



7TH GRADE PARENT INFORMATION MEETING

Welcome Class of 2030 Parents!



WHO WILL YOU HEAR FROM TONIGHT?



BOBBI LYNN MONROE
7TH GRADE TEAM LEAD



CODY CAREFOOT
ADVOCACY COORDINATOR



BENAY WEINTRAUB
MS ATHLETICS DIRECTOR



FRANKIE MACHADO
LEARNING SPECIALIST



KAILA UNIACKE
MS COUNSELOR



Menlo School

ANNUAL FUND

Class of 2030 Annual Fund Team

Captains: Emily & Greg Waldorf

Amy Fenton, Noah Kindler, **Tracy Satvat**, Sonia & Aydin Senkut,
Charlotte Zanders Waxman & Alan Waxman

Goal: 100% participation from the Class of 2030 before Nov. 30!

7TH GRADERS IN A NUTSHELL



Curious



Creative



Collaborative



Playful

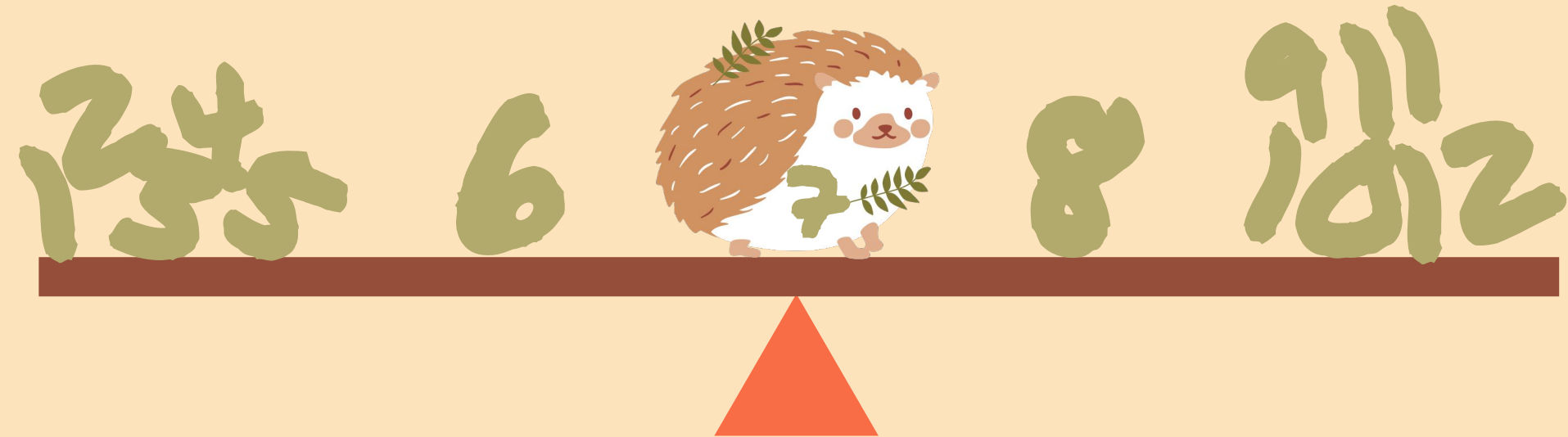


Inclusive



Redirection

7TH GRADE IS A PIVOTAL TIME



7TH GRADE IS A STEP UP!

- Expectations
- Challenge
- Homework
- Independence
- Support



Planning and carrying out investigations based on observed phenomena

Making sense of data in the real world through percent change

Analytical writing unit to build the foundational skills in a creative way

Constructing CERs and practicing research skills in the library

What are the 7th graders learning about right now?

Unapologetically exploring, expressing themselves, and finding beauty in their mistakes

Creative problem-solving using physical computing devices



Practicing by speaking, writing, and listening, and making cultural connections

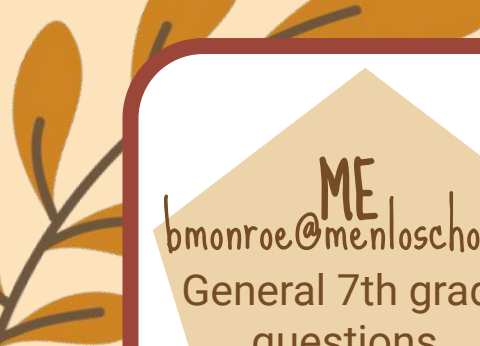
A DAY IN THE LIFE!





**WE'RE
PARTNERS!**





ME
bmonroe@menloschool.org
General 7th grade
questions,
concerns, and
shout outs

ADVOCATE
Social or general
academic
concerns

**SUBJECT
TEACHER**
Class specific
questions or
concerns

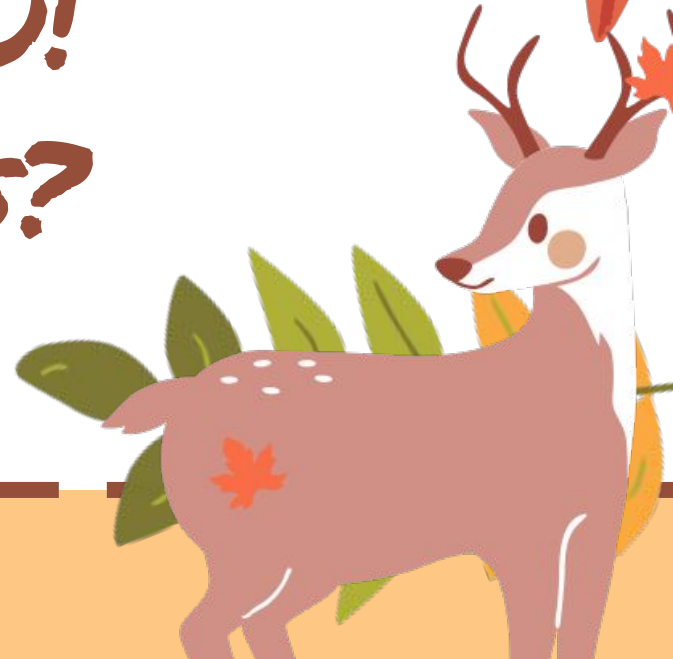
MS OFFICE
msattendance
@menloschool.org
Absences, late
arrivals or early
departure

ZIPNOTES
Weekly email with
information and
upcoming dates





THANK YOU!
QUESTIONS?



Habits of Learning

LEARNING ATTITUDE

- Identifies strengths and areas of growth
- Accepts and seeks challenges
- Exhibits independence
- Demonstrates resilience
- Practices self-advocacy
- Completes work with attention to detail

ORGANIZATION

- Brings materials to class
- Follows directions accurately
- Manages time efficiently
- Organizes documents
- Completes assignments on time

COLLABORATION

- Contributes productively towards the group work
- Builds on others' ideas
- Steps up and steps down appropriately
- Offers and receives feedback from peers

ENGAGEMENT

- Listens actively
- Stays focused and on task
- Participates regularly
- Asks questions and makes connections
- Contributes positively to classroom culture

Purpose of Advocacy

What is Advocacy?
Advocate's role?
7th-grade focus?



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.

Camp Arroyo



This year's Advocacy Themes

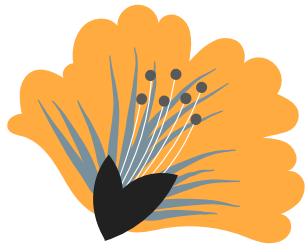


Belonging

Kindness

Character
Building

Digital
Wellness





Service Learning

- Helping Hands
- