A GUIDE TO



MIDDLE SCHOOL

Important District Phone Numbers

School District	*914-793-6130*
Superintendent's Office	**x4201**
Special Education Department	**x4239**
Committee on Special Education	**x4260**
Human Resources Department	**x4212**
Transportation Department	**x4207**
Technology Department	**x4755**
Home Access Center	**x4755**
District Registrar	**x4777**
Food Services	**x4234**
Athletics Department	**x4257**
Auditorium Manager	**x4477**

Eastchester Middle School	*914-793-6130*
Principal's Office	**x4267**
Assistant Principal's Office	**x4443**
Attendance Office (report illness, lateness, student leaving early)	**x4271**
School Counselors/Psychologists	
Ms. Fritz - School Psychologist	**x4663**
Ms. Virtuoso - School Psychologist	**x4265**
Ms. Fiore – Grade 6 School Counselor	**x4268**
Ms. O'Shea – Grade 8 School Counselor	**x4427**
Ms. Mejia – Grade 7 School Counselor	**x4472**
Ms. Williams - School Counselor	**x4269**
Health Office	**x4247**
Head Custodian	**x4489**
School Library	**x4612**



WELCOME TO EMS!

January 2026

Dear Parent/Guardian and Student,

On behalf of the entire faculty and staff, we are excited to welcome you to Eastchester Middle School! As your elementary school experience concludes, a new chapter filled with exciting opportunities begins.

At Eastchester Middle School, our mission is to provide a rigorous academic program within a safe, supportive, and understanding learning community. We are committed to giving our students the space they need to grow, paired with the necessary support for their success. Middle school is a time of rising expectations that offer students the chance to discover more about themselves while fostering the values of independence, respect, and self-discipline.

The transition from elementary to middle school is an exciting journey, marked by academic, social, and emotional changes. For many students, these years represent significant growth and maturity as they bridge the gap between their elementary and high school experiences. We also recognize that this can be a challenging time for both students and parents.

At Eastchester Middle School, we believe in the power of a strong parent-school partnership to ensure each rising 6th grader feels fully prepared for middle school. Our partnership can help students build the skills necessary for success and make their transition as smooth and comfortable as possible.

This transition guide is just one of several resources we will provide to support you during this exciting time. Rest assured, we are dedicated to promoting the success of every student at Eastchester Middle School and look forward to working with you throughout the middle school experience.

Respectfully,

Madelin LoBue
Principal

Ryan Carroll
Assistant Principal

EMS MISSION STATEMENT

Eastchester Middle School is committed to providing a rigorous academic program within a safe, supportive, and understanding learning community.

Statement on Beliefs

Our aim is to guide students effectively toward becoming responsible, competent, and respectful young adults with a sense of enthusiasm and purpose.

Statement on Vision

We see our students as individuals who are willing to take chances and challenge themselves in order to become valued members and leaders of their community.

Statement on Expectations

We seek to create a community that is nurturing and challenging, where students are guided in taking risks within a supportive, forgiving climate.

At EMS we S.O.A.R.

Eagles S.O.A.R. At EMS!!

	Safety	Organization	Action	Respect
Classroom	• Maintain personal space • Sign out and obtain a pass to leave the classroom • Enter and exit the classroom appropriately	• Be on time and prepared for class • Use your agenda daily • Gather your belongings before leaving • Complete homework	• Put forth your maximum effort • Participate in class lessons • Focus and remain on task • Wait your turn when others are speaking	• Listen and respond to adult directions • Actively listen when a speaker is talking • Raise your hand
Cafeteria	• Ask permission to leave the cafeteria • Clean up trash on top of your table and on the floor • Maintain personal space	• Remain in your seat except to purchase food, clean up, or use the restroom • Gather belongings before leaving	• Keep your area clean • Use conversational tone and voice volume	• Listen and respond to adult directions • Use please and thank you • Accept the differences of others
Hallway	• Move efficiently to your next class • Have a pass when in the hallway, other than during the change of periods	• Plan ahead to bring required materials to class • Use time wisely at your locker	• Keep your locker locked and the hallways clean • Stay to the right and keep moving • Use the closest bathroom or water fountain when needed	• Listen and respond to adult directions • Maintain appropriate personal space • Say “excuse me”
Recess	• Remain in supervised area • Interact appropriately with peers • Notify an adult if assistance is needed • Wear proper footwear	• Return equipment • Gather belongings before leaving	• Practice good sportsmanship • Resolve conflicts peacefully • Follow rules of the sport being played	• Listen and respond to adult directions • Accept the differences of others
Bus	• Maintain personal space • Remain in seat • Follow the directions of the bus driver/monitor	• Follow your assigned bus route • Gather belongings before leaving	• Use school appropriate language • Use conversational tone and voice volume	• Listen and respond to adult directions • Accept the differences of others

