Middle School
6th Grade Parent Ed Night

September 13, 2022

"To access interpretation services, please stop by registration."

"Para acceder a servicios de interpretación, pase por la mesa de registro"

Tonight's Program

01
SHANEL DAINES
Welcome + Overview

02
JACQUELINE STARK
Advocacy Programming

03
JOE MCDONALD
Athletics Programming

04
FRANKIE MACHADO
Student Support and Success

05
KAILA UNIACKE
Child Development and Strategies for Parents

But first...a quick announcement from our

Annual Fund 2029 Class Captains:

Amy & Grady Burnett

Annual Fund 2029 Team:

Aditi & Pooneet Goel '95

Katharine Moir

Charlotte Zanders Waxman and Alan Waxman

Suzanne Yonkers

Goal is 100% Participation by November 30

Start of School SNAPSHOT

Outdoor Education - FIRST day of school!

Some hopes for the CLASS OF 2029

Belonging and **Connection**

Sense of **joy**

Curiosity and **Learning**

Active **engagement**

Lots of **Laughter**

Gratitude and **kindness**

PARTNER WITH US

- Dedicated and quiet workspace
- Systems to track classes and assignments (Planner)

WORK HABITS

- Crafting emails
- Checking Canvas
- Balancing screen and down time
- Learn and grow from mistakes

INDEPENDENCE

- Students reach out to teachers
- Using Office Hours
- Self-awareness development

SELF-ADVOCACY

Communication Tips

ME

sdaines@menloschool.org

General 6th grade questions / concerns / shout outs

ADVOCATE

Social or academic concerns

SUBJECT TEACHER

Class specific questions or concerns

MS OFFICE

Absences, late arrivals or early departures, remote learning

ZIPNOTES

Weekly email with info and upcoming dates

6th Grade Parent Team

Organizes grade level social events, lead by Julie Clugage

Menlo Parent Groups (MPGs)

Advocacy-based groups for sharing information and offering parental support

Procedures for Absent Students

For general absences:

- Please notify the MS Office at: msattendance@menloschool.org when you know that your student will be absent all day or will have to leave school early
- Teachers may also be notified via email as well

If your student is ill:

- Please notify the MS Office as well as the Health Office at: nurse@menloschool.org
- Your student may be approved for Remote Learning

For extended absences:

- Please notify the MS Office, and have your student proactively check in with Advocates/teachers to develop a plan to stay on track with classwork and assignments.

Making up missed work:

- Encourage your student to reach out to teachers to find out what was missed and to check in during office hours

Fall Important Dates

October Chats	Mid-October
Fall Holidays	No School on Mon. 9/26 & Mon. 10/24
Parent Teacher Conferences	Thurs. 11/17 & Fri. 11/18
Thanksgiving Break	No School Mon. 11/21 - Fri. 11/25

My Leave of Absence

- I will be gone from November 1, 2022 through April 17, 2023
- In my absence, **Kanako Sumi** will be our 6th Grade Team Lead
  - 6th Grade English Teacher
  - ksumi@menloschool.org
- We are actively looking for a Social Sciences substitute

