

Welcome to ELCO



Middle School

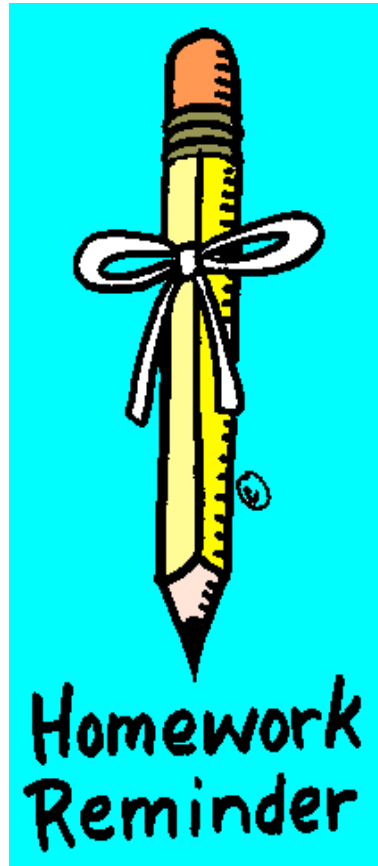
What Makes Middle School So Different?

- | | |
|-----------------------|----------------------|
| ■ Changing Classes | ■ More Choices |
| ■ Your own Locker | ■ New Rules |
| ■ More Teachers | ■ More Freedom |
| ■ More Homework | ■ More Independence |
| ■ More Classmates | ■ More Opportunities |
| ■ More Responsibility | ■ New Friends |

The Importance of Homework

Homework is an opportunity for you to practice the skills you are learning during the school day. Homework is important and it is graded. In order to make sure you are completing your homework every night, you should:

- Have a regular place to do your homework.
- Work in a well lit quiet study space.
- Have a set study time.
- Bring your agenda book home every day.
- Have all your materials with you to study.
- Use time in school to start homework.
- Always ask for help.



Putting in All Together:

Staying Organized

Answer these questions to get an idea of how your organization skills are working. Circle the answer most like you.

1. I can find what I need in my desk easily and quickly.
Always Mostly Never
2. I come to each lesson with the right books and supplies.
Always Mostly Never
3. I keep separate sections in my notebooks for each subject.
Always Mostly Never
4. I come home from school each day with the books and instructions I need to do my homework.
Always Mostly Never
5. I clean out and reorganize my book bag at least once a week.
Always Mostly Never
6. I know where to find all my important papers to show my parents.
Always Mostly Never
7. I make sure important pieces of paper are not just loose in my desk.
Always Mostly Never

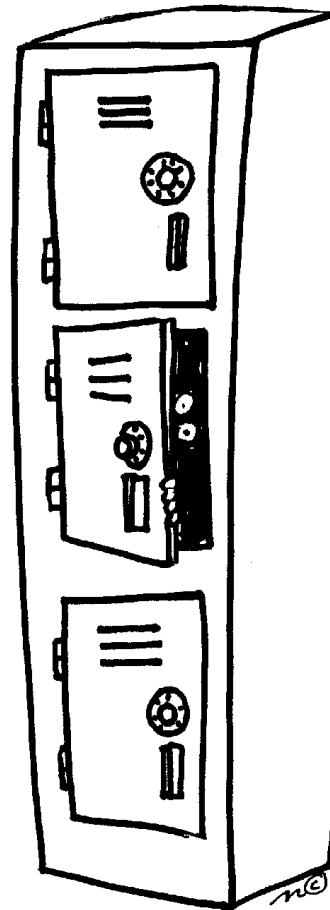
Getting Organized

Organization is the key to having a successful middle school experience. Middle school means changing classes and changing teachers. Memorize these facts to keeping it all organized.

1. Use notebooks or folders. Make sure you have different folders or different sections in your notebook for each class. Always put your papers and notes from class away in the proper place after each class.
2. Use your agenda book. Always write down all assignments as soon as they are assigned. Share this information with your parents so they can check your progress.
3. Keep your locker and book bag neat. If you cannot find an assignment because it is lost in your bag or in your locker, you cannot get a grade for it. Clean out your bag and locker regularly.
4. Use good time management skills. Set a time every evening to complete your homework. Make sure to start big projects early. Give your self several days to study for a test.
5. Prepare all your materials the night before. Check that all your homework is completed and in your book bag before going to bed. Get your clothes ready the night before as well.

