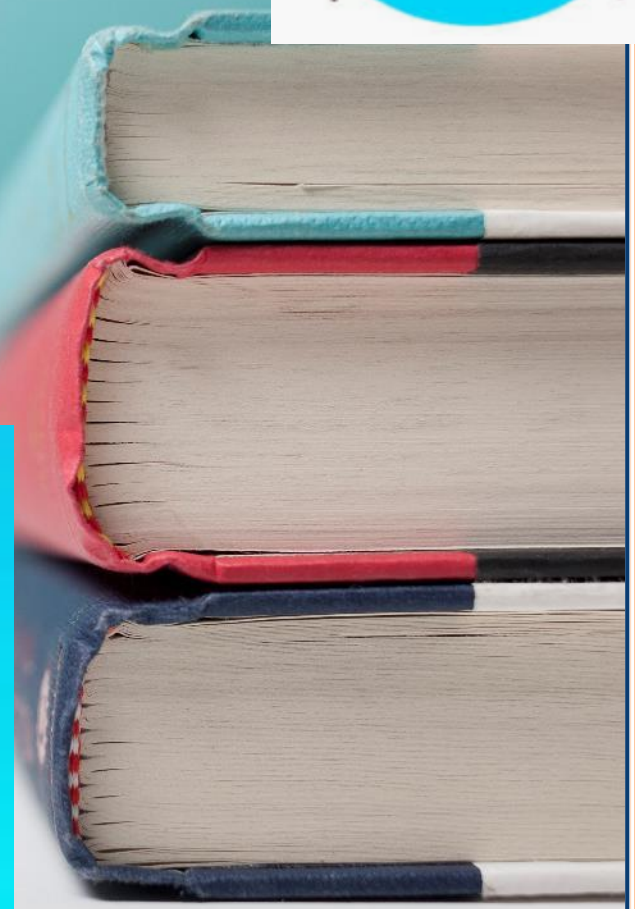
Transitioning in the midst of transition:

Preparing Middle School Students for High School in a new Covid-19 World.







Presented by: Keysha Willis, LMSW

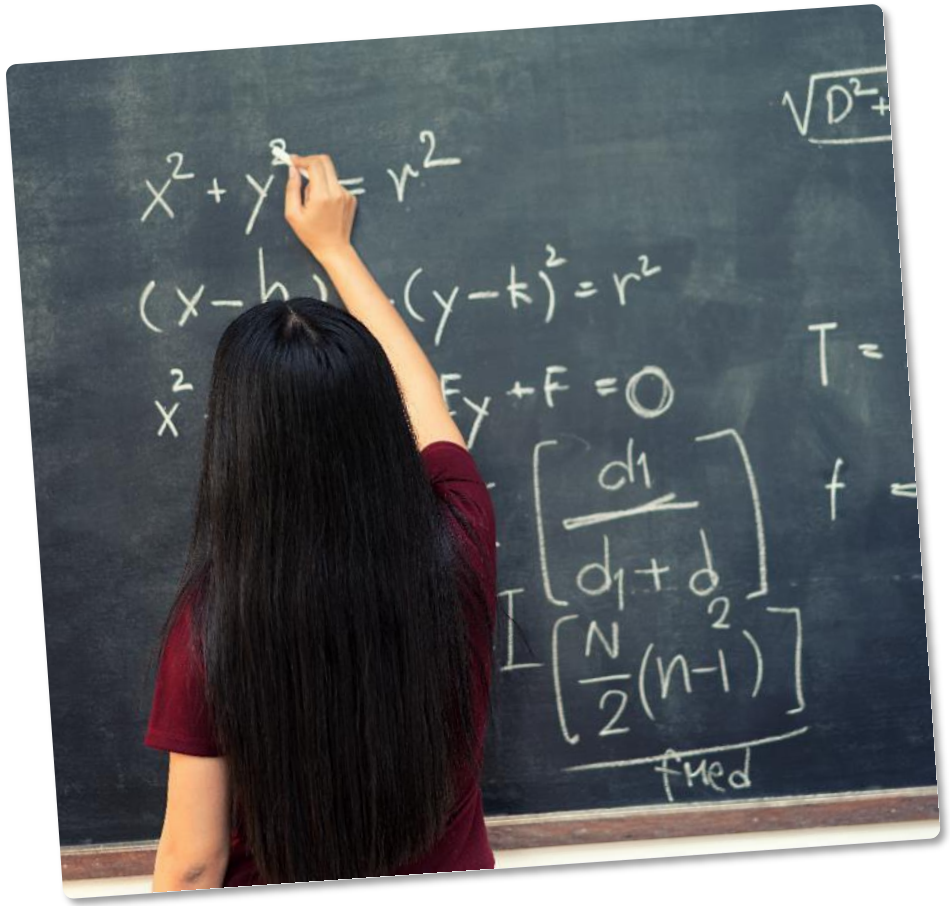
Goals & Objectives

This presentation will assist students with preparing for the transition from middle school to high school by focusing on:

