8th Grade
Parent Information Night 2022-2023

8th to 9th Grade Transition Information Dates

Upper School Curriculum Presentation

Thursday, November 3

4pm-5pm; zoom and recorded

"Crossing Campus"- Upper School Tour and Student Panel

Thursday, March 30

5:30pm-7:15pm

8th Grade Class Meeting

April 24 - John Schafer will talk to the students about electives

Admissions 9th Grade Welcome Event

May 2023

For more info, please contact
Courtney Tyler
ctyler@menloschool.org

2022-2023 Annual Fund

- **2027 Class Captains**

  Jenny & Matt Brokaw

- **2027 Team Members**

  Megan & Jeff Bernstein

  Rachel Freitas & Jason Cohen

  Alex & Nadine Terman

  Angela & David Weiden

Goal is 100% Participation by November 30

Scheduled tonight:

- **Jenny and Matt Brokaw** - Annual Fund
- **Agnes Cho** - 8th Grade Team Leader
- **Michael Giardi** - 8th Grade Advocacy Coordinator
- **Joe McDonald** - Athletic Director
- **Frankie Machado** - Transition and Learning Support
- **Kaila Uniacke** - Counselor and Human Skills

8th Grade

Pretty much,
every morning….

8th Grade

A lot on their minds!

- School
- Sports
- Activities
- Friends

A lot of sources for support!

- Their teachers
- Their friends
- Their classmates
- Their parents

8th Grade

At Menlo

- Impact, Rocket Launching, Odes, DC Trip
- Last year of middle school
- Thinking about High School

This Class

- Curious
- Motivated
- Processors

As an 8th Grade Team

Let them be 8th Graders!	Support them Academically	Support them Emotionally
• Leaders • Silly, weird, "cool" • Top of the school	• Encourage and expect a gradual release • Advocate for themselves • Own their learning	• Care about them deeply • Team meetings

Important Dates

- **October Chats**

  Mid October

- **Parent Teacher Conferences**

  Thursday & Friday

  November 17-18

The Ultimate Experience

The Close Up Program

- Close Up is national organization based in DC that empowers young people to become informed and engaged citizens.

- Your program will have 1 dedicated Program Leader as well as 1 Program Instructor for each workshop of 20-25 students.

- Program Instructors get to know each student and help them explore their role as citizens of a democracy.

CLOSE UP
WASHINGTON DC
The Ultimate Experience

Supervision and Security

- 24/7 supervision including a Program Leader, Program Instructors and Night Monitors to conduct room checks on each hotel hallway and keep watch throughout the night (10 PM – 6 AM).
- On-call Program Instructor in residence at the hotel, overnight.
- Program Instructors have 120+ hours of training, are certified in CPR/First Aid, have had criminal background checks, and are vaccinated and boosted against Covid-19.
- Program Instructors count students and provide meet up locations at every site.
- Students wear Close Up name tags with an emergency hotline number that is staffed 24/7.

Rules and Expectations

- Students should refrain from going into any rooms other than their own.
- Alcohol, smoking, drugs, or weapons are forbidden.
- Abuse, defacement or theft of property or facilities is prohibited.
- Students will respect the diversity of opinions expressed by other students and speakers.

What Else to Pack

- Most students bring one piece of carry-on luggage and a small backpack or purse.
- Other useful items include:
  - Umbrella and/or rain jacket
  - Sunscreen (in a travel-sized container if flying!)
  - Portable charger for your phone or camera
  - Masks
- Spending money?
  - Meals/snacks en route to and from Washington
  - Souvenirs or extra snacks while in DC
- Upon arrival, students will receive a Close Up backpack and water bottle to use while on Program.

Meals & Dietary Info

- Breakfast: hot buffet in hotel.
- Other meals: food courts and local restaurants – always options!
- Students will be provided with cash at the time of each meal when necessary.
- Please inform us of any allergies or dietary needs if you have not already done so.
- Close Up has a nut-free policy, but we operate in public spaces that do not.

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The Ultimate Experience

Medical Information

- Please fill out your Medical Form and turn it into the school
- Partnership with Georgetown Medical Center

Preparing Your Child For DC

Please take some time to talk to your child about the following:

- Responsibility while traveling
- Behavior in public spaces, especially monuments and memorials
- Respecting opinions of others
- Being active and engaged with their workshop group
- Healthy eating habits, washing hands often, staying hydrated

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The Ultimate Experience

Contact Info & Final Takeaways

- Questions for Close Up: 703-706-3346
- Questions for Menlo School: agnes.cho@menloschool.org

Menlo School Sample Schedule: October 16th-20th, 2022

Sunday 16th	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th
Flight: Alaska Airlines 1080 SFO-IAD 7:00AM – 3:00PM ***Hotel:*** Hilton King Street 4:30 **Approximate Arrival & Registration at Hotel** 5:00 **Program Orientation** 5:45 **Dinner at Hotel** 6:45 **Opening Workshop**: How does government impact your lives? 8:30 **Night Memorial Tour:** Lincoln Memorial 9:30 **Student Lounge** 10:00 Room Check	8:00 Breakfast Buffet 9:00 **Citizen Action Memorials:** Examine the impact citizens can have on government • **Jefferson Memorial** – Discuss how to take action on the issues you care about • **FDR Memorial** – Examine how individuals throughout history have become change makers • **MLK Memorial** – Discuss types of citizen actions you could take to influence the government 12:45 Lunch at L'Enfant Plaza 2:15 **Smithsonian National Museum of African American History & Culture Study Visit**: Explore American history through the experience of African Americans 4:30 **Einstein Memorial Group Photo** 6:00 **Georgetown Neighborhood Exploration & Dinner in small groups** 8:00 **Congressional Issues Deliberation:** Develop an understanding of a current issue and discuss different policies that have been proposed to address it 9:30 **Student Lounge** 10:00 Room Check	8:00 Breakfast Buffet 9:00 **Capitol Hill Walking Workshop:** Explore the home of the federal government and meet with your members of Congress or their staff • Group Photo • Congressional Meeting • Library of Congress Visit 12:45 Lunch at the Ronald Reagan Building 2:15 **Holocaust Memorial Museum:** Consider individual actions and responsibilities during a time of crisis 4:45 **White House Study Visit:** Debate what restrictions, if any, are reasonable on freedom of speech 6:15 Dinner at Yard House 8:00 **Theater: Shear Madness at the Kennedy Center** 10:00 **Student Lounge** 10:30 Room Check	8:00 Breakfast Buffet 9:30 **Arlington National Cemetery**: Discuss how we honor those who have served and sacrificed for the United States 12:00 Lunch at Pentagon City Mall 1:30 **Community Action Speaker focusing on AAPI Issues**: Meet with a representative from an advocacy organization, and learn how they are taking action. 3:00 **Spy Museum Visit** 5:00 **Dinner and Bowling at Bowlero** 7:30 **US Marine Corps Memorial Visit** 8:30 Student Lounge & Time to Pack 9:30 Room Check	8:00 Breakfast Buffet 9:30 **Memorial Visit:** U.S. Airforce Memorial 10:00 **Air & Space Museum Visit** 12:00 Lunch in Chinatown 1:00 **Depart for airport** ***Flight:*** Alaska Airlines 1080 IAD-SFO 4:05PM – 7:05PM