Unlocking Your Locker Worries

The thought of dealing with a locker is on the mind of just about every new middle school student. Here are a few tips to help you out.



Your locker is your space to keep books, jackets, and items you don't want to take with you at all times. If you keep it neat and use it well, your locker will help make life in the middle school a lot easier.

School lockers come with combinations. The idea of memorizing a combination and learning how to open your locker may sound like hard work. But, you'll get the hang of it in no time!

You will have a chance to visit your locker before school, at lunch, before 7th period, and at the end of the day. Make sure you always get the books you need for classes and to take home.

Oh, by the way, don't worry about getting stuffed in your locker by an older student. It never happens.

A Tale of Two Teens

Chris and Stacey were both in 5th grade. Both had dreams of getting good jobs when they grew up. They both started on the same path – but Chris thought school was boring and didn't like to study. Here's what happened:

STACEY

Went to middle school.

Paid attention in class and tried her best.

Did her homework every night.

Did well on tests.

Went to High School.

Studied hard and got extra help when she needed it.

Did very well on tests.

Graduated high school with good grades.

Was accepted to college.

Got a well-paying job she enjoyed after graduation.

The skills you learn in school now can help take you on a different path in life.

CHRIS

Went to middle school.

Didn't listen to his teachers and goofed off.

Didn't complete his homework assignments.

Didn't do too well on tests, but passed.

Went to High School.

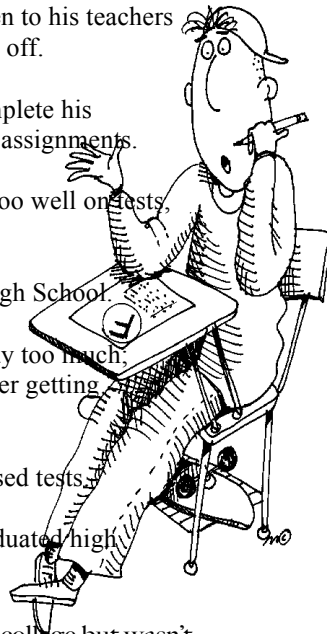
Didn't study too much, didn't bother getting extra help.

Barely passed tests.

Barely graduated high school.

Applied to college but wasn't accepted.

Got a low-paying job he did not like.



Career Planning

Fact or Fiction...I am only in 5th Grade, I don't need to think about my future????

FICTION

It is never too early to start planning for your future. As a 6th grade student, you will begin to develop your own career portfolio. What does that mean? You will start to develop short and long term goals for yourself. You will begin to record your activities and accomplishments. You will also begin to think about possible careers.

So, what are you waiting for? Let's start now.

My long-term goal is:

My short-term goal is:

Some careers I am thinking of are:



Changing Friendships



Holly's Story

I'm Holly. I thought I could count on Erica. Back in elementary school we used to do everything together. Just last summer we talked about how fun it would be to go to the same middle school. I guess Erica's plans changed.

The first few days of middle school were OK, but after a week or two Erica started hanging out with Jenna and some girls I didn't know. I wouldn't mind so much, but Erica started to act like I didn't even exist. And it seems like Erica's changed. She's started to wear makeup like Jenna and those other girls. I don't think her mom even knows.

I tried sitting with her at lunch to talk about it, but Erica hardly said a word to me. She and Jenna were too busy making fun of other kids.

I thought Erica liked band, but when I got to tryouts, no Erica! I ended up sitting next to Georgia and she seemed pretty nice. But she was one of the kids Jenna and Erica were making fun of at lunch. I was so embarrassed.

Anyway, I just couldn't deal with the idea of losing Erica as a friend. I thought it might help if I tried to fit in a little better with her new friends, so the other day I decided I'd try wearing a little makeup myself. I snuck some from my mom, which made me feel bad. But that was nothing compared to when I walked up to Jenna and Erica, and all Jenna could manage to say was "A little weak on the eyeliner." Erica wouldn't even look at me.

Why do you think Jenna and her friends make fun of other kids?

What does Georgia offer to Holly that Jenna and Erica don't?

What could you do if this happened to you?

So many changes occur during the three years of middle school. One thing that may change is your friendships. Middle school is a time to meet new people and find friends that share your interests. Here are some quick tips to making new friends and learning how to get along with people.

