

Before we start our presentation, enter in the chat box –  
What number best describes how you feel about your child  
starting middle school?

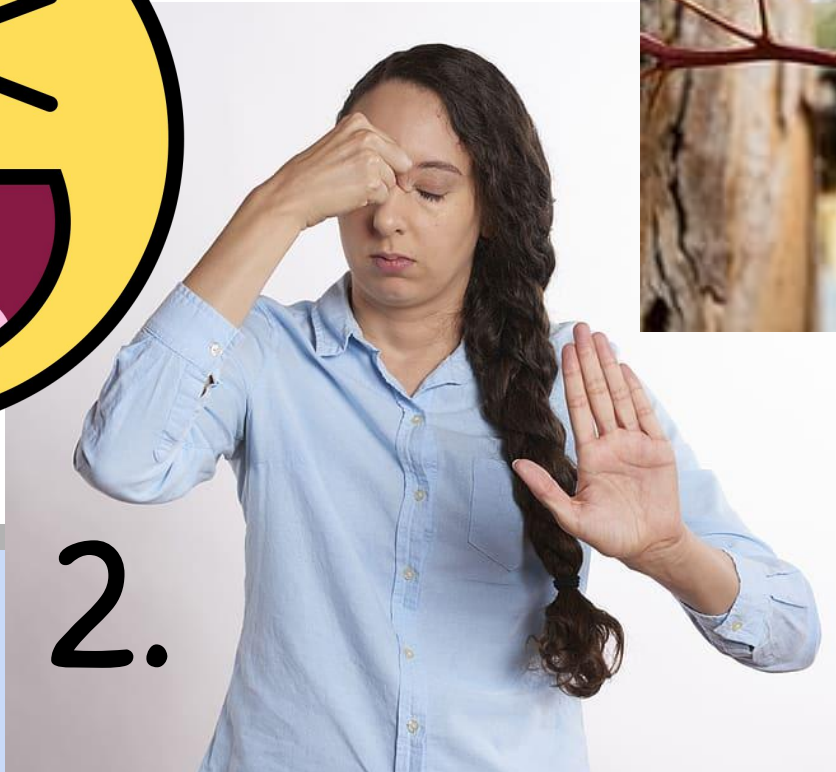
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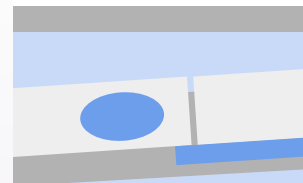
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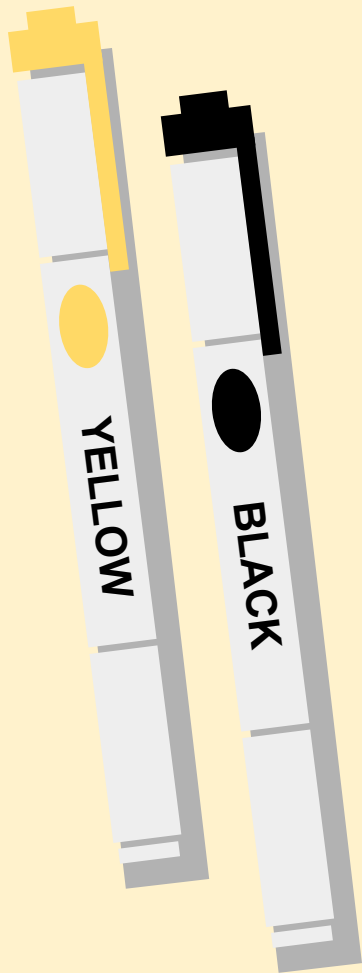


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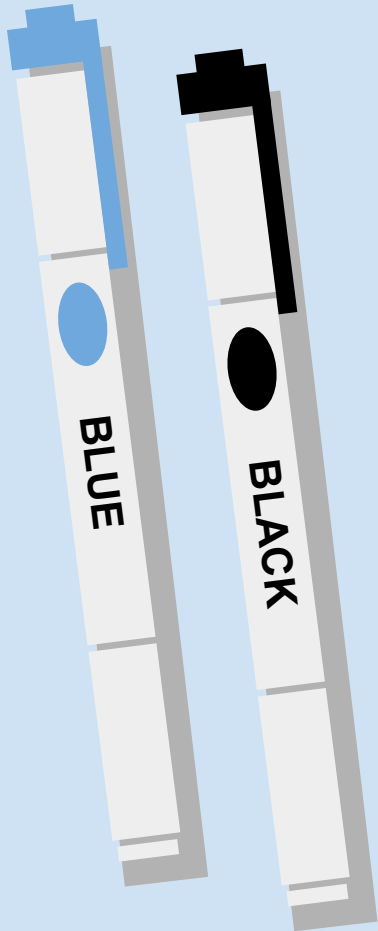
# Today's Agenda