Study visits led by our highly-trained instructors give students unique opportunities to learn using historic sites and institutions as living classrooms.
Workshops and seminars reinforce this learning and help students make personal connections to the roles that they, as ordinary citizens, play in the U.S. democracy.

www.Closeup.org

CLOSE UP WASHINGTON DC

Flight Information

- **Outbound Flight (nonstop), Sunday, October 16:**
  - Alaska Airlines #1080
    - Departs from SFO at 7:00 am PST
    - Arrives at IAD (Dulles International) at 3:00 pm EST

- **Return Flight (nonstop), Thursday, October 20:**
  - Alaska Airlines #1080
    - Departs from IAD (Dulles International) at 4:05 pm EST
    - Arrives at SFO at 7:05 pm PST

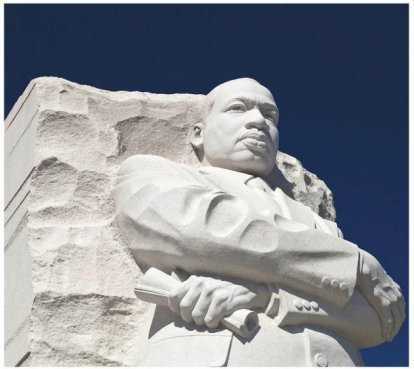
Hotel Details

- **Hilton King Street**

  1767 King Street

  Alexandria, VA 22314

- Students will be roomed 2 to a room and assigned roommates by the school.



Please email Close Up at programsupport@closeup.org with any questions.

CLOSE UP®
WASHINGTON DC
The Ultimate Experience

Close Up Washington
Menlo School
April 3 – April 6 2022

CLOSE UP
WASHINGTON DC

Contact Info

- Questions: agnes.cho@menloschool.org
- Questions for Close Up: 703-706-3346

Joan Barada
School Nurse and Health Services Coordinator

8th Grade Advocacy

2022-2023

Purpose

BELONGING

Sharing stories, perspectives, experiences and aspirations

WELL BEING

Helping students to flourish: Character Strengths, gratitude and Day 7 check-ins

HAVE FUN

Team Building and Advocacy hobbies

8th Grade Advocacy Theme:

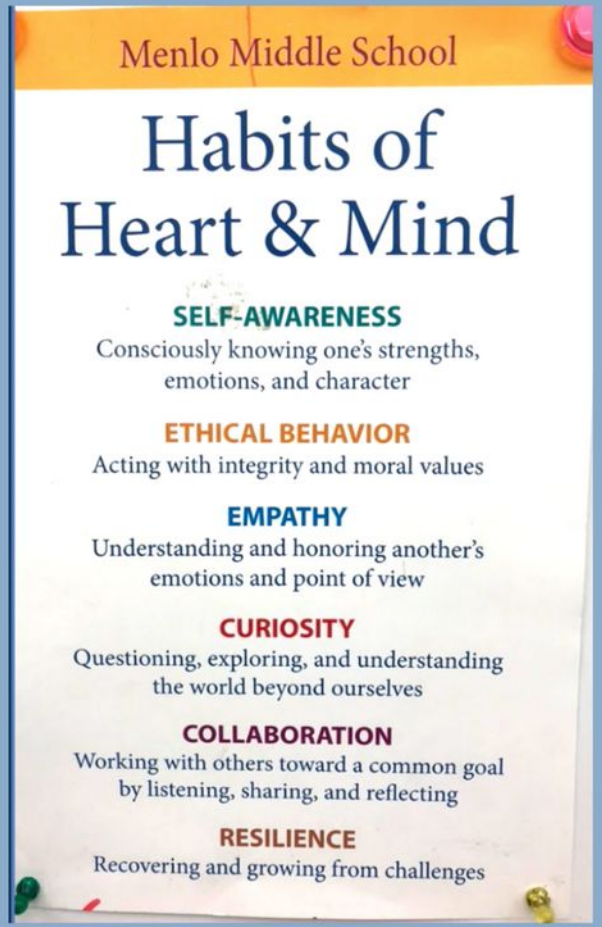
Leadership

“In the past jobs were about muscles, now they're about brains, but in future they'll be about the heart.”

-Dame Minouche Shafik, Director of the London School of Economics

Leadership Opportunities

- Lunch bunches
- Service learning
- Growth Spurts



LUNCH BUNCHES

GROWTH SPURT:

THIS WEEK LOOK FOR AN OPPORTUNITY TO BE KIND THAT IS SLIGHTLY UNCOMFORTABLE.

- NOTE HOW THE OPPORTUNITY MAKES YOU FEEL.
- IF YOU CHOOSE TO ACT, NOTE HOW THAT MAKES YOU FEEL.
- IF YOU AVOID THE ACT OF KINDNESS, NOTE WHAT FEELINGS STAND IN YOUR WAY.

Service

BELONGING

Primary purpose of charity is to elevate the relationship between giver and receiver.
-Rabbi Maimonides

WELL BEING

The experience of helping others lowers activity in the brain's stress and threat centers.
-Dr. Naomi Eisenberger

SUCCESS

"When givers succeed, it spreads and cascades".
-Adam Grant "Give and Take"

Having Fun!

Physical Education

8th Grade

Eighth Grade Athletics/ Physical Education Program

The main goals of our athletic and physical education program for eighth grade students.

1. Develop and acquire the 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.
5. To prepare students for the upper school athletic program

Building Connections, Confidence, and Skills!

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

a. Students are placed on teams and in classes and they learn to work in teams as part of our athletic and physical education program.
b. Students gain confidence by learning and perfecting a new skill, exercise, and/or sport.
c. Eighth 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.

Weekly and daily Athletic/Physical education plan

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

<u>Eighth Grade Athletic/PE Block</u>

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

8th Grade Transition & Academic Support

Frankie Machado, MS Learning Specialist

Agenda

- Gradually Releasing Responsibility over 8th Grade
- Strategies to support your child in 8th grade
- Academic Support Services

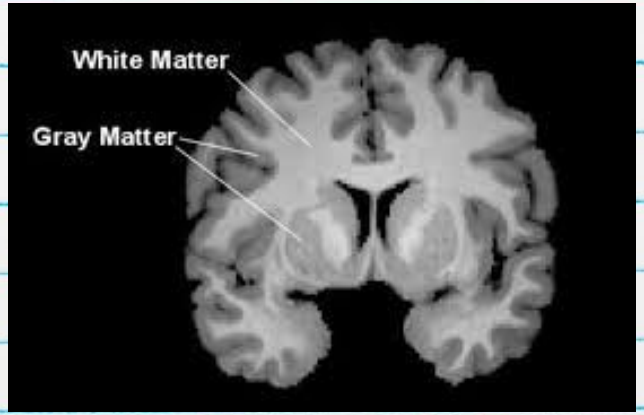
The Transition from 7th to 8th

- Students crave independence
- Parents and Teachers feel the need to step back
- 7th grade supports are **decreased** BUT rigor is **increased**
- Brain is still playing catch-up

