

Rocky Run MS Rising 7th Parent Coffee

Student Services

June 1, 2021, 2-3 PM

June 2, 2021, 10-11 AM



Before we start our presentation-

What number best describes how you feel about your child starting middle school?



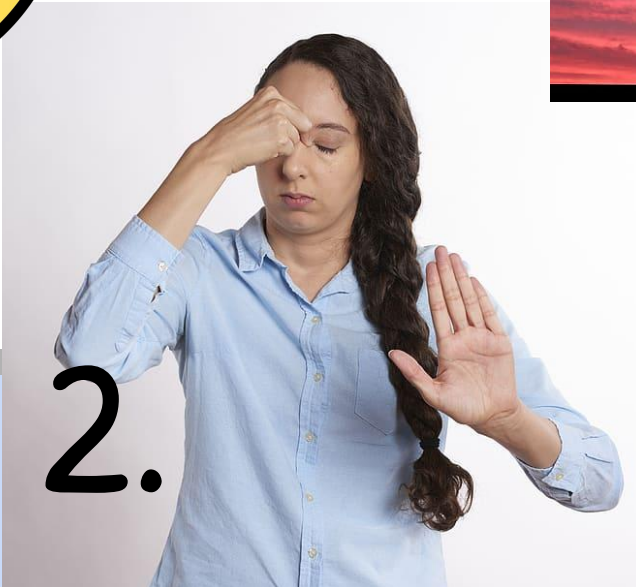
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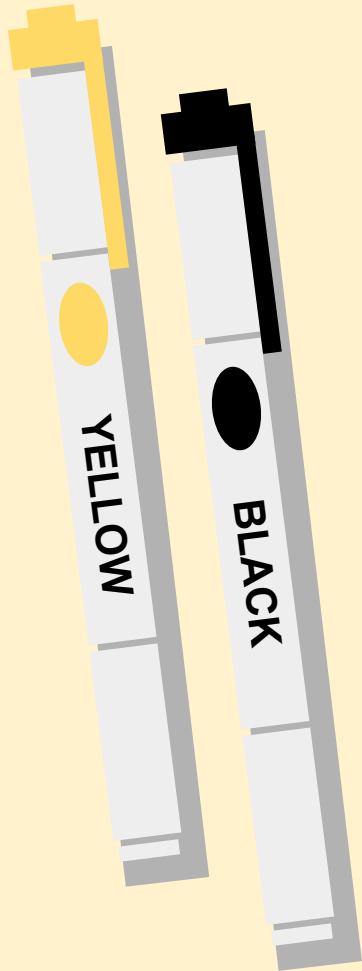
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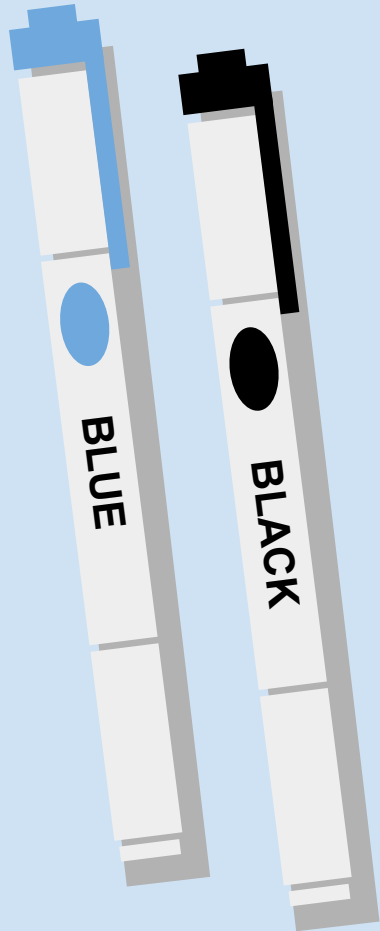
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Today's Agenda