THANK YOU

for partnering with us

6th Grade Advocacy

Jacqueline Stark
6th Grade Advocacy Coordinator

Menlo Middle School

Habits of Heart & Mind

SELF-AWARENESS
Consciously knowing one's strengths, emotions, and character

ETHICAL BEHAVIOR
Acting with integrity and moral values

EMPATHY
Understanding and honoring another's emotions and point of view

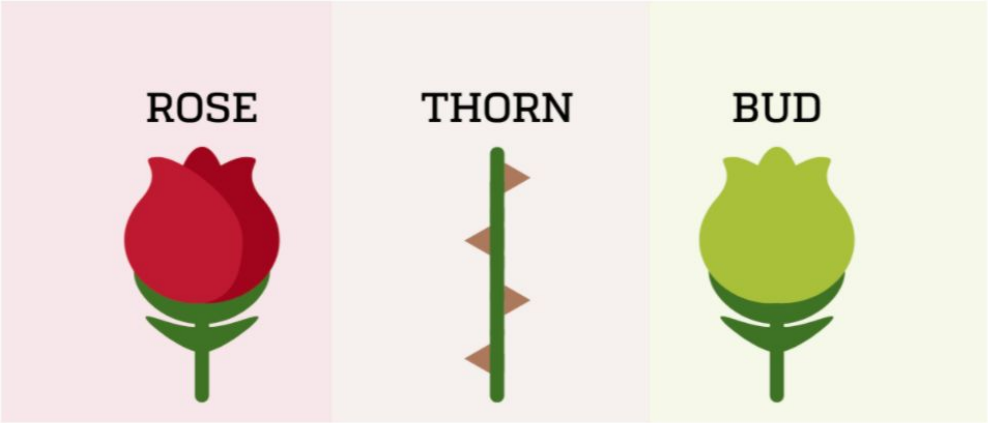
CURIOSITY
Questioning, exploring, and understanding the world beyond ourselves

COLLABORATION
Working with others toward a common goal by listening, sharing, and reflecting

RESILIENCE
Recovering and growing from challenges

Rose, Thorn & Bud Check-In

What are your rose, thorn, and bud from 6th grade so far?



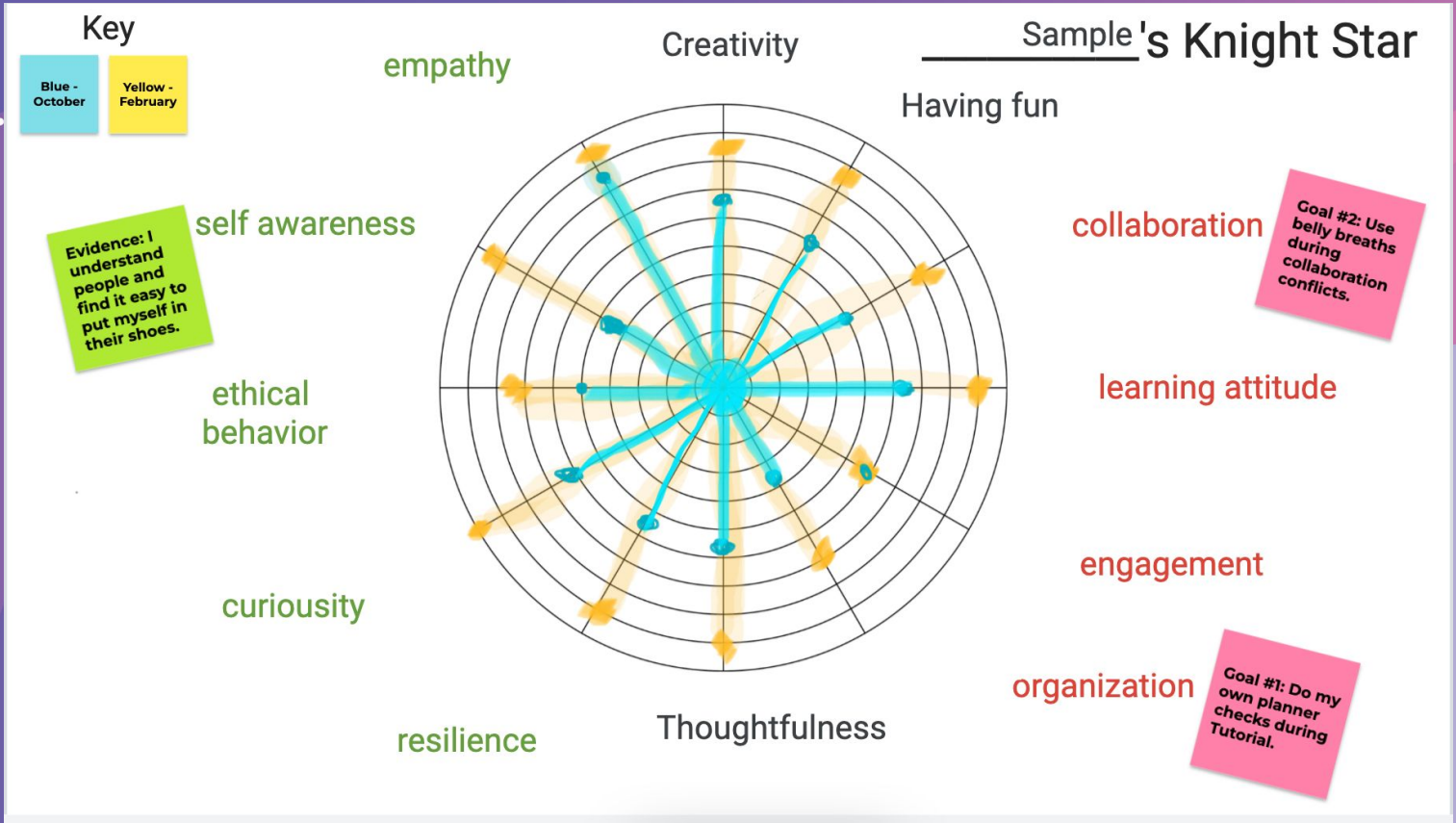
Highlight/Pro | **Challenge** | **Potential/ Excited About**

