7th Grade Parent Information Meeting

Welcome Class of 2028 Parents!

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

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

Who will you hear from tonight?

Bobbi Lynn Monroe
7th Grade Team Lead

Joe McDonald
Middle School Athletics Director

Kaila Uniacke
Middle School Counselor

Cody Carefoot
Advocacy Coordinator

Frankie Machado
Learning Specialist

Annual fund 2028 Class Captains
Lara and Andrew Housser

Annual Fund 2029 Team Members
Brent Brown, Laura & Sameer, Dholakia, Jill Hessler, Erica McMullen, and Reema Shah

Goal is 100% Participation by November 30

7th Graders in a Nutshell

Joyful

Curious

Kind

Open

Engaged

Considerate

A Day in the Life!

SCIENCE

Planning and carrying out inquiry investigations based on observed phenomena

MATH

Making sense of data by examining graphics about percents used in the real world

ENGLISH

Poetry analysis, including reading and writing poems

SOCIAL SCIENCES

Constructing CERs and practicing research skills in the library

ARTS

Building community, strengthening bonds, focusing on growing together

COMPUTER SCIENCE & DESIGN ENGINEERING

Creative problem-solving using physical computing devices

WORLD LANGUAGE

Fluency with speaking, listening, and writing

We're Partners!

Outdoor Ed Trip!

Donner Summit: October 12-14, 2022

Purpose

- A true outdoor education experience
- Away from civilization, cell phones, and modern distractions
- Focus on themselves, physical challenges, group challenges, and the beauty of nature

Donner Summit: October 12-14, 2022

GateWay Mountain Center: Mission

- To provide spirited, adventurous and transformative explorations of the natural world.
- To prepare tomorrow's citizens and leaders for envisioning and creating roles in our emerging green society.
- To highlight sustainability in oneself, our relationships, and with the Earth's ecosystems.
- To foster systems thinking, intuition, wonder, inquiry, respect, health and confidence

Donner Summit: October 12-14, 2022

Sierra Club's Historic Clair Tappaan Lodge

Donner Summit: October 12-14, 2022

Activites

- Hiking
  - Ancient Petroglyphs
  - Transcontinental Railroad Tunnel
  - Donner Peak
  - Meditative solo hike
  - Night hike
- Rock climbing
- Campfire with drums, songs & s'mores
- Kitchen set-up and clean-up

Donner Summit: October 12-14, 2022

Logistics, Packing List, Permission Slips, and Health Information

- Arrive TO school on October 12 at 7:00AM
- Return to school on October 14 at approximately 6:00PM
- Please sign and return the *permission slip* as soon as possible!
- Check the packing list carefully.
  - Winter is coming!
- Be sure all forms in Magnus are up to date and complete.
  - Allergies and medications!
- Antigen test at school the morning we leave!
  - Laurel Marks, come on down!

ME

bmonroe@menloschool.org

General 7th grade questions, concerns, and shout outs

ADVOCATE

Social or general academic concerns

SUBJECT TEACHER

Class specific questions or concerns

MS OFFICE

msattendance@menloschool.org

Absences, late arrivals or early departure

ZIPNOTES

Weekly email with information and upcoming dates

Thank You!
Questions?

The Purpose of Advocacy

- What is advocacy?
- What's the advocate's role?
- What does 7th-grade advocacy focus on?

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

Menlo Middle School

Habits of Learning

LEARNING ATTITUDE
- Identifies strengths and areas of growth
- Accepts and seeks challenges
- Exhibits independence
- Demonstrates resilience
- Practices self-advocacy
- Completes work with attention to detail

ORGANIZATION
- Brings materials to class
- Follows directions accurately
- Manages time efficiently
- Organizes documents
- Completes assignments on time

COLLABORATION
- Contributes productively towards the group work
- Builds on others' ideas
- Steps up and steps down appropriately
- Offers and receives feedback from peers

ENGAGEMENT
- Listens actively
- Stays focused and on task
- Participates regularly
- Asks questions and makes connections
- Contributes positively to classroom culture

The Riekes Center

8/26/22

Advocacy Themes

Connections

Kindness

Character Building

Equity, Diversity, Inclusion & Belonging

Service

Helping Hands

How you can help

- Contact advocates when you have a concern, question, or suggestion
  - Academic or Social-Emotional

- Check your child's planner

- Encourage your child to use office hours
  - Email if schedule is full

Contact Info:

ccarefoot@menloschool.org

650-330-2000 x2470

Thank you !

Thank You!
Questions?

Physical Education/Athletics

7th grade

Seventh Grade Athletics and Physical Education Program

The main goals of our athletic and physical education program for seventh grade students:

1. Develop necessary skills to play sports
2. Focus on sportsmanship and being a great teammate
3. To keep and build relationships that students have with other students and with their coaches.
4. To have fun by engaging students in the importance of physical fitness, exercise, and sports.

Building Connections,Confidence, and Conditioning!

Students have the opportunity to be with their peers and work in smaller groups throughout our learning process!

1. Students are placed on teams and in classes and they learn to work and learn together as part of our athletic and physical education program.
2. Students gain confidence by learning a new skill, exercise, and/or sport.
3. Seventh Grade students learn proper conditioning modalities to help improve their current level of fitness and learn safe and effective athletic movements. Students are learning and performing many of the movements they will learn in the Upper School. Students are together as a class for that segment.

