Welcome to Middle School
What if I am starting to feel upset or angry?

It is okay! I have a choice when I get upset or angry. Everyone has a choice to make when presented with something they don’t like. Try to make a wise choice that won’t lead to getting in trouble at school.

Some options might be:

1. Write down what I am upset about. Show it to my teacher
2. Take 5 deep breaths
3. Ask to use the restroom and go and “cool down”
Occasionally, I will have a substitute teacher at school. When my teacher is sick or has a conference to attend, I will have a different teacher. Sometimes I know this person and sometimes I do not. When my teacher is gone, things will be different in my classroom. Sometimes the substitute will give us worksheets or tell us to read. Sometimes it won’t be on the same topic that we have been studying the last few weeks. That is okay. My teacher wants to be at school to present the information. I need to listen to the substitute. The other students may not follow the substitute’s directions. It is okay. I need to do my best to listen to the substitute. If it becomes too much to handle, I can ask for a pass to go to my resource teacher.
If the halls are too noisy

If the halls are too noisy you can ask your teacher for a late pass. A late pass allows for two things:

1. A person with the pass can pass after the hallways have cleared out.
2. Person with the pass can come to class a little bit late without being in trouble.

Sometimes places are too noisy. It is okay to ask for a late pass.
What is someone is bothering me?

Sometimes in class the other kids can really bother me.

When someone is bothering or annoying me, I can do the following:

1. Ignore them and think about my work.
2. Think about something I enjoy doing.
3. Ask my teacher if my seat can be moved.
4. Ask to see my counselor.

If I don’t react to the others, or if I ask to be removed, I may not get in trouble. The teacher will handle the other kids and decide what happens to them. My job at school is to focus on my work.
What do I do if I have extra time during class?

Sometimes there will be extra time during class when the teacher is not teaching and you have free time. This may happen at the end of the period, after taking a test and everyone is done, at the end of the nine weeks, or just because all the material is covered. When you get free time in class, you can do some of the following:

1. Talk quietly to friends, when teacher permission is given.
2. Do homework for that class or other classes.
3. Work ahead. Take notes or read the next chapter.
4. Work on something fun like drawing a picture or writing out a plan of what you will do tonight.
5. Write a note to a friend or teacher.
What if I feel sick at school?

Everyone feels sick sometimes. Just ask your teacher if you can have a pass to see the nurse. She may ask you what is bothering you. She will give you a pass to go and see the nurse. When you get to the nurse’s office make sure you sign in.

If the teacher tells you “no” there may be several reasons:

1. She is beginning a new part of the lesson and doesn’t want you to miss it!
2. She may feel like it is just your nerves and if you wait it will go away.
3. You or other kids have asked to be dismissed too many times and thinks that everyone is trying to get out of her class. Just stay and go during passing period or ask your next teacher.

Some options might be:

1. Write down what I am upset about. Show it to my teacher
2. Take 5 deep breaths
3. Ask to use the restroom and go and “cool down”
What if I am thirsty?

There are many drinking fountains located around the school building. You may use these drinking fountains during passing periods or PE class.
What if I forget my homework?

1. Take a deep breath! Sometimes people forget their homework.
2. Go to your teacher and say, “I forgot my homework.”
3. It is okay. I can bring my homework to school the next day.

Everyone forgets sometimes ------ it is okay!!
You will have the opportunity to go to the Media Center during your class period. You will go through your Language Arts class and my go through other classes if you are researching a topic. If you want to go to the library to work on something during lunch you must ask permission from the cafeteria supervisor.

**Guidelines**

1. Books and magazines may be check out for two weeks.
2. Only 3 books can be checked out at a time.
3. You can renew books for another 2 weeks, but you must bring it back to the library.
4. Reference materials may be check out, but must be turned in the next day.
5. Students who come to the media center with signed passport must check in with librarians.
6. You must ask permission to use the internet and print various computer items.
7. If you have an overdue item, you may not check out anything else until the item(s) are paid for or returned to the Media Center.
Bus Rules

It is very important to ride safely on the bus and follow the bus rules. If there are any problems on the bus talk to your bus driver or your principal.