Check-In Example

What Habit of Heart and Mind does this strengthen?

Example

Stepping into our Evolving “Challenge Zones”



Example: Knight Stars

Yearlong Program

Echos Trimester One
Human Skills & Learning Seminar Classes

- Habits of Learning
- Academic Goal Setting
- Spirit Days
- Habits of Heart & Mind
- Service Learning
- Reflection
- Current Events
- Mental Health
- Mindfulness
- Equity, Diversity Inclusion, & Belonging
- Community Building
- Random Acts of Fun

Some 6th Grade Advocacy Highlights

1 SERVICE LEARNING

Year long programming around sustainability

2 RANDOM ACTS OF FUN

MSPA sponsored community building days

3 OPEN SESSIONS

Collective wisdom and SEL skill building

4 OCTOBER CHAT

Mid-Trimester One Check-In

5 KNIGHT STAR MAPPING

Reflection and goal setting around the Habits of Heart & Mind and Habits of Learning

6 STUDENT LED CONFERENCE

May celebration of learning, led by students

THANKS

Jacqueline Stark
jstark@menloschool.org

Sixth Grade Athletic and Physical Education Program

The main goals of our athletic and physical education program:

1. **To give students the opportunity to participate on a team at various levels**
2. **To learn skills and strategies necessary to play a particular sport**
3. **To have fun by engaging students in the importance of physical fitness, exercise, and sports**
4. **To try something new and develop friendships and relationships through sports**

Sixth Grade Athletic and Physical Education

Students have the option of playing on an interscholastic or intramural team, or enrolling in P.E. Sports offered in the Middle School include baseball, lacrosse, basketball, cross country, football, soccer, swimming, track and field, tennis, water polo, and volleyball. Please check our FAQ page on the website for more information!

(A sport sign up form will be sent during the previous quarter.)

Menlo provides four seasons/quarters of sports.

(Fall, Mid Fall, Winter, and Spring)

Physical Education: Exposure, Skill Development, Knowledge and Fun!

The P.E. program is designed to expose each student to a variety of activities; teach basic skills, rules and tactics, improve physical fitness, and provide a supportive environment in which to practice skills and participate in the activities. Through teaching P.E., we hope to encourage overall physical wellness and promote healthy life habits.

