



Middle School 6th Grade Parent Information Night

September 10, 2024

Tonight's Program

01

SHANEL DAINES

Welcome + Overview

02

JACQUELINE STARK

Advocacy Programming

03

BENAY WEINTRAUB

Athletics Programming

04

FRANKIE MACHADO

Student Support and
Success

05

KAILA UNIACKE

6th Grade Well-Being and
Strategies for Parents





Class of 2031 Annual Fund Team

Captains: Lara & Vijay Pande

Udita & Kpish Goyal, Iris Choi & Anton Hanebrink, Amy & Jeff Reisenberg,
Andy Rittenberg, Nicole & Rob Salama

Goal: 100% participation from the Class of 2031 before Nov. 30!

Start of School **SNAPSHOT**



Some hopes for the **CLASS OF 2031**



**Lead with
Kindness**

**Curiosity and
Learning**

**Fun and
Laughter**

**Embrace
Flexibility**

**Support One
Another**

**Practice
Gratitude**



Who can I talk to?

ME

sdaines@menloschool.org

g

General 6th grade
questions / concerns
/ shout outs

ADVOCATE

Social or academic
concerns

SUBJECT
TEACHER

Class specific
questions or
concerns

MS OFFICE

Absences, late
arrivals or early
departures

ZIPNOTES

Weekly email with
info and upcoming
dates

6th Grade
Parent Team

Grade level social events,
led by Melanie Ladhahoy
and Nicole Salama

Advocacy Parent
Groups (APGs)

Advocacy-based groups for
sharing information and
offering parental support

If my STUDENT is absent....

For general absences:

- Please notify the MS Office at: msattendance@menloschool.org when you know that your student will be absent all day or will have to leave school early
- Teachers may also be notified via email as well

If your student is ill:

- Please notify the MS Office as well as the Health Office at: nurse@menloschool.org

For extended absences:

- Please notify the MS Office, and have your student proactively check in with Advocates/teachers to develop a plan to stay on track with classwork and assignments.

Making up missed work:

- Students should first check class Canvas pages, then reach out to teachers to find out what was missed, and to check in during office hours.

Fall Important Dates



October Chats

Starting in October

No School (Fall Holidays)

Fri. 10/4 & Mon. 10/28

Parent Teacher Conferences

Thurs. 11/21 & Fri. 11/22

Thanksgiving Break

No School Mon. 11/25 - Fri. 11/29





THANK YOU
for partnering with us

Habits of Learning

Academic Goal Setting

Digital Wellness

Mindfulness

Equity, Diversity Inclusion, & Belonging

Spirit Days

Random Acts of Fun

Community Building

Current Events

Mental Health

Advocacy 6 Topics

Service Learning

Habits of Heart & Mind

Echos Trimester One

Human Skills & Learning Seminar Classes

2024-25 Middle School Wide Focus Topics



Menlo Middle School

Habits of Heart and Mind

SELF-AWARENESS

Recognizing emotions, tendencies, actions, and reactions within myself.

ETHICAL BEHAVIOR

Acting with integrity and moral values.

KINDNESS

Showing thoughtful and compassionate behavior towards others, regardless of the relationship and without expecting anything in return.

EMPATHY

Understanding and honoring another's emotions and point of view.

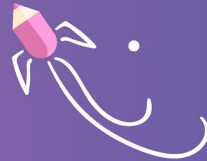
CURIOSITY

Exploring and questioning the world beyond myself.

RESILIENCE

Recovering and growing from challenges.