Familiar Faces of EMS



Ms. LoBue
Principal



Mr. Carroll
Assistant Principal



Ms. Fiore, School Counselor
Grade 6



Ms. Mejia, School Counselor
Grade 7



Ms. O'Shea, School Counselor
Grade 8



Ms. Williams, School Counselor
Grades 6-8



Ms. Virtuoso
School Psychologist



Ms. Fritz
School Psychologist



Ms. DiMarco
Principal's Office



Ms. Mitchell
Assistant Principal's Office



Ms. Roche
Attendance Office



Ms. Ferrara
School Nurse



Ms. Pearson
School Nurse

Support Services at EMS

The Guidance Program

Eastchester Middle School is committed to providing a rigorous academic program within a safe, supportive, and understanding learning community. The Guidance Department supports and encourages the academic, social and emotional growth of middle-level students during the transitional years between elementary and high school.

School Counselors begin working with students during the spring of their 5th grade year as part of an extensive transition program. The counselor assigned to your child's grade will stay with them through 8th grade until they move up to high school.

The School Counselors are an invaluable resource for students and families as they facilitate the home-school connection throughout these years. Here are just some of the services provided by the Guidance Department:

Guidance Curriculum

Throughout the year, the School Counselors facilitate lessons for the entire school population that address academic, social, emotional and career/college awareness topics relevant to middle school students. The curriculum embraces the ideals of the New York State Dignity for All Students Act as well as the tenets of Dialectical Behavior Therapy (DBT). Every month students receive instruction from our building wide counselor on a variety of topics from our "TLC: Tools for Life's Challenges" curriculum. The purpose of our TLC Program is to equip students with the skills necessary to navigate their middle school lives in order to be happy and get the most out of their experience. This program follows learning standards outlined by both the New York State Education Department and the American School Counseling Association.

Responsive Services

Individual Counseling

Individual counseling is provided, as needed, by each grade level counselor. Students can receive individual counseling services through self-referrals, parent or teacher referrals or from counselor observations.

Group Counseling

Small group counseling sessions are run throughout the year based on student need. Group topics are reevaluated regularly but often include social skills, study skills and new student orientation.

Special Education Services

The School Counselors work closely with the Special Education Department and faculty to support the needs of students with an IEP or 504 Plan.
Counselors consult regularly with teachers, attend all annual review and program review meetings and manage the scheduling needs of students within the special education program.

Transition Services

School Counselors are involved at every step of the transition from 5th to 6th grade and 8th to 9th grade. The counselors coordinate orientation activities, classroom visits, academic placement meetings and manage the scheduling process.

Preparing for High School

Throughout the 8th grade year, the 8th grade counselor, high school counselors and high school teachers work with students individually, in small groups and through classroom lessons to help prepare students for the transition to high school as well as securing the course selections for 9th grade.

When should students and/or parents contact the school counselor?

- If a student needs to talk about a problem or a situation that is occurring either in or out of school.
- If a student is having any difficulty with their schoolwork or is feeling overwhelmed.
- If a parent would like to schedule a meeting with a student's teacher(s).
- If a student is experiencing any life changes such as moving, family changes, or loss.
- If there are any questions about a student's schedule or if there is need to make a schedule change.
- If a student or parent would like information about high school course options and placement.

How do students and parents contact the school counselor?

A student may stop into the counseling office either before school, after school, during lunch or a study hall. Counselors are often able to see students right away. If an alternate time is needed, the student will receive a pass to come back during a convenient time.