Weekly and Daily Physical Education Athletic Plan

Sixth Grade Program

Athletics/PE 1:05-2:10 Day(s) 2,3,4,5,6,7

Daily Plan

Meet with classmates

Dynamic stretching and exercise warm up

Skill building drills

Scrimmage or various types of competition

The Sixth Grade Student

Going where no elementary student has gone before...
(cue dramatic music)

Discovery: Exploring the Unknown

Greater Academic Expectations

- Homework load
- Quizzes and Tests
- Extracurriculars
- Overall Rigor

+

Greater Executive Function Demands

(Distance Learning)

- Self Awareness
- Time Management
- Organization
- Self-Advocacy

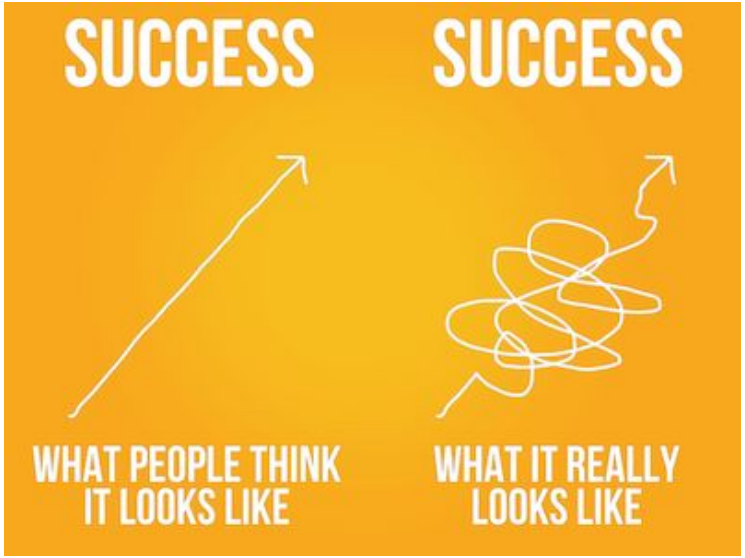
=

Greater Probability of

- Failure
- Confusion
- Frustration
- Stress

Discovery is a **messy** process

Houston... we need to manage our expectations and buckle up for a bumpy ride!



Equipment Check

Teachers

Provide high quality instruction that is designed to accommodate a diverse study body

Advocates

Available for both social/emotional support and academic guidance

Coaches/Counselors

Specialists that can work with students, teachers, and parents to create support plans when needed

Resources

Canvas, buddy system, planners!

Learning Seminar:

Putting it all together

Student Skills:

- How to use your planner
- Chunking assignments
- Studying for tests
- Checking in with teachers
- Active Learning

Logistics:

- Trimester long (first)
- Twice per rotation
- Pass/No Pass
- Get out what you put in

Mission Control: Parent Tool Kit

Quick Look-For's:

- Planner System and Clear Card
- Class Notebook
- Canvas Resources
  - HW or Assignment Description/Requirements
  - How to submit work
  - Rubrics
  - Study Guides
  - Extra Practice

Mission Control: Emergency Protocol

Calibration is Key

Anomaly: Facilitate best practices

- Help write an email to their teachers
- Help look through Canvas/binder/planner to find more information
- Remind them that everything will be OKAY

System Overload: Major Trends

- Have students walk through their thinking/processes
- Monitor/limit tech usage
- Create after school schedules with weekend reminders
- Weekend backpack/binder/planner checks
- Day 1.,3 5 office hours
- Coordinate with advocate

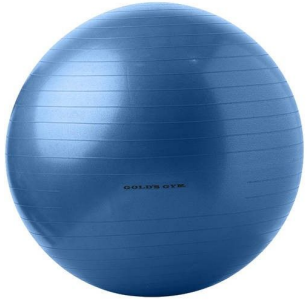
Houston: We have a problem

Teacher Check-in Opportunities	
Office Hours	**Before/After School**
Day 1, 3, 5,	Every Day (M-F)
During Student Life Block 10:55-11:15 Drop-In	By appointment
5-10 minute 1-to-1 check-ins with the teacher	Longer 1-to-1 check-ins, test retakes/makeups and homework help

Shuttle Cockpit: Student Workspace

Set-Up

- Neat and organized
- Consistent academic environment (avoid beds, couches, hammocks)
- All materials readily available
- **Somewhere public (if necessary)**



