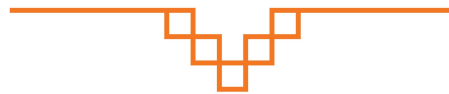


NORFOLK ACADEMY

1728

VALUED VOICES EXCITING CHOICES



Information as You Begin Form I in the Royster Middle School

2026-2027

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Seventh Grade (Form I) Curriculum

As students begin their experience in the Middle School, it is important for them to understand the core curriculum. Form I is a vital transition year for students. The overwhelming majority of Form I students will take the following courses:

English

Geography

Latin 2*

Life Science, one semester

EDI, one semester

Pre-Algebra

Physical Education

Music Appreciation/Visual Art or Band/Chorus/Orchestra

Study Hall

*For returning students to Norfolk Academy.

Fine Arts During the School-Day

Seventh graders have some choice in their Fine Arts course. Students may choose from our traditional performing arts in Chorus, Concert Band I, Concert Band II, or Orchestra or they can participate in a two-pronged exploration of Music Appreciation and Visual Art during their seventh-grade year.

Chorus*

This middle school chorus course is designed to foster a lifelong enjoyment of singing through a supportive and engaging environment. Students explore a variety of musical styles, including traditional choral repertoire and songs selected with student input, while developing vocal skills and confidence. Emphasis is placed on singing in two- and three-part harmony, helping students build teamwork, listening skills, and musical independence. Throughout the year, students have opportunities to share their music through community performances as well as two formal concerts, held in the winter and spring, giving them meaningful opportunities to showcase their progress and experience the joy of performing for others.

Concert Band I*

Concert Band I is an option for any middle school student interested in learning a new instrument. Students do not need to have any prior experience with music notation fundamentals or playing in a band. We ask only that students bring with them a desire to try something new and a willingness to practice outside of class. Students will begin by learning the basics of their chosen instrument, including proper technique and care. Throughout the course, they will also learn how to read sheet music, play basic scales, and develop a foundation in music theory. Additionally, students will have the opportunity to practice individually and in small groups, developing their ensemble playing skills.

We do not have the ability to accommodate aspiring guitarists or pianists; however, they are welcome to choose a new instrument to explore in Concert Band I.

Concert Band II*

Concert Band II is an option for any middle school student with previous experience on their instrument. All interested students must know music notation fundamentals and have experience playing their respective instruments, either by way of prior ensemble work or private lessons. The middle school band consists of a brass, a woodwind, and a rhythm section. As students explore a wide range of musical styles, band members will have the opportunity to develop and hone their individual technique as well as their appreciation for the intricacies of working within the context of a larger ensemble. Students will be expected to perform at the winter and spring concerts, and most will have opportunities to perform at additional school functions throughout the year.

We do not have the ability to accommodate additional guitarists or pianists; however, they are welcome to choose a new instrument to explore and join Concert Band I.

Orchestra*

The Royster Orchestra is available for string players and is designed to develop students' technical skills, musical understanding, and ensemble performance through engaging and varied repertoire. Throughout the year, students will build proficiency in first through third position playing, refine bowing techniques, and explore expressive elements such as dynamics, phrasing, and tone to enhance musicality. The course culminates in two formal concerts—a Winter performance and a Spring performance—providing opportunities for students to demonstrate their growth and musicianship.

**Note: Students who are interested in participating in two musical ensembles must also participate in at least two Norfolk Academy after-school athletic commitments or two Norfolk Academy after-school artistic commitments through the course of the year in order to receive credit for either their arts or physical education course based on those commitments. Those families should note that interest on their course selection forms under the comments section.*

Music Appreciation and Visual Art Exploration

As a primer for the multitude of fine arts offerings that await students in Forms II and III, students will have the opportunity to participate in a two-pronged exploration of Music Appreciation and Visual Art during their seventh-grade year. Both are semester-long, introductory courses that provide students with a requisite foundation for further study in both the visual and performing arts. Over the course of the year, students will develop basic aesthetic and musical skillsets, mindsets, and perspectives through a variety of in-class activities and projects. Some students will spend the first semester engaged in the Visual Arts deep dive before transitioning to Music Appreciation second semester. Others will do the inverse, beginning the year with Music Appreciation before switching to Visual Art.

