Welcome to Valley View Middle School



Class of 2032

Parent Preview Night

7th Grade Preview

- 6:30-7:00 Presentation in Main Gym
- 7:00-7:45 Self-Guided Tour

Valley View Middle School Administration and Counseling

- Principal: Dr. Eric Cahan
- Students Last Name A-K
  - Assistant Principal: Brenda Weyhrauch
  - Counselor: Nicole Longworth
- Students Last Name L-Z
  - Assistant Principal: Philippa Farrell
  - Counselor: Brian Johnson

Valley View Beliefs

- A place where we recognize the differences in how our students learn
- We believe that all students can learn
- We create an atmosphere of high expectations with support for all students to learn

Purpose of Middle School

- Help students take ownership of their learning
- Prepare students to be successful in High School
- Provide opportunities for students to explore a variety of electives
- 7th grade – provide a foundation in Executive Functioning and Citizenship

What is Executive Functioning

- **Traits to help teens learn skills for:**
  - Organizing, planning, and prioritizing what is important
  - Starting tasks and working hard to complete them
  - Focusing and paying attention
  - Managing emotions and self-regulation
  - Cognitive flexibility
  - Working memory (working with information without losing track of what we are doing)
  - Perseverance, mindset, and problem-solving

Transition to Middle School

- Registration:
- Counselors visit Elementary Schools
- Visits to Valley View in June by elementary school
- Viking Days-August 19 from 10am-1pm or 4-6 pm
- First Day of School Tuesday, September 1, 2026 (7th graders only- WEB Day)

Field Trip to Valley View

Elementary schools pair up and visit campus

- June 1 –Cathcart and Little Cedars
- June 2–Seattle Hill and Totem Falls
- Noon-1:30 pm

Viking Days

- Wednesday, August 19
  - 10:00 a.m.- 1:00 pm
  - 4:00-6:00 pm

Viking Days

- Update family and emergency information
- Leave meds or information with Nurse
- Pictures-Optional purchase through Dorian Photography
- Obtain Athletic Program Information
- Deposit money into a lunch account
- Optional purchases:
  - ASB card $15.00-required to play a sport
  - Yearbook $25.00

WEB Day

"Where Everyone Belongs"

- First day of school-Tuesday, September 1, 2026
- 7th graders only
- 8th grade mentors

Support Services

- Valley View values the learning of all students
- Transition meetings with each elementary to discuss needs for all students, including ELL, 504, and IEP services
- Care Team
- Counselors

7th Grade @ Valley View

- Divided into two semesters
- Periods 1-7 with Viking Period
  - Required Classes
  - Elective Classes-Band, Choir, Art, Drama, Family Consumer Science, Fitness, Visual Arts-Yearbook, Intro to Engineering
  - Advisory Period – Viking Period
- A lunch – 7th grade lunch
- Locks provided by students for lockers



7th grade Required Courses

- Language Arts
- Math
- Washington State History
- Life Science
- Foundations of Technology (one semester)
- Physical Education (one semester)
- Health (one semester)

Advanced Classes

- Course information was provided in registration packet
- See counselors if you have placement questions

Viking Period-Ms. Weyhrauch

- Time to work on homework
- Time to get organized
- Test preparation and study time
- Allows students to obtain extra help and time with teachers
- Opportunity to read



How can you help your student be successful?

- Make attendance a priority
- Read at home
- Provide consistent time and space for homework
- Monitor social media
- Check Canvas nightly with your student for posted assignments and check Skyward (at least) weekly for posted grades

Clubs and Activities

- Student interest driven
- Game; Yearbook; Impact; Book; Habitat Restoration; One Voice; Art and Anime; STEM; Latinos Unidos; Tennis; Cooking; Viking Scholars; and Chess club
- Dances
- Spirit Days
- Assemblies

Attendance

- Students who miss more than 10% of school days are less likely to be successful in high school
- Communicate with the office and counselors
- Make-up work
- We want to see our students every day

Valley View Counseling-Mrs. Longworth

- Counselor (A-K): Nicole Longworth
- Counselor (L-Z): Brian Johnson

Why see your counselor?

- Need to discuss your schedule
  - No preference changes
- Help with organization and keeping up with work
- Create a plan for keeping up with work
- Concerned about a friend or family member
- Being harassed or bullied
- Need food, supplies, or help w/fees because of financial need

Migrant and Multilingual Liaison

- Karla Reyes
- Supports families by connecting them to services in and out of school.
- Karla.reyessanchez@sno.wednet.edu
- 360-563-7290

Registration

- Online registration for courses opens in **Student** Skyward on Thursday, March 19 at 8:00 pm and closes at 9:00 pm on Sunday, March 29
- Choices are made through **Student** Skyward Access, parents have "view" only access
- After registering online, return one-page completed course registration form to 6th grade teacher on Monday, March 30
- Counselors work hard to give students most preferred choices, but do need alternate choices selected on the form
- No changes unless improper placement

Athletics- Mrs. Farrell

Season One: (September-October)

Girls Softball

Cross Country

Football

Season Two: (November-January)

Girls Volleyball

Boys Basketball

Season Three: (February-March)

Wrestling

Girls Basketball

Season Four: (Mid April-May)

Track

Athletic Eligibility/Final Forms

- Forms are filled out online by parents and students-physicals uploaded **https://www.sno.wednet.edu/Page/882**
- Must have a current physical-good for two years
- Helpful instructions can be found on the Valley View Website, under the athletics tab
- Questions-please contact Ms. Walker 360-563-4225

Valley View Parent Club

Fun, low stress, no-dues parent club that helps fund dances and student clubs, classroom needs, scholarships, teacher appreciation, student recognition, treats, and more. We are looking for some fun, easygoing volunteers!

We need volunteers for the following board positions:

- President
- Vice President

We are also looking for:

- Event Volunteers

Scan Me

Pick up some Viking spirit wear at our booth tonight!

If you are interested in volunteering or would like more details, please email Ashley Morris at: info@vvmspc.org.

Self-Guided Tour

- Maps available
- WEB students available to assist with directions
- Elevators available

Available in hallways

- Administrators
- Counselors
- WEB Leaders

Thank you

- Presentation will be available on website
- Contact administration and/or counselors with any questions
- School is open for self-guided tour
- Thank you for your attendance this evening!