- ☒ Introductions
- ☒ Academic Transitions
- ☒ Changes to Expect





**Welcome  
to 7th  
Grade!**

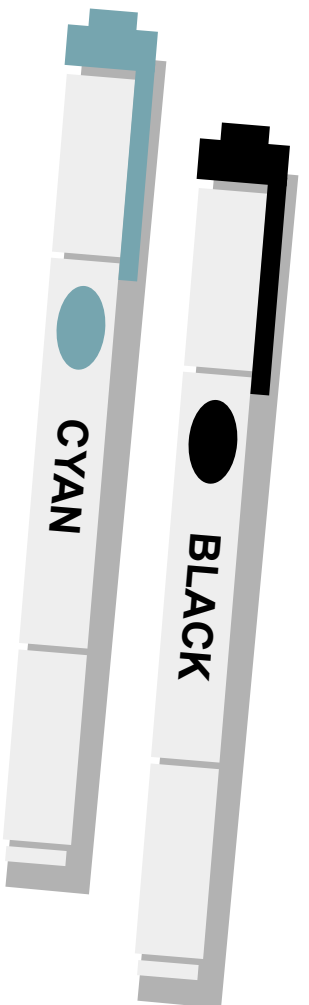




**Dr. Goodloe**

**VIOLET**

**BLACK**



# Teams

Students are placed onto one of our four 7th grade teams:

Capitals  
Patriots

Nationals  
Stars

Each team is made up of an English, History and Science teacher as well as a counselor and administrator. Math is not "on team" as students are in varying levels of Math

# Middle School Classes

1. Core 1
2. Core 2
3. Core 3
4. Core 4
5. Learning Seminar – Rock Time
6. Health & PE
7. Elective 1
8. Elective 2
9. Team Desig

\*Team Desig is not a course. It stands for Team Designation

# Bell Schedule

School begins at 7:30am

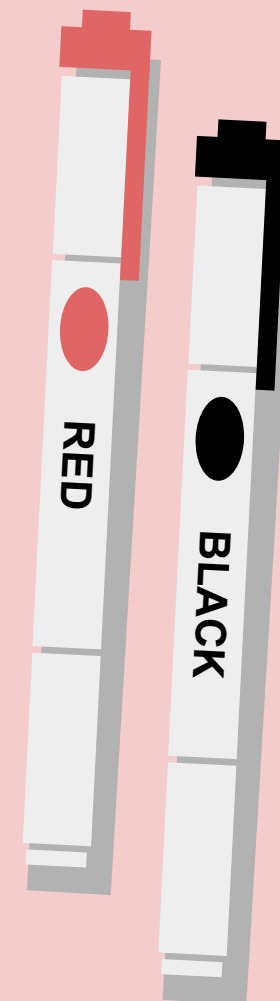
School ends at 2:15pm

Block Day: 90 minute classes

Anchor Day: 45 minute classes

Students eat lunch during 6th  
period - A, B, or C lunch

Mon	Tues	Wed	Thurs	Fri
1	1	2	1	2
2	3	4	3	4
3	5 – Rock Time	5 – Rock Time	5 – Rock Time	5 – Rock Time
6	6	6	6	6
7	7	8	7	8
8				