Daily Athletic/Physical education plan

Seventh Grade students go to their athletic practices and physical education classes on days 2,3,4,5,6,and 7.

Seventh Grade Athletic/PE Block

2:15 - 3:20pm

Daily Plan

1. Meet and walk to athletic venues
2. Dynamic Warm up and fitness training
3. Skill progression
4. Drills with emphasis on skill development
5. Scrimmage or Game situation

7th Grade:

The Climb Continues!

The 6th to 7th Grade Jump is Significant

1. Rigor Increases

2. Pace Increases

3. Autonomy Increases

Equipment Check:

Students are not alone

Daily Resources:

- Planner
- Canvas Resources
- Buddy System
- Teacher-provided study guides, practice tests, and ongoing homework
- Teacher and Advocate Support
- Coaches: Ms. Uniacke and Mr. Machado

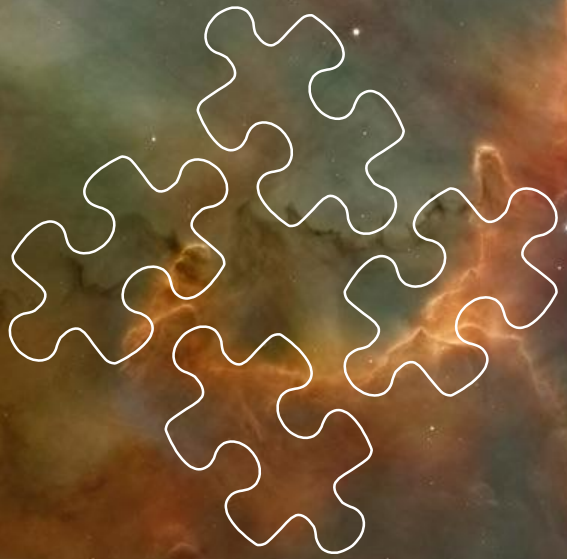
Teacher Help Sessions:

- Day 1,3,5, Office Hours
- Before/After School

Learning Seminar: Second Trimester

Framework: Action-Oriented Metacognition

1. What is working?
   - Why is it working and how can I maintain it?
2. What is not working?
   - Why is it not working and what am I going to do about it?



Learning Seminar: Topics

Metacognition:

Understanding themselves as learners and creating individualized plans to move forward

Strategies and Tools:

- Solidifying Planner Routine
- Key study strategies
- Normalizing Self-Advocacy

Neuroscience:

Science of sleep and screen time

Parent Support

=

Calibration

+

Managing Expectations

Parent Tool Kit: Bumps in the Road

Quick Look-Fors:

- Planner Completed with:
  - Homework, assessment dates, deadlines, teacher check-ins, extracurriculars, and weekend plans
- Canvas Resources:
  - Study Guides
  - Rubrics
  - Homework descriptions/resources
  - Extra practice

How to help with little bumps:

Facilitate Best Practices

- Help write an email to their teachers
- Help look through Canvas, binder, notebooks for strategic resources
- Remind them that everything will be okay as long as they address the challenge

MOM 2 TRAIN DAD 2 TRAIN

	9/18/17 MONDAY	9/19/17 TUESDAY	9/20/17 WEDNESDAY
	DAY 2	DAY 3	DAY 4 | Rosh Hashanah Begins at Sundown
8:20 - 8:30	Advocacy	Advocacy	Advocacy
Period 1 8:30 - 9:35	E LEARNING SEM	D ENGLISH: OPEN "EXEMPLARY SAMPLES OF DESCRIPTION" INTO A NOTABILITY FOLDER & FOLLOW DIRECTIONS	F SCIENCE: BUILD SCALE MODEL WITH FACTS IN NOTEBOOK (SEE HAIKU)
Period 2 9:40-10:45	F SCIENCE: GIZMOS & STARS EDPUZZLE	C HISTORY: READ CHAPS 12-13 IN BOOK (PP 47-54). ANNOTATE	G MATH: HW ALG TILES 091817
Student Life 10:50-11:15	Tutorial → JUAN POSTER PERCUSSION OR SPANISH	~~Flex~~ ADVOCACY GALLERY WALK	Tutorial DO SCIENCE
Lunch/Break 11:15-11:50	CHART 11 - PRACTICE OVER AND OVER	MAKE PRACTICE QUIZ - HAVE · QUIZLET - FLASHCARDS · DIARIO · HW'S - GET BINDER DO QUIZLETS & REVIEW NOTES & REVIEW PACKET	BROTHER QUIZ ME
Period 3 11:50-12:55	G MATH: HW ALGEBRAIC EXPRESSION 091417	D SPANISH: TEST	A PERCUSSION
Period 4 1:00-2:05	A PERCUSSION: QUIZ	E COMP SCI	B ENGLISH: CHOOSE 1 PORTRAIT YOU WANT TO USE FOR YOUR ESSAY AND COMPLETE "DESCRIPTION BRAINSTORM" IN NOTABILITY
Period 5 2:10-3:15	PE-7/8	PE-7/8	PE-7/8
After-School Meetings		REHEARSAL 3:15-4:45 FOOTBALL 5-6 TRAIN ~~[illegible]~~	REHEARSAL 3:15-4:45 TAKE 6:02 TRAIN = MENLO TO BGAME

