

How to Thrive at Longfellow

Presented by the Longfellow Middle School
Student Services Department and the PTA

Agenda

Welcome to Longfellow

- ▶ Jennifer Von Elm- PTA President
- ▶ Carole Kihm- Principal
- ▶ Marissa Brooks-Director of Student Services

Navigating Middle School

- ▶ Samantha Kramer, School Counselor

Questions and Answers

- ▶ Current Longfellow students

Getting ready for a new year

▶ Open House

- ▶ Parents and students
- ▶ August 20th - 7th Grade (3:00pm-6:00pm)
- ▶ August 21st - 8th Grade (3:00pm-5:30pm)
- ▶ Locker assignments and schedules will be distributed

▶ Orientation

- ▶ Students ONLY
- ▶ August 22nd (9:00AM-11:00AM)
- ▶ Buses provided at feeder elementary schools
- ▶ Students walk through their class schedule and meet their teachers
- ▶ Teachers may provide supply lists- check website for general list of supplies

Jumpstart to Success

- ▶ **Session I: August 6 and 7**
- ▶ **Session II: August 8 and 9**
 - ▶ Both sessions are 8:30am to 12:30pm
 - ▶ Orientation to middle school covering topics such as: organization, study skills, “life as a middle schooler”
 - ▶ Cost is \$40 - Registration begins May 1 on MySchoolBucks.com
 - ▶ Please contact Riley Barrows for questions about the program or financial assistance

Email: rtbarrows1@fcps.edu phone: 703-533-2649

www.longfellowafterschool.com

Interdisciplinary Teams

- ▶ Each team is composed of an English, Social Studies, and Science teacher, an administrator, and school counselor
- ▶ Every team has both Honors and AAP classes
- ▶ Approximately 140 students on each team
- ▶ Math classes are not on “teams”
 - ▶ Math class selection should be based on teacher recommendations, grades, and test scores

Sample 7th Grade Schedule



Longfellow Middle School Student Schedule

Year: 2018-2019
Report: STU202

Student Information

Student Name	Student ID	Gender	Grade
[REDACTED]	[REDACTED]	F	07

Schedule Information

Per	Term	Section ID	Course	Teacher	Room
First Quarter					
1	YR	111002-10	111002 - English 7 AA	Layton, J.	150
2	YR	411502-03	411502 - Invest Env Sci AA	Daniels, E.	146
3	YR	311136-09	311136 - Mathematics 7 HN	Postlethwait, H.	201
4	YR	235502-03	235502 - US History 7 AA	Bafaro, E.	143
5	S1	826332-02	826332 - Family/Cons Sci 7	Jordon, C.	157
6	S1	712033-07	712033 - Health & PE 7	Oconnor, P.	Gym 1
7	S1	910532-03	910532 - Art Foundations	Gibson, D.	105
8	YR	000111-49	000111 - Learning Seminar 1	Postlethwait, H.	201
9	YR	003700-02	003700 - Team Desig 7th Gr	Ivey, C.	

Team Design is not a class. This is the student's counselor and team.

Learning Seminar is "Lancer Time". Students are automatically assigned to teachers for extra study time or academic support.

Typical School Day

- ▶ **Students are in class from 7:30am-2:15pm**
 - ▶ **Doors open at 7:10 am**
- ▶ **Students should be in their seats and ready to learn at 7:30am**
- ▶ **Students have 4 minutes between each class**
 - ▶ **Students have plenty of time to get to their classes- counselors and teachers can help students plan the best route to classes**
 - ▶ **It is not necessary to stop at lockers between every class**
- ▶ **Students have a 26 minute lunch period**
 - ▶ **There are two lunch periods for 7th grade and 2 for 8th grade**

7th Grade Bell Schedule

- Period 1: 7:30 - 8:20
- Period 2: 8:24 - 9:09
- Period 3: 9:13 - 9:58
 - Lunch 4A - 10:02 - 10:28
 - Period 4A - 10:32 - 11:18
 - Period 4B - 10:02 - 10:48
 - Lunch 4B - 10:52 - 11:18
- Period 5: 11:22 - 12:10
- Period 6: 12:14 - 12:59
- Period 7: 1:03 - 1:48
- Lancer Time: 1:52 - 2:15