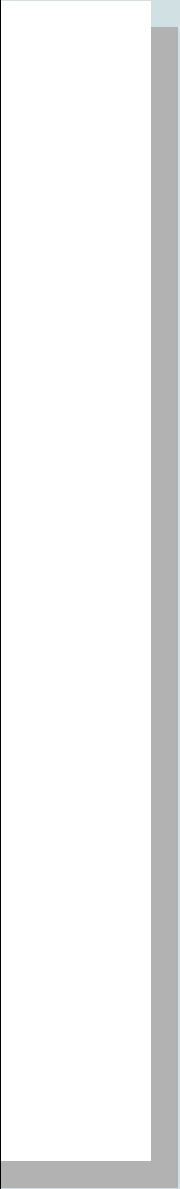
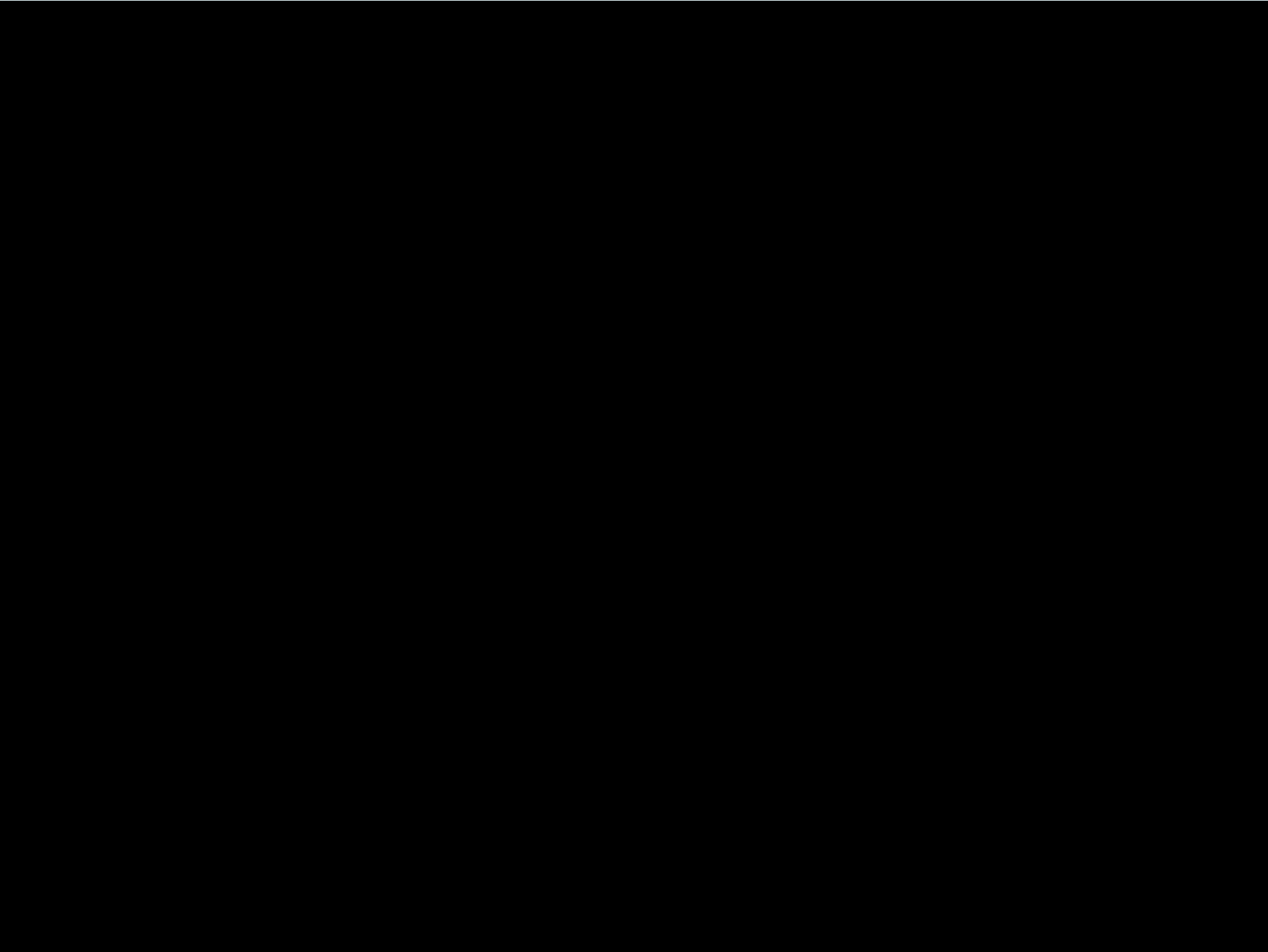
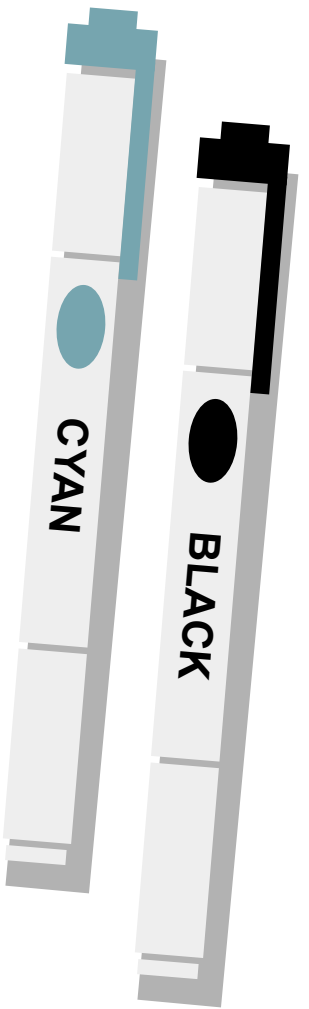
- Introductions
- Changes to Expect
- Academic Transitions



