



*A GUIDE TO
FARRAGUT
MIDDLE SCHOOL*

Welcome to FMS!

Dear Farragut Families,

On behalf of the entire faculty and staff, we would like to welcome you to Farragut Middle School! As the elementary school experience concludes, new doors filled with endless opportunities begin to open for our students. As you will come to learn, the staff of Farragut Middle School believes that we are committed to providing a rigorous academic program within a safe, supportive, and understanding learning community. Our goal is to allow our students the room they need to grow with the support necessary to be successful. Middle school is a time of increasing expectations that allow students the chance to learn more about themselves and foster the values of independence, respect and self-discipline.

The transition from elementary to middle school is an exciting time for students filled with academic, social and emotional changes. For many students, their middle school years are times of significant growth and maturity as they bridge the gap between their elementary and high school experiences. Middle school can also be a challenging time for students and their parents. It is our philosophy that through a strong parent-school partnership we can strive to have each rising 5th grader feel prepared for middle school. Together, we can greatly enhance each student's comfort level with this change by equipping them with skills necessary to be successful.

This transition guide is one of several resources we will be providing to you in an effort to make the transition from elementary school to middle school as seamless as possible. Please be assured that we work tirelessly to promote the success of every student at Farragut Middle School and are looking forward to working with you throughout the middle school experience.

Respectfully,

The FMS Faculty and Staff



Important District Contact Info

*Farragut Middle School
27 Farragut Avenue
Hastings-on-Hudson, NY 10706*

School District.....914-478-6200

Superintendent's Office.....x2938
Curriculum& Instruction Office.....x6201
Business Office.....295-3094
Special Education Department.....x6261
Section 504.....x3903
Human Resources Department.....x6214
Technology Department.....x6257
District Registrar.....914-295-3090
Cafeteria Services.....x6236
Athletics Department.....x6241

Farragut Middle School.....914-478-6230

Principal's Office.....x6233
Assistant Principal's Office.....x6234
Attendance Office.....x6223
School Support Staff.....x6228
Dr. Tessler - Psychologist.....x6264
Ms. Frank - Social Worker.....x6415
Ms. Aufiero - Director of Guidance.....x6262
Ms. DalCero - School Counselor.....x6227
Ms. Perez - School Counselor.....x6256
Health Office.....x6226
Buildings and Grounds.....x6220
School Library.....x3101



The Hastings “North Star”

*We are a nurturing community of
diverse learners who foster a just
and
compassionate society.*

A Hastings Learner Is...



At FMS we R.I.S.E.

 H Farragut M.S.	R espect	I nclusivity	S afety	E ffort
Classroom & Auditorium	• Listen and respond to adult directions • Actively listen to the speaker • Raise your hand • Refrain from unnecessary interruptions	• Respect the speaker • Be open when others have different ideas and perspectives • Welcome others during group work	• Maintain personal space • Sign out and obtain a pass to leave the classroom • Enter and exit the classroom/auditorium appropriately	• Be on time and prepared • Use your agenda daily • Gather your belongings • Complete assignments • Participate in class lessons • Focus and remain on task
Hallway	• Listen and respond to adult directions • Use conversational tone and voice volume • Maintain personal space • Say "excuse me"	• Be welcoming to others • Speak to others positively • Be an upstander for those in need • Provide assistance to those in need	• Move efficiently to your next class • Have a pass when in the hallway, other than during the change of periods • Keep your belongings out of the way of others	• 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 & keep moving • Use the closest bathroom or water fountain when needed
Cafeteria	• Listen and respond to adult directions • Use "please" and "thank you" • Be courteous with peers and adults	• Be welcoming of people's ideas, cultures and practices • Invite others to join you • Invite others to be part of your conversations • Be willing to share and try new things	• Observe and adhere to the designated table numbers • Wait patiently in the lunch line • Maintain personal space • Ask permission to leave the cafeteria • Clean up trash on top of your table and on the floor	• Remain in your seat except to purchase food, clean up, or use the restroom • Gather your belongings • Keep your area clean • Use conversational tone and voice volume
Recess	• Listen and respond to adult directions • Be courteous with peers and adults	• Be welcoming of others • Accept the differences of others • Practice good sportsmanship • Resolve conflicts peacefully • Suggest new activities	• Remain in supervised area - avoid loading dock and snow • Interact appropriately with peers • Wear proper footwear	• Return equipment • Gather your belongings • Follow the rules of the game
Bathroom	• Respect the privacy of others • Maintain personal space	• Accept the differences of others • Treat peers courteously	• Keep the floors clean of water and paper • Flush the toilet/urinal after use	• Use the closest bathroom or water fountain when needed

*** While you are encouraged to try to solve problems on your own, students should always reach out to an adult when needed ***

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

#1

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.