Brain Development: Teens

<u>Grey Matter</u> = Nerve Cell Bodies or processing center of the cell

<u>White Matter</u> = Nerve Axons or insulated connectors of the cell

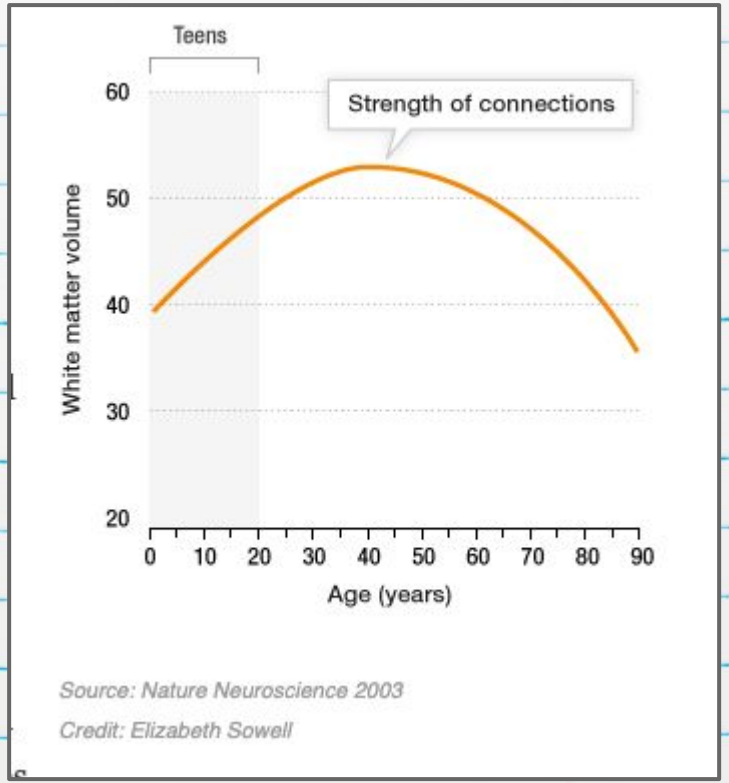


Brain Development: Teens

By Adolescence, most Gray Matter Formed

White Matter is still forming

- Forms Back to Front
- Frontal Lobe last to be fully connected
- Executive Functions continue developing into 20's



Gradual Release of Responsibility

What Students think should Happen

Gradual Release of Responsibility

What Students think should Happen

Gradual Release of Responsibility

What Should Actually Happen

Gradual Release of Responsibility

Parent Coaching & Calibration

- Proactive Vs. Reactive Prep
- Self Advocacy
- Active Studying
- Time Management and Organization

