



Middle School

GRADES 6-8

*Inspiring confidence, igniting leadership:
CDS is where your children discover who they are and who they can become.*

Welcome to CAROLINA DAY

“Our Middle School leaders are in a state of constant evolution. Their journey isn't a straight path, rather it's a beautiful mess of experiences that mold them. They've shown us their ability to adapt, develop, and recover stronger from setbacks. These moments of transformation are ones to celebrate, as they're the stepping stones to a stronger tomorrow. Much like an insect shedding its skin, they shed their previous selves, learn from the journey, and emerge as more resilient leaders. Our school is a place for them to use their voice to create a welcoming and warm community, a sense of belonging, so that when they're gathered together they don't feel as if this school is defined by the adults around them, but instead by their student voice.”



LAUREN EVANS
Lower and Middle School Principal



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We've seen tangible differences in our child's outlook on education, which has been completely transformative.

The school makes learning fun. I continue to be amazed at the creative, experiential learning activities the teachers provide. **The staff are innovative and cultivate genuine connections with the students.**”

~ Carolina Day School parent



MIDDLE SCHOOL

Education for a Lifetime

At Carolina Day, we believe a well-rounded liberal arts education goes beyond the textbook. Encouraging exploration, developing leadership skills, and inspiring curiosity are built into everything we do. Your Middle Schooler will go well beyond learning facts and figures, they will uncover their true strengths while becoming empathetic citizens of a global community.

Our Middle Schoolers receive focused, individualized attention and instruction. Teachers across all grades are responsive, innovative, and compassionate, and focus on knowing your child on a deeper level to continually improve their learning experience. In addition to a foundation of core academics, your child will be free to discover their own individual interests, learn unique problem-solving skills, think carefully

about real-world problems, and develop lasting relationships with peers and teachers that will fuel a love of learning and a unique, personal value system that will help them make smart, positive, and healthy choices for themselves and their community.

Middle School is a time of self-discovery, and we can't wait to be part of the journey.

To learn more about the Middle School at Carolina Day, visit carolinaday.org or call **828-407-4442**.



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At Carolina Day, we provide families with a powerful and rich educational experience by weaving together leadership development, social-emotional supported instruction, and strong academic achievement, creating a learning environment full of curiosity and joy.”

~ LAUREN EVANS, *Lower and Middle School Principal*





FIRE
EXTIN

GOAL



Ubuntu: “I am because we are.”

This year, the theme that guides our Middle School culture is the powerful philosophy of “Ubuntu,” teaching that our individual identities are shaped by our collective connections. Students of all ages explore this concept through age-appropriate readings and discussions. As part of our Pathways to Leadership program, they’ll have opportunities to showcase leadership skills while embracing Ubuntu’s essence. Together, we’re nurturing a culture of empathy, respect, and collaboration, shaping the compassionate leaders of tomorrow.

A seventh grade student presents their Leadership Profile, modeled after a leader they respect, Ibtisam Barakat

Signature Program: Pathways to Leadership

Everyone can be a leader.

The Pathways to Leadership program at Carolina Day School offers a holistic educational experience for students, aiming to cultivate not just academic prowess but also social-emotional intelligence and leadership skills.

Focused on four core domains—**Identity, Community, Leadership,** and **Action & Agency**—the program nurtures a well-rounded understanding of self, community engagement, and proactive agency. Students engage in self-exploration, learn to appreciate and foster diversity, acquire strategic problem-solving skills, and gain practical know-how to drive social change.

Through structured guidance and a responsive educational approach, this signature program equips our Middle Schoolers with the tools they need to lead fulfilling lives and effect meaningful change in their communities, built on a strong foundation of academic rigor.



Above: Sixth grade students share their personal history artifact boxes with teachers and families.

Cornerstone Tasks

Each grade level has a final Cornerstone project meant to foster their leadership abilities and equip them with the knowledge, skills, and emotional intelligence to flourish in our complex and interconnected world.

