Once the authorized, adults receive their individual login, username and passwords, they log in at https://lms.everettsd.org.** **We recommend that all temporary passwords be updated and personalized after the first login.*
4. Parent/guardians can set up automatic email alerts in LMS for their student's grades.

Success Takes Planning

Did you know that you could earn high school credit for middle school courses?

High school credits earned while the student is in seventh or eighth grade will be included on the high school transcript unless requested otherwise by the student and the student's family.

The following middle school courses are currently available for high school credit:

**Please, check out the course descriptions in our course catalog on the Everett Public Schools Graduation website.*
https://www.everettsd.org/graduation

Algebraic Concepts
Computer Applications
Coordinated Science
English 1
Geometry in Application
Spanish 1
Washington State History All students who pass Washington State History (WSH) in middle school earn a "MET" status on their high school transcript. This is an automatic process that takes place when students enter high school. To earn high school credit for taking high school courses in middle school, students need to follow the directions above describing how middle school courses can be added to the high school transcript.

PARENT TIP

Your students' middle school study habits are a predictor of high school performance. Encourage them to study or read for at least one hour EVERY evening to get into the habit of studying.

Preparing for High School & Beyond

Did you know that doing well in 8th grade is the single strongest predictor of post-secondary readiness by 12th grade?

Two ways to boost success in middle school:

1. *Good work and study habits, sometimes called academic discipline. It means consistently completing homework, getting to class on time, taking pride and care in schoolwork.*
2. *Positive behavior and attitude.*

Studies show that students who fail middle school classes are more likely to drop out of high school.

High School Success Indicators

The following levels and indicators are intended to be a guide for students and their families in preparing for a successful high school experience, which leads to post-secondary college and/or career readiness.

Level 4

Well Prepared for High School Readiness

- Earns a "B" level grade or higher in each grade level core subject: math, reading/language arts, science and social studies.
- Earns a "C" level grade or better in a minimum of one high school level course; e.g. Algebra I, Geometry, Coordinated Science, English 1, Spanish 1, Computer Applications
- Exceeds standard (Level 4) on two or more assessments of the SBAC and meets standard (Level 3) on the remaining assessments
- Successfully completes the Washington State History requirement
- Regular, consistent and timely attendance is at least 98%

Level 3

Meets High School Readiness

- Earns "C" level grade or better in each core subject: math, reading/ language arts, science and social studies
- Meets or exceeds standard for each subject on the state assessment—SBAC
- Successfully completes the Washington State History requirement
- Regular, consistent and timely attendance is at least 98%

Level 2

Approaching High School Readiness

- Has earned one or more "D" level grades in each core subject: math, reading/ language arts, science and social studies
- Approaches standard in one or more subjects on the state assessment—SBAC
- Has yet to successfully complete the Washington State History requirement
- Consistent and timely attendance is between 94-98%

Level 1

Significantly At-Risk for High School Readiness

- Has earned one or more "F" level grades in each core subject: math, English/language arts, science and history
- Does not meet standard in one or more subjects on the state assessment SBAC
- Has yet to successfully complete the Washington State History requirement
- Consistent and timely attendance is below 94%

PARENT TIP

Have frequent conversations with your student about the skills they are acquiring in each class. Help them create goals for the week, semester, and year while frequently reviewing progress, addressing challenges and building on celebrations.

Exploring the Future with Naviance

During middle school, you will have the opportunity to explore careers and find out more about how your skills and interests relate to where you want to be in the future.

Naviance | *Student*

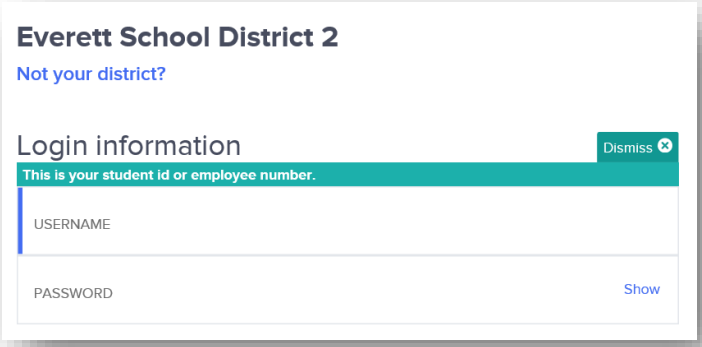
Naviance is your online career and college-planning tool available to students in grades 6-12.