SPANISH TEST
~~PERCUSSION~~
~~* QUIZ~~
MATH QUIZ

	9/21/17 THURSDAY	9/22/17 FRIDAY	9/23/17 SATURDAY
	DAY 5	DAY 6 | Rosh Hashanah Ends at Sundown	MS Open House
8:20 - 8:30	Advocacy	Advocacy	PERCUSSION PERFORMANCE → VOLUNTEER
Period 1 8:30 - 9:35	C HISTORY: READ CHAPTS 14 + 15 (pp 55-62). & WATCH 2 1/2 MINUTE VIDEO MAYFLOWER	G MATH: Simplifying Algebraic Expressions 092017	
Period 2 9:40-10:45	D SPANISH	A PERCUSSION	* ADDING & SUBTRACTING NEGATIVES * SIMPLIFYING ALG EXP - PERIMETER - AREA → MAKE PRACTICE QUIZ USE CW & HW PROBLEMS
Student Life 10:50-11:15	Advocacy	Tutorial	
Lunch/Break 11:15-11:50			
Period 3 11:50-12:55	E COMP SCI	B ENGLISH: FINISH ROUGH DRAFT OF DESCRIPTION AND PRINT COPY FOR PEER REVIEW	9/24/17 SUNDAY
Period 4 1:00-2:05	F SCIENCE: COMPLETE GRAVITY & ORBITS PRELAB SHEET DOWNLOAD THE PhET APP SEE INSTRUCTIONS ON HAIKU	C HISTORY: READ CHAP 16-18 (pg 63-73) ANNOTATE	BRING DEAR BOOK
Period 5 2:10-3:15	PE-7/8	PE-7/8	
After-School Meetings	DANCE 5:45-6:45 FOOTBALL 4-5	FOOTBALL 4-5	

Parent Tool Kit: Getting Off Course

Bigger Themes Emerge:

- Missing homework/deadlines consistently
- Consistently losing/forgetting materials
- Lower performance on quizzes not addressed and reflected on major assessment (Unit Test)
- Complaints of sleepiness

How to help

- Have students talk through their thinking process
- Check study guides, practice tests, unit quizzes
- Create after school schedules with weekend reminders
- Weekend backpack, binder, google drive organization checks
- Monitor/limit tech use
- Contact advocate and/or teacher directly

Parent Tool Kit: Getting Off Course

Sleep!

