

Information for Middle School



This is a vibrant community within a community—a safe and comfortable setting where 5th-8th grade students really come into their own.

We believe that the more you know and understand others, the better you understand yourself.

This belief shines in our curriculum, in class discussions, during divisional gatherings, and through less-structured time with classmates. Students' curiosity is provoked in meaningful ways, challenging them to approach learning actively so they can own their experience at a crucial time of growth and development.

It's our sincere hope that you set up a time to visit us. Truly, there is no better way to understand the energy at Breck, and in the Middle School, than to spend time in our halls, on our campus, and with our students.

SKY FAUVER
MIDDLE SCHOOL DIRECTOR



Welcome to Middle School. Who am I? What matters to me? Middle School is a time of constant inquiry, both intellectual and emotional. Our focus is growth of the whole child, not only as a student but as a socially aware human being. We are a community that respects, demands, and celebrates this growth process. This is a time of self-discovery, academic growth, and community support.

BE Signature Programs **DISTINCTIVE.**

ACADEMIC CHALLENGE

The Middle School experience at Breck (5th-8th grades) is dedicated to providing a safe environment for students to navigate their individual journeys as they establish a more defined sense of self: as academics, artists, athletes, and members of a larger community. Guided by an accomplished and veteran faculty, students in the Middle School actively engage in a program designed to appropriately challenge and support the individual. An overview of this curriculum can be found inside this brochure.

INTERDISCIPLINARY LEARNING

We know that when students are able to transfer learning from one discipline to another, they are able to deepen the learning experience and retain information longer. Teachers collaborate and find ways to enhance curricula by including another discipline.

Unit examples:

- Interdisciplinary study on ancient Greece
- Historical and statistical study of the slave trade
- Human rights project: Using art and narratives to study human rights

Signature Programs (continued)

ADVISORY PROGRAM

Committed to nurturing the whole child, we assign each student a faculty advisor to be a formal, personal, and academic advocate. These relationships are built around the idea that we can be proactive in helping our students achieve the expectations they hold for themselves and foster connections throughout their time at Breck.

An advisor:

- Provides formal and informal weekly meetings
- Periodically focuses on studying and organizational strategies
- Helps process personal relationships
- Assists with grade-level issues and topics of interest
- Facilitates effective, efficient communication among faculty, students, and parents

PERFORMING AND VISUAL ARTS

Middle School students explore their creativity, passion, and talents in our performing and visual arts classrooms. They're required to take two classes each semester.

Class examples:

- Visual Arts
- Creative Design
- Digital Media
- Band
- Choir
- Dance
- Digital Music
- Drama
- Orchestra
- Technical Theater
- World Music

RELIGION

At Breck we believe that to be prepared for a diverse world, we need a broad understanding of people and practices. The religion curriculum teaches foundational knowledge of the five major world religions: Hinduism, Judaism, Buddhism, Christianity, and Islam, as well as Native American Spirituality. The progression concludes with an Ethics course where students wrestle with their own ideas and beliefs.

WELLNESS

All students are required to take four age-appropriate, wellness classes each year to develop helpful lifelong tools and habits.

Health: We believe health education is an essential part of student growth. It gives them the knowledge and skills to promote physical, social, and emotional health. Topics include positive behaviors/lifestyle choices, injury, illness, and disease prevention; stress management strategies; first and CPR; conflict resolution; understanding one's growth and development.

Physical Education: Teamwork. Leadership. Pushing boundaries. The Physical Education program provides opportunities for students to experience and develop self-confidence and self-esteem while participating in a variety of developmentally appropriate activities that will contribute to promoting an affinity for an active, healthy lifestyle.

Project Adventure: This Middle School program teaches students the leadership and followership foundational skills in a group. From team-building exercises to individual challenges, our students learn how to take risks, problem solve, be resilient, and work together. Breck's indoor and outdoor High Ropes Courses are the Project Adventure classroom.

Outdoor Education: During these years of burgeoning self-knowledge, Breck recognizes the importance of students identifying with their natural surroundings. Outdoor Education will introduce them to various aspects of life outdoors, opening their eyes to the opportunities for personal fulfillment as well as the responsibility of individual and collective stewardship of land.

**BE
CURIOUS.**

Curriculum Overview

A snapshot of course topics.

BE BRECK.