Exercise Ball

Time Timer

Wiggle Stool

System Protocols: Self-care

Sleep Routines

- 9-10 hours of sleep per night
- Develop a bedtime routine
- Off screens at least 45 mins before bedtime

Tech Boundaries

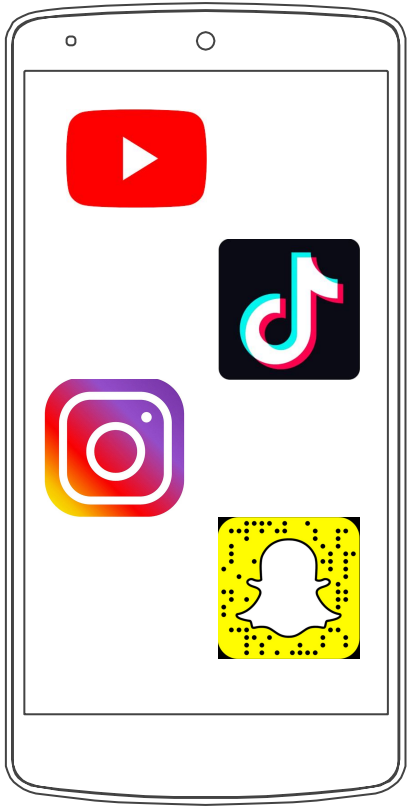
- University of Queensland-Led study found:

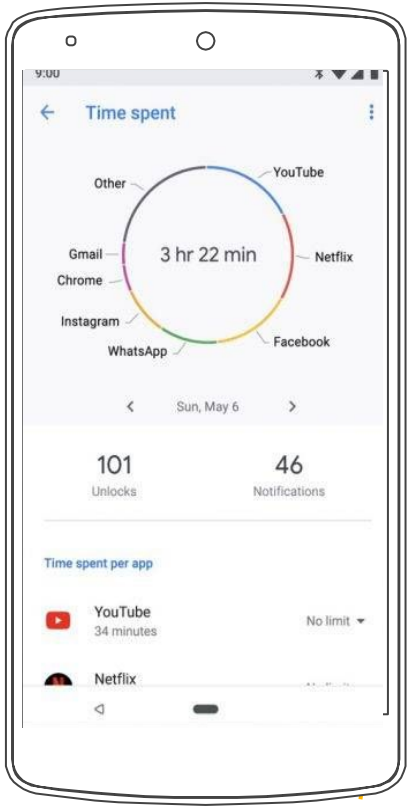
  "One hour of physical activity and no more than two hours of screen time a day provided optimal mental wellbeing."

1. **Dose-dependent and joint associations between screen time, physical activity, and mental wellbeing in adolescents: an international observational study**
Khan, Asaduzzaman et al.
The Lancet Child & Adolescent Health, Volume 0, Issue 0

Tech: Building Healthy Habits

- **Tech distractions out of sight**
- Use Digital Wellbeing / Screen Time apps on phones and devices
- Avoid wormhole apps like TikTok, Instagram, Snapchat, Youtube
- Encourage students to enable “Do Not Disturb” or turn off notifications