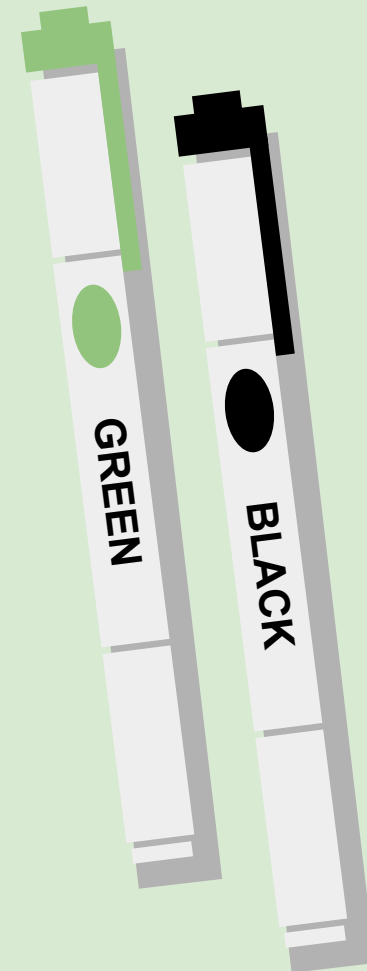


# Grading

Students will receive letter grades for the first time in middle school (A-F). Parents can monitor their child's grades via Parent Vue in SIS.

Pro Tip - Use Blackboard and Google Classroom to pro-actively monitor upcoming assignments, tests and quizzes. Use ParentVue to determine missed/late assignments, re-takes, etc.

Letter Grade	100 Point Scale
A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
D+	67-69
D	64-66
F	Below 64





# Preparation

## Homework

Each teachers may have a different way for your child to receive and submit their homework.

## Agenda

Have your student use their agenda EVERY DAY in order keep track of assignments!  
Information is also available through online resources.

# Time Management

## Prime Time

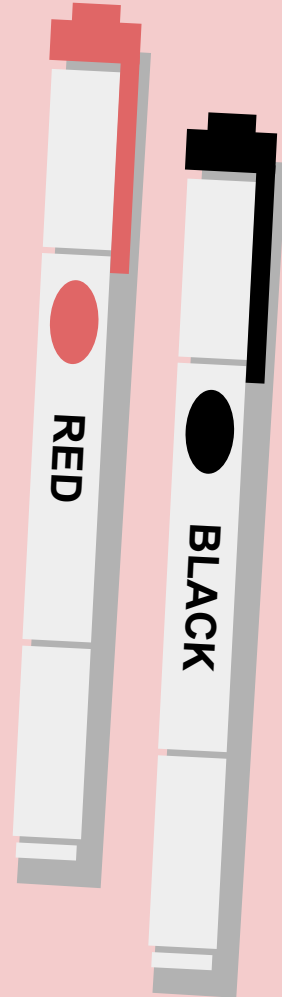
Do HW the day it is assigned, the same time every afternoon/night.

## Take Breaks

Encourage kids to take a short, 10-min break after every 45 minutes of working.

## Don't Wait

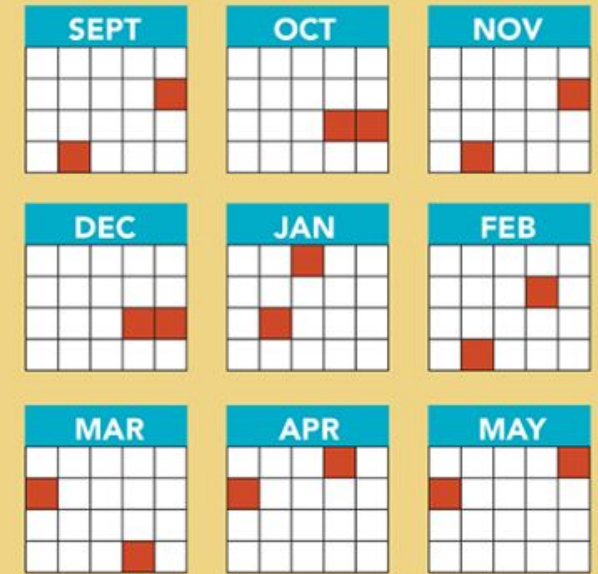
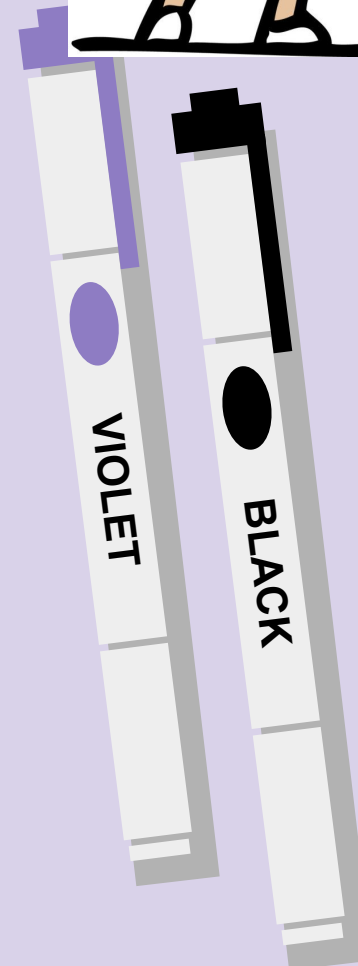
Working right before the deadline can lead to STRESS!