Parents may contact the school counselor at any time by phone or email. It is advisable to make an appointment for an in-person meeting as the counselors are often working with students throughout the day.

Support Services at EMS (continued...)

Psychologist Services

What Is The Role Of A School Psychologist?

School psychologists provide direct support and interventions to students, consult with teachers, families, and other school-employed mental health professionals (i.e., school counselors, school social workers) to improve support strategies, work with school administrators to improve school-wide practices and policies, and collaborate with community providers to coordinate needed services.

They help schools successfully:

- Improve academic achievement
- Promote positive behavior and mental health
- Support diverse learners
- Create safe, positive school climate
- Strengthen family-school partnerships
- Improve school-wide assessment and accountability
- Monitor individual student progress in academics and behavior

Why Do Children Need School Psychologist?

All children and youth can face problems from time to time related to learning; social relationships; making difficult decisions; or managing emotions such as feeling depressed, anxious, worried, or isolated. School psychologists help students, families, educators, and members of the community understand and resolve both long-term, chronic problems and short-term issues that students may face.

How Do I Contact the School Psychologist?

Our school psychologists can be reached by inquiring at the school directly, the District's Central Office, or locating contact information on the school or district website.

Characteristics of Middle School Students

Intellectual



- Function at a wide range of cognitive development
- Transitioning from concrete to abstract thought
- Demonstrate curiosity
- Prefer active learning
- Begin to exhibit independent, critical thought

Psychological/Emotional



- Exhibit a wide range of emotions caused by hormonal changes
- Exhibit moodiness, restlessness and self-consciousness
- Searching for adult identity
- Emergent risk-takers
- Exhibit sensitivity to criticism, yet can be highly self-critical
- React severely to rejection and expressions of inadequacy
- Hide true feelings and exhibit sarcasm

Physical



- Various increases in height, weight and muscular strength
- Mature at varying rates, frequently girls earlier than boys
- Underdeveloped coordination
- Varying periods of high energy and idleness
- Strong focus on appearance and fitting in

Social



- Look to peers for standards and models of behavior
- Rebel toward parents and challenge authority
- Respond to fads and search for independence
- Need love and affirmation from significant adults
- Develop an awareness of social problems
- Worry what their friends think about them
- Desire increased rights and responsibilities

Top 3 Concerns of Incoming Students



My Locker Won't Open!

Students often struggle with opening their locker for the first few days of school. Whether it be working with a lock or organizing their belongings so that their locker doesn't jam, students need time to figure it all out. Be assured that all staff members assist students with locker concerns throughout the school year. Students who practice with a lock over the summer are often more successful than those who do not.



I'm Lost or Late!

Finding their way around the middle school will become second nature to students in the first two days of school. With assistance from staff and older students, 6th grade students will find the "lay of the land" very quickly. Teachers are very understanding at the beginning of the year if students are a minute or two late to class. We haven't lost a student yet!!



My Friends Are On the Other Team!

Middle school is an excellent time for students to meet new people. Additionally, all exploratory classes, lunch and after school clubs/activities are cross-teamed. There will be plenty of time for students to interact with people on the other team.

Get To Know EMS…

Before the School Year Begins

- Attend the orientation sessions held throughout the spring at EMS. These sessions are designed to not only provide you with information but also give you a chance to ask questions!
- Peruse the school website. The EMS website has a plethora of information on the school, the EMS curriculum and the activities offered throughout the school year.
- Talk to students and parents of current and former middle school students. There is nothing like getting a firsthand account of how the middle school operates. Additionally, former students can answer questions and provide you with excellent stories of their own experiences.



During the School Year

- Be involved with and communicate with the school. Parental input is a critical element in the success of middle school students. Teachers' phone extensions and emails are readily available on the school's website.
- Visit the school's website on a regular basis for daily announcements, updates about school events, to connect to teacher's websites, and Home Access Center.
- Attend as many events at school as you can. This will allow you to meet and interact with the staff and other parents. School events are an excellent way to get a sense for the school's culture.

Tips for Success...General Support

- Check in with your child, often!! Ask him/her about how the day went. You may only get a one-word answer, but the fact you asked is still important to them.

- Support your child in his/her efforts to become independent.