Gradual Release of Responsibility

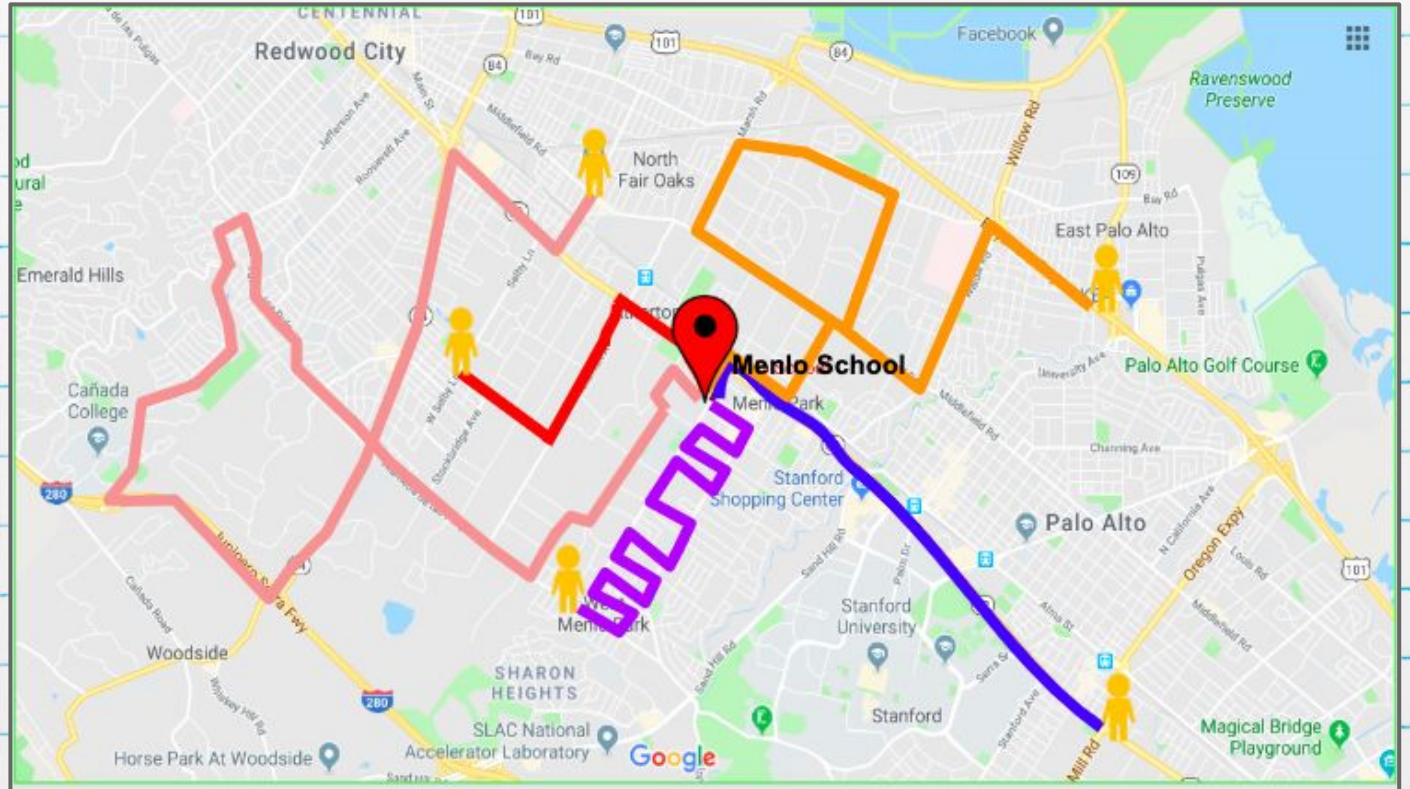
Parent Coaching & Calibration

Independence is

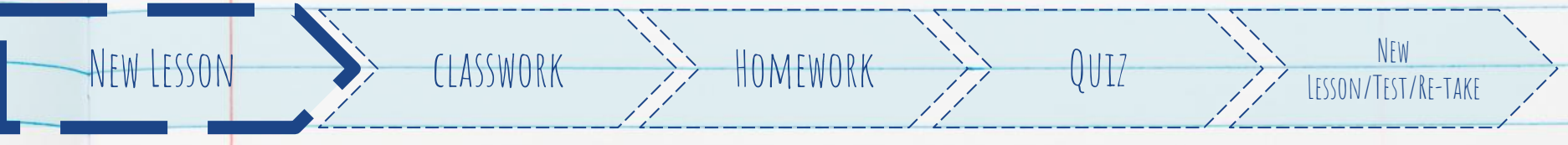
EARNED not Given

Gradual Release of Responsibility

Parent Coaching & Calibration

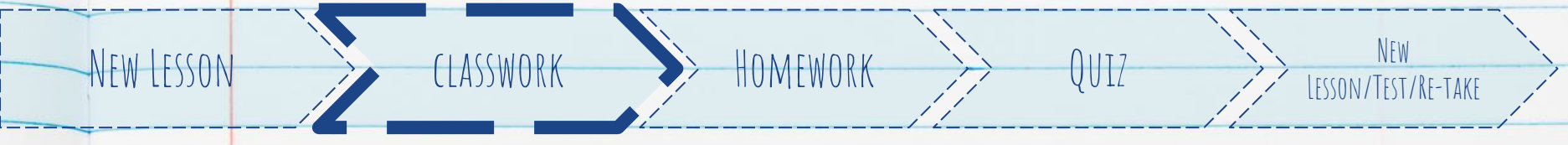


Feedback Loop: Proactive Prep



- Taking Notes
- Asking Questions
- Actively listening
- Participating

Feedback Loop



- Taking Notes
- Asking Questions
- Actively listening
- Participating

- Checking work
- Asking Questions
- Organizing materials

Feedback Loop

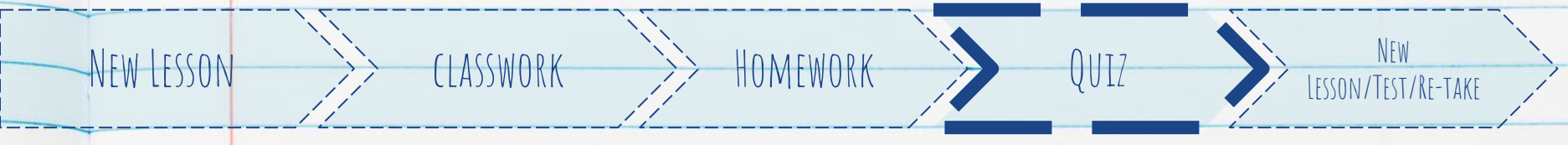
New Lesson → Classwork → Homework → Quiz → New Lesson/Test/Re-take

- Taking Notes
- Asking Questions
- Actively listening
- Participating

- Checking work
- Asking Questions
- Organizing materials

- Checking work
- Using notes
- Asking questions
- Checking in with teachers

Feedback Loop



- Taking Notes
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- Checking work
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- Checking work
- Using notes
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- Checking in with teachers

- Looking over feedback
- Fill in any gaps in understanding
- Updating a practice test

Feedback Loop

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- Using notes
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- Fill in any gaps in understanding
- Updating a practice test

- Actively study

Parent Coaching: Access Point

New Lesson → Classwork → Homework → Quiz → New Lesson/Test/Re-take

New Lesson

- Taking Notes
- Asking Questions
- Actively listening
- Participating

Classwork

- Checking work
- Asking Questions
- Organizing materials

Homework

- Checking work
- Using notes
- Asking questions
- Checking in with teachers

Quiz

- **Looking over feedback**
- Fill in any gaps in understanding
- Updating a practice test

New Lesson/Test/Re-take

- Actively study

Quick Look-For's

Any teacher feedback

- Rubrics
- Quizzes
- Tests

Evidence of Prep

- Practice tests
- Study Guides
- Flash Cards

Canvas

- Assignments
- Missing/Late work
- Teacher Resources

Organization

- Backpack Checks
- Planner

Quick Look-For's

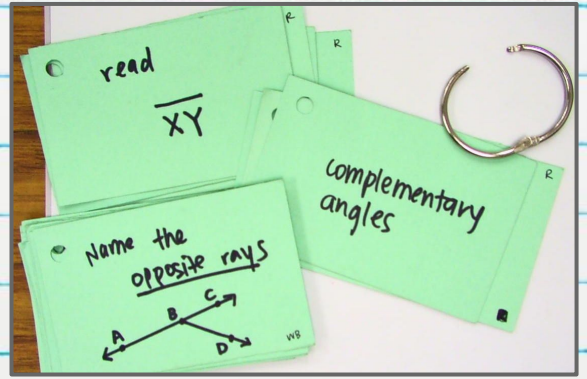
Sleep!