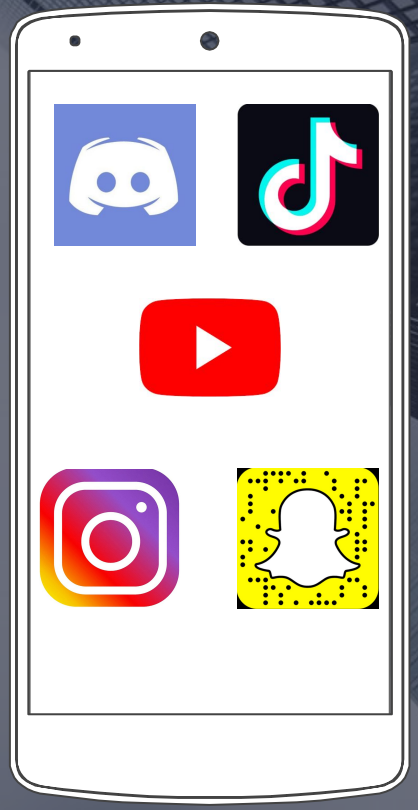
9-10 hours

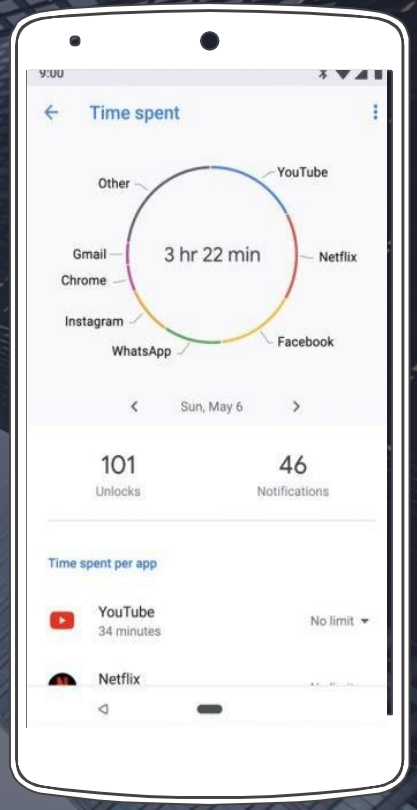
Nightly Sleep Routine

Off Screens 1 hour before bed

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

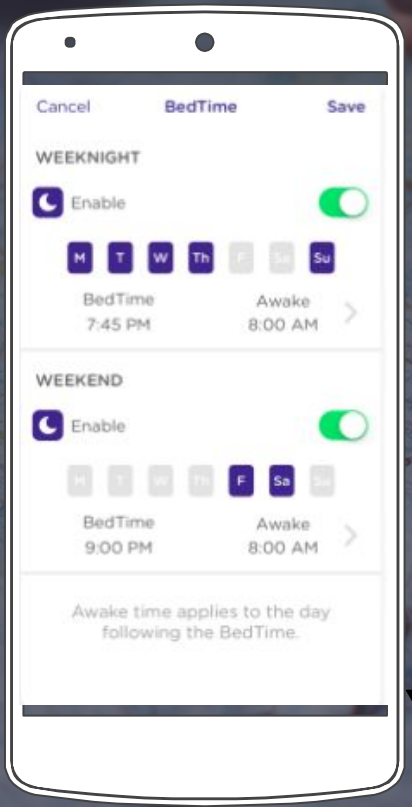


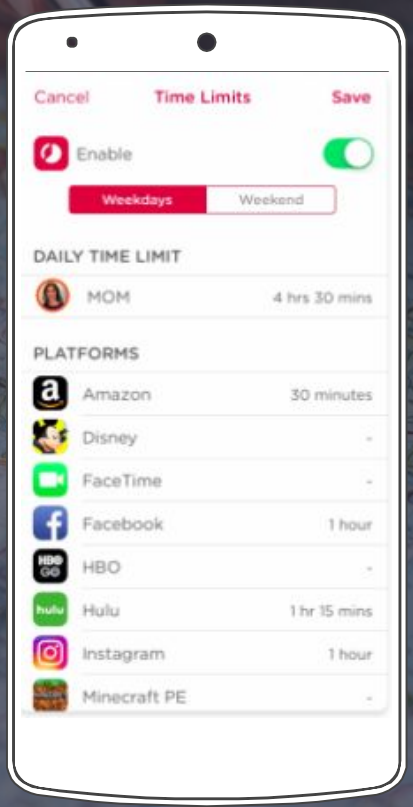


Circle

Device that helps parents monitor and control tech use at home

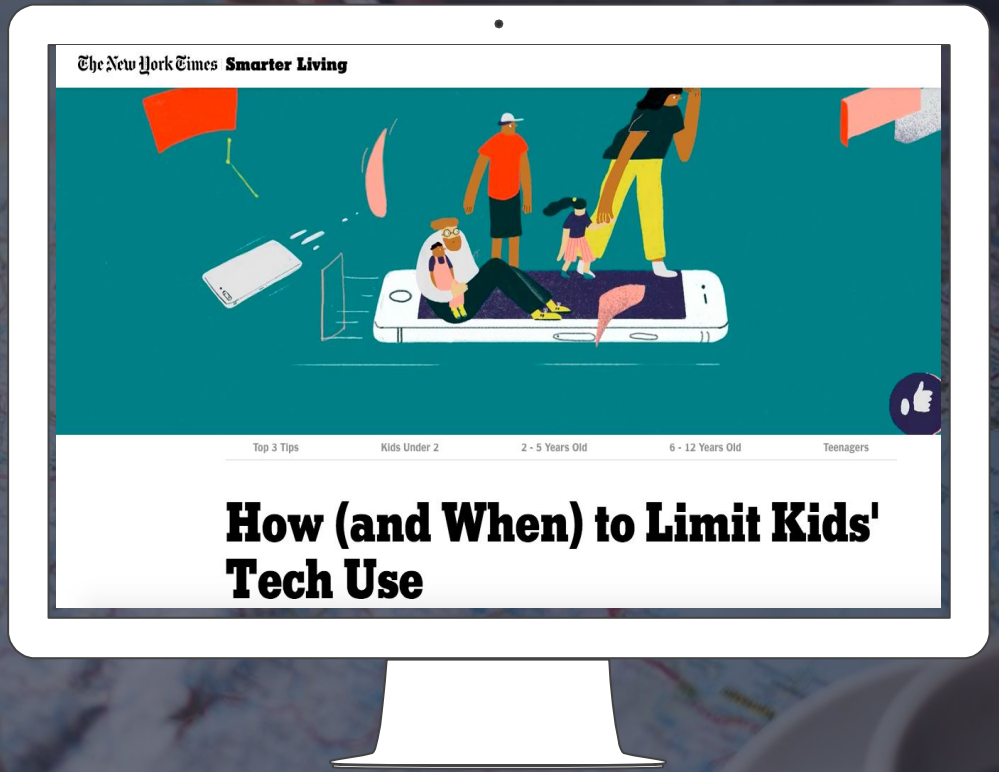
www.meetcircle.com



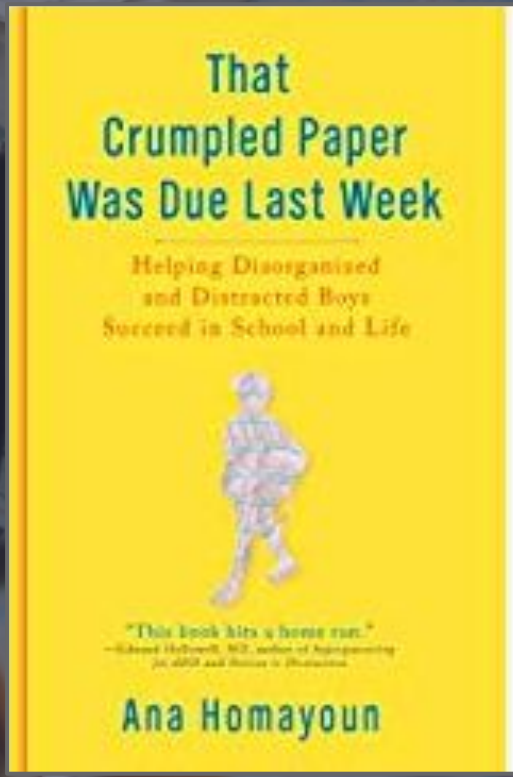


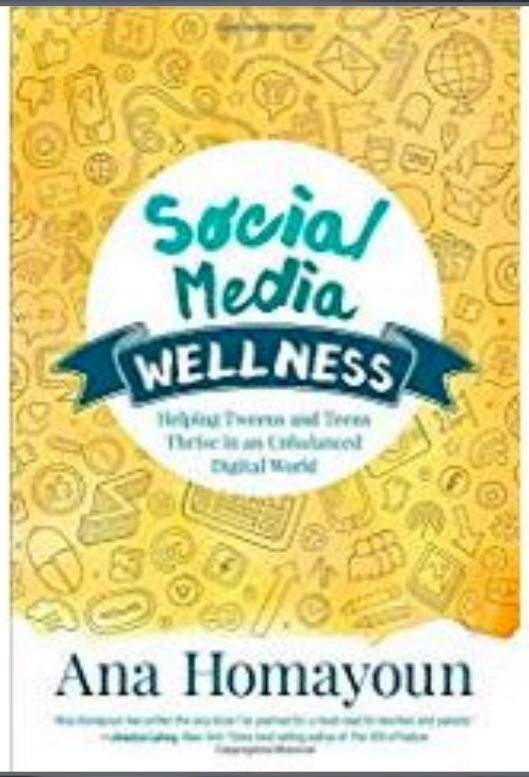
New York Times: How (and When) to Limit Kids' Tech Use

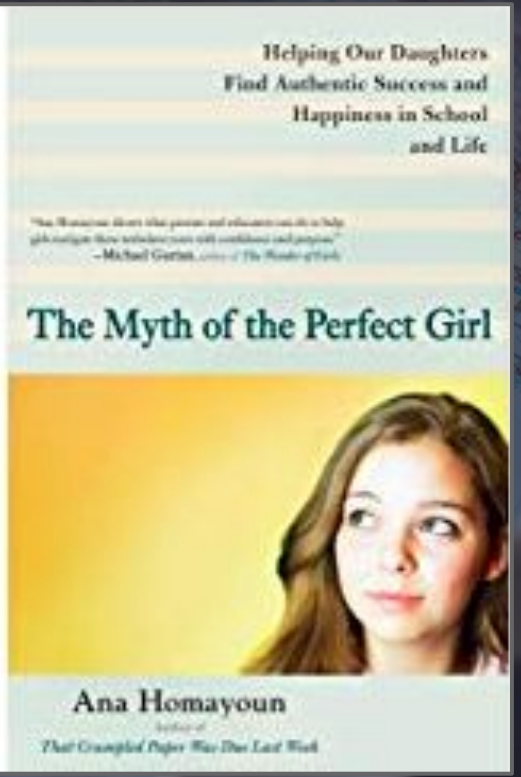
Relevant, age-specific, practical strategies



Parent Tool Kit: Ana Homayoun







Parent Tool Kit: Dr. Matt Walker, Sleep

Reach Out

Learning Support

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

fmachado@menloschool.org
(650) 330-2001 x2446

Counseling & Human Skills

Kaila Uniacke

to do

1. How are the 7th graders feeling?
2. How are they developing?
3. Ways we can support them.
4. Human Skills!
5. My role as a School Counselor.

The Tweens In-Between

What is something you wish your parents knew?

"My life would be easier if they cleaned my room for me."

"I love them but want to be left alone sometimes."

"I am not perfect"

"I can do a cartwheel!"

"A B+ is proficient"

"Trust me"

Translation

"My life would be easier if they cleaned my room for me."

"I love them but want to be left alone sometimes."

"I am not perfect"

"I can do a cartwheel!"

"A B+ is proficient"

"Trust me"

"I'm still trying to figure out the big stuff"

"Part of being independent is needing space"

"I am still learning"

"I am still playful"

"I am not defined by a grading scale"

"I have good intentions"

Developmental Milestones

Social

- Importance of social hierarchy.
- Adopt peers slang.
- Cell phones!

Emotional

- Express feelings with actions > words.
- Impulsive and unaware.
- Privilege without the responsibility.

Cognitive

- Hormones and physical demand of puberty can slow cognitive processing.
- Abstract thinking.
- Idealists

Physical

- High energy, but require a lot of rest.
- Growth spurts - girls before boys.
- Increase need for personal hygiene.

How Parents Can Help

Calming Harbor

Solace > Solution

Validate feelings

Offer opportunity for reflection

Launching Ramp

Whether they like it or not, they will always need you.

Help navigate their internal compass.

Internal Compass

Finding their direction.

The internal compass guides us in finding meaning within ourselves. It is what allows us to navigate the emotional challenges that we may face along the way.

Helping them develop Mindsight.