- Preparing for your new environment
- Study skills
- Expectations/Code of Conduct
- Mental health, Stress management and safety
- Introducing available activities and school engagement
- Resources available to students
- Introducing support staff in the building



The Transition



The transition between middle school and high school is difficult for a variety of reasons and often leads to students dropping out. Recent research shows that a smooth transition to ninth grade contributes to students' success in high school and beyond (Oakes & Waite, 2009).

Transition planning involves providing 8th grade students (and sometimes their parents) preparations which make for a smooth transition into their high school as 9th graders.

https://k12engagement.unl.edu/strategy-briefs/Middle%20to%20High%20School%20Transition%2010-31-2013.pdf

ESPECIALLY FOR FRESHMEN



Preparing for High School: Mind, Body & Spirit

Mind

Academics and Learning



Body

Physical fitness and health



Spirit

Mental wellness



Be Prepared: Study Skills

Subtitle lorem ipsum dolor sit amet, consectetur adipiscing elit.

Study Skills

- Get organized
- Find a study partner
- Communicate with your teachers.
- Break big projects into small ones.
- Verbalize academic stressors with your parent and teacher.
  - If interested in college take an SAT prep class.



Transition Tips

- Familiarize yourself with the building, and your schedule
- Know discipline policies concerning fighting and technology
  - Get involved with extracurricular activities.
- Take attendance seriously, and don't skip class.

10 Tips for High School Students

1. Make a visit before school starts
2. Get involved ASAP
3. Pick fun electives that aren’t too hard
4. Don’t skip class
5. Remember that freshman year counts
6. Ask questions in class
7. Learn to manage your time
8. Write down all of your assignments
9. Learn to speak up for yourself
10. Do your homework



High School Dress Code

HIGH SCHOOL STUDENTS– DRESS CODE AND GROOMING

High School students are not required to wear a school assigned uniform for the 2019-2020 school year unless required by a specific program, disciplineor academy. However, students must dress appropriately and adhere to the policy described below.

APPROPRIATE SIZES

Students shall wear clothing of appropriate size. Parents are expected to buy proper sized clothing. The size of shirts and pants shall be appropriate to the student's body size and shall not be unduly oversized or undersized. Skinny pants, tights, or leggings that substitute as pants are not acceptable. Tights and leggings must be worn under a skirt that meets the length requirement (no more than 3 inches above the knee) of the dress code.

UNACCEPTABLE ATTIRE

Students are not allowed to wear clothing, jewelry (including body piercing jewelry and "grills"), buttons, haircuts, tattoos, or other attire with markings that are offensive, suggestive, disruptive, or indecent such as:

- Clothing associated with gangs (including bandanas of any color)
- Clothing encouraging the use of tobacco, drugs, alcohol, or violence
- Clothing associated with discrimination based on age, color, handicap, national origin, sexual orientation, marital status, race, religion, or sex
- Clothing exposing the upper chest cleavage, torso, buttocks, upper thighs including see-through garments, mini-skirts, mini-dresses, halters, backless dresses, tube tops and tank tops without over shirts, spaghetti strap garments without over shirts, crop tops, bare midriff outfits, or shirts tied at the midriff. All skirts and shorts must meet the required length (no more than 3 inches above the knee).
- Intentionally altered clothing or unbuttoned and ill-fitted garments are not acceptable
- Ill-fitted garments include, but are not limited to, garments that are too small or too large, transparent, mesh, or see-through. Skintight clothing is not allowed. Clothing must be completely buckled, belted, buttoned, or fastened
- Cut or frayed clothing with holes or patched holes is not allowed (no holes above the knee)
- Skinny pants, tights, leggings, jeggings or yoga pants that substitute as pants are not allowed
- Clothing not properly fastened or with tears
- Sleeveless shirts are not allowed
- No towels, wash cloths, or handkerchiefs are to be carried to school or used at school with exception of physical education class
- Clothing or outer garments traditionally designed as undergarments such as boxer shorts, bloomers, tights, hosiery, and sleepwear, pajamas

High School Dress Code, Continued...