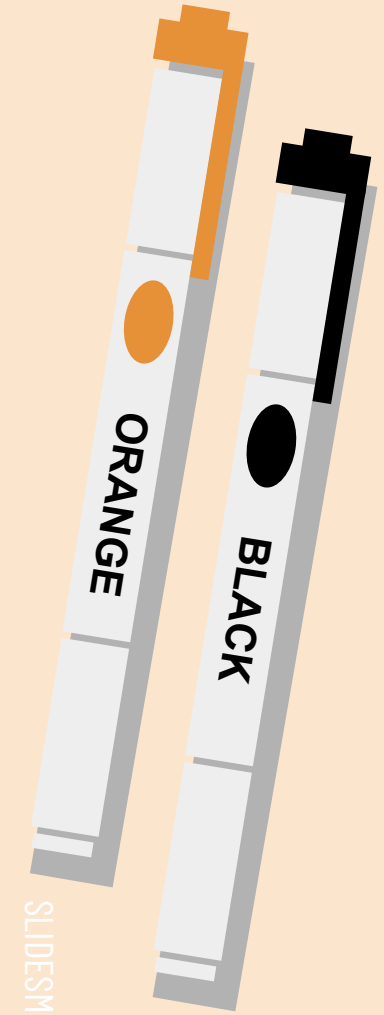


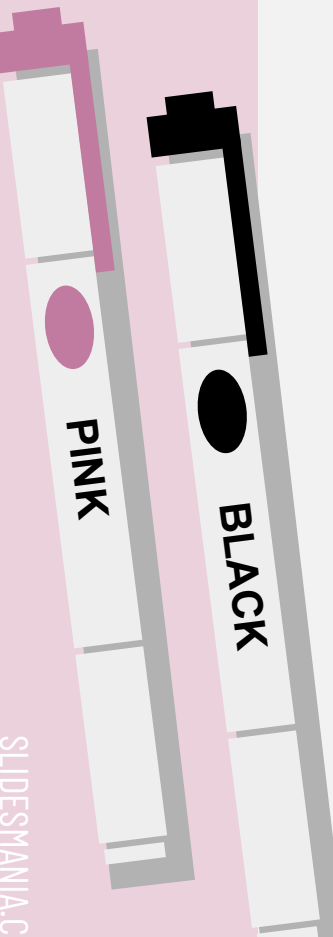
Welcome to 7th Grade!

Student Services
Team Introduction



Changes to Expect





Physical and Cognitive Changes



Physical Changes (ages 11-14)

- Puberty
- Height/Weight changes
- Hair growth
- Voice Changes

Cognitive Changes

- Underdeveloped prefrontal cortex
- More creative, impulsive, moody
- Begin to question parents
- Less likely to accept facts as absolute truth

Healthy Habits

Daily shower or bath/ Deodorant

Limit screen time within reason
(incl. phone)

Appropriate, clean clothing

Healthy eating (including breakfast!)