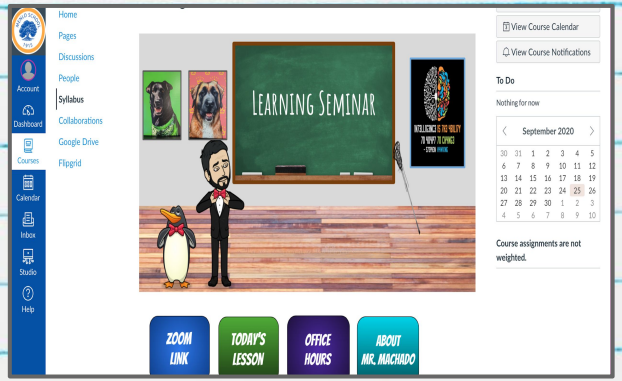
9-10 hours

Nightly Sleep Routine

Off Screens 1 hour before bed

Model Productive strategies and systems

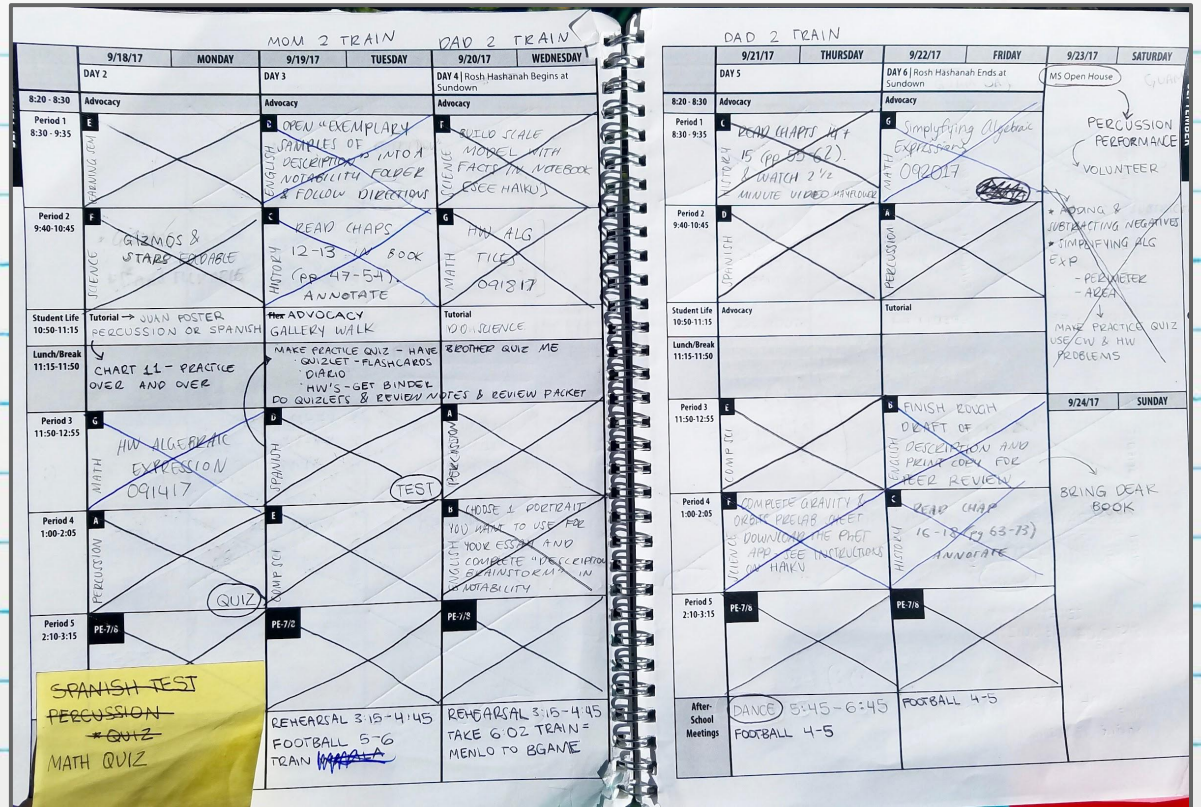




Model Productive Strategies and Systems

Help!

- Weekly Planner Updates
  - Sundays
  - Family events
  - Extracurriculars
  - Everyone Updates their own planner



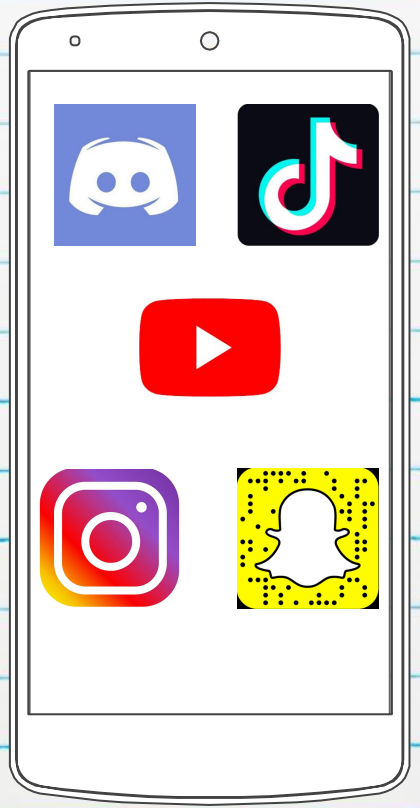
Current 9th Graders

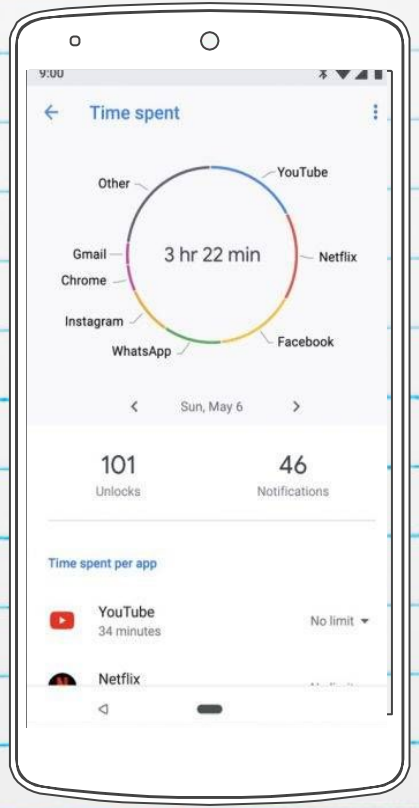
What do you wish you worked on more in 8th Grade?

- Doing Homework the day it was Assigned
- Checking in with teachers during the Unit
- Learning How to use Unstructured Time