- Be friendly to everyone. Make sure to smile and say hi to every student in school.
- Don't be afraid to take the first step in meeting new people.
- Part of being a friend is respecting their thoughts and feelings.
- Friendships involve trust. Make sure you find friends you feel safe sharing your true feelings with.
- Friends are often people you have a lot in common with. Join an activity to find friends with shared interests.
- Always remember the best way to make and keep friends is to be yourself.
- There are a lot of new people in middle school. Remember that friends you had in elementary school may change.

Bullying

Have you heard: Bullying is **NOT** a normal part of middle school and growing up, and together we can make ELCO Middle School a bully-free zone. Listed below are a few facts about bullying and ways you can prevent bullying for happening in our school.

There are three types of bullying: Verbal, Physical, and Social.

Verbal – teasing, calling names, intimidating, laughing at someone

Physical – pushing, hitting, shoving, stealing

Social – spreading gossip and rumors, rolling eyes, excluding others

There are three roles in a Bullying Situation.

The **Aggressor** is the one doing the bullying behavior.

The **Target** is the person being bullied.

The **Bystander** is the person watching the bullying happen.

What Can You Do?

If you are the Bully...realize and identify the problem behavior, apologize for your negative behavior, and increase your empathy and concern for others.

If you are the Target...use assertive skills to tell the person to stop, don't believe the bully, make new friends, and report the bullying.

If you are the Bystander...remember that choosing to ignore the bullying is the same as supporting the bullying, ask the bully to stop, support the target, and tell an adult.

When I went to band rehearsal I was so upset. But Georgia had saved a seat for me, and when I sat down she peeked over and said my makeup looked nice with the color of my sweater.

The One Thing I Wish I Had Been Told About 6th Grade Is...

how to get around the school.

the very early bus rides.

how to get my locker open!

that 6th grade is not as bad as I thought it would be.

how much homework there would be.

all the hard work.

how many books we have to carry.

how much grades matter.

don't talk during class.

that you have 5 EA classes and how you switch.

not to go to my locker during LA break.

that is was fun and so cool!

it's a lot harder than 5th grade.



teachers find fun ways to teach us the material.

keeping elementary friends is a lot harder.

how to get to class on time (without getting lost!).

the lunch period is very short.

The One Thing I Like Best About The Middle School Is...

walking from class to class.

the sports programs.

the lunches and hanging out with my friends.

you're more independent.

meeting people and changing classes.

the day goes really fast and the teachers are nice.

all the new friends you make!

meeting the people from other elementary schools.

all the teachers understand you in some way.

that you get to meet tons of different types of people.

having different classes.

the freedom you get because you are not stuck in one classroom all day.



hanging out with your friends at lunch and the teachers are awesome.

the ice cream.

having a locker to put my books in.

how we have lockers and more independence than elementary.

Have Fun with Middle School!!

Middle School can be a great experience!

Always remember there are people here to help you survive middle school. If you are having problems adjusting to middle school, you

can talk to:

A parent

A teacher

A counselor

A friend

An older brother or sister

Your homeroom advisor

Talking about problems is always the best way to solve them.



W	D	P	Q	Z	O	G	G	W	D	E	N	T	P	Y
B	P	Z	T	T	J	F	M	M	M	O	I	E	G	D
C	O	U	N	S	E	L	O	R	I	A	S	A	J	I
V	O	J	R	R	D	I	H	T	C	C	O	C	B	G
M	L	T	S	S	Z	N	A	O	H	O	C	H	K	R
G	O	A	L	S	S	Z	E	E	M	F	A	E	C	J
J	J	V	A	E	I	Z	D	I	C	E	H	R	B	W
P	U	T	D	N	L	U	F	Z	R	P	W	S	B	Y
G	P	A	A	B	L	O	Y	A	K	F	R	O	U	L
B	R	G	S	E	W	R	J	A	S	Z	E	K	R	T
G	R	S	E	C	I	O	H	C	U	L	K	I	P	K
O	O	C	P	G	M	Y	K	W	N	J	C	T	M	E
G	U	G	N	P	W	X	W	V	P	Q	O	H	Z	A
Z	S	R	J	D	A	N	S	O	O	W	L	G	P	U
N	M	N	H	B	U	Z	A	D	J	F	O	A	G	B

Choices
Goals
Locker
Teachers

Counselor
Grades
Organization

Friends
Homework
Schedule