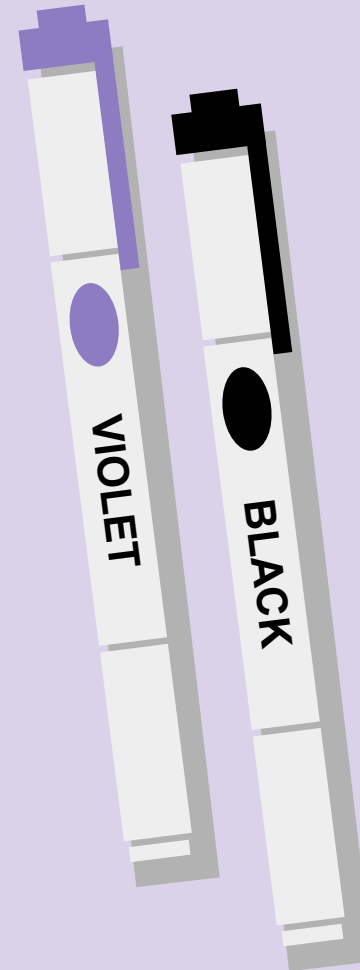
~9 hours of sleep per night

Regular schedule, limit caffeine

Monitor electronics

Have open and honest conversations

- encourage your child to dive deeper



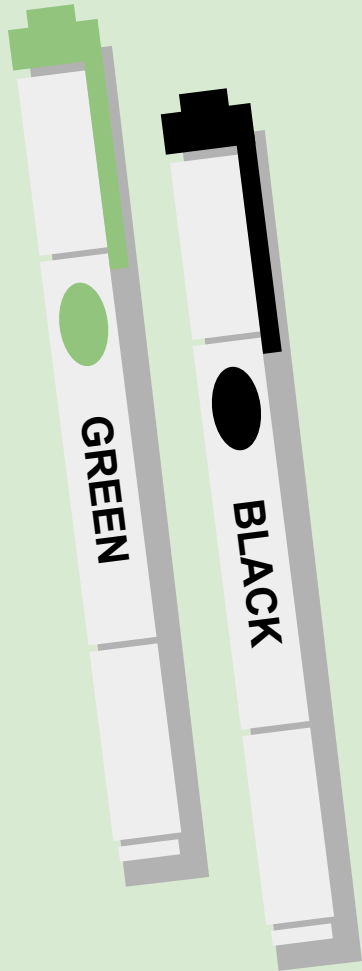
Social Changes

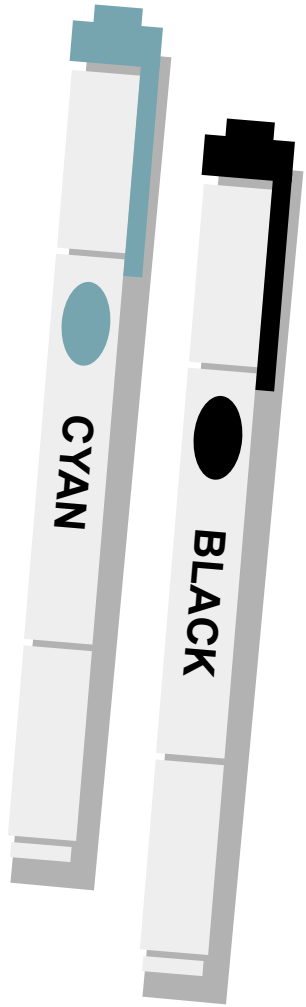
Teenagers develop a strong need to be part of a social group and cliques form

Social groups can get bigger or smaller

Supervision during social time decreases

Activities and communication change





Get to know your teen's friends and be careful of criticizing friend choices

Supervise and check on your teen's activities - including phone use/apps

Talk to your teen about changing interests

Provide variety of opportunities for socializing outside of school

Spend time with your teen regularly and sometimes include his/her friends

Emphasize the importance of family relationships too

Tips for a successful year

Supervise social activities and monitor technology (especially phones!)

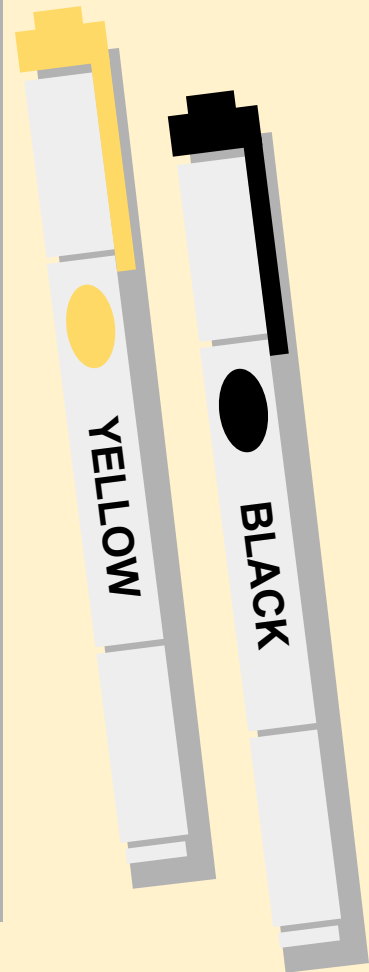
Identify potential challenges to the transition for YOUR child

Talk to your child about your concerns and his/her concerns

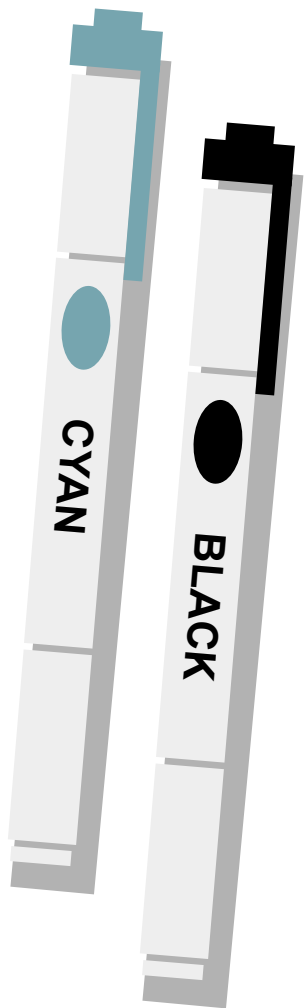
Make a plan for how to handle these challenges

Clearly lay out your expectations

Keep communication open



Helpful Tips from Students



School Counseling Supports

Classroom Curriculum

- Needs Assessment & Introductions
- Acknowledge, Care, Tell Program
- Executive Functioning
- Academic Advising

Small Group Counseling

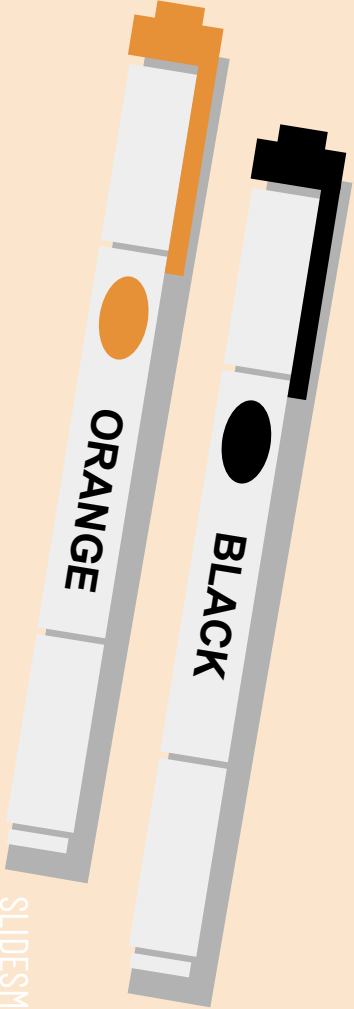
- Attendance Circles
- Mindfulness/Anxiety
- Reading Support
- Grief/Loss Support

Career Investigations/Academic Career Plan

- Resume Building
- Strengths Explorer
- Goal Setting
- Talking to your Family
- Diversity Awareness

Academic Advising

Individual Support for social/emotional and academic needs



Teams

Students are placed onto one of our four 7th grade teams.