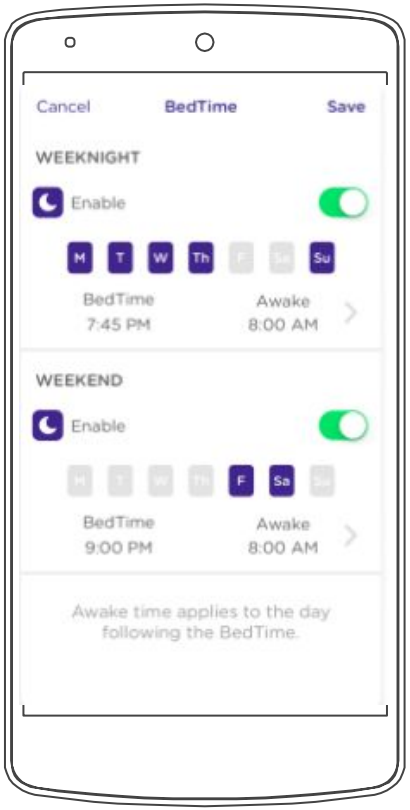


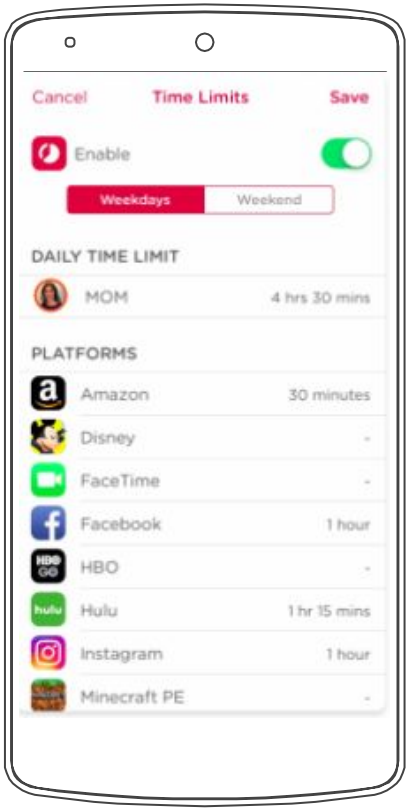


Circle

Device that helps manage tech usage at home and gives great data for students to see