#2

I'm Lost or Late!

Finding their way around the middle school will become second nature to students in the first few days of school. With assistance from staff and older students, 5th grade students will find the "lay of the land" very quickly. 5th grade classroom teachers walk students to special area classes and lunch for the first few weeks of school. We haven't lost a student yet!!

#3

My Friends Are Not In My Class

Middle school is an excellent time for students to meet new people. Additionally, lunch and after school clubs/activities are open to all students. There will be plenty of time for students to interact with their friends.



Get To Know FMS...

Before the School Year Begins

- Attend the orientation sessions held throughout the spring at FMS. These sessions are designed to not only provide you with information, but also give you a chance to ask questions!
- Peruse the school website. As the FMS website is updated, it will have a plethora of information on the school, the FMS 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 first hand 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' contact information 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 the parent portal.
- 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 their day went using open-ended questions like, “What was the best part of your day?”
- 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 FMS. 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 who 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 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.

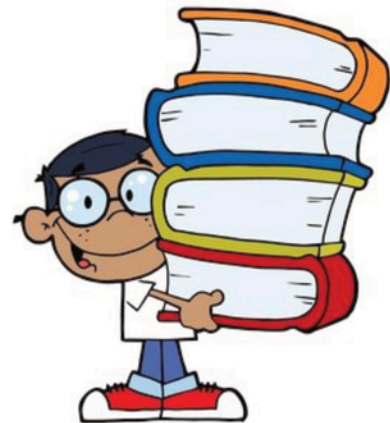


Understanding the Adolescent

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 him 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. He/She 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 his/her 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 he/she knows 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 summer reading (comic books, newspapers, fun fiction – anything that keeps a book in his/her hand).

During the School Year

Plan for about 60 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.

Throughout middle school, 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 his/her 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 his/her 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 Farragut 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 he/she is 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 extracurricular 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...Organizational

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 he/she feels most comfortable with and practice using it with their summer activities.
- Put your child in charge of manageable tasks to help him/her develop organizational skills and a sense of responsibility.
- Time Management: Give your child the chance to plan and execute his/her own time and responsibilities.

During the School Year

- Take a look at your child's planner, which is provided to every student. Also check 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 gossip, 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 over DM 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!!!



General 5th Grade Schedule

Period	Time	Subject
1	8:15 - 8:56	ELA
2	8:58 - 9:39	ELA
3	9:44 - 10:25	Specials Rotation (A-F)
4	10:27 - 11:08	Music/PE
5	11:10 - 11:51	Math
6	11:53 - 12:38	Lunch
7	12:39 - 1:20	Social Studies
8	1:22 - 2:03	Science
9	2:04 - 2:45	Skills
X	2:45 - 3:15	Academic Coaching

Academic Courses

- English Language Arts, Mathematics, Science, Social Studies, Skills

Special Area Courses

- Art, STEAM, Health, Music, Organizational Skills, Physical Education, Technology, World Language

Support Classes

- Academic Intervention Service (AIS), English as a New Language (ENL) Services, Special Education Services



Attendance Expectations

Daily school attendance is critical. Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and in a future job.

Excused vs. Unexcused Absences

In accordance with the State Education Law, students may be legally excused from school for the following reasons, all other reasons are considered unexcused.

- All day illness
- Death in the family
- Impassable roads
- Extremely bad weather
- Religious observance
- Required court appearance (with written documentation from court)
- College visit (with written documentation from college)
- Doctor/Dentist visit (with written documentation from doctor/dentist)

We've Decided to Take a Vacation...