Each team is made up of an English, History and Science teacher as well as a counselor and administrator. Math is not "on team" as students are in varying levels of Math

Teams meet weekly to discuss students, assignments, concerns and successes.

Middle School Classes

1. Core 1 English
2. Core 2 History
3. Core 3 Science
4. Core 4 Math
5. Health & PE
6. Elective 1
7. Elective 2
8. Learning Seminar (Rock Time)



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Bell Schedule

School begins at 7:30am

School ends at 2:15pm

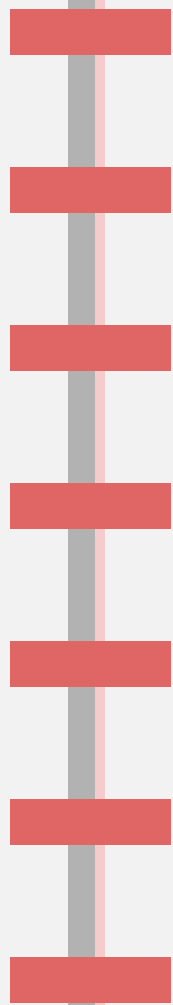
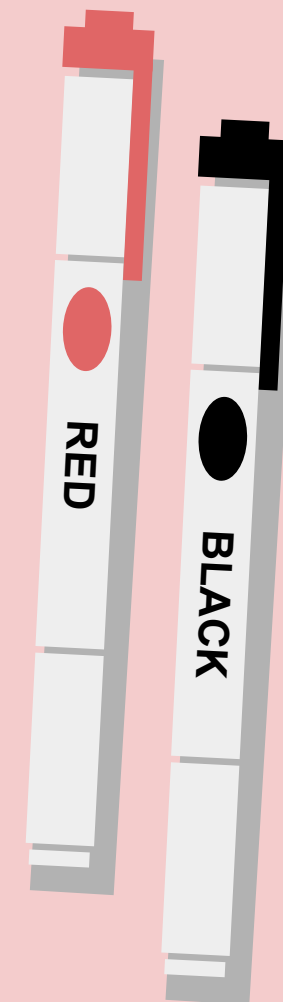
Block Schedule: Approximately
85-90 minute classes with ~5
minutes in between for *hall
transitions*

Students eat lunch during 5th or
6th period - A, B, or C lunch

Block Schedule

Mon	Tues	Wed	Thurs	Fri
1	2	1	2	1
3	4	3	4	3
5	6	5	6	5
7	8	7	8	7

** This is just an EXAMPLE of Block
Scheduling

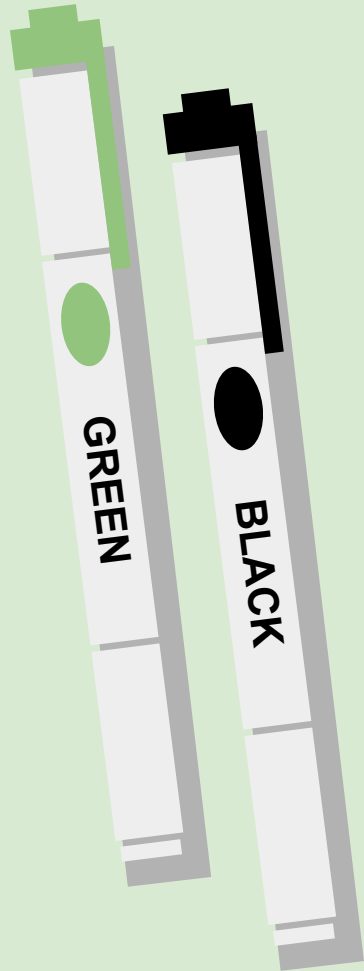


Grading

Students will receive letter grades for the first time in middle school (A-F). Parents can monitor their child's grades via Parent Vue in SIS.

Pro Tip - Use Schoology and Google Classroom to pro-actively monitor upcoming assignments, tests and quizzes. Use ParentVue to determine missed/late assignments, re-takes, etc.

Letter Grade	100 Point Scale
A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
D+	67-69
D	64-66
F	Below 64



Preparation

Homework

Each teachers may have a different way for your child to receive and submit their homework.

Agenda

Have your student use their agenda EVERY DAY in order keep track of assignments!
Information is also available through online resources.