# Attendance

To report an absence, you can call our attendance line or submit a form through the website.

No matter what form school takes in the fall, attendance is incredibly important.



## Absences **ADD UP**

MIDDLE & HIGH SCHOOL

MISSING

**18**

DAYS IN A  
SCHOOL YEAR

or **2**

DAYS EVERY  
MONTH

**EQUALS:**



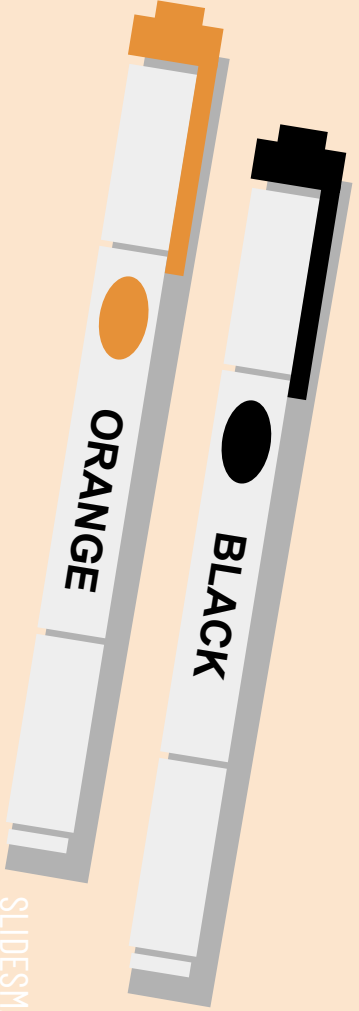
**LOWER TEST SCORES**

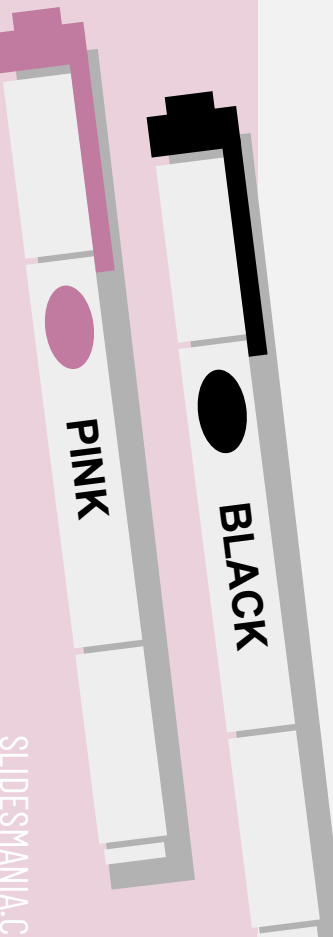


**RETENTION IN LATER GRADES**

\*used with permission of Attendance Works.

# Changes to Expect





# Physical and Cognitive Changes

## Physical Changes (ages 11-14)

- Puberty
- Height/Weight changes
- Hair growth
- Voice Changes

## Cognitive Changes

- Underdeveloped prefrontal cortex
- More creative, impulsive, moody
- Begin to question parents
- Less likely to accept facts as absolute truth

# Healthy Habits

Daily shower or bath/ Deodorant

Limit screen time within reason  
(incl. phone)