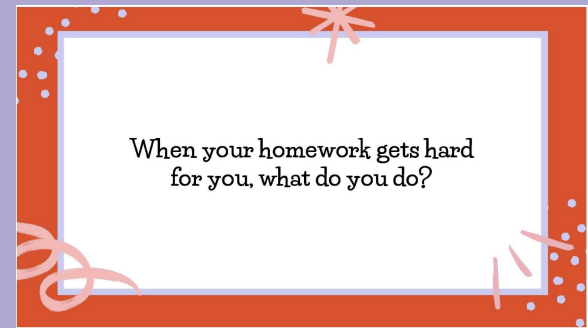
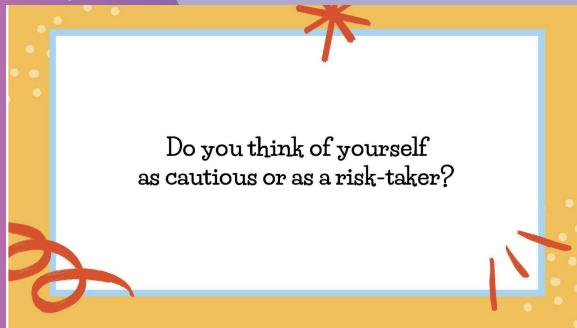
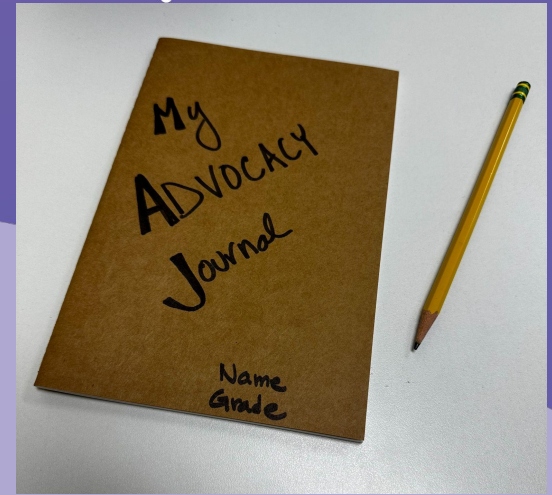
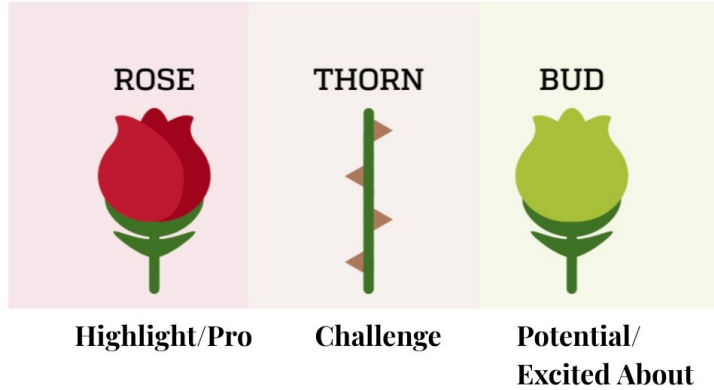
Habit "Roots"



What
we can
see

Rose, Thorn & Bud Check-In

What are your rose, thorn, and bud from 6th grade so far?



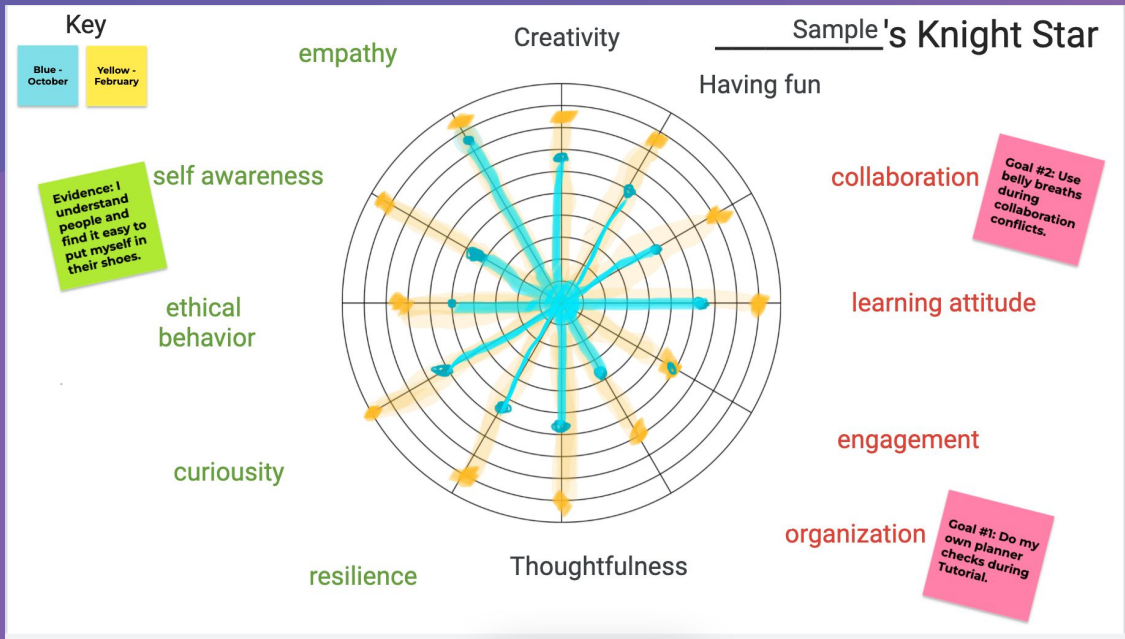
Social Emotional Ex: Check-Ins & Journals