Time Management

Prime Time

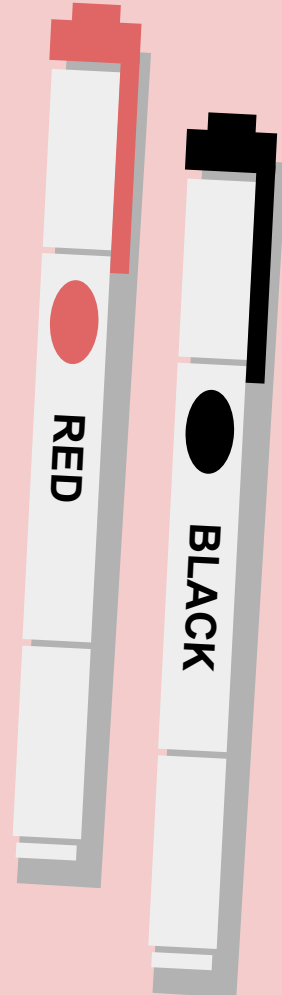
Do HW the day it is assigned, the same time every afternoon/night.

Take Breaks

Encourage kids to take a short, 10-min break after every 45 minutes of working.

Don't Wait

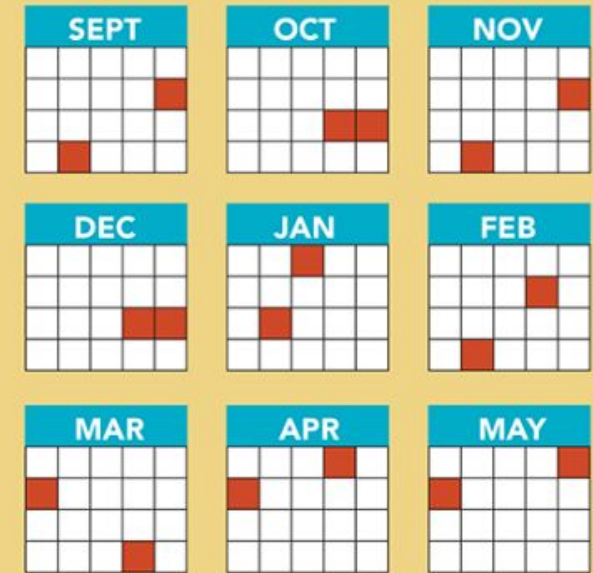
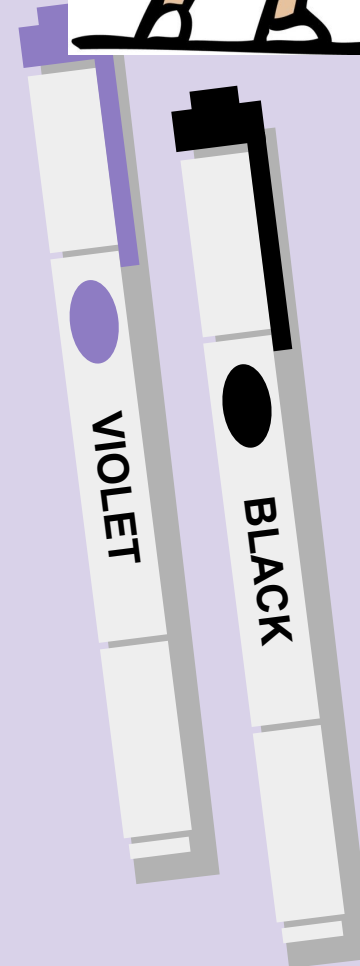
Working right before the deadline can lead to STRESS!



Attendance

To report an absence, you can call our attendance line or submit a form through the website.

No matter what form school takes in the fall, attendance is incredibly important.



Absences **ADD UP**

MIDDLE & HIGH SCHOOL

MISSING

18 DAYS IN A SCHOOL YEAR

or **2** DAYS EVERY MONTH

EQUALS:

- ↓ LOWER TEST SCORES
- RETENTION IN LATER GRADES

*used with permission of Attendance Works.

Jumpstart Program

Rocky Run JUMPSTART 2021



An optional transition program for students who are NEW to Rocky Run:

- Rising 7th graders
- Rising 8th graders who were virtual during the 2020-2021 school year
- NEW Rising 8th graders

Students will be able to register to attend ONE 3-hour session.

August 6, 8:30-11:30 am: RISING 7
12:30-3:30 pm: RISING 8

August 9, 8:30-11:30 am: RISING 8
12:30-3:30 pm: RISING 7

August 10, 8:30-11:30 am: RISING 7

REGISTRATION LINK COMING SOON!

MIDDLE SCHOOL TIPS

MEET STAFF & PEERS

ORGANIZATION & TIME MANAGEMENT

TOUR THE BUILDING

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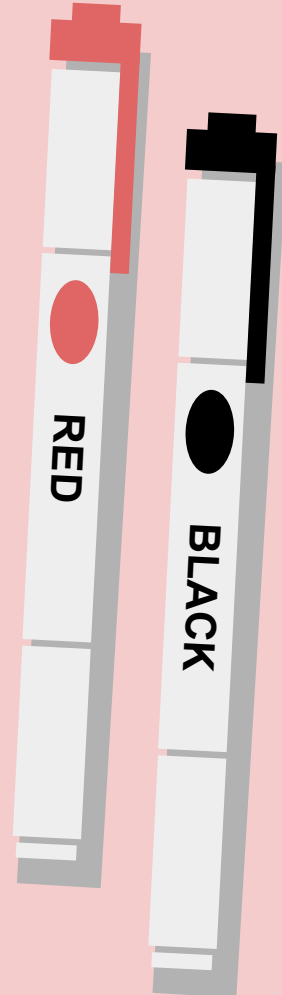
Save the Dates!

