
Welcome to Middle School!

— Monday, June 13, 2022 —

HKMS Cougar Core Values

- Responsibility
- Respect
- Perseverance
- Kindness
- Acceptance



What happened to my kid?

— They are changing physically, socially,
emotionally, and intellectually —

PHYSICAL	INTELLECTUAL	EMOTIONAL	SOCIAL
Uneven physical growth	Short attention span	Fluctuating emotions	Desire for independence
Rapid brain growth	Needs relevance in learning	High level of anxiety	Sensitivity to peer pressure
Restlessness and periods of fatigue	Responds to choice	Extreme sensitivity	Self and others
Metabolic and hormonal fluctuation	Varied ability levels	Ambivalence	Reclusive behavior
Periods of high energy and lathargy	Varied interests	Behavior	Changing interests, needs and priorities
Underdeveloped sense of time and space	Inquisitive	Fluctuationg moods	Needs to focus on role models
	Concrete thinking	Extreme self-consciousness	Acceptance
	Orientation to the present		Dealing with bullying issues

Issues May Arise

- Identity: Trying New Hats
 - Friendships: Ebb & Flow
 - Social Media: Be careful!
 - HK Mentoring
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Communication

Homeroom Teacher: Main point of contact for parents of homeroom students*:

- Schedule conferences
- Respond to logistical questions
- Direct parents to appropriate person when necessary

Content Area Teacher: Main contact for parents with specific class issues/concerns/questions

Guidance Counselor: Main contact for whole child concerns, especially social-emotional concerns & general academic concerns

Grade Level Team Leader: Sends grade level communications to parents as necessary (ie: conferences, events, daily adjustments, etc)

Special Education Case Manager: Main contact for parents and teachers with questions about IEP requirements

HKMS Counseling Department

Works with students, families,
and staff to ensure the **social,
emotional, and academic**
success of all students



When to contact the Counseling Dept.

- You have questions or concerns about your child's academic, social, or emotional well-being
- You are concerned about your child's mental health
- You are seeking a referral for counseling
- There's been a loss or change in the family that is affecting your child's school life (death, divorce, illness, loss of income, etc.)



HKMS Counseling Dept. Contact Information

<http://hkmscounseling.rsd17.org/>

Phone: (860)663-1797



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Tara Bartlett
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Susie Speir
School Psychologist
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Grade 6 Teachers

- Mrs. Coogan jcoogan@rsd17.org
- Mrs. Gagliardi egagliardi@rsd17.org
- Mr. Hall mhall@rsd17.org
- Mr. Houlton thoulton@rsd17.org
- Mrs. Koepke akoepke@rsd17.org
- Mrs. Masci rmasci@rsd17.org
- Mrs. Brinkman tbrinkman@rsd17.org
- Mrs. Smith jsmith@rsd17.org
- Mr. White kwhite@rsd17.org

*Email is
the best
way to
contact us!*



PowerSchool



- The guidance counselors will meet with all students to make sure they are able to access their PowerSchool accounts.
- PowerSchool is our grading platform and is where students can monitor their grades and check for missing assignments.
- It is the student's responsibility to check PowerSchool for missing assignments and make a plan with their teachers to turn in missing work.
- If a student is unable to log on to PowerSchool, please contact his or her guidance counselor (contact info on previous slide).

Google Classroom



- Teachers may post daily or weekly assignments as well as reference materials for students in their Google Classrooms.
- Students should check their Google Classrooms for further comments and details about assignments.
- It is the student's responsibility to check their Google Classrooms consistently and ask their teacher for clarification on any assignments.

Grade 6 Academic Expectations

In grade 6, students should.....

- Work on homework each night during the school week
- Check PowerSchool weekly for missing assignments and make a plan with teachers to turn in assignments.
- Self advocate and reach out to their teachers directly via email or in class.
- Record daily assignments in their school provided agenda or other comparable organization system.
- Work on time management skills, especially for long term assignments.
- Turn in assignments on time and make a plan with their teacher when absent or struggling.
- Organize folders, binders, and backpacks at least once a week in school or at home.
- Use resources provided by teachers when working on assignments or assessments.

Grade 6 Homework Expectations

In grade 6, homework involves.....

- students working on long term assignments, unfinished tasks and daily reading.
- **Students should never say that they have no homework.**
- Assignments are often posted in Google Classroom and grades are posted in PowerSchool.
- The amount of time homework will take will vary, but will typically be approximately 60 minutes, plus at least 20 minutes of independent reading nightly.

Advisory Time

Meets once a week on Wednesdays

- intended to foster community and connection while developing strong teacher-student relationships.
- provides a structured opportunity for social-emotional learning.
- students will be taught important skills such as emotional awareness, empathy, managing stress, coping with challenges, regulating behavior, resolving conflicts, building and maintaining healthy relationships, perspective-taking, setting goals, and responsible decision-making.