Vacations taken during scheduled school days are considered unexcused absences. School work can not be provided to students ahead of time for scheduled vacations; please do not ask teachers to prepare work for your child to complete while on vacation.

How Can I Help As a Parent?

- Make school attendance a priority! Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.



A Typical Day at FMS...

7:15 - 8:05: Arrival

Students arrive and either wait outside or go to the cafeteria

- Breakfast is available for purchase in the cafeteria
-

8:15 - 8:56: Homeroom and 1st Period

- Students listen to morning announcements
- Students who are late to school should sign in at the Security Desk and then report directly to class.

8:15 - 11:51: Morning Classes

- Students attend academic, support and special area classes

11:53 - 12:38: Lunch/Recess

- Students split their time between lunch and recess
- Recess takes place outdoors on most days (dress appropriately)
- Students can also go to the Game Room or Library

12:39 - 2:45: Afternoon Classes

- Students attend academic, support and special area classes

2:45 - 3:15: Academic Coaching

- Students can get extra help and support with their teachers

3:15 - 4:00: After School Opportunities

- Extracurricular Clubs and Activities

**Students may not carry a backpack with them during the school day due to the crowded nature of the hallways and classrooms.*



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.

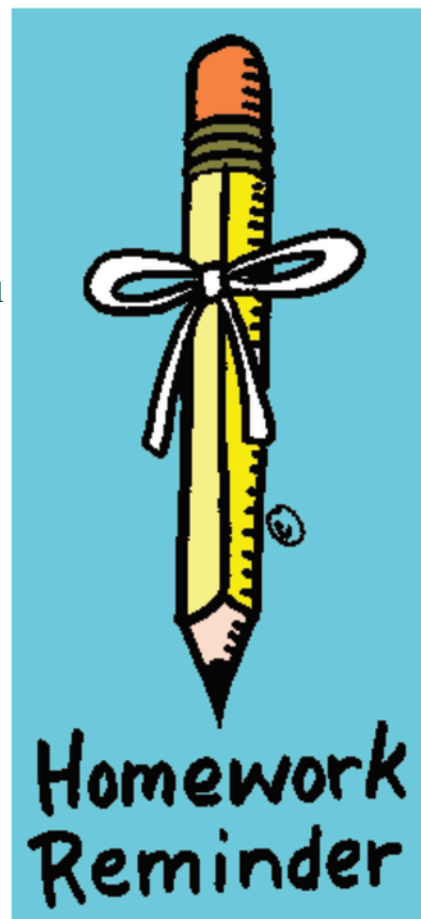
Effective homework will be meaningful and designed to challenge each student at his or her level of ability. Whenever possible, teachers will be cognizant of the impact that homework has on family life.

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 FMS. 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 5: ~ 30 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 people talking on the phone; provide soft music or white noise if it helps your children concentrate.
- Instill a positive attitude. Help your children think, "I can do this!"
- Keep all necessary supplies in one place, such as at a desk or computer station. 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.
- Keep the resources they need available. Start a personal reference library for your child, and keep it current. Begin with the basics: dictionary, thesaurus, and almanac.
- Encourage your child to study with other students when appropriate.
- Recommend that your child keep track of their homework assignments in their planner so they know what homework must be done each day.
- Suggest your child hang on to past quizzes and tests to prepare for future ones. Have a manila envelope 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 quality and quantity of work being turned in.



Support Services at FMS

The Counseling Program

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

School Counselors begin working with students during the spring of their 4th grade year as part of an extensive transition program.

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 Counseling Department:

Counseling Curriculum

Throughout the school year, the School Counselors facilitate lessons and student meetings that address academic, social, emotional and career topics relevant to middle school students. The curriculum is based on the American School Counselor Association's *Student Standards: Mindsets and Behaviors for Student Success*. For more detailed information on the standards, [please click here](#).

*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.

**It is important to note that School Counseling is not a substitute for mental health counseling. The School Counseling Department can assist families when requested, but School Counseling services are not a substitute for addressing mental health needs.*



Support Services at FMS

(continued...)