Appropriate, clean clothing

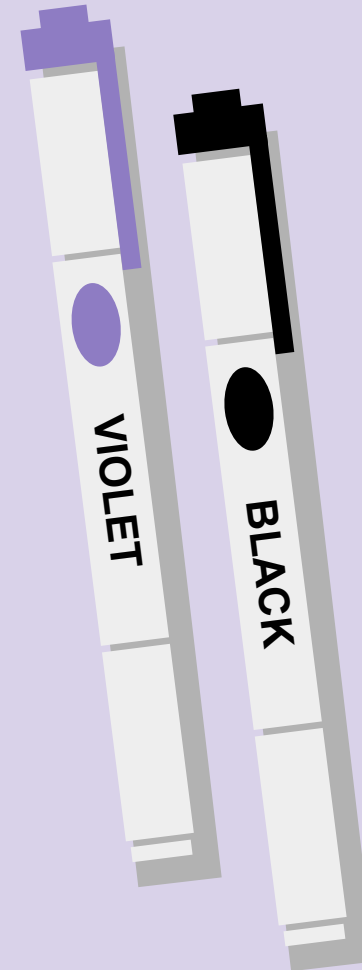
Healthy eating (including breakfast!)

~9 hours of sleep per night

Regular schedule, limit caffeine

Monitor electronics

Have open and honest conversations  
- encourage your child to dive deeper



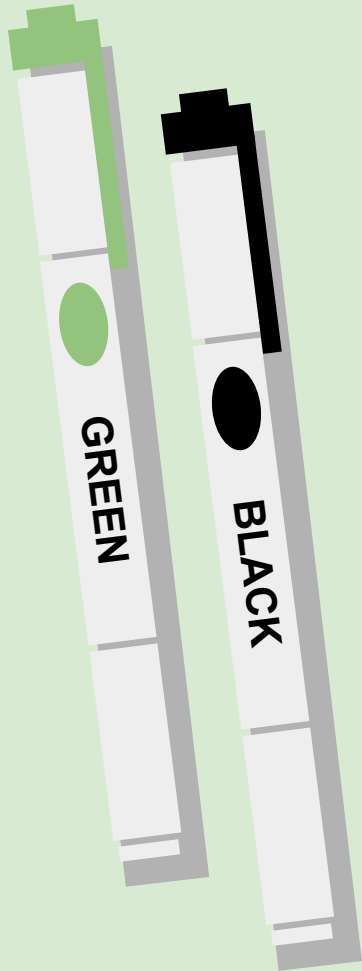
# Social Changes

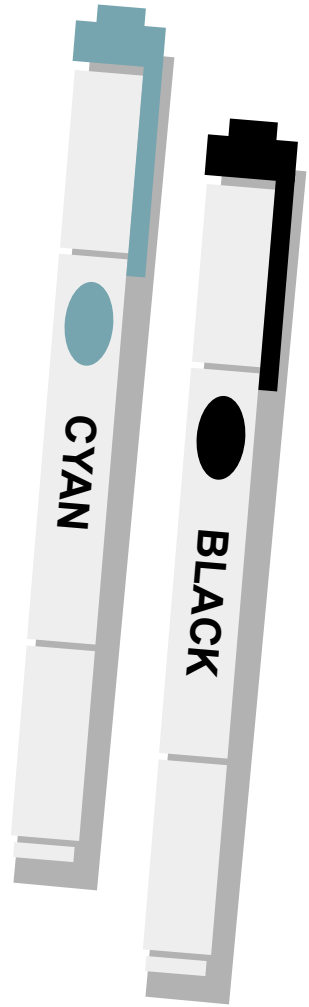
Teenagers develop a strong need to be part of a social group and cliques form

Social groups can get bigger or smaller

Supervision during social time decreases

Activities and communication change





Get to know your teen's friends and be careful of criticizing friend choices

Supervise and check on your teen's activities – including phone use/apps

Talk to your teen about changing interests

Provide variety of opportunities for socializing outside of school

Spend time with your teen regularly and sometimes include his/her friends

Emphasize the importance of family relationships too

# Tips for a successful year

Supervise social activities and monitor technology (especially phones!)

