



# Welcome New Families

## **Supporting a Positive Transition**

General Information and Resources

# Poquoson Primary

- **Students PK-2**
- **Academic, social-emotional, and career development:**
  - **Focus on learning to read, building number sense, and developing good citizens.**
  - **Social-emotional, behavioral, and academic growth are key!**
    - **Self-awareness and recognizing emotions**
    - **Learning qualities of a good friend/classmate**
  - **We are a Bucket Filling school!**
    - **Our School-Wide expectations are- Be safe, Be Respectful, Be Responsible**
- **School-wide events/highlights:**
  - **Fall & Spring Book Fairs/Bag It Books Days**
  - **National Bully Prevention Month & Kindness Week**
  - **Drop Everything & Read Day**
  - **Storybook Character Parade**
  - **Kindergarten Thanksgiving Feast**
  - **Disabilities Awareness throughout the year**
  - **Month of the Military Child**
  - **Field trips**



## **Administration:**

**Ruth-Marie Cason, Principal**  
**Sarah Young, Assistant Principal**

## **School Counseling:**

**Skylar Zimmermann**

## **School Hours:**

**9:00 a.m. - 3:40 p.m.**



# Poquoson Elementary

- **Grades 3-5**
- **Academic, social-emotional, and career development:**
  - **Virginia Standards of Learning (SOL) tests**
  - **Heavier focus on "reading to learn" (reading comprehension skills)**
  - **Note taking and study skills**
  - **Emotional regulation, peer relationships, conflict resolution**
  - **Career exploration (College and Career Week)**
- **School-Wide events/highlights:**
  - **3 Rs - Respect, Responsibility, Resourcefulness**
    - **Bull Bucks**
  - **After-school clubs**
  - **National Bullying Prevention Month (Oct.), Kindness Week (Feb.), Month of the Military Child (Apr.)**
  - **Fall/Spring Book Fair**
  - **Field trips - Jamestown**

## **Administration:**

**Kimberly Gryszko, Principal**

**Kristen Lamm, Assistant Principal**

## **School Counseling:**

## **School Hours:**

**8:20 a.m. - 3:05 p.m.**

# Poquoson Middle

- **Grades 6-8**
- **Academic, social-emotional, and career development:**
  - **Study skills and educational support**
  - **Peer relationships, communication, managing emotions, resolving conflicts**
  - **Career exploration and beginning stages of Academic Career Plans**
- **Lunches - A/B split**
- **School-wide events and activities:**
  - **ALL IN!- Respect, Responsibility, Resilience**
  - **Fall/Spring dances**
  - **Red Ribbon Week, Kindness Week, Month of the Military Child, and evening events to showcase students' artistic abilities**
  - **Odyssey of the Mind, SCA, Yearbook, NJHS, SCARE club, Bull Island Ambassadors, Intramurals, and JV athletics**



## **Administration:**

Melissa Bunting, Principal

Nicole Sneddon, Assistant Principal

## **School Counseling:**

Katie Chapman (Last names A-J)

Amanda Goyne, Director (Last names K-Z)

## **School Hours:**

7:50 a.m. - 2:35 p.m.



# Poquoson High

- **Serving grades 9 through 12**
- **Academic, social-emotional, and career development:**
  - **Peer to Peer Relationships are of higher importance**
  - **Developing an orientation to looking toward the future**
  - **Exploring and selecting different career paths**
  - **Developing and finalizing a postsecondary plan**
- **One lunch**
- **School-wide events: Pep rallies, Homecoming (Dance, Football Game and Parade), Prom (Jr. and Sr.), Spring Fest Event, Spirit Days, Athletic and Club events, College Visits, The Month of the Military Child**
- **What families can do**
  - **Outside Counseling Resource List**
  - **Tutor List**

## **Administration:**

Dr. Irene Winchester, Principal

Stacy Tuttle, Assistant Principal

Brett Higginbotham, Assistant Principal

## **School Counseling:**

Kayla Matthews (Last names A-He)

Katherine Banton, Director (Last names Hi-Mo)

Lynn Neenan (Last names Mu-Z)

## **School Hours:**

7:20 a.m. - 2:00 p.m.