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

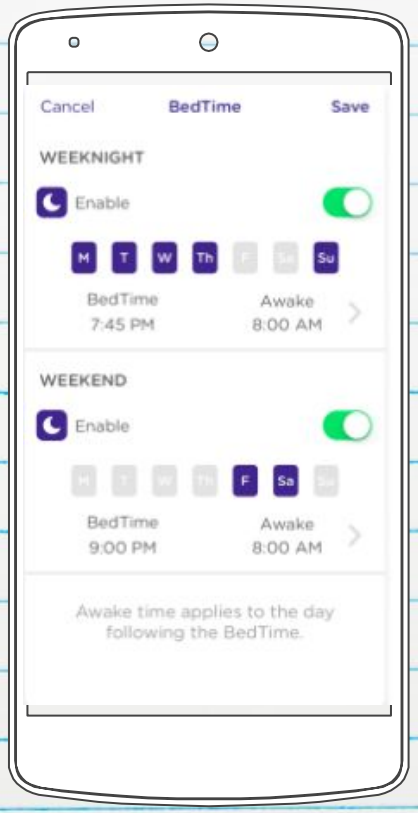


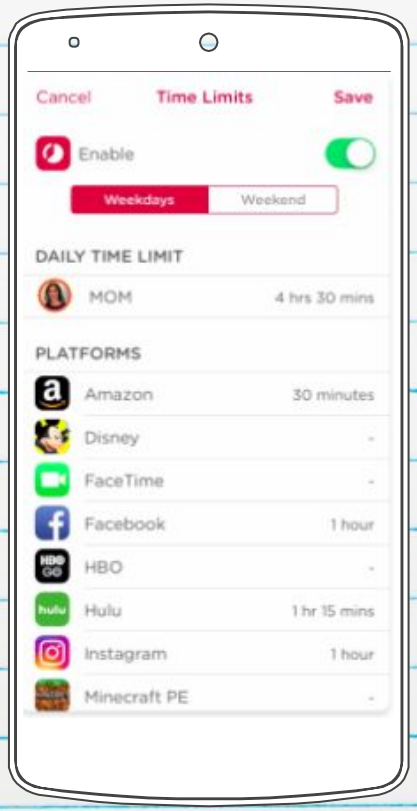


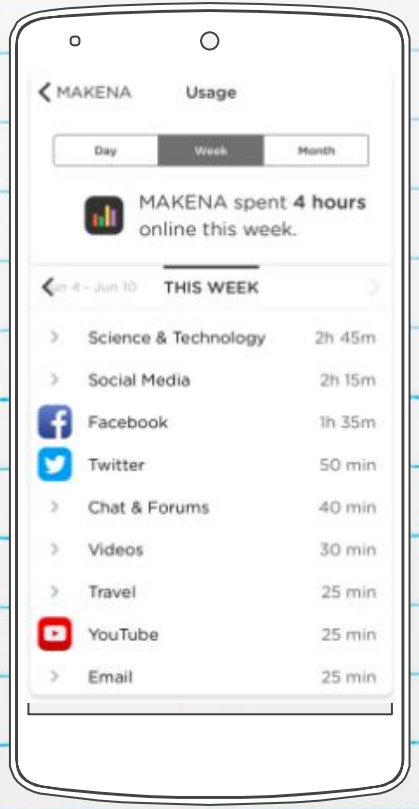
Circle

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

www.meetcircle.com

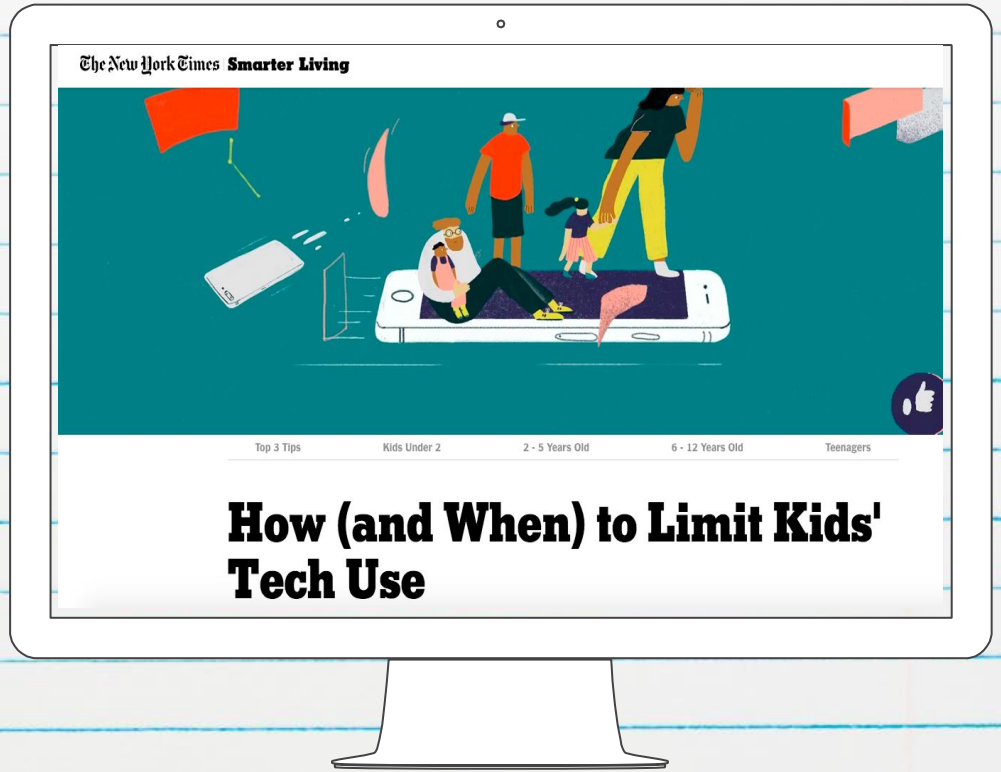






New York Times: How (and When) to Limit Kids' Tech Use

Relevant, age specific, practical strategies



Academic Support

- Learning Seminar Trimester 3
- One-on-one support during, Day 1,3, & 5 Office Hours, Before/After School
- Support Plans for students with Learning Differences
- Recommendations for supports

THANKS!

Frankie Machado

fmachado@menloschool.org

(650)330-2001 x 2446

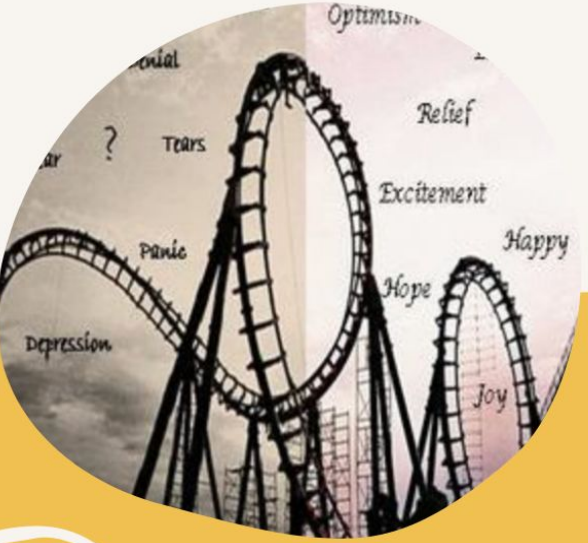
SCHOOL COUNSELING

Kaila Uniacke

AGENDA

- How 8th Grade Is Feeling
- 8th Grade Development
- How We Can Support
- Human Skills
- School Counseling