	GRADE 5	GRADE 6	GRADE 7	GRADE 8
ENGLISH	<ul style="list-style-type: none"> English 5 	<ul style="list-style-type: none"> English 6 	<ul style="list-style-type: none"> English 7 	<ul style="list-style-type: none"> English 8
MATHEMATICS*	<ul style="list-style-type: none"> Mathematics 5 	<ul style="list-style-type: none"> Mathematics 6 Pre-Algebra 6 	<ul style="list-style-type: none"> Pre-Algebra 7 Algebra 7 Advanced Upper School Math Courses 	<ul style="list-style-type: none"> Algebra 8 Algebra IA Geometry Advanced Upper School Math Courses
* Acceleration possible				
SCIENCE	<ul style="list-style-type: none"> Explorations in Science 	<ul style="list-style-type: none"> Energy 	<ul style="list-style-type: none"> Life Science 	<ul style="list-style-type: none"> Earth Science
SOCIAL STUDIES AND HISTORY	<ul style="list-style-type: none"> Ancient Civilizations 	<ul style="list-style-type: none"> MN and Early American History 	<ul style="list-style-type: none"> U.S. History 	<ul style="list-style-type: none"> Modern Global Issues
WORLD LANGUAGES	<ul style="list-style-type: none"> Spanish Novice A - C Chinese Novice A - C Spanish 5 Chinese 5 French Novice A-C 	<ul style="list-style-type: none"> Spanish Novice A - C Chinese Novice A - C Spanish 6 Chinese 6 French Novice A-C 	<ul style="list-style-type: none"> Spanish Novice A - C Chinese Novice A - C Spanish 7 Chinese 7 French Novice A-C 	<ul style="list-style-type: none"> Spanish Novice A - C Chinese Novice A - C Spanish 8 Chinese 8 French Novice A-C
<ul style="list-style-type: none"> Advanced Programs for Immersion Students and Heritage Speakers and Advanced Upper School Courses are available in Spanish, Chinese, and French Placement in Upper School language courses available dependent upon fluency with language 				
PERFORMING AND VISUAL ARTS	Year-Long Courses: <ul style="list-style-type: none"> Choir Band Strings Orchestra 	Semester-Long Courses: <ul style="list-style-type: none"> Choir Dance Repertory Drama Stagecraft Visual Arts Media Arts 	Year-Long Courses: <ul style="list-style-type: none"> Chamber Singers Choir Orchestra Concert Band Wind Ensemble World Music Digital Music Dance Creative Design 	Semester-Long Courses: <ul style="list-style-type: none"> Dance Drama Choir World Music Technical Theater: Scenery Technical Theater: Lighting and Sound Visual Arts
WELLNESS	<ul style="list-style-type: none"> Project Adventure Health Physical Education Outdoor Education 	<ul style="list-style-type: none"> Project Adventure Health Physical Education Outdoor Education 	<ul style="list-style-type: none"> Project Adventure Health Physical Education Outdoor Education 	<ul style="list-style-type: none"> Project Adventure Health Physical Education Outdoor Education
INFORMATION LITERACY	<ul style="list-style-type: none"> Library and Media 	<ul style="list-style-type: none"> Library and Media 	<ul style="list-style-type: none"> Library and Media 	<ul style="list-style-type: none"> Library and Media
RELIGION	<ul style="list-style-type: none"> World Religions 	<ul style="list-style-type: none"> Old Testament 	<ul style="list-style-type: none"> Religious Literacy 	<ul style="list-style-type: none"> Ethics
ELECTIVES	Computer Science, Engineering, The Amazing Human Body, History Day, Intro to Economics, Newsroom, National Parks, and Oral Storytelling. This list is just a sampling of elective courses students can take in the Middle School.			
Elective offerings can vary from academic year to year.				

Please see the course guide at breckschool.org for more details.

Signature Programs (continued)

BE A MUSTANG

This invaluable program gives students practical experience dealing with peer relationships, decision making, and goal-setting. Our students learn to understand their community roles and internalize the rewards of being helpful, respectful, and inclusive.

Be A Mustang helps:

- Improve communication skills
- Resist negative peer pressure
- Set reasonable goals
- Make thoughtful, informed decisions
- Increase self-confidence and motivation

GATHERINGS

A four-year middle school experience is unique. Throughout the year, we plan organized and impromptu opportunities for the entire middle school to gather. From the seats of the Cargill Theater to the slopes of Afton Alps, we celebrate much in our vibrant community.

Gathering examples:

- Chapel
- Community Meeting
- Social Gatherings
- Awareness Day

MINDWORKS

Our signature MindWorks program is research-based initiative developed by Middle School faculty. Advisors use cognitive flexibility, goal-setting, and metacognition to foster growth mindsets and promote self-advocacy skills in their students.






5th-6th grade:

- Focus on how their brain works
- Develop a growth mindset based on academic and social-emotional benefits

7th-8th grade:

- Students are empowered to leverage and embrace both their strengths and challenges
- Develop the executive functioning strategies needed for their academic and long-term success

See what we're up to on social media:

 breckschool |  @breckschool |  breck_school |  @breckathletics |  breckathletics



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