Grade 6: Personal History Project

Artistic and interactive, students weave together written memoirs, interviews, art, photography, and artifacts to explore their personal and social identities through a study of family history, cultural identity, significant relationships, etc. Activities like “Shattering Stereotypes” and “Choosing Tolerance” are designed to build a culture of inclusivity

Grade 7: Student Leadership Profile

Building off of their identity work in the sixth grade Personal History Project, students explore how they lead best by researching different leaders and leadership styles throughout history, taking strengths-finder assessments, studying leadership ethics, and identifying ways they can be leaders in their communities.

Grade 8: Impact Asheville

In the eighth grade, students translate learning into action. They take field trips around Asheville to find systemic problems in their city that need solving. After speaking with local government and community leaders, students create and present their sustainable solutions, sharpening their public speaking and storytelling.



Eighth graders present their sustainable solutions to the issues in their community which they're passionate about.

Field trips serve as valuable extensions of these cornerstone tasks, offering experiential learning to enhance your child's academic journey.



Eighth graders present their sustainable solutions to the issues in their community which they're passionate about.

Curriculum

At Carolina Day, we tailor instruction to the unique needs and interests of our students. Our Middle School curriculum adheres to national educational standards and incorporates research on social-emotional learning, which is seamlessly woven into our daily activities as a foundational element for effective learning. Course offerings are exciting, immersive opportunities for your Middle Schooler to understand themselves and the world around them. Core classes move outward so that each year your Middle Schooler has a broadening view of each subject matter. Confidence, leadership, compassion, and exploration are the cornerstone of each area of study

Core Academic Areas

Social Studies

Social Studies 6: US History
Social Studies 7: World History
Social Studies 8: Global Studies

Mathematics

Mathematics 6
Mathematics 7
Integrated Math 1

Science

Science 6: Life Science
Science 7: Earth Science
Science 8: Physical Science

World Language

Spanish 6
Spanish 7
Spanish 8

Arts

Visual Art 6
Visual Art 7
Visual Art 8
Grades: 6, 7, 8 Performing Arts

Physical Education

Physical Education 6
Physical Education 7
Physical Education 8

Morning Structured Study

Morning Structured Study is a support system for students who have five or more missing assignments. It takes place every morning from 7:45 – 8:15 AM in the Stephens Hall Student Center. The program is not a punishment; it's designed to give your child a structured setting to catch up on missing work or review content they're struggling with.

Guided Learning

The Guided Learning block is a twenty minute period that occurs Monday, Tuesday, Thursday, and Friday, immediately following recess and lunch. This time is an opportunity for targeted academic support and planning. Students are encouraged to use this time to check in with teachers for extra help in specific courses, work on their Reading Challenge, strategize for the week ahead, or collaborate on group projects. This block is designed to provide students with an opportunity to receive one-on-one coaching from instructors, better organize themselves, and effectively manage their time.

Assessment Cycle - Formal assessments administered by our classroom teachers are done at the beginning, middle, and end of the year. None of our instructors ever “teach to the test” or create high stress testing environments, but regular check-ins give us detailed data about each student’s progress. These assessments inform our instruction so that we can provide personalized responses that best meet your child’s learning needs, as well as the overall needs of the class.



Above: Middle School students perform their rendition of Aladdin, Jr. for the Carolina Day community.

Co-curricular Classes

The following classes promote cross-curricular studies and foster connections across several disciplines. Their curriculum is also guided by our Heritage Months. Each month, co-curricular teachers tailor their lessons to celebrate women's studies, neurodivergence, African American studies, Hispanic heritage, and more.

Art

In Middle School art classes, students continue building off of the fundamentals they learned in Lower School. Students more deeply explore the artistic and scientific process, incorporating feedback, distance, and reflection into their revision process. Middle School artists begin to engage in more complicated and technical mediums like photography, animation, and claywork. Guided by our heritage month structure, students learn new art forms, create those art forms themselves, and learn about history and the significant cultural impact of famous artists across several different races, cultures, and disciplines.