Self-Awareness & Empathy Habits



Community Building Example: AdvOlympics

Belonging & Kindness



Goal Setting Example: Knight Stars

Curiosity & Self-Awareness Habits

Some 6th Grade Advocacy Highlights

1 ADVOCACY LUNCHES

Eating with advocacy and buddy advocacies in different grade-levels to promote community connections.

2 RANDOM ACTS OF FUN

MSPA sponsored community building days

3 ADVOLYMPICS

Each trimester has grade-wide competitions to boost belonging and practice the Habits.

4 OCTOBER CHAT

Mid-Trimester One Check-In

5 SERVICE LEARNING

Year long programming around sustainability

6 STUDENT LED CONFERENCE

May celebration of learning, led by students





MENLO SCHOOL ATHLETICS

MIDDLE SCHOOL ATHLETICS

GO KNIGHTS GO!

Menlo Athletic Program



1. Develop healthy habits for a balanced life. (self-awareness)
2. Discover the courage to try something new. (curiosity)
3. Shape the leader one strives to be. (kindness & empathy)
4. Embrace the competitive challenge. (ethical behavior)
5. Gain a foundation of sport performance. (resilience)
6. Have fun! (all of the habits of heart and mind)

Menlo Middle School

Habits of Heart and Mind

SELF-AWARENESS

Recognizing emotions, tendencies, actions, and reactions within myself.

ETHICAL BEHAVIOR

Acting with integrity and moral values.

KINDNESS

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RESILIENCE

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Menlo Athletic Program



<u>Fall Season</u> (September - October)
Flag Football
Cross Country
Swimming
Girls Lacrosse
Tennis (class only)
Wellness Class

<u>Early Winter</u> (October - December)
Boys Basketball
Girls Soccer
Water Polo
Tennis (class only)
Wellness Class

<u>Late Winter</u> (January-March)
Girls Basketball
Boys Soccer
Water Polo
Golf
Tennis (class only)
Wellness Class

<u>Spring Season</u> (March-May)
Baseball
Girls Volleyball
Water Polo
Tennis
Track
Boys Lacrosse
Wellness Class

Menlo Athletic Program

The Game Plan



Q: When is PE?

A: 6th grade PE is from 1:05-2:10. 7th & 8th grade PE is from 2:15-3:20. All games are played after school during the week. No weekend commitments.

Q: What happens during PE?

A: Competitive teams practice. Classes engage in their sport. Proper warm up and cool down. Learn the foundations of the sport/skill.

Q: How do we sign up for a class/team?

A: A Google Form is emailed out to all students before the season begins. Evaluations, schedules, team information will be shared by the Program Director/Head Coach.

Q: What should our child bring to PE?

A: Proper athletic attire. Proper athletic shoes (running shoes, cleats, etc). Water bottle. Any equipment that the Program Director/Head Coach suggests.

Q: Can my child go home with another family?

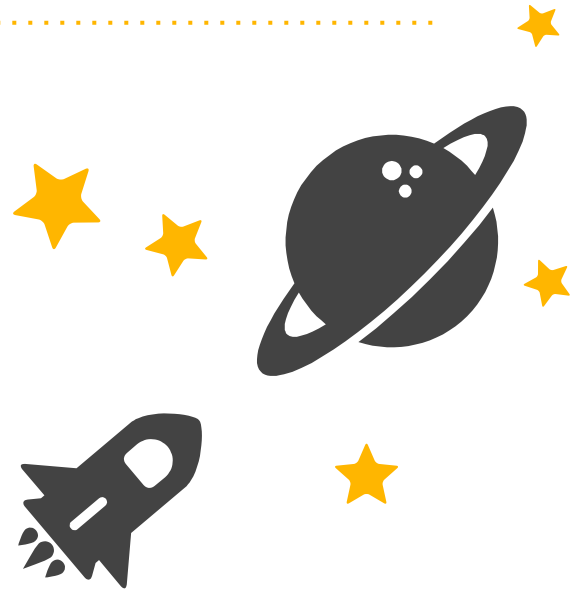
A: If your child is going to ride home with another family, or you are going to take another child, the parent(s) must send the Head Coach and Benay an email providing approval the day before the game.