After-School Program

- ▶ Participation in after school activities is key to making a strong connection to school
 - ▶ Great way to make new friends
 - ▶ Learn about new activities
 - ▶ Work on homework and get extra help from teachers as needed
- ▶ Late busses are provided on Monday, Wednesday and Thursday

Sample After School Schedule

Quarter 3 After School Schedule

LANCERS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0:00 pm	Art Stage	Art Stage	Art Stage	Art Stage	Art Stage
0:00 pm	Homework Club (Library)	Homework Club (Library)	Homework Club (Library)	Homework Club (Library)	Homework Club (Library)
	Science Olympiad (204 Block 1 & 2)	Science Olympiad (204 Block 1 & 2)	Science Olympiad (204 Block 1 & 2)	Science Olympiad (204 Block 1 & 2)	Science Olympiad (204 Block 1 & 2)
	Chess Board (205)	Junior Athletics (205)	Debate Club (205)	Writing Center (205)	Open Gym (205)
	Officers of the Month (204 Block 1 & 2)	100th Game Club (Library)	Speed Game Club (Library Conference Room)	454-2450	Video Game Club (Library)
	Chess Club (205)	Chess Board (205)	Flag Football (Outside Field)	Badminton (Gym 1 & Gym 2)	Junior Athletics (Gym 2)
	Robotics (Gym 1 & Gym 2)		Science Bowl (205)	Computer Science (205)	Math Counts (North Wing Room 205)
	Art/Clay Club (205)		Technology Student Association (204-2450)	Model UN (205)	
	Debate Club (205)		Student Council (Also after Library)	Web 101 (Gym 205)	
	RCR (205)			Dungeons and Dragons (Library Conference Room)	
3:00 pm	Homework and Study		Homework and Study	Homework and Study	
3:00 pm	Junior Athletics (Gym 1 & Gym 2)		Junior Athletics (Gym 1 & Gym 2)	Junior Athletics (Gym 1 & Gym 2)	
	Homework Club / Video Game Club (Library)		Homework Club / Video Game Club (Library)	Homework Club / Video Game Club (Library)	
				Cyber Football Club (205)	
				Robotics (205)	
4:00 pm	Art Stage (205)	Art Stage (205)	Art Stage (205)	Art Stage (205)	Art Stage (205)
5:00 pm	Program Ends	Program Ends	Program Ends	Program Ends	Program Ends

- ▶ After School Specialist: Mr. Riley Barrows
Email: rtbarrows1@fcps.edu phone: 703-533-2649
www.longfellowafterschool.com

What to expect the first week of school

- ▶ Students report to first period and follow their schedule
- ▶ Students learn the bell schedule
 - ▶ Teachers are in the hallway all year long to help students
- ▶ Gym uniforms may be purchased during PE class
- ▶ Students 4th period teacher will tell them when they eat lunch
 - ▶ Students select their own seats and are expected to clean their table
 - ▶ Payment for lunch will be accepted on the first day of school or at any time through www.myschoolbucks.com (monthly menus are available online)
- ▶ FCPS Students Rights and Responsibilities and Longfellow policies will be discussed during Lancer Time

Longfellow procedures

- ▶ All students receive an agenda and are expected to write their homework for every class
- ▶ Backpacks are not permitted in classes and need to be stored in lockers, rolling bags will not fit into the lockers
- ▶ Students should expect 1½-2 hours of homework most nights
- ▶ Cell phones are not permitted in school unless teachers give permission for academic purposes
 - ▶ They should remain off and out of sight during school hours

Organization is key

- ▶ Encourage the use of the planner
- ▶ Help your child set up a schedule
- ▶ Homework folder
- ▶ Projects
- ▶ Motivation
- ▶ Help your child set goals - but make sure you have buy-in from your child
- ▶ Parents can check SIS/Parentvue to view student's grades and attendance
- ▶ It is okay to send a QUICK email to check to see how your child is doing - i.e. "Everything turned in this week?"