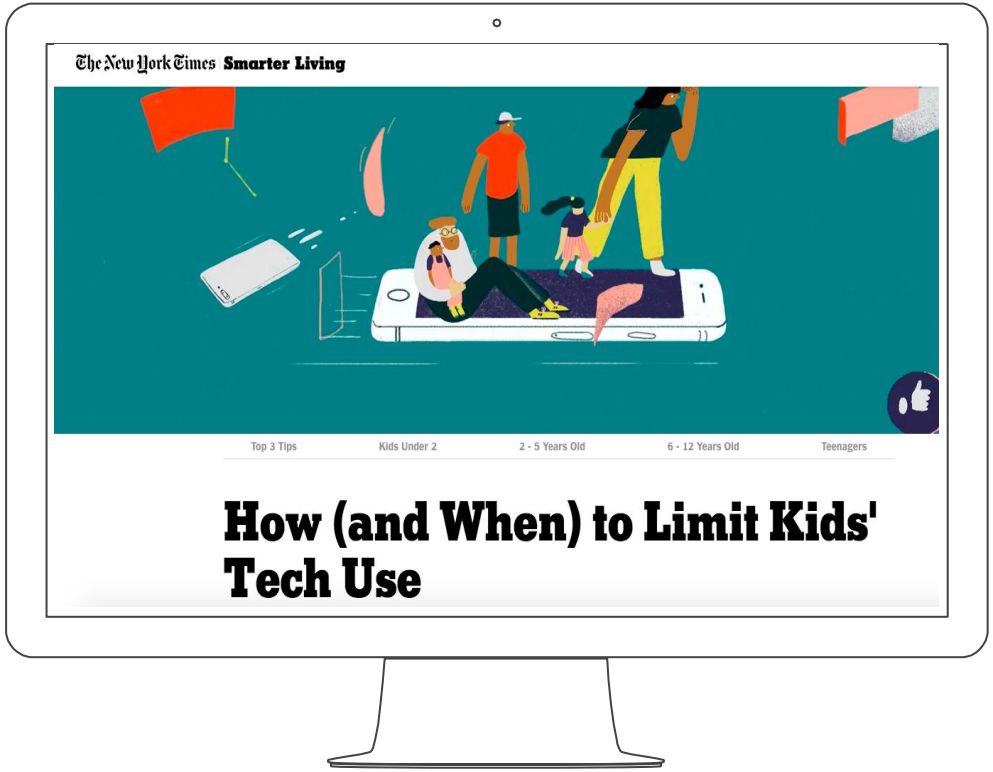
www.meetcircle.com

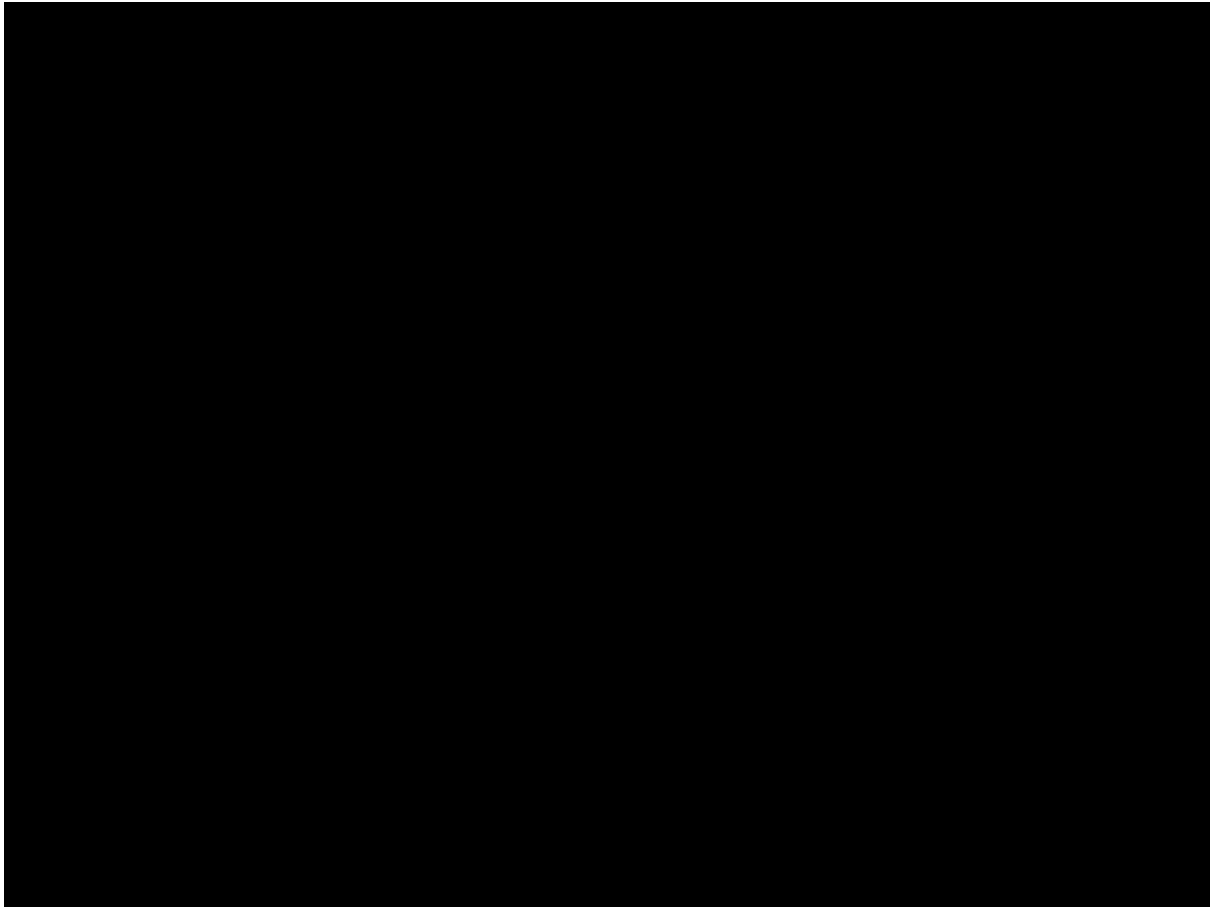




New York Times: How (and When) to Limit Kids' Tech Use

Relevant, age specific, practical strategies





Reach Out

Learning Support:

I am here to help so please reach out with any questions or concerns

Frankie Machado

fmachado@menloschool.org

(650)330-2001 x 2446

Counseling & Human Skills

Kaila Uniacke

Agenda

1. How 6th grade is feeling.
2. How 6th grade is developing.
3. How 6th grade is communicating.
4. What is Human Skills?
5. What is school counseling?