Reach Out! It's a Slam Dunk!
bweintraub@menloschool.org

GO KNIGHTS GO!

The Sixth Grade Student



Going where no elementary student has gone before...
(cue dramatic music)



Discovery: Exploring the Unknown

Greater Academic Expectations

Homework load
Quizzes and Tests
Extracurriculars
Overall Rigor



Greater Executive Function Demands

(Distance Learning)

Self Awareness
Time Management
Organization
Self-Advocacy



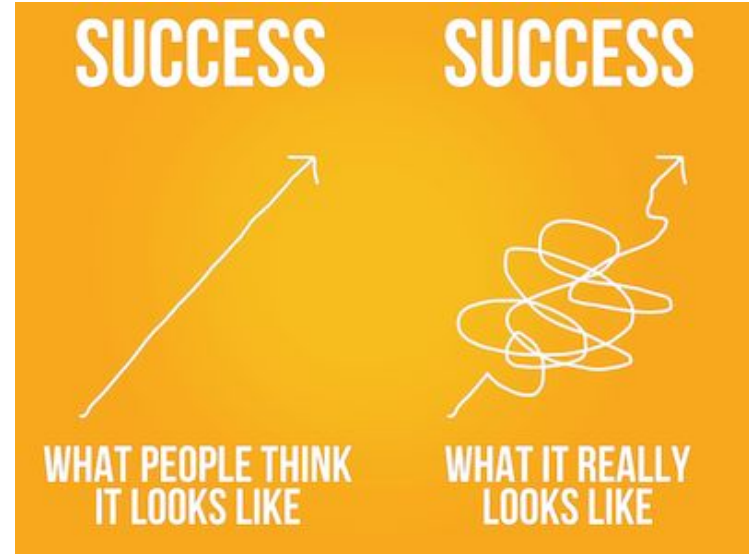
Greater Probability of

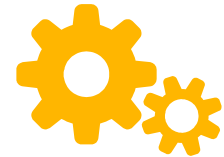
Failure
Confusion
Frustration
Stress



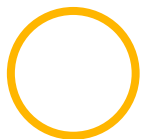
Discovery is a **messy** process

Houston... we need to manage our expectations and buckle up for a bumpy ride!



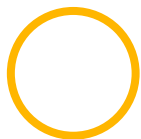


Equipment Check



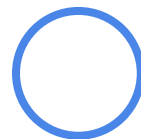
Teachers

Provide high quality instruction that is designed to accommodate a diverse study body



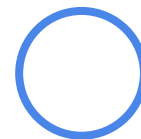
Advocates

Available for both social/emotional support and academic guidance



Coaches/Counselors

Specialists that can work with students, teachers, and parents to create support plans when needed



Resources

Canvas, buddy system, planners!



Learning Seminar:

Putting it all together

Student Skills:

- How to use your planner
- Chunking assignments
- Studying for tests
- Checking in with teachers
- Pomodoro Technique

Logistics:

- Trimester long (first)
- Twice per rotation
- Pass/No Pass
- Get out what you put in



Mission Control: Parent Tool Kit

Quick Look-For's:

- Planner System
- Class Notebook
- Canvas Resources
 - HW or Assignment Description/Requirements
 - How to submit work
 - Rubrics
 - Study Guides
 - Extra Practice

Houston: We have a problem



Emergency Protocol

Calibration is Key

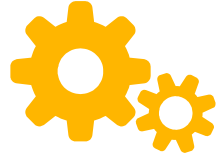
Anomaly: Facilitate best practices

- Help write an email to their teachers
- Help look through Canvas/binder/planner to find more information
- Remind them that everything will be OKAY

System Overload: Major Trends

- Have students walk through their thinking/processes
- Monitor/limit tech usage
- Create after school schedules with weekend reminders
- Weekend backpack/binder/planner checks
- Day 1,3 5 office hours
- Coordinate with advocate

Mission Control: Getting Help at School



Teacher Check-in Opportunities

Office Hours	Before/After School
Day 1, 3, 5,	Every Day (M-F)
During Student Life Block 10:55-11:15 Drop-In	By appointment
5-10 minute 1-to-1 check-ins with the teacher	Longer 1-to-1 check-ins, test retakes/makeups and homework help



Helpful Questions

Who did you check in with this week?

How are you going to prepare for the test?

Is this a busy week for you?