- Brain
- Heart
- Gut

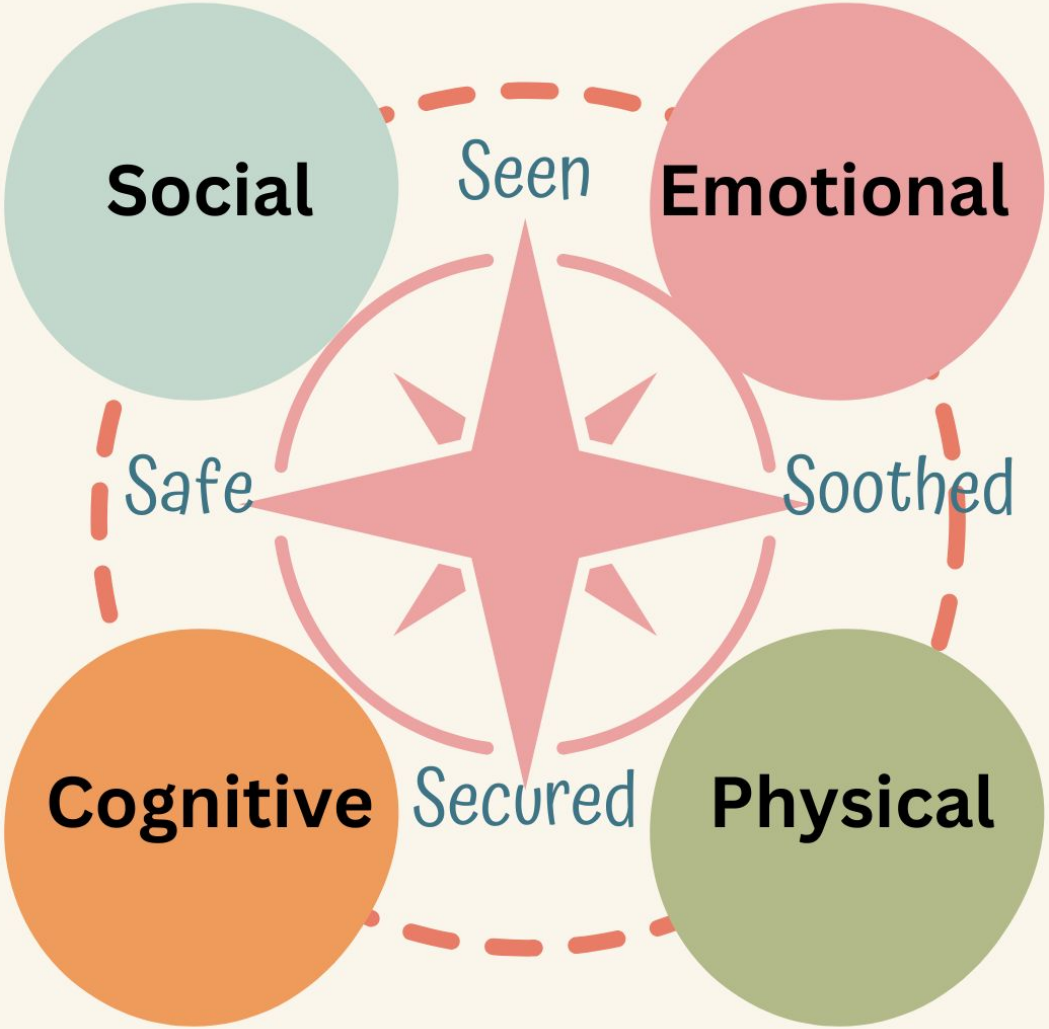
Parenting From The Inside Out

Seen

Safe

Soothed

Secured


Social
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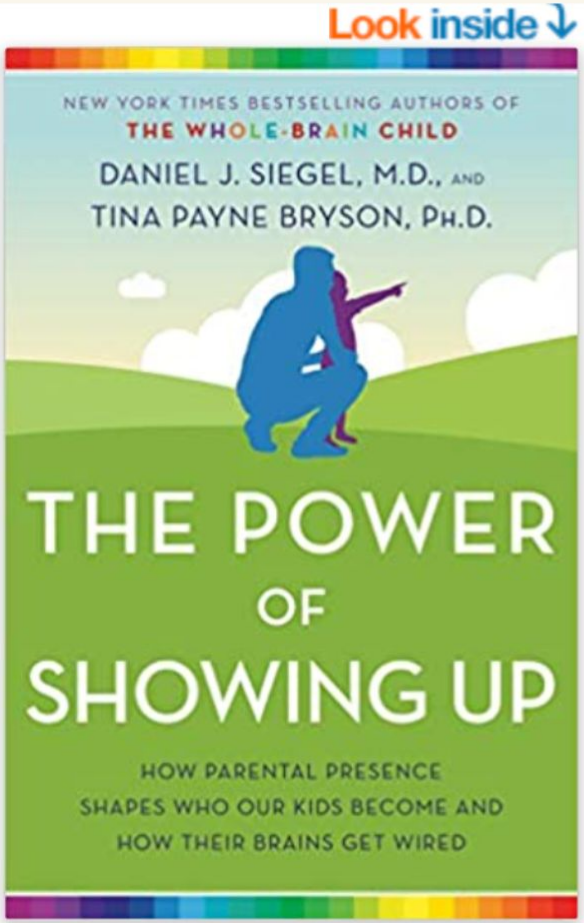
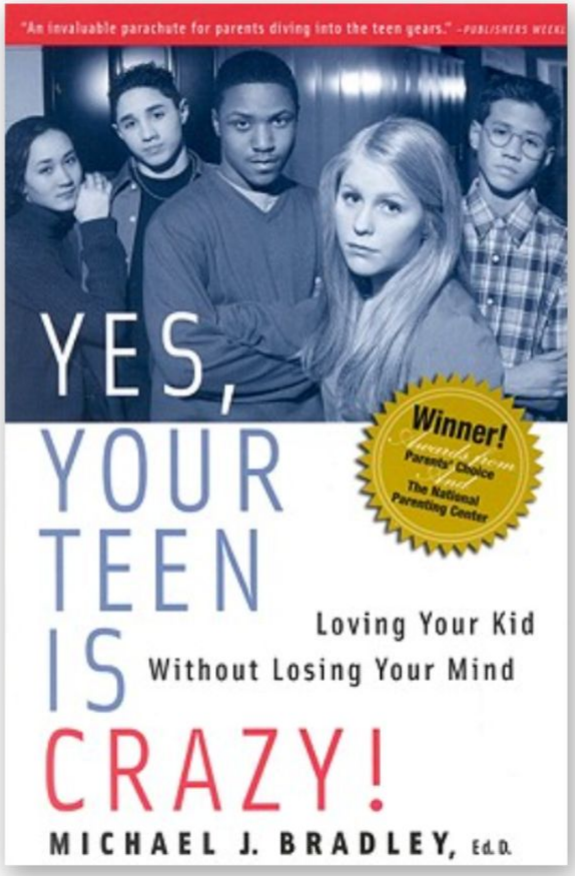
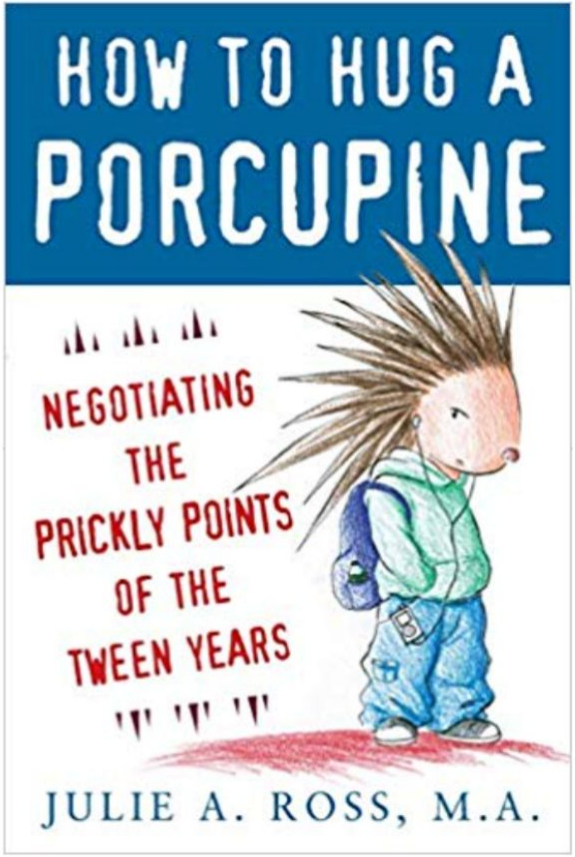