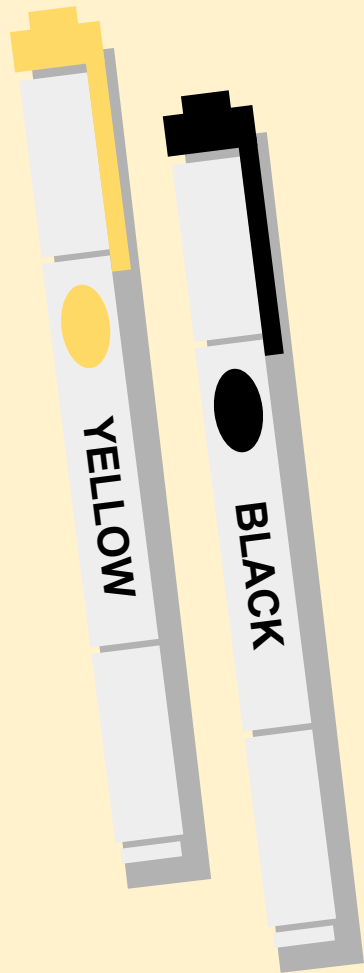
Identify potential challenges to the transition for YOUR child

Talk to your child about your concerns and his/her concerns

Make a plan for how to handle these challenges

Clearly lay out your expectations

Keep communication open





# School Counseling Supports

## Classroom Curriculum

- Needs Assessment & Introductions
- Acknowledge, Care, Tell Program
- Executive Functioning
- Academic Advising

## Small Group Counseling

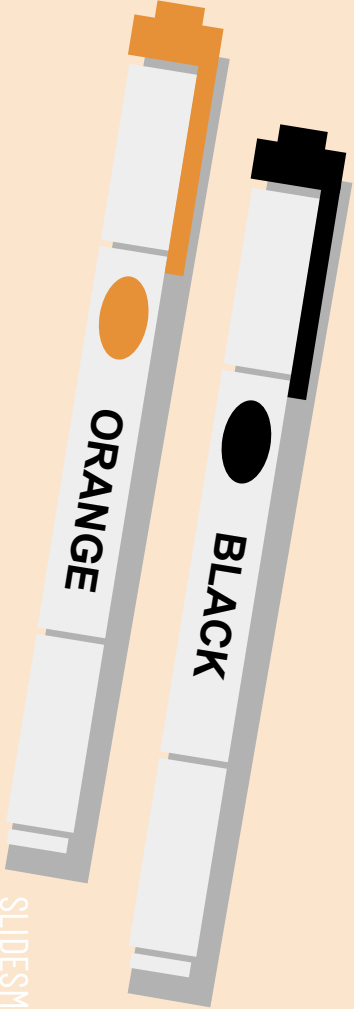
- Attendance Circles
- Mindfulness/Anxiety
- Reading Support
- Grief/Loss Support

## Career Investigations/Academic Career Plan

- Resume Building
- Strengths Explorer
- Goal Setting
- Talking to your Family
- Diversity Awareness

## Academic Advising

Individual Support for social/emotional and academic needs



# Q & A

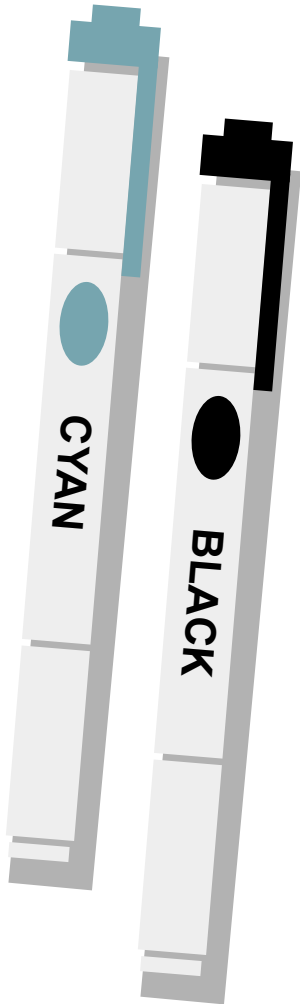
***"What will school opening look like? Will there be . . . student orientations, building tour, locker practice, FCPSOn computer distribution?"***

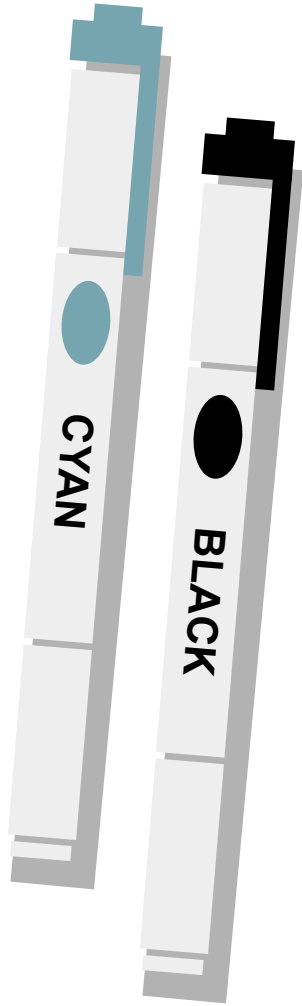
At this time, we are still awaiting guidelines from the County about what school will look like in the fall. Please know that no matter what form school takes, whether in-person, virtual or a hybrid model, Rocky Run will offer transition events for our students in August before school starts.