What is a good way to take a break?

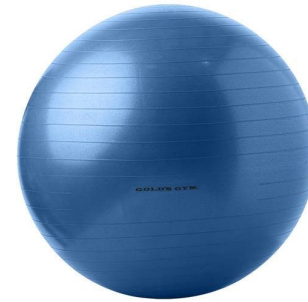
Challenge: What did you fail at this week?



Shuttle Cockpit: Student

Workspace Set-Up

- Neat and organized
- Consistent academic environment (avoid beds, couches, hammocks)
- All materials readily available
- **Somewhere public (if necessary)**



Exercise Ball



Time Timer



Wiggle Stool



System Protocols: Self-care

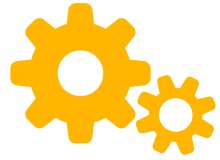
Sleep Routines

- 9-10 hours of sleep per night
- Develop a bedtime routine
- Off screens at least 45 mins before bedtime

Tech Boundaries

- University of Queensland-Led study found:
“One hour of physical activity and no more than two hours of screen time a day provided optimal mental wellbeing.”

Wait Until 8th



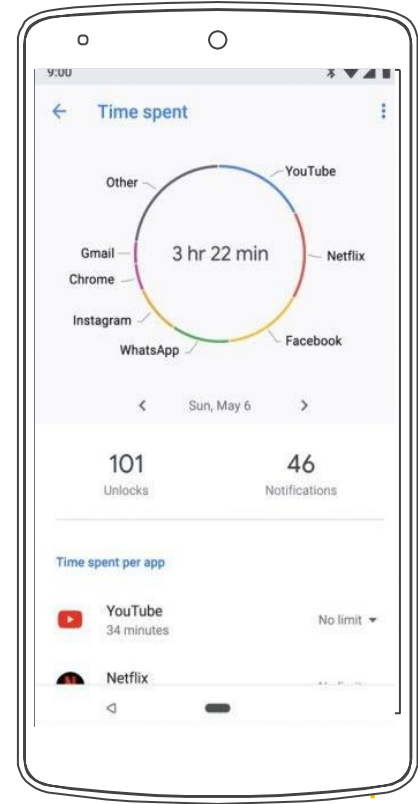
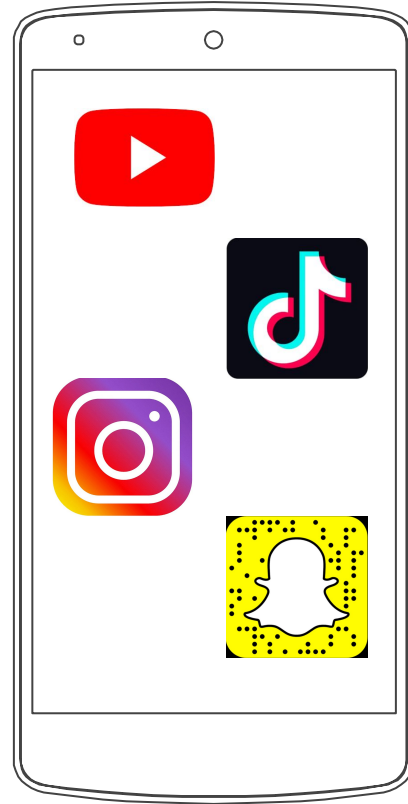
Smartphone Alternatives:

- Flip Phone
- The Bark Phone
- Gabb Phone
- Pinwheel
- Smartwatch (School Mode Activated)