ROYSTER MIDDLE SCHOOL PROGRAMMING

Middle School offers a variety of ways that students can get involved during the school day to grow as individuals, including elected student councils, service clubs, and annual clubs. While each experience requires a different time commitment, every opportunity offers a chance for students to learn and grow in valuable ways. We hope that students participate in as many activities as they can while maintaining their academic, artistic, and athletic commitments.

Elected Student Councils

Royster Honor Council

The Royster Honor Council is comprised of seven students: two from the seventh grade, two from the eighth, and three from the ninth. Members are elected by their classmates. The Council performs two functions. First, they oversee the process of continuing education of the Middle School student body as to the Honor System and its daily application. Second, they hear cases of infractions of the Honor System and make recommendations to the school's administration as to appropriate sanctions and necessary restorative steps. This is a serious responsibility and should be undertaken only by those interested in assuming a substantive leadership role.

Royster Student Council

The members of the Royster Student Council serve as student-leaders and ambassadors for the Middle School. The RSC is comprised of representatives from each grade level who are elected by their peers. The council internally selects the RSC president from among the elected representatives. We focus on organizing student participation in events and communication between the study body and school faculty and leadership. Our major projects during the year include the seventh grade/new student orientation, community service projects, spirit events, and Field Day ticket sales.

Service Clubs embody a rich tradition of service to others. They are consistently a part of our clubs each year to uphold their enduring legacy and profound impact.

CHKD

The Royster Middle School CHKD Club aims to bring awareness to mental health support and resources. Our club activities and fundraisers are aimed to help destigmatize the need for mental health support for teens and to encourage healthy habits and lifestyle decisions. Our work is in connection with The CHKD Mental Health Hospital and The Sarah Michelle Peterson Foundation.

Happy Club (7, 8, 9)

The Happy Club raises awareness about and money for Operation Smile, a non-profit medical charity. For over 25 years, Operation Smile volunteers from around the world have performed free surgeries to repair facial deformities in children and adults in over 25 countries around the world. The Happy Club raises awareness about this organization and offers opportunities for students to participate in fundraisers like Boo Grams at Halloween, the Operation Smile Dodgeball Tournament, the NA MS Volleyball Tournament, and a Be Someone Concert.

LIVESTRONG@NA (7, 8, 9)

The Livestrong@NA Club raises awareness and funds for the Livestrong Foundation, a non-profit organization that supports people affected by cancer. Throughout the year, club members sponsor and participate in a variety of activities to support Livestrong's mission. In the past, these activities have included representing Livestrong while cheering on runners at local races, hosting a "Knock-out Cancer" knock-out basketball tournament at school, and selling Valentine's Day donuts on "Lovestrong 4 Livestrong" Day. Everyone knows someone who has been affected by cancer. If you have a desire to support these people, Livestrong@NA is the club for you!

Morgan's Message (7, 8, 9)

The national Morgan's Message Foundation was founded in 2019 to raise awareness of mental health issues and empower student athletes to take control of their mental health. Morgan's Message Club meetings consist of fun activities intended to bring people together and of discussions centered around dealing with issues that affect middle schoolers, such as self-doubt, breaking bad habits, and gratitude. The Morgan's Message Club exists to normalize conversation, empower students, and create a culture of caring and belonging!

One Love Club (7, 8, 9)

In honor of Yeardley Love and the One Love Foundation, the One Love Club seeks to educate young men and women about healthy and unhealthy relationships through volunteering, fundraising, athletics, and chapel presentations. We encourage all students to consider joining us in our effort to engage in honest conversations about relationships and friendships!