Scope and Sequence

6 th Grade	7 th Grade	8 th Grade
Unit 1: Mindsets and Goals		
<ol style="list-style-type: none">1. Starting middle school2. Helping new students3. How to grow your brain4. Trying new strategies5. Making goals specific6. Breaking down your goals7. Monitoring your progress8. Bringing it all together	<ol style="list-style-type: none">1. Starting middle school2. Helping new students3. Creating new pathways in your brain4. Learning from mistakes and failures5. Identifying roadblocks6. Overcoming roadblocks 17. Overcoming roadblocks 28. Advice on roadblocks	<ol style="list-style-type: none">1. Welcome2. Who am I? My identity3. My interests and strengths4. Harnessing my strengths5. Pursuing my interests6. My future self7. My path forward
Unit 2: Recognizing Bullying and Harassment		
<ol style="list-style-type: none">1. Common types of bullying2. Recognizing bullying3. Responding to cyberbullying4. How to be an upstander5. Standing up and staying safe6. Raising awareness about bullying	<ol style="list-style-type: none">1. What is harassment?2. What is sexual harassment?3. The effects of sexual harassment4. Gender-based harassment5. Our rights and responsibilities6. Preventing harassment	<ol style="list-style-type: none">1. Understanding bullying2. Social factors that contribute to bullying3. Environmental factors that contribute to bullying4. Speak up and start a movement5. Be inclusive and change policies6. Stand up for change!



Scope and Sequence

6 th Grade	7 th Grade	8 th Grade
Unit 3: Thoughts, Emotions, & Decisions		
<ol style="list-style-type: none">1. What emotions tell you2. Emotions and your brain3. How emotions affect your decisions4. Managing your emotions5. What works best for you?6. Raising awareness about managing emotions	<ol style="list-style-type: none">1. Emotions matter2. Feel, think, do3. Unhelpful thoughts4. Reframing unhelpful thoughts5. Practicing positive self-talk6. Making better decisions	<ol style="list-style-type: none">1. Understanding stress and anxiety2. Where does stress come from?3. Can stress help you grow?4. Strategies for managing stress5. Changing strategies and getting help6. My stress management plan
Unit 4: Managing Relationships & Social Conflict		
<ol style="list-style-type: none">1. We're changing2. Why conflicts escalate3. Considering multiple perspectives4. Respectful communication5. Resolving challenging conflicts6. Making amends7. Conflict solvers	<ol style="list-style-type: none">1. What makes a conflict escalate?2. Keeping your cool in a conflict3. Conflicts and perspectives4. Resolving conflicts part 15. Resolving conflicts part 26. Taking responsibility for your actions7. Tips for resolving conflicts	<ol style="list-style-type: none">1. My values2. Values and relationships3. Recognizing others' perspectives4. Finding the best solution5. Making things right6. Unhealthy relationships7. Guide to healthy relationships8. High school challenges

Getting Involved and Connected

Interscholastic Sports

Fall: soccer, field hockey, cross country

Winter: basketball, wrestling, swimming

Spring: softball, baseball, track & field

Sports Physicals must be turned in to Health Office prior to season beginning

Clubs & Activities

Fall, Winter, Spring Sessions

Hiking club, Game club, Sewing club, Craft club, Anime club, etc

HKMS Musical

Sign-up for all Clubs & Sports

Via [Family ID](#)

Involved Middle School Parents

- * spend uninterrupted, quality time listening and talking with their child about school
- * help their child develop appropriate time management skills in relation to school assignments, extracurricular activities, and recreational activities
- * attend parent conferences, keep in touch with their child's teachers (e.g. check agenda daily)
- * stress the importance of education
- * monitor use of social media

Parent Involvement at HKMS

HKIMS PTO meets 1st Wednesday every month, 7pm

- Provides cultural and community building activities for students
- Contact: Joyce Waterbury @ waterburyj19@gmail.com

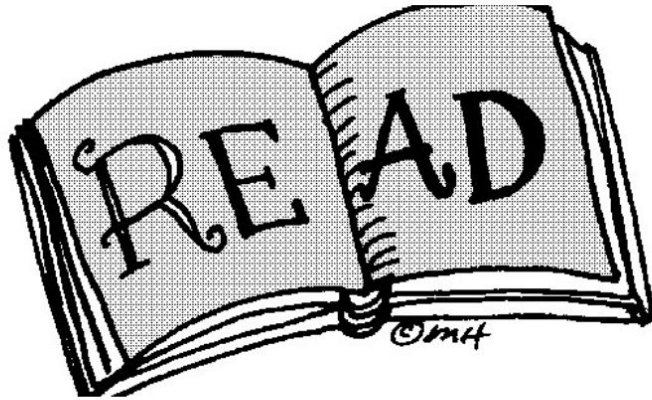
Parent Advisory Board meets every other month

- Provides input and feedback to principal
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Summer Reading & Math Expectations

<https://sites.google.com/rsd17.org/rsd17-summer-learning/grades-6-8/grade-6>

These materials are for students entering Grade 6 in the fall.



Summer Reading



Summer Math

Middle School Ready - Summer Program

Dates: August 8th-11th (M-Th)

Time: 8:30-11:30am

Place: HKMS

Overview:

- The focus will be on communication and problem solving related to new middle school routines and expectations.
- They will participate in team building activities focused on communication and study skills where they will learn about middle school schedules, how to email their teachers, and other organizational skills.

Rules to Survive Middle School

1. Try your best.
 2. Try new things and get involved.
 3. Get organized.
 4. Ask questions.
 5. Stay out of the drama!
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Questions?