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 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 4th to 5th 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 collaborates with the Family & Consumer Science Teacher on lessons that introduce students to the career and college process. Students are provided with access to the Naviance program and have the opportunity to explore their interests through guided searches and inventories. During the second half of the school year, students work with their counselor and the 9th Grade Counselor individually, in small groups and through classrooms lessons to help prepare for the transition to high school, as well as securing 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 school work or is feeling overwhelmed.
- If a student is experiencing a life change 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/parent would like information about HS courses and placement.

How do students and parents contact the school counselor?

A student may stop into the counseling office either before school, after school, or during lunch. 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 FMS (continued...)

Psychologist Services

What Do School Psychologists Do?

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
- Assist in the management of mental health crises

Why Do Children Need School Psychologists?

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?

After speaking with your child's school counselor, Dr. Tessler can be reached through email (tessler@hohschools.org) or by telephone.



Support Services at FMS

(continued...)

Social Work Services

What Do Social Workers Do?

School social workers bring unique knowledge and skills to the school system and the student services team. School Social Workers are trained mental health professionals who can assist with mental health concerns, behavioral concerns, positive behavioral support, academic, and classroom support, consultation with teachers, parents, and administrators as well as provide individual and group counseling/therapy. School social workers are instrumental in furthering the mission of the schools which is to provide a setting for teaching, learning, and for the attainment of competence and confidence. School social workers are hired by school districts to enhance the district's ability to meet its academic mission, especially where home, school and community collaboration is the key to achieving student success.

Why Do Children Need School Social Workers?

SERVICES TO STUDENTS:

- Counseling (group, individual and/or family)
- Providing crisis intervention.
- Developing intervention strategies to increase academic success.
- Assisting with conflict resolution and anger management.
- Helping the child develop appropriate social interaction skills.
- Assisting the child in understanding and accepting self and others.

SERVICES TO FAMILIES:

- Working with parents to facilitate their support in their children's school adjustment.
- Alleviating family stress to enable the child to function more effectively in school & community.
- Assisting parents to access programs available to students.
- Assisting parents in accessing and utilizing school and community resources.

How Do I Contact the School Social Worker?

Ms. Frank can be reached through email (frankt@hohschools.org) or by telephone (914-478-6415).



The Dignity For All Students Act

The New York State Legislature has passed the Dignity for All Students Act, which became effective July 1, 2012. The Dignity for All Students Act, referred to as DASA, states that no student shall be subjected to harassment or discrimination by employees or students either on school property or at a school function.

The Hastings Board of Education recognizes that a learning environment that is safe and supportive can increase student attendance and improve academic achievement. A student's ability to learn and achieve high academic standards, and a school's ability to educate students, is compromised by incidents of discrimination or harassment, including but not limited to bullying, taunting, hazing and intimidation. The District will strive to create an environment free of discrimination and harassment and will foster civility in the schools to prevent and prohibit conduct which is inconsistent with the District's educational mission.

The District condemns and prohibits all forms of discrimination and harassment of students based on actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex by school employees or students on school property or at school-sponsored events and activities that take place on or off of school property. In addition, any act of discrimination or harassment outside of school-sponsored events which can reasonably be expected to materially and substantially disrupt the educational process may be subject to discipline.

For more information about the Dignity For All Students Act, please visit the following websites:

[Hastings School District DignityFor All Students Act Website](#)
[NYSED Dignity ForAllStudents Act Website](#)
[The NYS Center forSchool Safety Website](#)

Mr. Waldeck, Middle School Assistant Principal, is the Dignity Act Coordinator for Farragut Middle School. His contact information is:

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Phone: 914-478-6230

To report a DASA incident, [please complete the form located on the District's website and send it to the Assistant Principal.](#)