- Encourage your child to try new things and to regard failure and mistakes as important parts of learning and growing. Assure your child that one mistake will not negatively label them in the eyes of their teachers and administration at EMS.
- It is how they respond and grow that is important.

- Become knowledgeable about the needs and concerns of young adolescents in transition. It can help you feel less anxious to get advice and know you are not the first to be dealing with challenges.

- Show your child that you are in touch with the school and that you know who is and what is going on there. Let them know that even though you may not be at school as often as you were in elementary school, you are still involved.

- Remember, the middle school staff has lots of experience dealing with students at this developmental age. They are sensitive to their issues.

- Maintain strong family connections with your child. They may attempt to push you away on the surface, but they do want you to be there.

- Be alert to signs of anxiety in your child. If you see signs, talk with the counselors at school and let them know what is going on. They can alert teachers and provide you with resources for assistance.

- Talk to your child about school and peers. Listen for comments that reflect what they are feeling and thinking. Expect your child to make mistakes and have personal struggles. Give them time to think and make decisions about how to handle their problems and deal with the consequences.

- Peer acceptance and self-esteem issues become increasingly important. Provide opportunities for your child to develop their interests and socialize with friends but be sure to monitor their choices.

- Sleep is critical for the middle school student. Make sure they are getting plenty of rest and are avoiding electronics for at least 30 minutes before trying to get to sleep.

Understanding the Adolescent

Awareness of some common adolescent characteristics will help you understand and assist your child.

Middle schoolers:

- Have high levels of physical and emotional energy, which may contrast with long periods of idleness. Let your child sleep an hour or two extra on the weekends but do wake him after that amount of time.
- Take risks, are curious and love danger and adventure, yet their feelings can be hurt easily. This is the time when they feel immortal, but they worry a lot about what their friends think about them. They are physically strong and emotionally weak. Be careful with your words. Even the biggest adolescent is still tender inside; tread softly.
- Want to be independent from their families, and at the same time, they need to be supported and protected.
- Withdraw and want a private life, and at the same time, they worry about being accepted by their peers.



- Demand privileges but avoid responsibilities. At the same time, they are developing an awareness of social problems and the welfare of others.
- Need to be taught organizational skills. Provide your child with manageable tasks that will help them develop organizational skills.
- Need encouragement to try new things and to regard failure as a necessary part of learning and growing. Make sure that tasks are challenging, but still realistic.
- Can easily become overwhelmed. Be alert to signs of anxiety in your child and seek help if necessary.

- Need you to be involved in their education. Research shows that your involvement will help your child perform better in school, earn better grades and score higher on tests.
- Need opportunities for you to teach them how to set goals and plan for the long and short term.
- Need new responsibilities. Let your child accept a paid job. They could babysit, mow grass or pet sit.
- Need explicit instruction, coaching and support with regard to organizing time and resources for homework.

Tips for Success…Academics

Before the School Year Begins

- If they have not already, help your child master their math facts. They should know how to add, subtract, multiply and divide digits 0-10 without hesitation.



- Look at your child's writing. Make sure they know the grammar basics – starting a sentence with a capital letter and ending with a period. Practice writing over the summer in easy ways (e.g. letters, journals) if they need to practice the basics.

- Have your child read over the summer in addition to their school assigned summer reading (comic books, newspapers, fun fiction – anything that keeps a book in their hands).

During the School Year

- Plan for about 60-80 minutes of homework a night and additional time if your child is playing an instrument for band/orchestra. Try as much as possible to establish a homework routine and stick to it.

- If your child's grades go down, don't panic. Work with your child and your child's teachers on a strategy.

- Your child will have several teachers, which means different teaching styles. Help your child learn to deal with the diversity they will experience in communication, teaching strategies and feedback procedures.

Tips for Success...Emotional

Before the School Year Begins

- Help your child learn to navigate changes they can expect to see in middle school. Friend changes, strong emotions, and development of new interests are all part of the experience. Empower your child to take charge of their growth and not to feel like (or be) the victim when they experience challenges.

- There will be lots of different types of students in middle school. Your child has an opportunity to meet students with the same interests and make new friends. This can be helpful to point out if your child is worried about going to a bigger school.