***"I want to change my child's course/elective choices. How do I do this?"***

Please contact one of the counselors below by June 15th:

- Brookfield - **Esther Bae**, [eybae@fcps.edu](mailto:eybae@fcps.edu)
- Bull Run - **Caitlin Ivey**, [cmivey@fcps.edu](mailto:cmivey@fcps.edu)
- Greenbriar West - **Ariana Larson**, [alarson@fcps.edu](mailto:alarson@fcps.edu)
- Greenbriar East - **Caitlin Ivey**, [cmivey@fcps.edu](mailto:cmivey@fcps.edu)
- Poplar Tree - **Mohammad Zishhan**, [mzishhan@fcps.edu](mailto:mzishhan@fcps.edu)
- Powell - **Ariana Larson**, [alarson@fcps.edu](mailto:alarson@fcps.edu)
- Willow Springs - **Mohammad Zishhan**, [mzishhan@fcps.edu](mailto:mzishhan@fcps.edu)
- Non-feeders - **Esther Bae**, [eybae@fcps.edu](mailto:eybae@fcps.edu)





***"Is my son or daughter eligible to take Algebra 1 HN in 7th grade? How can we prepare?"***

Students who received a 91%tile or higher on IAAT received an email from us last week with the eligibility information. Algebra 1 students will receive more information about the module that they will have to complete over the summer. Contact us if your student chooses to take Math 7 honors (see more information below).

***"How do I find out more information about After-School Programs? How do we sign up?"***

Parents will receive more information in August. Updates will also be communicated through our website and News You Choose Emails.

***"My child is attending Rocky through the AA Program. Will they have bus transportation?"***

Yes, and detailed bus information is released through the Transportation Office in August.

***"What are some opportunities for my child over the summer?"***

Check-out the information for RR [Summer Continuity of Learning](#).

***"What was the RRMS Distance Learning experience like?"***

Rocky Run followed the schedule provided by FCPS where students met with each period class met for 45 minutes, once a week. We anticipate the fall may look different and further information will be released as we receive guidelines from the county. We are currently collecting feedback from students and staff. So far, we received lots of positive feedback. We are very lucky to have such strong teachers who care about our students and focusing on our students' success!

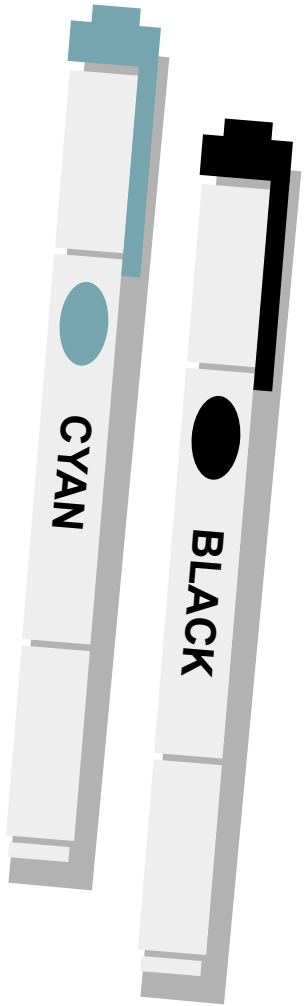
# RRMS Student Services Team

Young Hong, Director of Student Services [yjhong@fcps.edu](mailto:yjhong@fcps.edu)

Cindy Coreas, Registrar/Student Services Assistant, [CACoreasChav@fcps.edu](mailto:CACoreasChav@fcps.edu)

## Professional School Counselors

- Brookfield - **Esther Bae**, [eybae@fcps.edu](mailto:eybae@fcps.edu)
- Bull Run - **Caitlin Ivey**, [cmivey@fcps.edu](mailto:cmivey@fcps.edu)
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# Thank you!