# Transitions and Challenges

- **Signs of a difficult transition:**

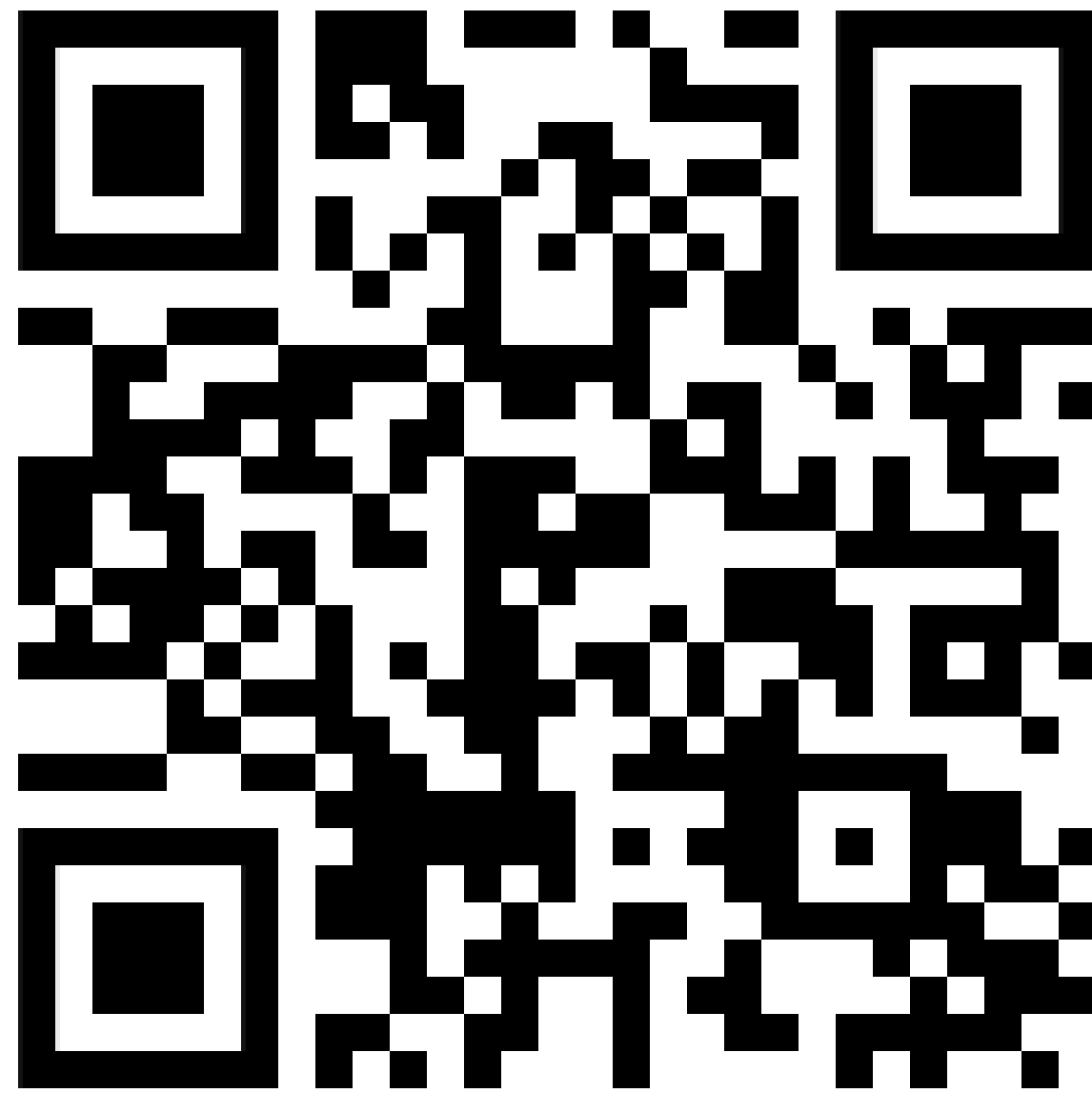
- **Complaints of stomach aches, headaches, trouble sleeping**
- **Refusals or complaints about coming to school**
- **Grumpy or clingy**
- **Withdrawn**
- **Quicker to "melt down"/ "shut down"**
- **Unwilling to talk about school**