During the School Year

- Parents can help by role playing or coaching their children through tough times (e.g. what can you say or do if one of your friends wants to sit with someone else at lunch). It is tempting to want to step in but this ultimately will not be as useful as helping your child learn how to handle the situation on their own.



- Be careful to separate your own experiences in middle school from what your child is experiencing. It is important not to project our own, perhaps negative, experiences on children and add to their anxieties.

- A big parent and student concern in middle school is bullying. Bullying is taken very seriously by all Eastchester Middle School staff. The staff does their best to deal with incidents as they are made aware of them. Since school staff do not always witness or hear about everything, it is helpful to talk with your child at home about what they're experiencing and help problem solve with them. Let the school know what is happening to work collaboratively to come up with a plan to address the issues at hand.

Tips for Success...Social

Problem-solving, Making Good Choices and Responsibility

- Social skills can greatly enhance a student's chance of having a positive experience in middle school. As with everything in life, students will get out of middle school what they put into it.
- Students need to understand that the choices they make will directly affect their grades, opportunities to participate in sports and/or other co-curricular activities, peer interactions, and relationships.
- Students must demonstrate responsibility and the ability to make good choices across settings. The students' ability to problem-solve and choose positive ways to interact with parents, teachers, and peers will aid in making their middle school experience successful.

Making/Choosing Friends

- Going to middle school is a great opportunity to make new friends. Some tips for making new friends are:
- Get involved in school activities
- Introduce yourself to students who sit around you in your classes
- Choose different partners during group work assignments in your classes
- Sit with different groups of people at lunch

Peer Pressure

Middle school is a time of great transition emotionally, physically, and socially. All of these changes can either be nurtured, or hindered by peers. Remember, peer pressure can be either positive or negative. Examples of positive peer pressure might include encouraging friends to study by offering to study with them or motivating them to work hard at a sport. Examples of negative peer pressure might include someone encouraging students to smoke, drink alcohol, or skip school. In order to be able to handle social pressure, the following tips might be helpful:

- Find friends with similar interests, values, and beliefs
- Be assertive-tell friends what you like/don't like
- Don't use alcohol or other drugs
- Avoid situations in which you know that you could get into trouble
- Learn to handle conflicts in a positive way
- Talk with trusted adults about situations that you do not understand and/or that make you feel uncomfortable.

Tips for Success…Organization

Before the School Year Begins

- Work on organization at home – good habits at home will translate to good organization when school starts!
- Discuss and try out different organizational systems (calendar, white board, bulletin board, folders, sticky reminders, setting a schedule). Let your child choose a system they feel most comfortable with and practice using it with their summer activities.
- Put your child in charge of manageable tasks to help them develop organizational skills and a sense of responsibility.
- Time Management: Give your child the chance to plan and execute their own time and responsibilities.

During the School Year

- Take a look at your child's planner, which is provided to every student. Also check Google Classroom, backpacks and binders regularly. Check to see how things are organized and get a sense of what your child is bringing home.
- Middle school teachers expect the students to take on more responsibility than parents, so the best thing you can do is let them do as much on their own as possible even if that means they fail sometimes.
- If they are overwhelmed and express frustration about having the wrong materials for class or forgetting to bring things home, then have them work with you or someone at school to help them plan:
- What to take to class
- What to take home and bring back



Ways to Make (& Keep) Friends



Act friendly. Smile a lot and be kind and courteous to others. Compliment people, without being annoying or fake. Always keep your head held high and never cross your arms over your chest or scowl, because that makes you seem unfriendly.

Be yourself. It may sound cheesy, but the best friends are the ones who know the real you. Don't start wearing different clothes to make friends, just be yourself and see if they're friend potential. It really is what's on the inside that counts.

Just say hi! Go up to someone you would like to get to know and say "Hi", and offer a compliment or ask them a few questions like "Do you like Volleyball?" Smile, but don't be over-the-top friendly or happy.

Join a club or activity. As simple as it might sound, joining an activity group or club can really increase your friendship circle. Who knows, you might have a talent for something you aren't even aware of, and you may develop a new skill!

Don't gossip. If you say mean things behind a person's back, they WILL find out. Don't be a gossiper, don't spread gossip.