Student Behavior - Discipline Code

OFFENSE	1 ST	2 ND	3 RD	+RESTORATIVE PRACTICE EXAMPLE	COC Reference
Disorderly/ Disruptive Behavior	After school detention	After school detention, multi-day	In-school suspension	Reflective writing assignment on behavior	A
Unexcused class lateness	Teacher detention or lunch detention	Lunch detention	After school detention	Meeting with school counselor or AP	A1
Inappropriate computer usage (hacking, impersonation, etc.)	In-school suspension or out-of-school suspension and potential short term loss of computer privileges	Out-of-school suspension and loss of computer privileges	Out-of-school suspension, multi-day, and loss of computer privileges. Potential Superintendent's Hearing	Re-entry meeting with parent and reflective writing assignment on appropriate computer use	A7
Insubordination	After school detention or in-school suspension	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Reflective apology letter	B
Student uses an internet-enabled device during school hours	Confiscation, return at end of day	Confiscation, return to guardian only and lunch detention	Confiscation, return to guardian only and after school detention(s)	Reflective writing assignment related to cell phone policy	B1
Cutting Class/ Leaving school	After school detention or In-school suspension	In-school suspension	Out-of-school suspension	Re-entry meeting with parent and discussion with Youth Officer	B2
Physical Altercation/ Fighting	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Out of school suspension, five days, and Superintendent's Hearing	Re-entry meeting with parent and mandated sessions with Principal	C1/2
Weapon in School	Out-of-school suspension, five days, Superintendent's Hearing and police notification	Out-of-school suspension, five days, Superintendent's Hearing and police notification	Out-of-school suspension, five days, Superintendent's Hearing and police notification	Re-entry meeting with parent, Superintendent and Youth Officer	C3/4
Vandalism, graffiti or damage to school property	After-school detention, multi-day, and potential restitution	In-school suspension, multi-day, and potential restitution	Out-of-school suspension, multi-day, and potential restitution	Re-entry meeting with parent and reflective writing assignment related to positive behavior outlets	C7
Not being honest to school personnel about placing their device(s) in the Pouch	After school detention or in-school suspension	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Reflective apology letter	D1
Bullying (including cyberbullying), Discrimination, Harassment	After school detention or in-school suspension	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Reflective practice meetings with AP or counselor	D5/6/7
Sexual Harassment	Out-of-school suspension and Superintendent notification	Out-of-school suspension, five days, and Superintendent's Hearing	Out-of-school suspension, five days, and Superintendent's Hearing	Re-entry meeting with parent and mandated sessions with school psychologist	D7
Smoking/ e-cigs/ smokeless tobacco/ juuling/ vaping	In-school suspension	Out-of-school suspension	Out-of-school suspension, multi-day	Re-entry meeting with parent and mandated sessions with school counselor or social worker	D9
Alcohol or drug use	Out-of-school suspension, multi-day	Out-of-school suspension, five days	Out-of-school suspension, five days, and Superintendent's Hearing	Re-entry meeting with parent and mandated sessions with school counselor or social worker	D10/11
Bus Misconduct	After school detention or in-school suspension	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Reflective apology letter	E
Academic Misconduct including misuse of artificial intelligence	After school detention or in-school suspension	In-school suspension or out-of-school suspension	Out-of-school suspension, multi-day	Reflective apology letter	F

Please note that these are guidelines that may be altered based on the circumstances of the incident. All consequences are based on the progressive discipline philosophy of the District's Code of Conduct.



Nut & Bolts of FMS

Academic Coaching

Academic coaching takes place from 2:45-3:15 daily. This time period is dedicated to students receiving additional help and support from their teacher(s) or to work on homework.



Agenda Books

All students will receive an FMS Agenda Book during the first week of school. This is an important organizational tool for students to use throughout the school year. Teachers will work with students to help them how to best use their agenda book to remain organized.

Arrival to School

Students can arrive to school after 7:15am. Students either wait outside or report to the cafeteria for breakfast.

Attendance

Coming in to school late? Students must sign in at the Security Desk and then report directly to class.

Leaving early? Parents should call the Attendance Office at x6223 to let us know. Parents then must come to the Security Desk to sign out their child.

Absent? Parents should call the Attendance Office at x6223 to let us know.

Cellular Phones

During the school day, a student's cell phone should be powered off and stored in his/her pouch and then place in their locker. If a student has his/her 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.

Class Parties/Events

In 5th grade, there are times when teachers hold holiday events or celebrations related to classroom learning/project completion. Parents are invited to some of these events, but not all. Teachers will coordinate with parents about these events throughout the year.

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 policy.



Nut & Bolts of FMS (cont.)