Tech: Building Healthy Habits

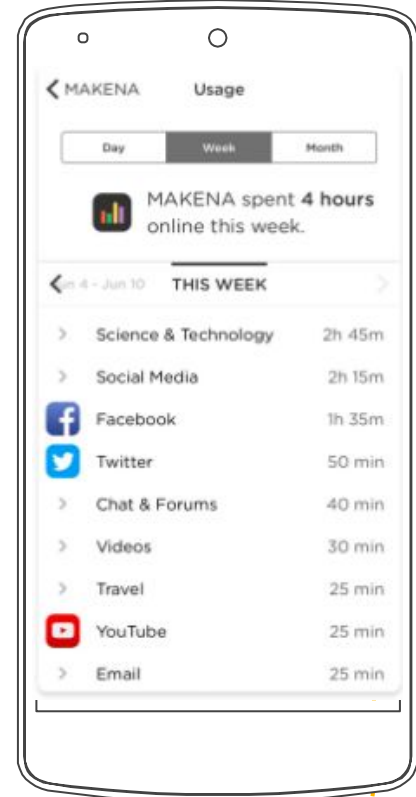
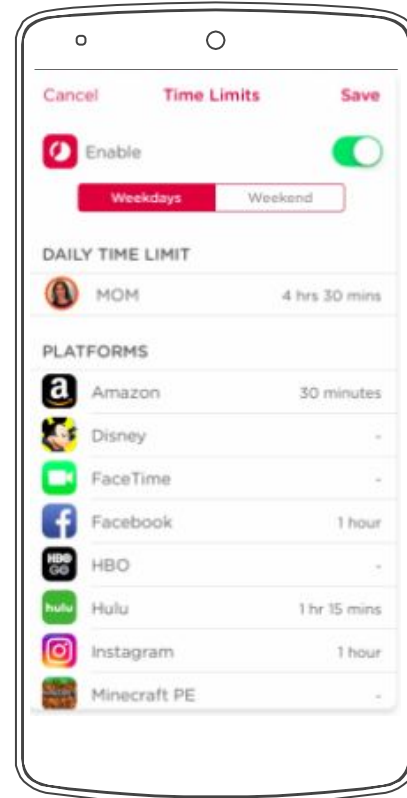
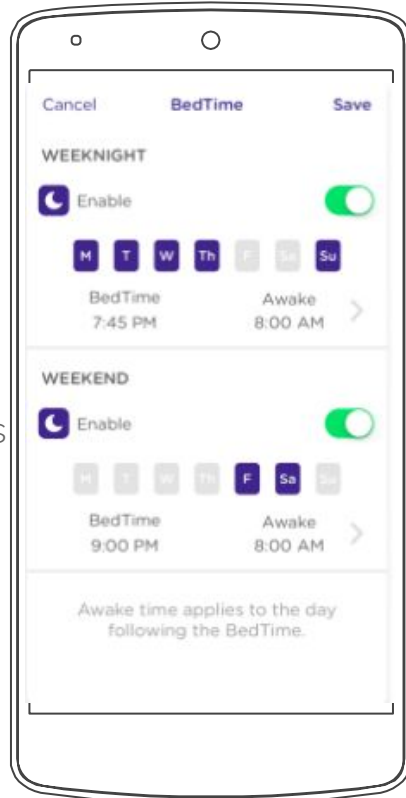
- **Tech distractions out of sight**
- Use Digital Wellbeing / Screen Time apps on phones and devices
- Avoid wormhole apps like TikTok, Instagram, Snapchat, Youtube Shorts
- Encourage students to enable “Do Not Disturb” or turn off notifications



Circle

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

www.meetcircle.com



Heyfocus.com: Great App to reduce distractions

Students should opt into using this app



3 S's of Success



Sleep



Screentime



Scheduling

Reach

Learning Support: Out

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

Frankie Machado

fmachado@menloschool.org

(650)330-2001 x 2446

PACKING OUR BAGS

FOR MIDDLE SCHOOL



PACKING LIST



- **School Counseling**
- **Human Skills**
- **The Developing Explorer**
- **Overcoming Obstacles**
- **Configuring Their
Compass**



SCHOOL COUNSELOR

THE PARK RANGER

- Provide tools
- Guide
- Offer solace or solution.