Here are some of the bus rules:

- Listen to your bus driver
- Quiet
- No food or drink on the bus
- No bad language on the bus
- No hitting
- Keep your hands, feet, and things to yourself
Things you can ask other kids in the hallway:

How are you doing?  🤔

Did you watch __________ last night on TV?

Can you believe the __________ won the game last night?

On Monday:

How was your weekend?  🌟

On Friday:

What are you doing this weekend?  🤔
Breakfast

At my 5th/6th grade school they serve Universal Breakfast. Universal Breakfast means that everyone gets breakfast and you eat in their classroom. When I get off the bus I will go to my class. In the classroom there will be a large cooler. When my teacher says it is okay I can get my breakfast. The choices will change every day. Some of the things that might be in the cooler are:

**Milk:** White or Chocolate

**Entrée:** There will only be one. The item will be different every day but some of the things it could be are:

- Muffin
- Waffle
- PB&J Bar

Sometimes there will be some extra thing I can also have. These might be:

- Juice
- Fruit (apple or banana)
- Graham Crackers

I can pick one milk, and one of everything else that is in the cooler.

If I don’t want something, I don’t have to take it.

If they don’t have anything I like, there are no more choices.

If I am not hungry, I don’t have to eat.

I will take my breakfast back to my desk and eat while I do my morning work.
Cafeteria Guidelines for Lunch

Your teacher will bring you in the cafeteria and tell you which tables your class is assigned to sit for lunch.

Sit in your assigned seat until supervisor tells you to line up.

Go line up and wait patiently.

After you have eaten stay in your seat until the cafeteria supervisor dismisses you to throw away your trash.

Make sure you raise your hand and ask for permission to get out of your seat.

Good reasons to ask to get up from your seat:

- Library
- Bookstore
- Restroom
- Special Sales
- Tray Return
Sometimes kids will ask other kids for money. It is called borrowing money. Some kids pay kids back, some kids don’t. It is nice if you borrow money from others to pay them back. You can do several things when people ask you for money:

1. If you have it and you want to share, give them what they need. Remember thought that they may not pay you back.
2. If you have the money but don’t want to share tell the, “I am sorry, I don’t have any extra money right now.”
3. If you don’t have it simply tell them, “I don’t have any money right now.”

You should never continue to give money to someone if they don’t pay you back. If you allow someone to borrow money tell your parents.
Lockers

Every student is assigned a locker in which school materials, books, and coats are to be kept.

Each student will get a locker number. Your locker number will be at the top of the locker. It will be on a silver plate and have four numbers.

Your lock will look like this: 

To open your locker you must know your locker combination. Your combination will be 3 numbers long.

You and your teacher are the only two people at the school that know your code.

Keep it a secret – Don’t tell anyone but your parents.

Steps on how to open my locker:

1. Memorize your locker number and locker combination
2. Locate your locker
3. Turn right to the first number
4. Turn left one complete turn to the 2\textsuperscript{nd} number
5. Turn right to the 3\textsuperscript{rd} number
6. Pull up on the black handle
7. Pull door toward you

If your locker does not open it is okay. Take a deep breath. Spin the lock three times and then start again.

Your locker number is: \underline{_________} Your locker combination is: \underline{______________________}
What if I forget my locker combination?

1. Take a deep breath!
2. Try to remember how you memorized it, did you use a rhythm? Did you use a special code?
3. If you still can’t remember go to your teacher and let them know you forgot your locker combination. They will help you get into your locker.

Everyone forgets sometimes ------ it is okay!!
Lockers

I will have a locker at school.

During the first week of school, my teacher will give me an assigned locker.

My locker is to keep my bag and my coat while I am in class.

My teacher will help me get my things in and out of my locker.
Passing Period

This is what passing period looks like. When the bell rings all the students at the school have 4 minutes to do the following:

1. Go to locker: Drop off materials not needed and pick up materials you need.
2. Use the restroom
3. Get a drink
4. Talk to your friends.

Make sure you get to class on time. If you have trouble organizing materials talk to your teacher and ask for help.
Fire and Wind Drills

Just like at the elementary there will be fire and wind drills that may occur during the school day. Procedures that need to be taken during these drills are posted by the door in each classroom. Your teacher will also instruct you on what to do. When the alarm goes off you should:

1. Be calm and quiet
2. Listen to the teacher for instructions

If you are worried about these drills and when they take place tell your teacher.