Annual clubs are shorter term clubs that are based on the passions of our students and faculty. This provides students and faculty with flexibility in terms of the creation and development of a club. Examples of Annual Clubs that were offered in past years are listed below.

Chess Club (7, 8, 9)

The Chess Club offers a serene yet competitive atmosphere where students can socialize and sharpen their mental focus and strategic skills through the game of chess. Members learn to balance their drive to win with the appreciation for challenging opponents, fostering growth in their chess abilities and strategic thinking. Together, they enhance their skills, strategies, and understanding of the game, creating a supportive and engaging community.

D&D Club (7, 8, 9)

D&D Club meets every week to embark on epic quests and weave legendary stories together. Whether you're a seasoned dungeon crawler or a first-time player, our club provides a welcoming space to master the mechanics of Dungeons & Dragons. We focus on collaborative storytelling, creative problem-solving, and building lasting friendships through the roll of the dice. Grab your character sheet and join us in the media center to see where the journey takes you!

Jazz Club (7, 8, 9)

Norfolk Academy Jazz Band is a club under the Performing Arts umbrella that provides a rich and engaging musical experience for its members. The group performs at various Norfolk Academy events both on and off campus, showcasing a diverse repertoire that includes jazz standards, funk, blues, and contemporary music.

Model UN (7, 8, 9)

Model UN is a simulation of the negotiation process performed in the UN Assembly and/or Security Council. During a MUN committee, each student becomes a diplomat representing a country and defending that country's interest in regard to a specific issue. Presenting and arguing a point as well as creating alliances with a specific action in view are at the core of what a delegate must do daily. MUN is an interesting and engaging manner to learn about world affairs while refining skills that are crucial for one's intellectual development.

Pep Band (7, 8, 9)

Norfolk Academy Pep Band is a club within the Performing Arts umbrella that offers a fun, laid-back musical experience for its members. The band performs at various Norfolk Academy events both on and off campus, playing a lively repertoire of contemporary songs, marches, and school spirit tunes.

COMMUNITY ENGAGEMENT PROGRAM

As part of our Philosophy and Objectives, Norfolk Academy hopes “to instill a commitment to public service and to advancing the great good, first through respect for self, and then for every other member of the community until unselfishness of thought and action becomes habit.” Our goal is to help our children grow into lives of purpose. A central element of this process is introducing students to the needs of our neighbors in Hampton Roads and promoting a sense of empathy for others through the Community Engagement Program. At its core, students learn about our community, the issues we face, and the role we can play in being part of the solution.

This year, students participated in multiple “PAWS for A Cause” days where our Middle School community served together both on and off campus. Our partner organizations educated our students about their work and the vital services they provide. Then, students were able to partner with these organizations towards the ultimate goal of creating sustainable change in our community. The success of our PAWS program is a result of the investment and commitment of our students, teachers, and leaders within the community. We are eager to revisit this work in the fall and throughout the school year.

Our PAWS partners include the following agencies:

Chesapeake Bay Foundation	Keep Norfolk Beautiful
Creative Well	Lynnhaven River Now
CROP Foundation	Museum of Contemporary Art
Edmarc	Norfolk Community Gardens
EQUI-KIDS	Norfolk Pubic Library
Families of Autism Coming Together	Operation Smile
First Landing State Park	Parkway Elementary
Foodbank of Southeastern Virginia and the Eastern Shore	Point O’ View Elementary
ForKids	Ronald McDonald House
Fred Heutte Center	Shelton Park Elementary
Hospitality for Humanity	Union Mission
	YMCA Hampton Roads

EXTRA-CURRICULAR ACTIVITIES

Norfolk Academy has many after-school programs for students in both the arts and athletics. We encourage students to participate in after-school activities to make the most of their time in the middle school.