Take care of yourself. Eat healthy, take regular showers/baths, and wash your face. A little hygiene can make all the difference.

Stay out of "drama". Middle school is one of the places where drama is around every corner. One little thing said through Snapchat, TikTok, Instagram or text message can ruin your reputation and destroy friendships. Try and be neutral if two groups of people who you're friends with start fighting. Stay away from people who start drama for the fun of it; you could end up getting hurt.

Be open to new experiences and new people. Keep your options open by being open-minded! Middle school is a great place to make new friends!

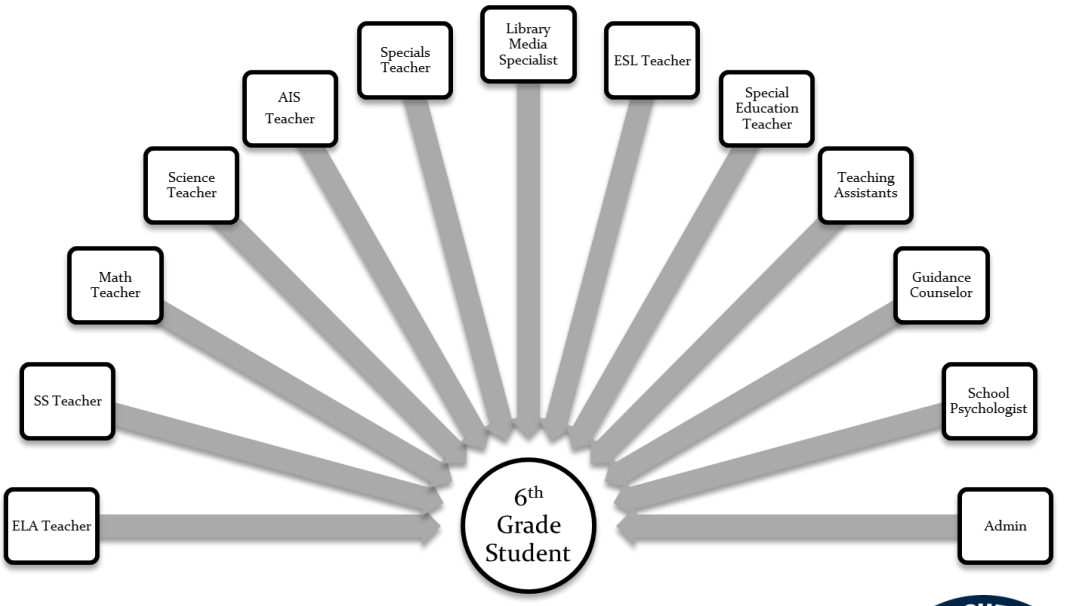
Teaming

The concept of teaming is one of the core pillars of middle school philosophy. Teaming is the act of putting staff members with complementary knowledge and skills together to work with the same students, resulting in amassing talent that exceeds the capabilities of any single teacher. Teams of teachers can be more responsive to changing events and demands than an individual or an entire institution.

A successful teaming structure has the ability to achieve the following goals:

- Shrinks each grade into a smaller community of learners
- Develops consistency of expectations in all aspects of the educational process
- Promotes interdisciplinary instruction
- Improves home-school communication and easy access to teachers and the school counselor
- Teachers and parents work together to meet the needs of the child

At EMS, each grade level has two teams, Team Red and Team Blue. Both teams are equitably balanced using a variety of student qualities. In addition to the teaming structure, as demonstrated below, students are supported by a variety of staff members at the middle school.



General EMS Schedule

Period	Grade 6	
Period 1	Exploratory	Exploratory
Period 2	Academic	
Period 3	Academic	
Period 4	Exploratory	Exploratory
Period 5	Academic	
Period 6	Academic	
Period 7	Lunch/Recess	
Period 8	Exploratory	Exploratory
Period 9	Academic	
2:36-2:55	Extra Help	
2:55-3:30	Co-curricular Activities	

Academic Courses

- English Language Arts, World Language (7,8), Mathematics, Science, Social Studies, Algebra (8), Earth & Space Science (8)

Exploratory Classes (Grade Level)

- Adventures in Music (6,7,8), Art (6,7,8), Band (6,7,8), Chorus (6,7,8), Digital Citizenship (6), Health (6,7,8), Independent Inquiry (7), Orchestra (6,7,8), Physical Education (6,7,8), STEM (6,7,8), STEM Coding (7,8), World Language Exploratory (6),), Study Skills (6)

Support Classes

- English as a New Language (ENL) Services, Remedial Reading Services (6,7,8), Mathematic Workshop AIS (6,7,8), Special Education Services

A Typical Day at EMS...