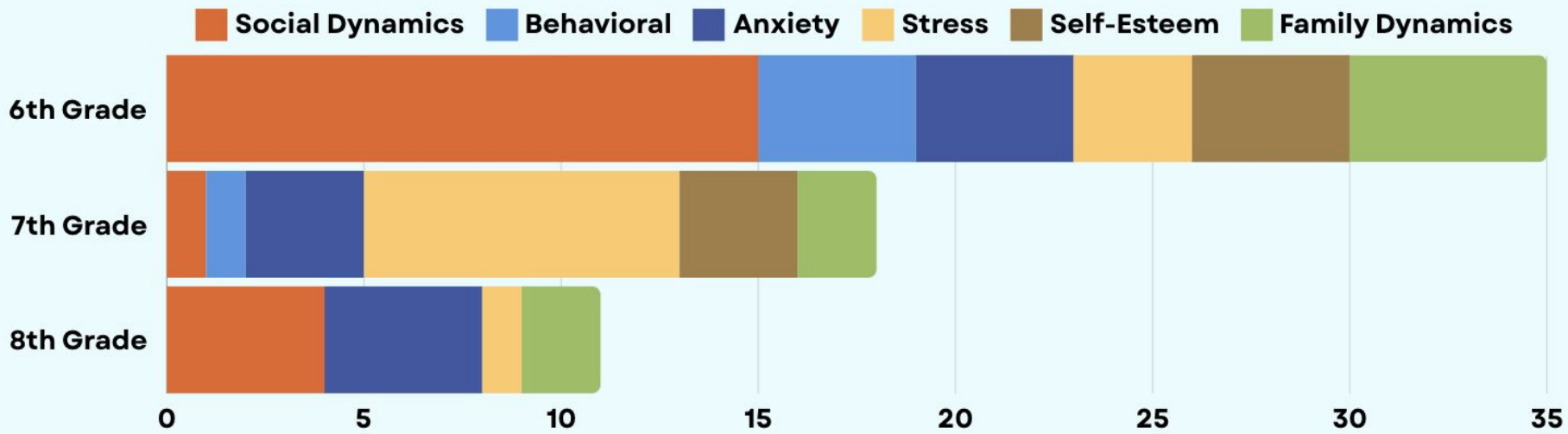


Counseling By Grade

2023-2024

Reading this graph:

Data collection is based on initial student counseling session. It does not take into consideration the number of follow up sessions as that is dependent on that student's particular needs.





HOW I WANT TO GROW THIS YEAR...

- OVERCOME PERFECTIONISM
 - BOOST SELF-CONFIDENCE
 - MAKE NEW FRIENDS
 - IMPROVE BODY IMAGE
 - REDUCE NEGATIVE SELF-TALK
 - PRACTICE PUBLIC SPEAKING
- 

HUMAN SKILLS

AROUND THE CAMPFIRE

Curriculum

- **Stress Managers**

- We can learn to “float” in stress by identifying when we may be “flipping our lid” and respond with healthy coping skills, self-care and positive self-talk.

- **The Cognitive Triangle**

- Explore how our emotions affect our thoughts and thoughts affect our behaviors.

- **Healthy Friendships**

- What goes into a balanced friendship? Learn how to have constructive conflict resolutions.

- **Anxiety Aliens**

- Imagine anxiety as an alien. What cookies (triggers) make our alien bigger and scarier? What potions (coping skills) shrink our anxiety alien?

- **Combating Gossiping**

- We are all about having fun - but not at someone else’s expense. Before you repeat, ask yourself - Is it KIND? Is it TRUE? Is it NECESSARY?

- **Playing Attention - Mindfulness**

- Mindfulness is more than just meditation! Practice being present, without judgment, with improv!



Overcoming Obstacles Along The Way At A Distance



Overcoming Obstacles Along The Way

At A Distance



6th Grade

Managing Stress

Learning To Float

- Respond vs React
- Locus Of Control
- Probability Vs Possibility
- Schedule time to stress
- Lists!



Building Resilience

Getting Back Up

- Get comfortable being uncomfortable.
- Compare yourself to your past self - not social media.
- Be deliberate about finding the good.
- Get through it -> Get the most out of it.
- Grit under their fingertips.



To Persevere

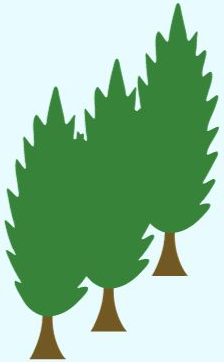
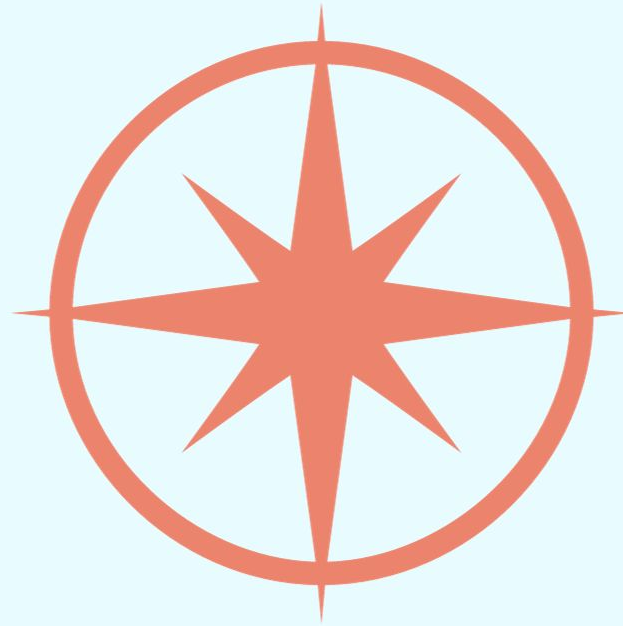
Configuring Their Compass