Fine Arts

The fine arts allow students to give creative expression to ideas and feelings in a variety of ways on a journey of self-discovery. The universal language of civilization, the arts help to motivate and inspire. The Fine Arts Department at Norfolk Academy strives to develop an appreciation of the arts through creation, performance, and observation that will last a lifetime. Students develop cognitive, psychomotor, affective, and aesthetic abilities, and they acquire the capacity to think critically, solve problems creatively, make informed judgments, work cooperatively in groups, appreciate different cultures, exercise their imagination, and develop leadership skills.

Dance

Goals: To teach dance technique and the development of the individual with an emphasis on creativity, imagination, individuality, and teamwork.

Offerings: Dance Team, Grades 7-12. Dance Team is held after school in the Fall and Spring seasons.

Drama

Goals: To teach drama and musical theater performance skills, acting technique, character study, and stage crafts. Rehearsals are after school.

Offerings: Academy Players Productions of Fall Play; Winter Musical, Grades 7-12.

Stage Crafts/Tech/Stage Management

Goals: To teach design and operational elements in lighting and sound; to teach stage craft for sets, costumes, and props; to teach management and leadership skills for student stage managers and assistants to the directing team.

Offerings: Academy Players Stage Production of Fall Play; Winter Musical; Fall and Spring Dance Concerts, Grades 7-12.

Athletics

Norfolk Academy conducts a comprehensive athletic program featuring 75 interscholastic teams for grades 7-12. Teams compete in the Tidewater Conference of Independence Schools, the League of Independent Schools, and the Virginia Prep League. The athletic department promotes engagement, commitment, and competitive excellence, and we have multiple teams for each sport offered. All Middle School students are eligible to try out for junior varsity teams, and 8th and 9th graders are eligible to try out for varsity teams; however, all 7th graders and most 8th graders will play at the sub-varsity level while most 9th graders will play at the junior varsity level. If you have any questions about which level is most appropriate for your child, simply call the athletic office, and we will be happy to help in any way.

What does it mean to “Be a Bulldog”?

RESPECT, COMMITMENT, TOUGHNESS, SPIRIT

Your child will soon know what these words mean and how they apply to his or her success as an athlete, student, and person by the time he or she graduates.

The athletic program strives to enhance each student’s overall educational experience by providing spirited competition at multiple levels; by developing sportsmanship, physical fitness, self-discipline, and self-confidence; by encouraging initiative, leadership, and teamwork; and by giving each student the opportunity to learn to handle the pressure of competition and deal positively with both success and failure. In the final analysis the record of the various teams does not matter most; rather, the development and character of each student athlete forms the foundation for a vigorous and vital athletic program.

FALL
Boys’ Soccer
Football
Cheerleading
Cross Country (co-ed)
Field Hockey
Girls’ Tennis
Girls’ Volleyball
Sailing

WINTER
Boys’ Basketball
Cheerleading
Girls’ Basketball
Indoor Track (co-ed)
Swimming/Diving
Wrestling

SPRING
Baseball
Boys’ Lacrosse
Boys’ Tennis
Crew (co-ed)
Girls’ Lacrosse
Girls’ Soccer
Girls’ Golf
Golf (co-ed)
Sailing
Softball
Track & Field (co-ed)

Questions Frequently Asked about the Middle School

Absences

Excused absences are those due to illness, family emergencies, or other unforeseen situations. We must receive an email or phone call explaining the absences or the student must return to school with a written parental excuse explaining the reason for the absence. Approved absences are generally those which can be anticipated, such as weddings and graduations. Parents should contact the Middle School Office prior to any anticipated longer-termed absence. In this way, teachers can help students plan their work ahead of time. Any work not completed prior to the absence will be finished after the student returns to school, according to the teacher's directions.

Arrivals and Dismissals

Students who arrive late (after 8:15 AM) or leave school early (before 3:15 PM) must sign in and out of the Middle School Office. Students must bring in a written parental excuse note. Parents do not need to accompany their child to the office. After students sign themselves out in the office, the students will meet parents in front of the arch or the Lower School.