MIDDLE SCHOOL EVOLUTION



6th Grade

BOARDED THE SOCIO-EMOTIONAL ROLLERCOASTER

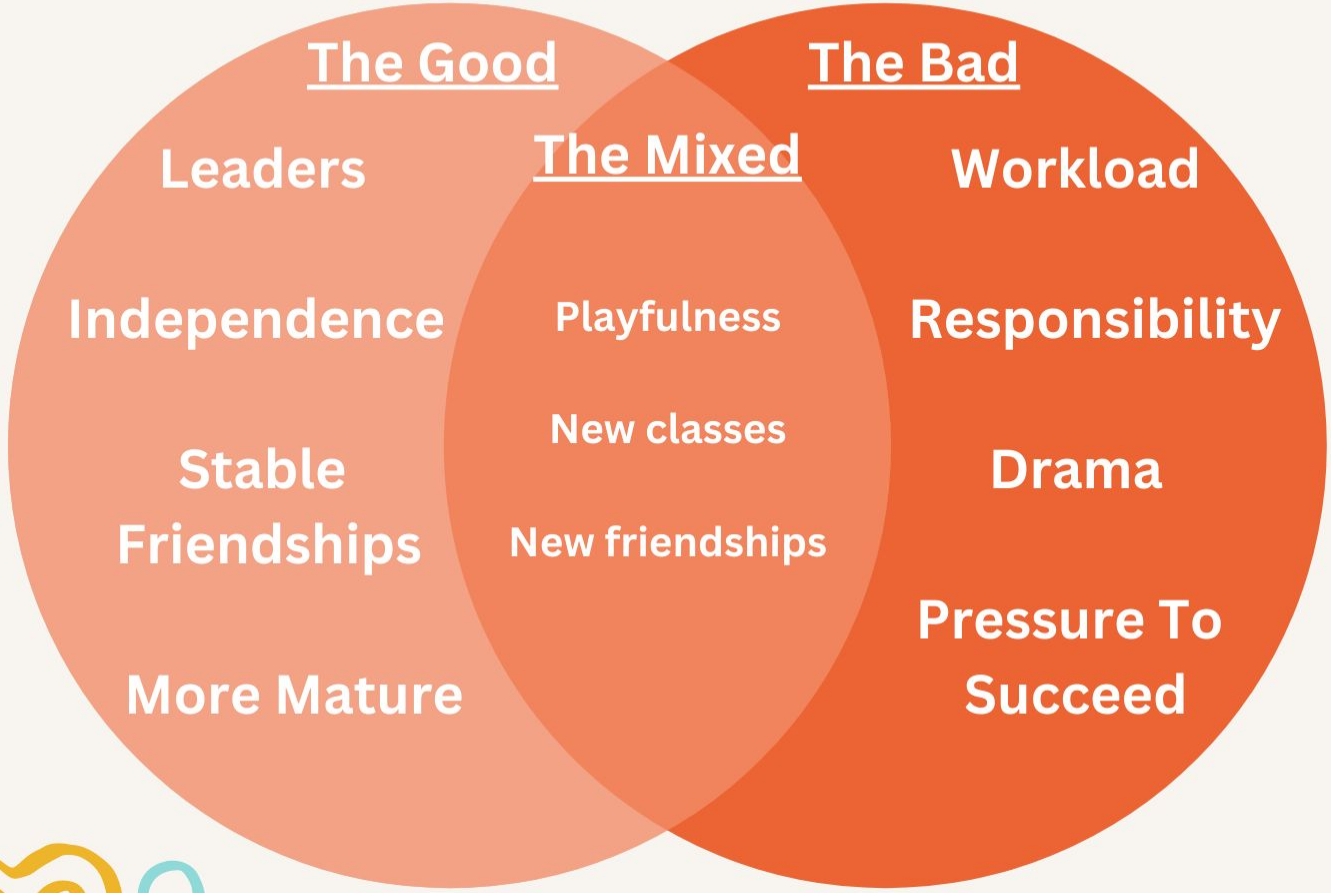
7th Grade

THE TWEENS IN-BETWEEN

8th Grade

PYRAMID OR SOAPBOX?

HOW IS 8TH GRADE FEELING?



13-14 Year Old Development

Social

- Importance of social hierarchy.
- Gossiping.
- Still egocentric.

Emotional

- No one knows how they feel.
- Mood swings.
- Very sensitive.

Cognitive

- Increase in logical thinking.
- Question authoritative figures.
- Attention towards Justice and Equality.

Physical

- Physically mature.
- Gain weight.
- Deeper voice.

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HOW PARENTS CAN HELP

Calming Harbor

Solace > Solution.

Validate feelings = Feeling felt.

Offer opportunity for reflection.

Launching Ramp

But sometimes solution.

Remind them they're still in the driver seat.

Help them develop Mindsight.

MINDSIGHT > MINDSET

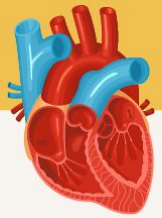
Name and tame emotions.

BRAIN

Our thinking brain. Allows us to make executive decisions. But 90% of our behaviors are directed by the unconscious mind.

HEART

The heart has over 40,000 intrinsic cardiac neurons that send signals through the Vagus nerve to the brain.