Music

The Middle School music curriculum also guides students through a progressive musical journey, building on skills gained in Lower School. The music curriculum not only fosters musical skills but also provides ample opportunities for students to perform in plays like *Aladdin* and *Beauty and the Beast* and at large, schoolwide events like the Hispanic Heritage Assembly. Continuing to grow their confidence and stage presence helps our students discover and showcase their talents. More complicated concepts like sight-reading, music theory, and instrumentation define the Middle School music experience. Learning through our heritage month system, students learn about famous musicians throughout history, work on singing traditional songs in other languages, and build and use instruments from a wide range of cultures.

Physical Education

The Middle School physical education curriculum focuses much more on team sports and working toward a common goal through communication, game rules, and teamwork. The curriculum encourages physical activity, more advanced skill development, and healthy competition. The heritage month program teaches students about athletes across different cultures. Competitive and non-competitive (developmental) after school athletic teams allow our Middle Schoolers to engage in team sports like soccer, volleyball, basketball, field hockey, golf etc.

Spanish Language and Culture

The Spanish Language and Culture curriculum becomes more advanced in the Middle School. Conjugation, paragraph writing, more advanced grammar and linguistics, communication, reading comprehension, and writing skills are the focus of this division's Spanish language learning. For the yearly Hispanic Heritage Assembly, Middle Schoolers complete and present in-depth research projects about the history, culture, geography, politics, and famous figures of different Spanish-speaking countries.

Library

Our Library is not just a space where students check out books or read quietly, it is a co-curricular class in itself. Library is a space for Middle School students to make progress on their Reading Challenge, branching out into new and unfamiliar genres. Our librarian creates fun and engaging activities to strengthen students' understanding of character analysis, characteristics of genre, and research skills. Heritage months help guide which forms of literature and which authors students explore. This ensures our students are widely read and prepared for Upper School.



A Middle School student works on a painting in Mr. Congleton's art class.

MIDDLE SCHOOL

Middle School Mini-Courses

Every Wednesday our Middle Schoolers participate in mini-courses. These elective-style classes are designed for students to try new and different disciplines across areas of art and innovation, service and civic engagement, and outdoor and place-based learning. Students choose from an array of diverse course offerings across specific categories of learning to cultivate a well-rounded learning experience that shies away from early specialization. Through this process of curated discovery, with lessons designed to hit multiple learning targets, your Middle Schooler won't be limited to what they think they want to experience. They'll find new interests, new passions, and new ideas, so they can discover themselves through everyday learning.



“Instead of choosing a category to belong to like math or science or sports, you’re choosing a path for your life, while gathering skills in all areas, so that you can more purposefully and accurately live out that life.”
— Lauren Evans, Lower and Middle School Principal

Scenes from past cooking, tinkering, chess, finance, and art mini-courses.

Mini-course offerings may change across semesters. Classes students have enjoyed in the past include Journalism, Folk Art, Nutrition, BandQuest, Photography and Filmmaking, Building Your Financial Life, Architectural Design, History of the Blue Ridge Parkway, Landscape Art, and Self-Defense.



“Emotions drive learning, decision-making, creativity, relationships, and health.”
 —Yale Center for Emotional Intelligence

Above: Middle School students are paired with Lower School buddies to help foster a sense of responsibility and community across divisions.

Social-emotional Curricular Components

We also incorporate several other curricular components that contribute to the holistic development of our students. These include the Responsive Classroom approach, the use of Marc Brackett’s work with the RULER approach and the four anchors, the Healthy relationships curriculum, and direct instruction around digital citizenship and executive functioning.



One of the most important RULER tools is the Mood Meter, which helps students more accurately identify and name the emotions they’re feeling. Yale research shows that the ability to accurately identify emotions is directly correlated with the ability to regulate those emotions, and to take responsibility for them.