Naviance is a portal to:

- ☐ Self-Discovery Assessments
- ☐ Personal Goal-Setting
- ☐ College Research and Application Tools
- ☐ Course Planning
- ☐ Career Exploration
- ☐ High School and Beyond Plan
- ☐ The Future!

How can your student access Naviance? (Starting in 6th grade)

1. Go to school or district website (www.everettsd.org)
2. Click **Students** STUDENTS
3. Click **Naviance button** NAVIANCE
4. Log in with student district ID# and password *(same as logging on to a district computer)*



For more information and/or questions about Naviance, please contact naviance@everettsd.org .

Where to Go When You Need Help

Getting help with schoolwork:

Ask your TEACHER:

If you are struggling in a class GET HELP RIGHT AWAY!!! The longer you wait, the harder it is to catch up. Talk to your teacher as soon as you are confused or unsure. Check with your teachers about opportunities that they might provide to receive extra help.

BE SPECIFIC! Make sure that you tell them as clearly as you can what you are struggling with when asking for help. Remember teachers are human (yes, it is true) and they cannot always read your mind.

Example: *"Mr. Richards, can I get some help with fractions? I am confused about when to multiply and when to divide".*

Talk to your PARENTS:

Sit down with your parent/guardian and explain what you are having a hard time with in school. Work together to create a plan for working together and/or getting extra help.

Talk to your COUNSELOR:

Schedule a meeting with your grade level counselor to create a plan and get the help that you need.

Getting help from peers:

Friends

Often friendships change as people grow. If you are feeling left out or are having a problem with your friend, ask your friend if you two can get together and talk. It is hard to have a good conversation if you don't have time, or if other people are around. If you cannot solve a problem, ask your friend if they would be willing to set up an appointment with a counselor or peer mediator.

Bullying

If you are being intimidated, harassed, threatened or bullied, it is important that you use the **3 R's**. **Recognize, Refuse, Report**.

Recognize Identify the behavior as bullying. Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.

Refuse Do not be a victim. Be assertive, look the person in the eye, stand up tall, and tell them to stop the behavior.

Report Talk to an adult. Explain Who, What, Where, and When the behavior is occurring. Make sure you talk to a trusted adult at school, such as your counselor, teacher, security officer, principal, or para educator if you are experiencing bullying. We cannot help you, if we don't know about it!

CONFIDENTIAL STUDENT SAFETY TIP LINE: 425-385-5050

Get Involved in Middle School Activities

In middle school, one of the best ways to meet new friends and try different things is to get involved with activities that interest you! Check with your middle school to find out what opportunities are available.

Associated Student Body (ASB)	Most middle schools have an organization where students are elected to lead the student body. These elected students plan activities (like dances) and assemblies for the school. Check with your future middle school to find out what opportunities there are to run for a leadership office or volunteer as part of this group.
Sports	You become eligible for sports when you are in 7th grade. Students in 6th grade are not allowed to compete in athletic events, however, 6th graders to practice with the track, cross-country and wrestling teams.
Clubs	Many schools have clubs after school. Examples of clubs are, School Newspaper, Yearbook, Art Club, Math Club, Science Club, Diversity Club, Soccer Club, Drama etc… Check with your future middle school to see what they offer. Joining a club is a great way to meet new people and have fun by being involved at your school. At orientation, check to see what clubs your school offers.
Homework Club	Many schools have a homework club or study time after school. This is a great way to get help from teachers, use school computers and resources, and work with students who are doing similar assignments as you.
Community Groups	Many community organizations have after school clubs, sports and activities that are a fun way to stay active and meet other students.