How 6th grade is feeling.

Excited

To try new things.
Independence.
Learn!
Human Skills :)

Nervous

Making and maintaining friendships.
Staying organized.
Managing Stress

Social Development

Forming Friendships

Form quickly.

Quantity > Quality.

Opinions of peers > parents.

Communication

Keep things to themselves.

Social media and video games.

Communication

Solace Over Solution
Egocentric
Tendency to "Flip their lid"
- Hormones fog decision making skills.

Monitor - at a distance.
They are hard on themselves
- Praise their mistakes.

The Comfy Couch Room

Aka Human Skills

Human Skills

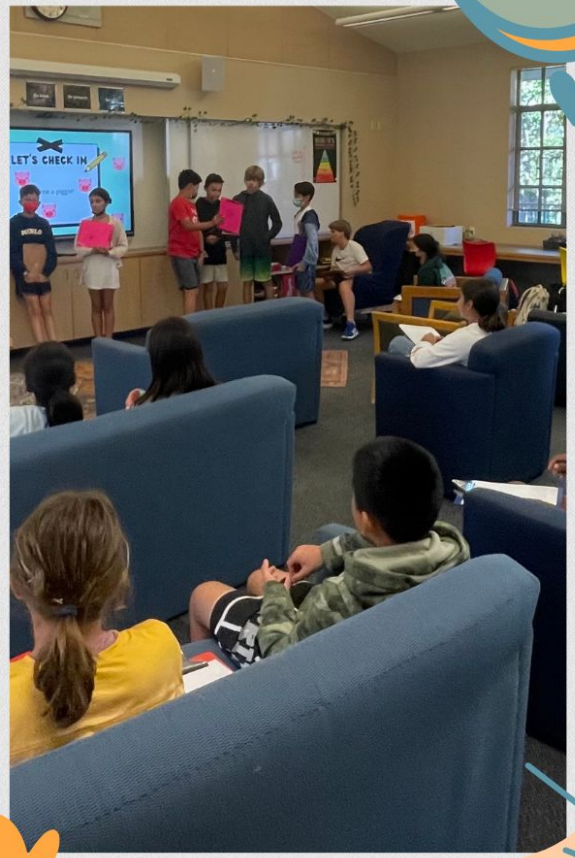
Creating the best version of you.

The Logistics

- Trimester per grade.
- P/NP
- Takeaways > Homework

The Fun Stuff

- Games, games, games!
- Student discussion driven.
- A place of belonging.



Emergent Curriculum

What do YOU need?

Identity Formation

Stress Management

Anxiety Aliens

Healthy Vs Unhealthy Friendships

Conflict Resolution

Digital Citizenship

What is School Counseling?

A School Counselor...

Is someone who...

Listens

Guides

Makes Referrals

Consults and Collaborates

Is NOT someone who...

Critiques

Psychoanalyzes

Diagnoses

Knows everything about the students.

When To See Me

- Conflict Resolution
- Teacher Rapport
- Grief
- Anxiety
- Vent

Avenues Of Support

You attending Parent Ed night!

Support for you!

MPGs

The purpose of Menlo Parent Groups is to:

- Provide a small, informal community for parents and guardians to ask questions and discuss issues that are better addressed in a smaller group than in large meetings or events;
- Help parents better understand their child's world;
- Share the latest news regarding your child's grade and school-wide topics; and
- Navigate Menlo's resources and find needed information.

Save The Date!

Parenting Webinar: Rupture and Repair:

Addressing Challenges and Providing Solutions with Parent-Child Relationships

12-1pm.

Zoom

Wednesday, September 21st.

Reach Out

Kaila Uniacke

kuniacke@menloschool.org

650-330-2001 ext 2461