Look inside
NEW YORK TIMES BESTSELLING AUTHORS OF
THE WHOLE-BRAIN CHILD
DANIEL J. SIEGEL, M.D., AND
TINA PAYNE BRYSON, PH.D.
THE POWER
OF
SHOWING UP
HOW PARENTAL PRESENCE
SHAPES WHO OUR KIDS BECOME AND
HOW THEIR BRAINS GET WIRED


"An invaluable parachute for parents diving into the teen years."
YES,
YOUR
TEEN
IS
CRAZY!
Winner!
Parents' Choice
The National Parenting Center
Loving Your Kid
Without Losing Your Mind
MICHAEL J. BRADLEY, Ed.D.


HOW TO HUG A
PORCUPINE
NEGOTIATING
THE
PRICKLY POINTS
OF THE
TWEEN YEARS
JULIE A. ROSS, M.A.

The Comfy Couch Room

Aka Human Skills

Human Skills

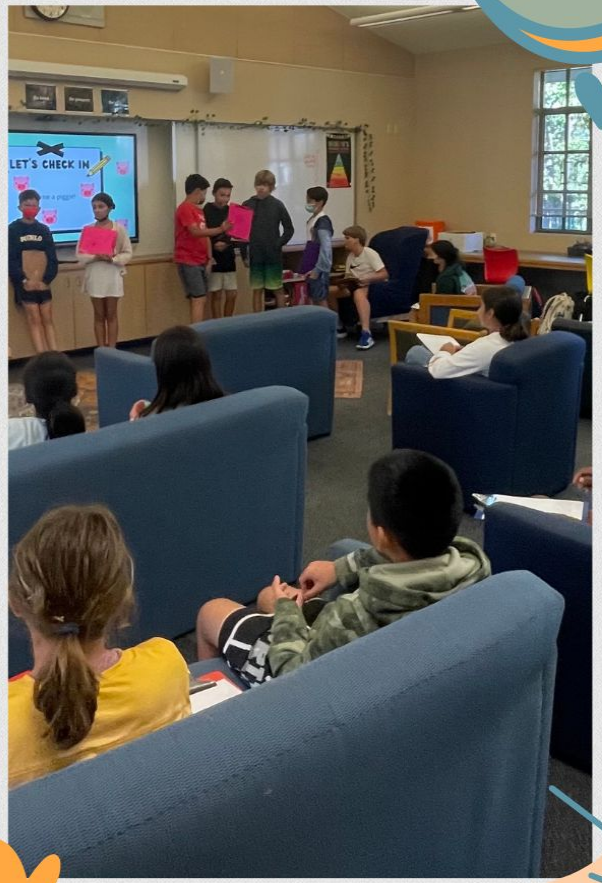
Creating the best version of you.

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?