- Clothing or footwear (flip flops, slides, house shoes, bedroom slippers) that is construed by the principal or designee as hazardous or dangerous to the health of the students or others
- Hats, headgear (wave caps, bonnets, hoodies, bandanas and shower caps), or any head covering, except when approved by the principal (Exceptions will be considered in the case of headwear or scarves worn as a part of a student's religious practice or for documented medical reasons)



Unacceptable Clothing Options

UNACCEPTABLE SHORTS

Athletic shorts including spandex-style "bicycle" shorts, cut-off jeans, frayed jeans or pants, cut-off sweat pants, short-shorts, running shorts, and see-through boxer-type shorts are not permitted.

Clothing Options That are Unacceptable

BODY: MAINTAIN HEALTH HABITS



TIPS:

- **Exercise regularly.** Teens should be physically active at least 60 minutes of every day.
- **Eat a healthy diet.** Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.
- **Maintain a healthy weight.** Children and teenagers with obesity are more likely to have obesity as an adult. They are also at higher risk for other chronic illnesses, depression, and bullying.
- **Get enough sleep.** Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.

https://familydoctor.org/teenagers-how-to-stay-healthy/

SPIRIT: MENTAL HEALTH IS IMPORTANT

How are you feeling?



Typical Teen Behavior...

Typical Behavior

- Wanting to spend more time with peers and less time with family
- Reluctance to get up early for school
- Needing more sleep or developing a larger appetite during growth spurts
- Sadness and anxiety following fights with friends or a breakup with a boy/girlfriend
- Worrying about physical appearance and trying to fit in



Abnormal Behavior

- Not wanting to spend time with either family or friends, no social activity
- Absolute refusal to attend school—mixed with other signs of distress or depression
- Sudden changes in energy levels and in appetite
- Sadness and anxiety that doesn't correct itself or decrease in intensity after a few days to a couple weeks.
- Extremely risky behavior and/or delinquent behavior, including disregard for house rules, parents' concerns, or laws of society
- Sudden and significant changes in eating behaviors, over-exercising, and other indications of eating disorders

https://www.georgetownbehavioral.com/blog/7-differences-between-normal-abnormal-teenage-behavior

WHO CAN HELP ME: MENTAL HEALTH RESOURCES

- Child Protective Center at 1-855-GACHILD (422-4453)
- Clayton Center CSB (770) 478-1099
- Anchor Hospital 678-251-3226
- Riverwoods (770) 766-3367
- Georgia Crisis Line 1-800-715-4225
- Suicide Hotline 1-800-273-8255
- Teen Text Line “GO” to 741741
- TrevorLifeline at 1-866-488-7386

CODE OF CONDUCT/EXPECTATIONS

The Code of Conduct promotes positive student behavior and an atmosphere of respect and dignity by assisting students as they strive to become productive, responsible citizens in a global society.

All members of the school community including students, teachers, administrators, parents, guardians, counselors, social workers, psychologists, safety and security personnel, custodial staff, bus staff, and food service staff must acknowledge and understand the code of conduct to which all students are expected to adhere and the consequences of noncompliance.

The Clayton County Public Schools Code of Conduct provides a description of conduct that meets the expectation of behavior for students. It includes guidance for supporting students who misbehave as well as guidance for disciplinary and intervention measures utilized by schools. The Student Code of Conduct applies to all students in Clayton County Public Schools.

Please review your student handbook for a complete explanation of the Code of Conduct.

https://www.clayton.k12.ga.us/departments/student_services/student_handbook

STUDENT RESOURCES

- **Khan Academy**- www.khanacademy.org
- **Photomath app**-https://www.photomath.net/en/
- **Grammarly**- https://www.grammarly.com/
- **Georgia Virtual Learning Academy**- Gavirtuallearning.org
- **Web Math**- www.webmath.com
- **Quill**- https://www.quill.org/sign-up/student
- **Phet interactive simulations**- https://phet.colorado.edu/
- Your school and teacher's website
- Contact your school counselor or social worker



SUPPORT STAFF IN YOUR BUILDING

SCHOOL SOCIAL WORKER

COUNSELOR

PSYCHOLOGIST





Yes you can!!

Thank You

HAVE A GREAT SCHOOL YEAR!!