Academic Tips

- ▶ Make sure your child has a place to study
 - ▶ Free from electronics and distractions
- ▶ Establish limits for technology and social media
- ▶ Flash cards/mnemonic devices/acronyms
- ▶ Math
 - ▶ Keep all homework and correct it in class or at home
 - ▶ Homework problems should be reworked on a different sheet before a test for practice. Refer to homework for correct answers.
- ▶ Study Buddy
- ▶ Homework Club

Elementary School Grading vs. Middle School Grading



ELEMENTARY SCHOOL PROGRESS REPORT

Grade

School Year

ID

School Phone

Teacher

Principal

Grading Period:

Achievement Levels:

- 4 - Consistently demonstrates concepts and skills of standard taught this quarter
- 3 - Usually demonstrates concepts and skills of standard taught this quarter
- 2 - Sometimes demonstrates concepts and skills of standard taught this quarter
- 1 - Seldom demonstrates concepts and skills of standard taught this quarter
- na - Introduced but not assessed
- nt - Not taught

Life, Work, and Citizenship Skills and Effort Levels:

- 4 - Consistently demonstrates
- 3 - Usually demonstrates
- 2 - Sometimes demonstrates
- 1 - Seldom demonstrates
- na - Not assessed

<https://www.fcps.edu/academics/grading-and-reporting/secondary/grading-scale>

Grade	4.0 scale	100 Point Scale	Definition
A	3.8-4.0	93-100	Designates the status of a student who consistently demonstrates accurate and complete knowledge of content and skills specified in the FCPS Program of Studies (POS) and applies that knowledge to solve problems in a variety of settings.
A-	3.4-3.7	90-92	
B+	3.1-3.3	87-89	
B	2.8-3.0	83-86	Designates the status of a student who demonstrates knowledge of content and skills specified in the FCPS POS, with some improvement needed in accuracy and/or consistency in performance, applying that knowledge to solve problems in a variety of settings.
B-	2.4-2.7	80-82	
C+	2.1-2.3	77-79	
C	1.8-2.0	73-76	Designates the status of a student who demonstrates knowledge of basic content and skills specified in the FCPS POS, but requires additional practice and instructional experiences to acquire skills necessary to solve problems.
C-	1.4-1.7	70-72	
D+	1.1-1.3	67-69	Designates the status of a student who needs significant practice and instructional experiences to acquire the knowledge of basic content and skills specified in the FCPS POS necessary to solve problems. As a final mark, it is not necessarily sufficient to meet the prerequisite requirements
D	0.8-1.0	64-66	
F	0-0.7	Below 64	Designates the status of a student who has not demonstrated the basic knowledge of content and/or skills specified in the FCPS POS and requires additional practice and instructional experiences in order to succeed.

Recommendations For Your Changing Adolescent

- ▶ Bathe daily and use deodorant
- ▶ Appropriate and clean clothing
 - ▶ “Dress for success”
- ▶ Healthy eating (including breakfast!)
- ▶ Middle school students should get about 9 hours of sleep per night
 - ▶ Regular schedule
 - ▶ Limit caffeine
 - ▶ Monitor electronics

Bullying Prevention

- ▶ **Monitor social media and all technology at home**
- ▶ **Encourage your child to talk about school and friendships with you**
- ▶ **The Longfellow homepage has an online ‘Bullying Reporting’ system**
- ▶ **Reach out to your child’s Longfellow administrator or school counselor if you have concerns**

Social Changes

- ▶ Teenagers develop a strong need to be part of a social group and cliques form
- ▶ Social groups get bigger
- ▶ Supervision during social time decreases
- ▶ Peer groups hang out in a variety of settings
- ▶ Activities and communication change
 - ▶ “Just hanging out” and talking
 - ▶ Social media, electronic communication

Questions for our Longfellow students