Emotional

Cognitive

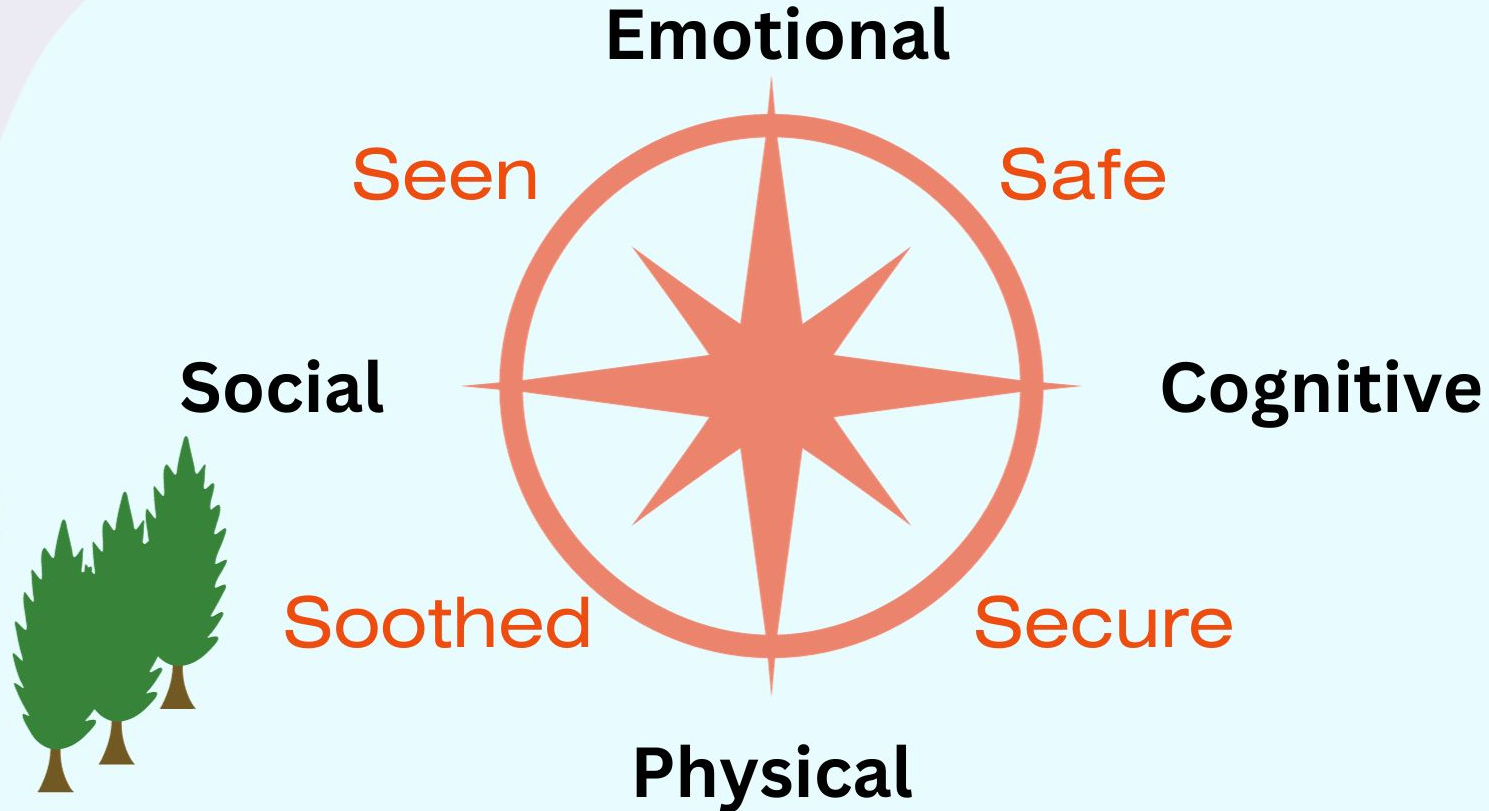
Social

Physical



To Persevere

Configuring Their Compass





Reach Out

kuniacke@menloschool.org

ext 2461