7:15 - 7:37: Arrival

- Students arrive and report to either the cafeteria or the gymnasium
- Breakfast is available for purchase in the cafeteria

7:45 - 8:00 Students Arrive to Period 1

- Students listen to morning announcements
- Students who are late to school should report to the Attendance Office in the Main Office before going to class

8:00 - 12:20: Morning Classes

- Students attend academic, support and special area classes

12:20 - 1:00: Lunch/Recess

- Students split their time between lunch and recess
- Recess takes place outdoors in the nicer weather and in the gymnasium the remainder of the year

1:00 - 2:26: Afternoon Classes

- Students attend academic, support and special area classes

2:36 - 3:30: After School Opportunities

- Extra Help with a Teacher
- Co-curricular Clubs
- Homework Center (for students who wish to remain after school to get their homework started)

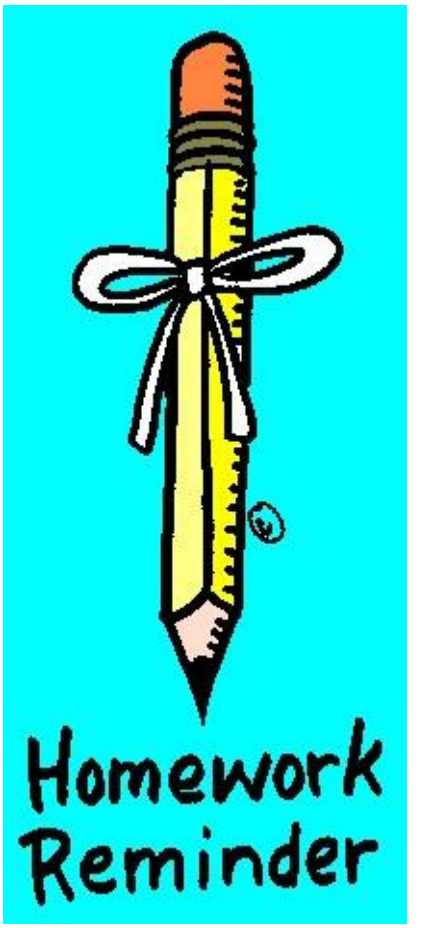
General Reminders

- Students can go to their lockers at the following times:
- Before school - get books for periods 1-3
- After period 3 - get books for periods 4-6
- Before lunch
- After lunch - get books for periods 8-9
- At the end of the school day
- Students may not carry backpacks during the school day

Homework Expectations

Homework encourages student self-discipline, independence, and responsibility. It also reinforces, supplements, and extends school learning, serving as a "conversation" between student and teacher, and allowing teachers to monitor the progress of students in the curriculum.

Effective homework will be meaningful and designed to challenge each student at his or her level of ability. Whenever possible, teachers will be cognizant of the impact that homework has on family life.



Homework should:

- Have a clear purpose with value
- Incorporate both review and newly learned material
- Encourage some degree of independence
- Receive teacher feedback, as such feedback has been found to influence completion rates and overall success
- Involve parents through their provision of encouragement, appropriate materials, and an environment that is conducive to learning

Students can expect an increasing amount of homework during their years at EMS. The time involved in doing this work cannot be precisely determined since assignments vary and students will work at different rates. However, reasonable expectations for time spent on homework would be as follows:

- Grade 6: 60-80 minutes per night
- Grades 7-8: 60-90 minutes per night

Homework Hints & Tips

Here are some tips for you and some ideas to pass along to help your child make the most of their study time.