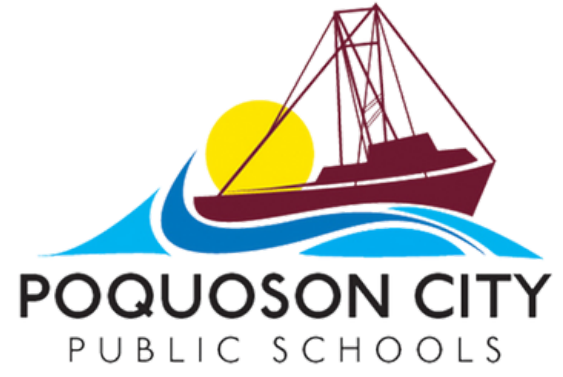


- **What families can do:**

- **Attend Open House and familiarize yourselves**
- **Do a test run of the first day**
- **Keep routines regular and consistent**
- **Read books about moving to a new school**
  - **First Day Jitters by Julie Danneberg**
  - **Geraldine by Elizabeth Lilly**
  - **Amelia Bedelia's First Day of School by Herman Parish**
- **Communicate regularly with teachers/staff**
  - **Parent Square, Canvas, Parent Portal**
- **Communicate regularly with your child**
- **Acknowledge and validate feelings**
- **Be patient**
- **Get involved with the school and community**
- **Reach out to your school counselor**

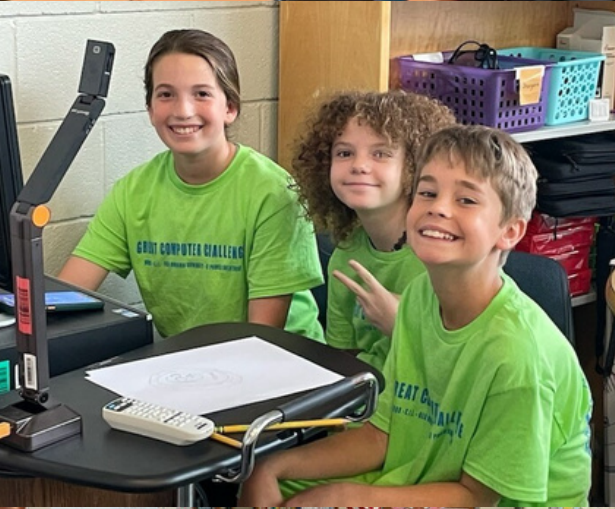
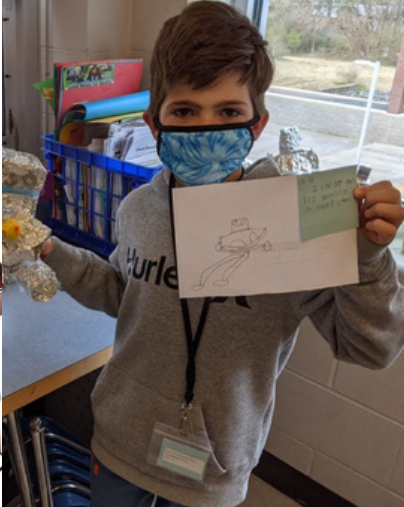
# Poquoson Office of Community Recreation





# Questions?





# Poquoson City Public Schools

## "A Tradition of Excellence"