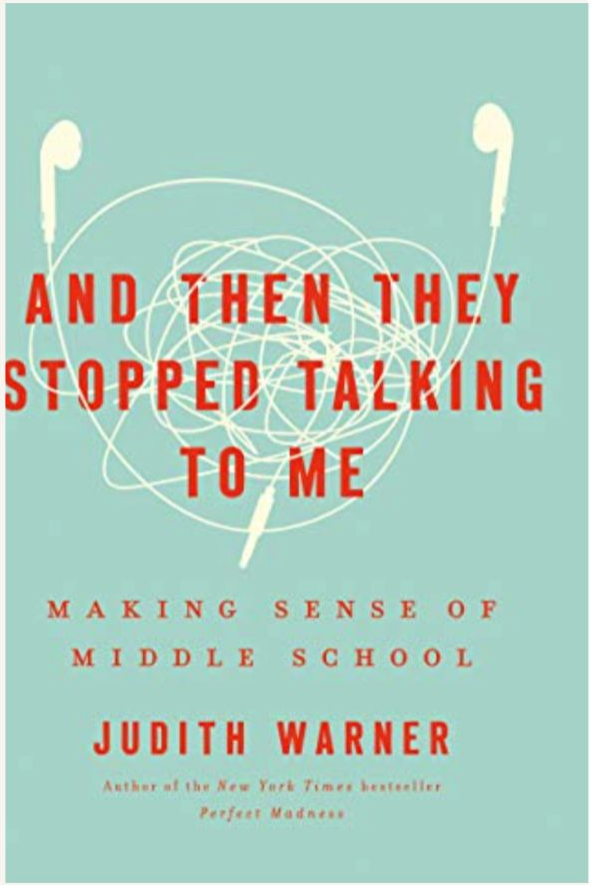


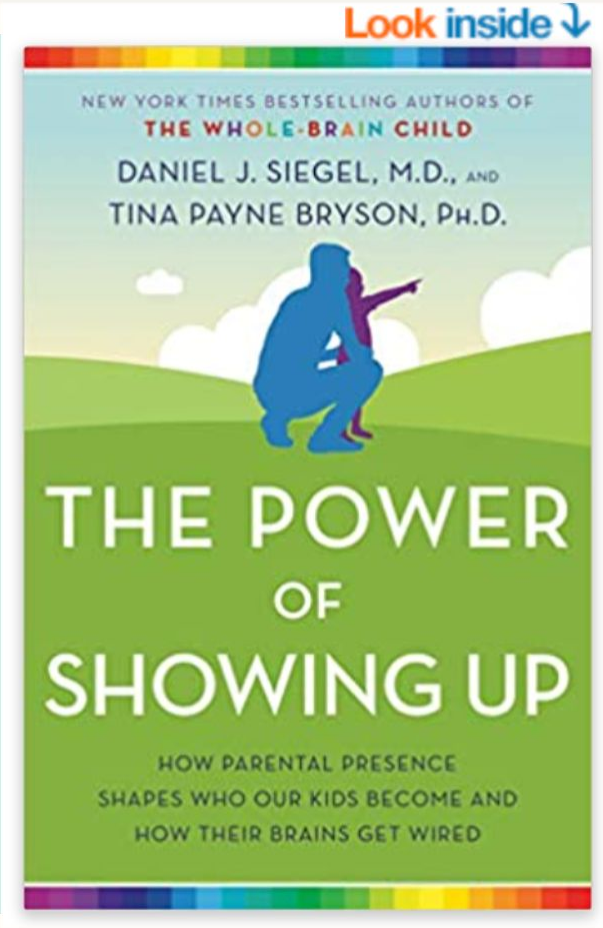
GUT

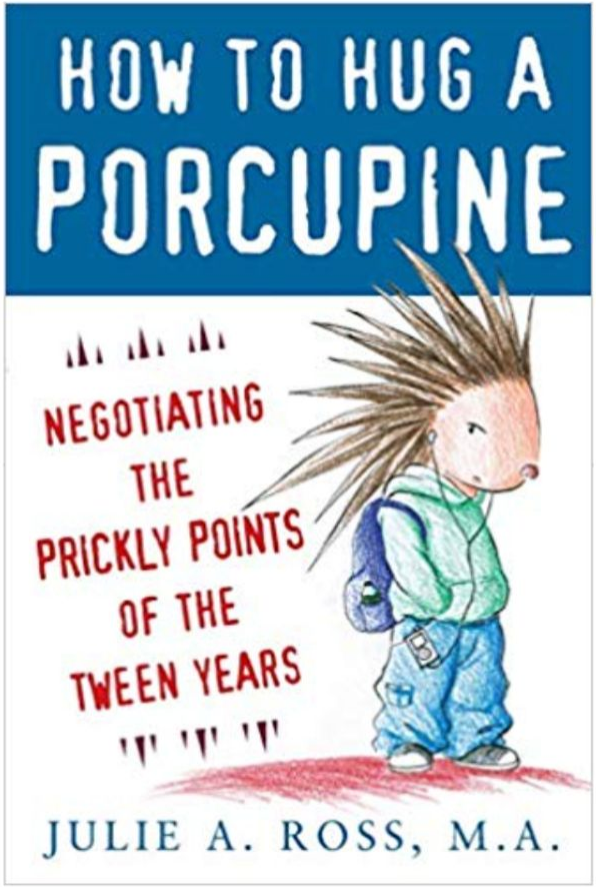
The Enteric nervous system (or butterflies) makes up two layers of over 100 million nerves that send signals up to the brain.

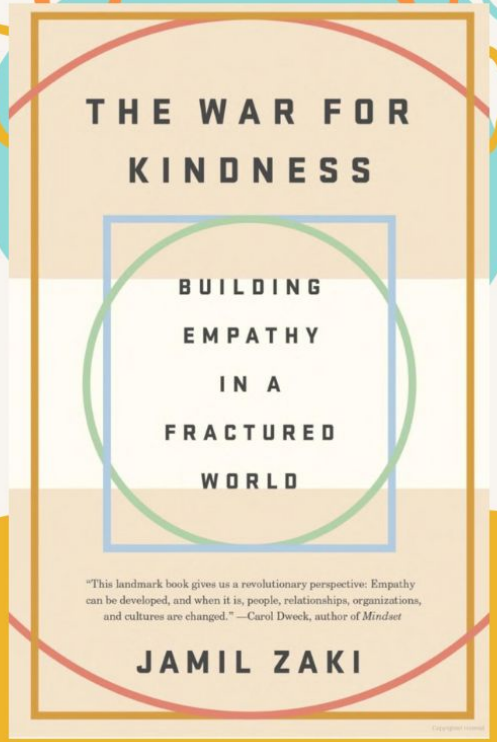
NAVIGATING DEVELOPMENT

INTERNAL	EXTERNAL
Driven by meaning.	Driven by certainty.
Attunement	Relies on the approval from others.
Resonate	Mirror
Empathy	Compare
Promotes resiliency.	Fixed Mindset


AND THEN THEY STOPPED TALKING TO ME
MAKING SENSE OF MIDDLE SCHOOL
JUDITH WARNER
Author of the New York Times bestseller Perfect Madness


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


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



THE FUTURE OF KINDNESS PROJECT

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.

HUMAN SKILLS

AKA "The Chill Class"

An Emergent Curriculum

Developing the best version of you!

Effective Leadership

Bias & Stereotyping

Self Care

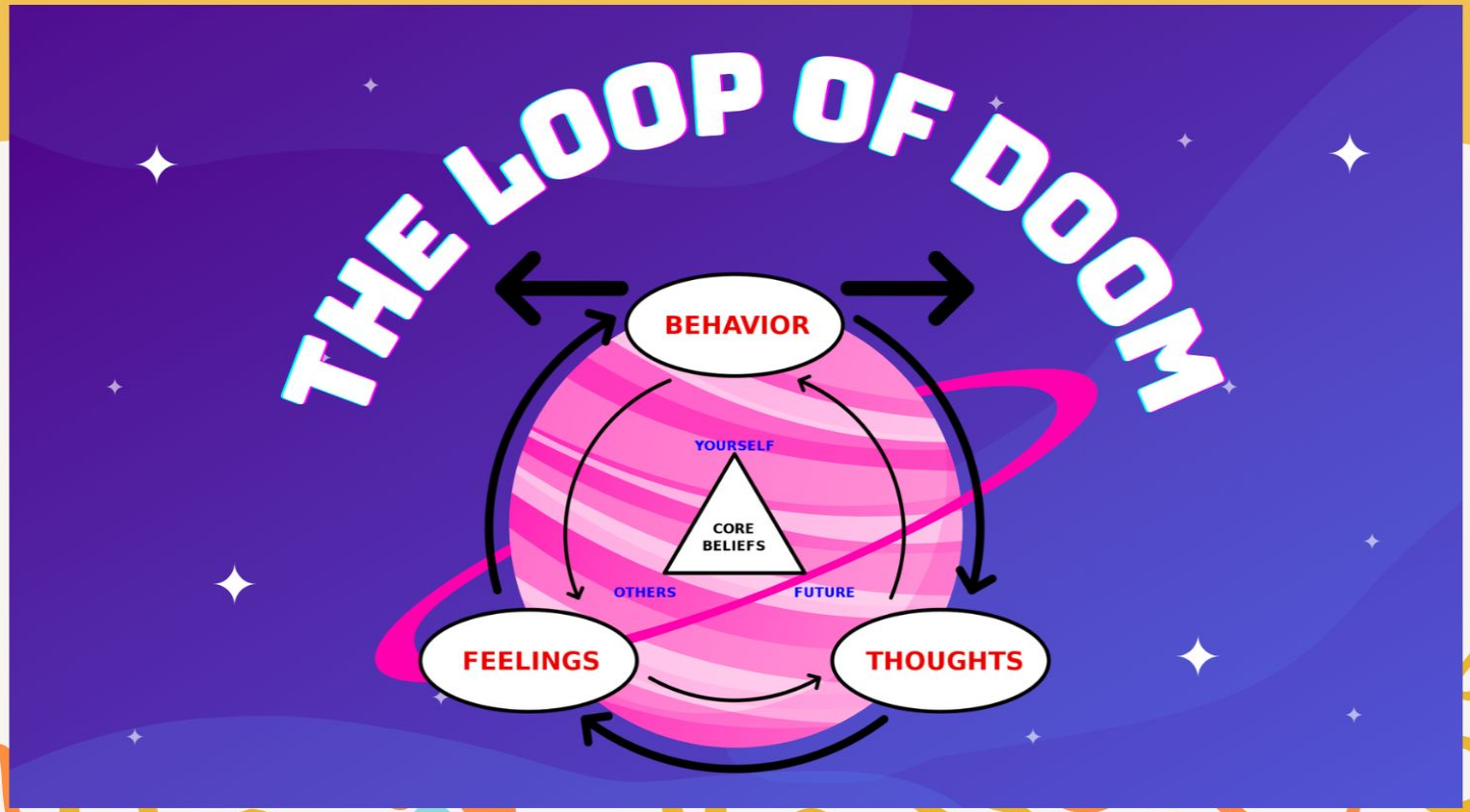
Cultivating Kindness

The Compassionate Brain

Self Exploration

Sexual Health

ANXIETY ALIENS!



ROLE OF A SCHOOL COUNSELOR

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

REACH OUT

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