Batten Library

The Batten Library is open until 5:30 PM unless we have an early dismissal. If a Middle School student remains at Norfolk Academy after the normal dismissal time, 3:15 PM, and is not under the supervision of a faculty member or attending an Academy activity (i.e., athletics, drama, etc.), the student must sign into the library and remain there. Whether carpooling or being picked up by a parent, students must depart campus by closing time of the library.

Bulldog Bookstore

The Bulldog Bookstore is open during the school year from 8:00 AM to 4:00 PM. It sells textbooks, school supplies, and summer reading titles as well as apparel, spirit wear, athletic needs such as mouth guards and swim caps, greeting cards, and snack items and drinks. Students in grades 7–9 may visit the Bookstore during their approved breaks and at study hall with approval of their proctor. Parents may choose to set up a Bookstore Charge account for their child. This is an optional account with the Business Office submitting the billing to tuition management. Please discuss with your student any limitations you wish to impose. An electronic form will be accessible via the school website at the start of school and must be filled out annually.

For most courses between grades 7-9, students purchase their own books. A complete list of titles will be available in early August on the Bookstore tab of the Resources page on the school's website (login required). Any known supply lists will also be available in early August in this same location. Summer reading books for grades 7-9 will be available via pre-order starting the middle of May. Information about supply bundles and online book purchases for the school year will be available in the coming weeks. Please stay tuned.

Bus Procedures

Norfolk Academy students have the option to ride school buses in the morning and afternoon for a fee. Bus space is allocated on the basis of returned applications in the spring.

No proration of charges is made for students who have signed up for bus service and do not use the service, unless the family moves or is transferred. If a bus is late arriving at the bus stop in the morning or in the afternoon, you can call the bus dispatcher at 757-455-5555. Students who are not regular bus riders are not allowed to ride the bus with a friend.

Bus Changes

Students are to ride only buses to which they have been assigned. Students who have contracted for our bus service are allowed to change routes to accommodate occasional needs. The student should bring a note to school on the morning on which the exception will occur, signed by the parent or guardian, requesting the change and noting the route number of the bus normally used and the requested route number. If the office approves the change, the student will receive a bus pass. (If a bus is full to capacity, requests to change routes will be denied.) Students who are not regular bus riders are not allowed to ride the bus with a friend who is a bus rider. This is true of the Late Activity Bus, too.

Late Activity Bus

All students are required to have a Late Activity Bus Pass in order to ride the Late Activity Bus. These passes will be a different color for each season. (This means that a student who participates in late activities all three seasons will need to have three different passes.)

Students who have paid for round-trip service on the regular bus are automatically entitled to use the Late Activity Bus at no extra charge. Students who have paid for one-way transportation for the afternoon bus are entitled to use the Late Activity Bus at no extra charge. Students who have paid for one-way transportation for the morning bus may NOT use the Late Activity Bus without incurring an additional charge. These students are still required to have a Late Activity Bus pass. Late Activity Bus service is available for each of the three specific seasons (Fall, Winter, and Spring). Late Activity Bus pass applications are available prior to each season through the Middle School Office or the receptionist's desk in the Massey Building.

Electronic Devices and Cell Phones

Technology is pervasive in today's culture, and, as part of our educational mission, the school seeks to teach students civil and responsible use of that technology. We want to provide students with modern tools for learning while teaching personal responsibility.

While cell phones and other personal computing devices can play a vital role in time management and learning, we value our closeknit learning community; therefore, we have established some rules regarding technology and its usage.

Middle School students should bring their personal laptops to class each day and ensure they are fully charged. Students have access to a filtered internet connection for educational purposes. Regarding cell phones, however, students may only use their cell phones during the school day (8:15 AM - 3:15 PM) with permission from a teacher. They are not allowed to have their cell phones on their person throughout the school day — they must be secured in student backpacks.

Homework Assignments

Homework assignments are posted on Canvas for each class, each week.