The Responsive Classroom Approach

This evidence-based teaching method fosters a positive classroom environment where students feel safe, challenged, and engaged. An example of how we apply this approach is through daily Advisory, with a morning session focused on goal-setting, peer relationships, and self-awareness and a closing Advisory aimed at reflection and progress assessment. These advisories take place in designated classrooms and serve as touchpoints for students throughout their day. Guided Learning sessions, spearheaded by advisory teachers, along with bi-weekly Academic Check-ins, offer additional layers of personalized support.



Give it Back System

In our Middle School, we believe that students should take ownership of their experiences, embracing both successes and failures as part of their learning journey. We recognize mistakes as a normal aspect of adolescent development, leading us to implement the “Give it Back” (GIB) system. This system is designed to promote growth and learning from errors by providing students with opportunities to give back to the community, often through activities like recycling, composting, or general cleaning. It underscores students’ responsibilities to the Carolina Day community and encourages self-reflection.

Digital Citizenship Skills

In today’s increasingly digital world, it is essential for students to develop responsible digital citizenship skills. Our curriculum draws from the expertise of The Social Institute, offering direct instruction on essential topics like online safety, privacy, digital etiquette, artificial intelligence, and ethical technology use. Our approach to teaching these topics is based on the principles of social-emotional learning, which emphasizes the development of emotional intelligence, self-awareness, and responsible decision-making. Our aim is to equip students to use technology in a positive and responsible way.

Executive Functioning

Our emphasis on executive functioning builds independence and self-regulation among students. By teaching critical skills such as time management, organization, planning, and self-monitoring, our students gain a strong foundation for both academic success and lifelong personal development.

Healthy Relationships

Run by our highly skilled school counselor, Healthy Relationships equips students with the tools and knowledge to cultivate meaningful and appropriate connections with their peers, younger children, teens, and adults. Your child will experience sessions like these: creating safe classroom expectations, interpreting body language, harassment, coping, taking responsibility as a bystander, gender stereotypes, consent, and respecting boundaries, among others.

Beyond the School Day

Extracurriculars & After School

Discover a world of opportunities for your child through athletics, extracurriculars and our extended day programs.



Top to bottom: Students participating in Aladdin Jr. the musical, the boys baseball team, and after school homework help.

Athletics

It is the goal of the Athletic Department to create an experience and environment for students that mirrors what teachers create in the classroom—one which encourages engagement, growth, reflection and pushes boundaries. Middle Schoolers have a wide variety of both competitive and developmental sports teams from which to choose.

- Soccer
- Volleyball
- Cross Country
- Track and Field
- Field Hockey
- Tennis
- Golf
- Basketball
- Swim Team
- Lacrosse Clinic
- Baseball
- Agility Training

Extracurriculars

Participating in arts and STEM extracurriculars offers students the opportunity to develop both creative expression and critical problem-solving skills, nurturing a well-rounded and adaptable skill set for the future.

- School Musical (Grades 4–8)
- Odyssey of the Mind (Grades 3–8)
- Mandarin Club (Grades 6–8)
- Chess Club (Grades 6–8)
- Dungeons & Dragons Club (Grades 6–8)
- Student Government (Grades 6–8)

Early Arrival & After School Homework Help

Early Arrival and After School Homework Help offer parents and students with different schedules the opportunity to arrange their day in a way that suits them best. Early Arrival provides a welcoming environment, while After School Homework Help is a dedicated space where students conquer homework challenges and make progress on school projects.

Student Government

Middle School Student Government is a chance for students to shape their school around their collective student voice. It's a practical way for students to practice the leadership skills that are integral to Carolina Day's curriculum. The celebration committee, school spirit committee, and activities committee are arms of the Middle School Student Government that serve as advocates for the student body.