Drop Off and Pick Up

Traffic is a challenge on the Farragut campus. Please enter the driveway in front of the school from Mt. Hope Blvd and pull into the designated zone. Please remind you child to use the crosswalks and listen to the directions of the crossing guards.

Google Classroom

Many teachers at FMS use Google Classroom to communicate with students and to house class materials and assignments. Parents do not receive separate credentials for Google Classroom.

Lockers

Each student is given a locker and a 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

The lost and found is located on the ground floor by the Guidance Office and near the Green Gym. Students should check these locations, as well as their classrooms, should they lose their belongings. The Lost and Found is emptied at the end of every month and donated to a local charity.

Lunch/Recess

Lunch and recess occur during periods 6 (5th and 6th grades) and 7 (7th and 8th grades) at FMS. The period is 40 minutes long with 20 minutes dedicated to lunch and 20 minutes dedicated to recess. The grade levels rotate monthly between who has lunch first and who has recess first.

Lunch Accounts

If your child wishes to buy lunch, snacks, drinks, etc. at breakfast or lunch, they can do so either with cash or through their designated account. Please go to www.mypaymentsplus.com to register for an account. You will need your child's School ID number.

Parent Portal

The parent portal is a key resource at FMS and HHS. This is the site through which you can access your child's schedule, attendance, report cards, class grades, etc. Please follow the directions on the District's website to access the portal.



Nut & Bolts of FMS (cont.)

Scheduling

Teacher assignments and class schedules are posted on the parent portal at the end of August. Due to the complexity of scheduling, parent requests can often not be accommodated.

Snack

Snack time does not exist at the middle school. Please encourage your child to eat a healthy breakfast. Students may carry a water bottle with them throughout the day to remain hydrated.

Sports/Intramurals

Modified sports start in 7th grade, as per NYS regulations. During 5th and 6th grades, students are encouraged to participate in our Intramural program. Interest meetings will be announced and held during the fall. Students should listen to the morning announcements for more information; this information will also be emailed to parents throughout the year.

Supplies

Supply lists will be made available on the FMS website during the summer. It is not essential for students to have their supplies on day 1 of school. Often times, the PTSA will run a school supply program to order all necessary supplies ahead of time!

Visiting the school

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



Clubs & Activities

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



Affinity Club
Art Club
Chess Club
Comic Club
Debate Club-Local
Debate Club-Competitive
Environmental Club
Gender Sexuality Alliance (GSA)
Intramural Athletics
Math Club
Newspaper Club
Programming Club
STEM Club
Student Activities Club Jr. (5th and 6th Grades)
Student Activities Club (7th and 8th Grades)
Student Council
Theater and Musicals
Yearbook Club

These clubs are subject to change. More information will be shared in September.



Common Terms/Acronyms @ FMS

504 - Section 504 Plan

APPR - Annual Professional Performance Review

BoE - Board of Education

CSE - Committee on Special Education

HHS - Hastings High School

FMS - Farragut Middle School

ELL - English Language Learner

ENL - English as a New Language

IEP - Individualized Education Plan

ISS - In School Suspension

MTSS - Multi-Tiered System of Supports

OSS - Out of School Suspension

R.I.S.E. - Respect, Inclusivity, Safety, Effort

RtI - Response to Intervention



Communication in the Middle School

FMS Website (<http://www.hohschools.org>)

- Check the website! FMS uses the website as a source of information sharing with the community.

Teacher Google Classrooms

- Many teachers maintain a Google Classroom to share information such as important updates and homework assignments with students.

eSchool Parent Portal

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

Mid-Quarter Reports/Report Cards

- Every five weeks you will have access to either a mid-quarter report or report card for your child through the parent portal. These reports will contain grades and comments based on your child's performance in school.



Team/Parent Conferences

- In addition to formal parent-teacher conferences, teachers are available to meet with parents as the need arises. Please contact the teacher or your child's school counselor to schedule a conference.

Phone Blasts/Email Blasts

- FMS uses phone blasts and email blasts frequently to communicate important information to parents. Please make sure your phone numbers and email addresses are updated in the parent portal.

School Offices

- Our staff is always available to assist you in any way you may need. Please feel free to reach out to any staff member by calling the main number to the school (914-478-6230).