Rams Rally

- Thursday, August 19
- Afternoon event
- Students and Families
- Building Tour

Student Orientation

- Friday, August 20
- Morning Event
- Students only
- Opportunity to walk schedule



Q & A

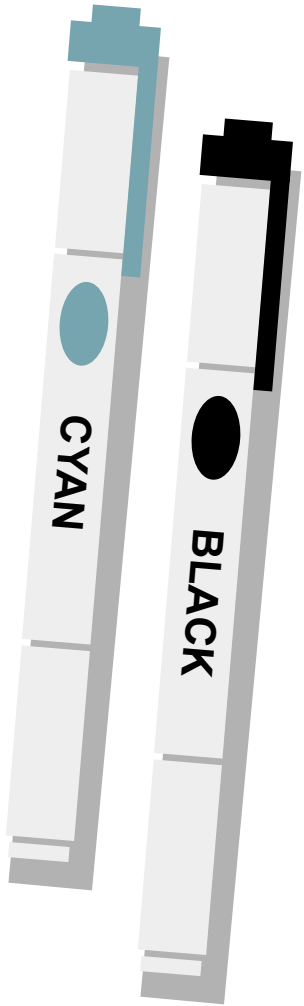
"Is my son or daughter eligible to take Algebra 1 HN in 7th grade? How can we prepare?"

All students who are taking 6th Grade Advanced Math this year are currently placed in Math 7 honors.

Students wishing to further accelerate to Algebra I Honors are required to meet the criteria:

- Successful completion of Advanced Mathematics Grade 6
- Score at/above the 91st percentile on the Iowa Algebra Aptitude Test (IAAT)
- Score of 500 (pass advanced) or better on the Grade 7 Mathematics Standards of Learning (SOL) test

Students who meet the above eligibility criteria will receive an email from us regarding the placement information no later than mid-June.



Q & A

“Can students stay at the cafeteria after school and do homework until parents come to pick them up? If so, for how long?”

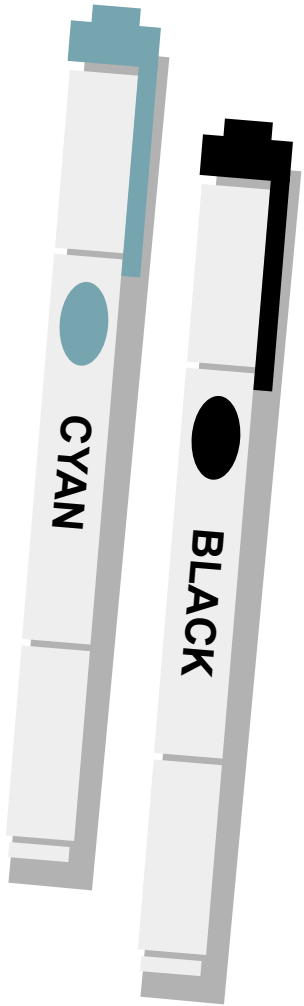
Currently we are planning for our after-school program to look similar to pre-Covid. There will be a mixture of activities split amongst 2 to 3 sessions in the afternoon. ‘Homework Club’ in the cafeteria will be one of them. Students can be picked up by a parent at any point in the afternoon but no later than 4:30. Buses will be provided on Monday, Wednesday and Thursday and will depart at 4:30.

“Are they allowed to come to school earlier than 7:30 AM? If so, where would they stay?”

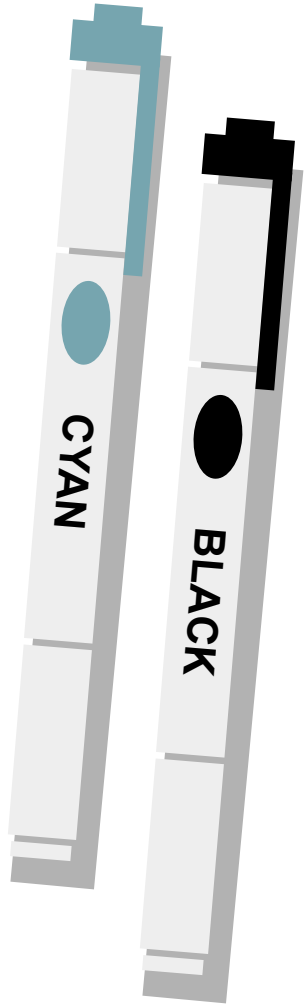
Yes, students can enter the building at 7:10 and can eat breakfast in the cafeteria or prepare for class.

“Are they allowed to bring their own laptops/cell phones?”

Yes, students are allowed to bring their own devices. There may be certain zones where students are asked to put their phones away. Teacher discretion in classrooms.