Meet the Middle School Faculty

CDS teachers are experts in their fields, dedicated to nurturing young minds. Many of our teachers have advanced degrees either in education or specialized fields, are trained in social-emotional teaching techniques, and participate regularly in professional development. They also constantly learn from one another in Professional Learning Communities that meet regularly throughout the school year. These communities are think tanks where our faculty brainstorm the best and most innovative teaching practices, co-curricular connections, social-emotional learning, executive functioning support, education technology, and more to make Carolina Day's classrooms a place where your child is always supported, always encouraged, and always confident.

Keith Anderson, *STEM Teacher* | B.A. University of North Carolina Pembroke

Tom Bendon, *Math Teacher* | B.A. Wesleyan University | M.B.A. California College of the Arts

Jan Brabham, *Language Arts Teacher* | B.A. Wofford College | M.Ed. The George Washington University

Jeremy Braketa, *Language Arts & Social Studies Teacher* | B.A. Colorado State University | M.L.A. UNC Greensboro

Mike Congleton, *Art Teacher* | B.A. University of Massachusetts

Polk Deters, *Science & Math Teacher* | M.A.T. Lewis & Clark College | University of Colorado at Boulder

James Holt, *Grades 5–8 PE Teacher* | B.A. Western Carolina University | M.A. Gardner Webb University | M.Ed. Ashford University

Erin James, *Learning Specialist* | B.S. Belmont University

Barb King, *Counselor* | B.S. University of North Dakota | M.A. University of North Dakota

Brett Mayer, *Science Teacher* | B.A. University of Virginia | M.A. Prescott College

Claire Stanovich, *Language Arts Teacher* | B.S. Elon University | M.A. North Carolina State University

Stacy Montana, *Music Teacher* | B.A. College of St. Rose Albany

Katie Werner, *4–8 Learning Specialist* | B.A. Skidmore College

Alena Zamora, *Spanish Teacher* | M.S.L. Havana University

Middle School Administration

Lauren Evans, *Principal*, B.A. University of Maryland, M.A. American University, M.A. Queens University

Jessica Roberts, *Assistant Principal of Teaching and Learning*, B.S. Champlain College, M.A. Mount Holyoke College

Peter Sullivan, *Assistant Principal of Community & Culture*, B.A. Furman University, M.Ed. Kennesaw State University

Amy Kett, *MS Librarian, Administrative Assistant* | B.S. Eastern Michigan University

Emily Klein, *Receptionist* | B.A. Dennison University

We Look Forward to Meeting You



Let's get started.

If you're interested to learn more, attend an Open House for an up close and personal visit. We look forward to sharing all that is special about the Carolina Day community with you.

Are you ready to belong to a school community that supports students in very tangible ways and ensures they have opportunities to work hard and explore their full academic and artistic potential? If so, visit carolinaday.org/apply to begin the application process.

Join us for an Open House.

You are invited to attend our informational events to hear from administration, faculty, current students and parents about the Carolina Day community, culture, curriculum, and programs. Check out carolinaday.org/visit for a wide variety of opportunities to get to know us.

Tuition & Fees

Our Tuition & Fee schedule for the current year can be found at carolinaday.org/admission/tuition. Our tuition covers many expenses, such as textbooks, activity fees, local field trips, lab/studio fees, as well as PSAT and ERB testing. It's worth noting that tuition for the upcoming year is established in January and typically sees a moderate annual increase. Your investment in education paves the way for a brighter future!

Application

We invite you to submit an application at carolinaday.org/apply which creates an account on My CDS, a user-friendly system that streamlines the application process for our families. Through your My CDS account, you will be able to receive notifications from CDS, learn about CDS admission events, and apply and track your progress toward application completion.

Annual Giving

Annual giving is a vital source of support for Carolina Day programs, materials and opportunities that allow students to experience an exceptional education. Parent participation at a level consistent with your ability is a key component of community involvement.

Financial Aid

Financial aid awards are available to applicants to grades K-11 and are based on need. Financial aid and admission are separate processes, but must be done simultaneously if a family anticipates needing aid. Visit the Tuition & Financial Aid page of our website for more information.



CAROLINA DAY SCHOOL

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