- Provide a place to study that is free of distractions such as television noise and phone use; provide soft music or white noise if it helps your children concentrate.
- Instill a positive attitude. Help your children to think, "I can do this!"
- Keep all necessary supplies in one place.
  Having pencils, paper, and calculators all in one spot means your children won't have to search for them, which saves time.
- Have separate folders for each course to help keep paperwork organized, so it doesn't get lost in the bottom of a backpack.
- Establish a regularly scheduled time for doing homework. This time probably should not be immediately after school. Young people need a little time to relax.
- Have your child start with the most difficult assignment first.
- Let your child take five-minute breaks every so often.
- Encourage your child to study with other students when appropriate.
- Recommend that your child keeps track of their homework assignments via Google Classroom.
- Suggest your child hang on to past quizzes and tests to prepare for future ones. Have a folder at home for students to store these important items.
- Praise your child for doing his/her homework.
- Keep in contact with your child's teachers to be aware of the quantity of work being turned in.

Nut & Bolts of EMS



Arrival to School

- Students can *arrive* at school at 7:15 a.m. Students report to either the gym or the cafeteria until instructed to go to their lockers to begin the day.

Attendance

- Arriving at school late? Leaving early? Bring a note to Mrs. Roche in the main office when you arrive in the morning, and she can give you a pass. Parents - call Mrs. Roche at x4271 when your child is absent.

Cellular Phones

- During the school day, a student's cell phone should be powered off and stored in their locker. If a student has their phone confiscated, the first time it will be returned at the end of the school day. Subsequent confiscations will result in parents needing to pick up the phone and/or additional consequences.

Dress code

- Students should always come to school dressed appropriately! Please review the student dress code in the Student Handbook for a detailed description of the dress code.

Lockers

- Each student is assigned a locker and given a Master Lock at the beginning of the school year. Students should use their locker appropriately and never give out their combination to anyone.

Lost and Found

- Our lost and found is located in the cafeteria. Students should check this location, as well as their classrooms, should they lose their belongings. Please be sure to label all personal belongings with your child's name.

Visiting the school

- All visitors to Eastchester Middle School must enter through the Eastchester High School main entrance and sign in at the security desk. Photo identification will be required to gain entry into the school.

Co-curricular Clubs & Activities

Below is a sampling of the clubs and activities offered to EMS students each year. All students are strongly encouraged to participate in a variety of activities after school.



Art Club
Chess Club
Computer Programming (Scratch) Club
Crafting Club
Debate Club
History Club
International Club
Intramurals
Jazz Band
Jazz Co./Dance Club
Legos & Board Games
Players Club (Drama)
Science Club
Science Olympiad
School Newspaper Club
Student Leadership Council
Technology Club
Yearbook Club

Common Terms/Acronyms @ EMS

504 - Section 504 Accommodation Plan

BOE - Board of Education

CSE - Committee on Special Education

EHS - Eastchester High School

EMS - Eastchester Middle School

ENL - English as a New Language

EUFSD - Eastchester Union Free School District

IEP - Individualized Education Plan

ISS - In School Suspension

MTSS – Multi-Tiered System of Supports

OSS - Out of School Suspension

RTI - Response to Intervention

SOAR - Safety, Organization, Action, Respect



Communication in the Middle School

EMS Website

- Check the website daily! From the morning announcements to important announcements, EMS uses the website as a main source of information sharing with the community.

Teacher Google Classrooms

- Each teacher has a Google Classroom - access codes will be provided to students so they can join the classes on their schedule.

Home Access Center (HAC)

- The parent portal to Eastchester student management system. Here you can access your child's information, attendance data, scheduling information, grades and report cards. Visit the district website for more information.



Report Cards

- Every five weeks you will have access to a report card for your child through Home Access Center. These reports will contain grades and comments based on your child's performance in school.

Team/Parent Conferences

- While there are no structured days for formal parent-teacher conferences, teachers can meet with parents as the need arises. Please contact your child's school counselor or the individual teacher to schedule a conference.

ParentSquare - Text/Emails

- EMS uses the ParentSquare application frequently to communicate important information to parents. Please make sure your phone numbers and email addresses are updated in HAC.

School Offices

- Our staff is always available to assist you in any way you may need. Please feel free to reach out by calling the main number - (914-793 -6130).