Helpful FAQs

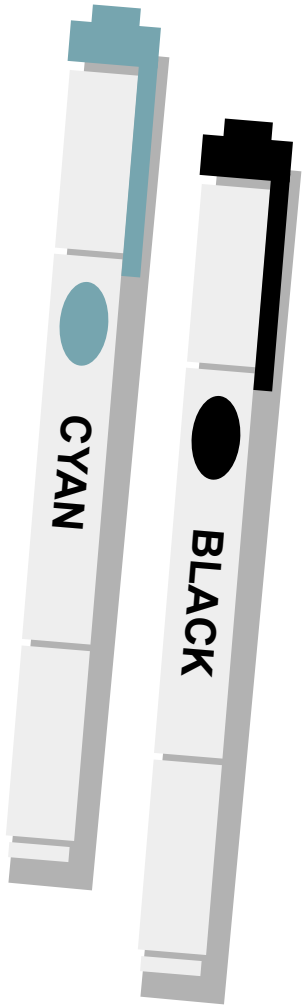


- **World Languages** (high school credit bearing elective) - World Language courses are *not* a required course in Middle School. The courses are very rigorous and are ideal for students who have strong work habits. They must be on grade level or above for Reading and Math in order to be successful in class.
- **Online Courses** - FCPS does **not** allow 7th grade students to take an online course during the school year. These courses will be available from their 8th grade year.
- **Intervention Courses** - you may see some of our intervention courses in your child's course request such as Literacy LAP, Action Literacy, Reading 7, PowerMath 7 and Strategies for Success. Placement is based on your 6th grade teachers input/recommendations and their achievement data. Please contact us for general questions about the course. If you have a question regarding the placement recommendation, please contact your child's current teachers and/or counselor.

"I want to change my child's course/elective choices. How do I do this?"

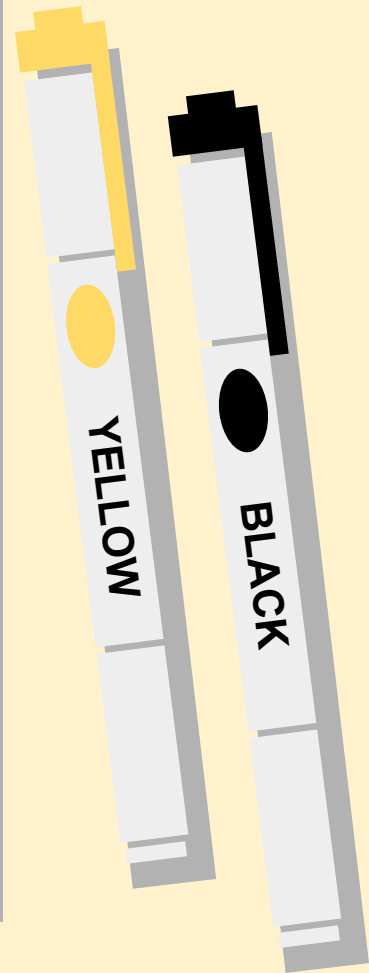
Please contact one of the counselors below by **June 4th**:

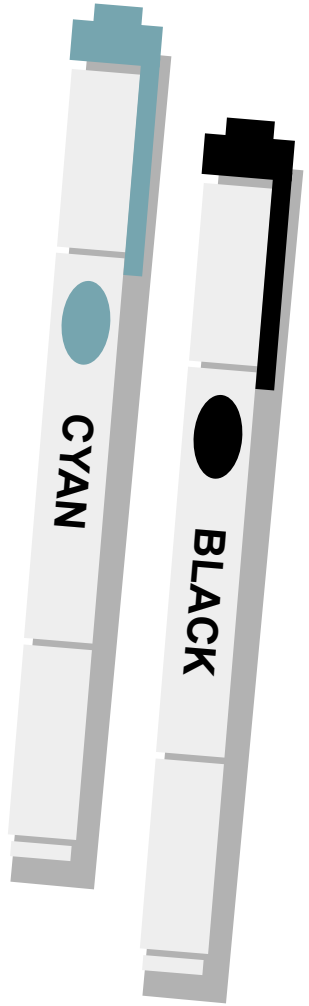
- Brookfield - **Caitlin Ivey**, cmivey@fcps.edu
- Bull Run - **Caitlin Ivey**, cmivey@fcps.edu
- Greenbriar West - **Ariana Larson**, alarson@fcps.edu
- Greenbriar East - **Esther Bae**, eybae@fcps.edu
- Poplar Tree - **Mohammad Zishhan**, mzishhan@fcps.edu
- Powell - **Ariana Larson**, alarson@fcps.edu
- Willow Springs - **Mohammad Zishhan**, mzishhan@fcps.edu
- Small-feeders - **Esther Bae**, eybae@fcps.edu



Helpful Links

- [Summer Reading and PTA Spirit Wear Info](#)
- [Link to purchase Spirit Wear](#)
- [Student Services Website](#)
- [Rocky Run MS Academic Advising Site](#)
- Sign up for ["News You Choose"](#)





Thank you!