Anxiety

Bullying

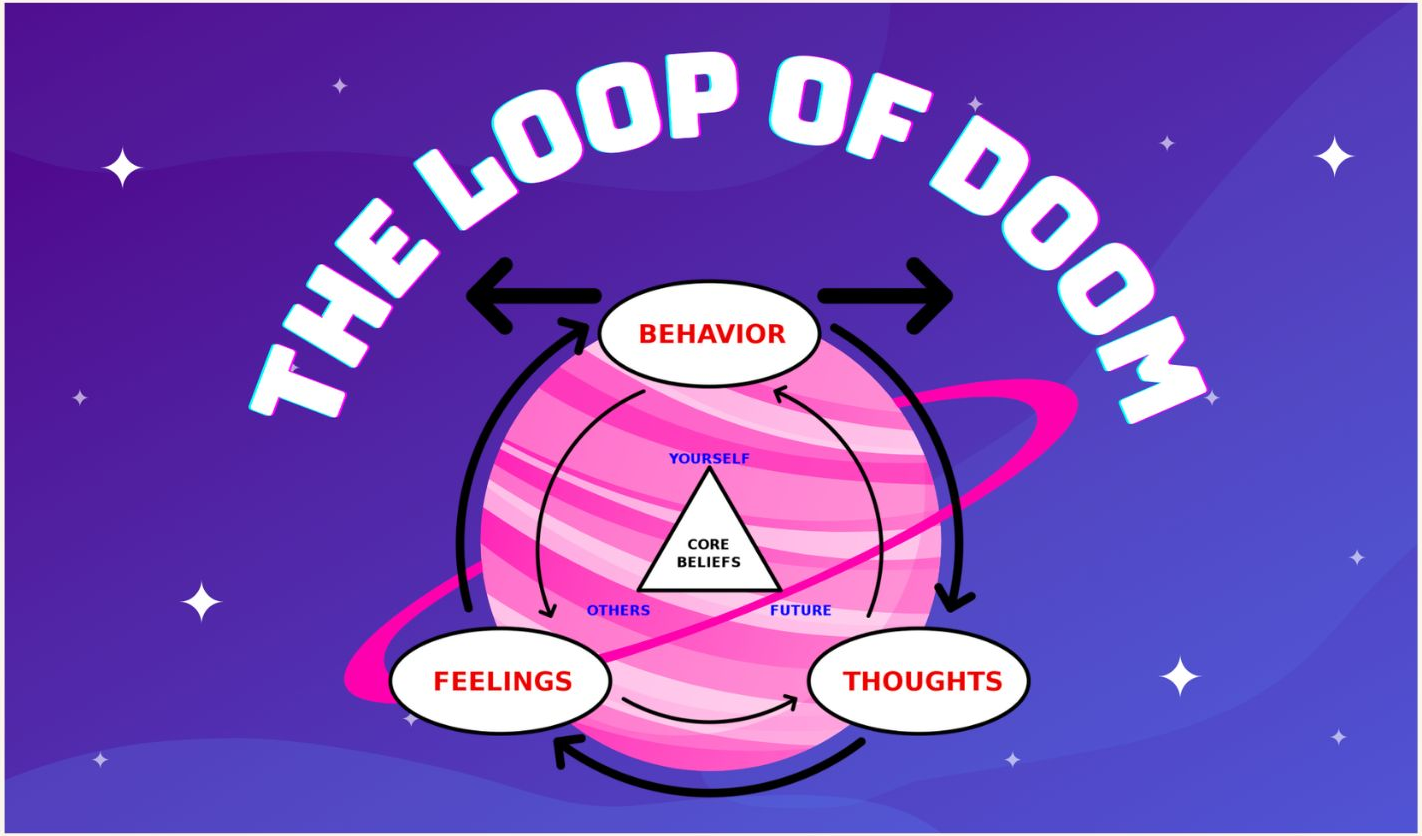
Gossiping

Stereotyping

Social Media

Self Care

ANXIETY ALIENS!



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.

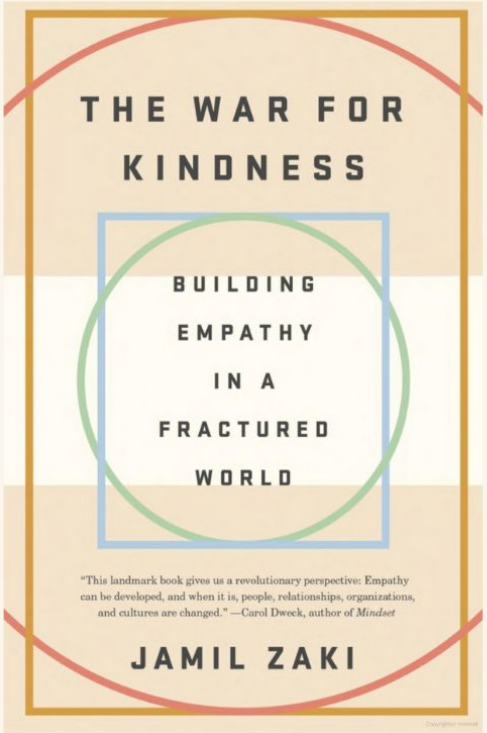
When To See Me

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

Future of Kindness

Project designed by Stanford researchers: Dr. Jamil Zaki and Dr. Erika Weisz

- Student led empathy training module.
- Leverages key insights from research in developmental psychology, education and the science of empathy.



Avenues Of Support

You attending Parent Ed night!

Reach Out

Kaila Uniacke

kuniacke@menloschool.org

650-330-2001 ext 2461

Thank you!
Have a great night!

Please drop signed permission slips on the back table!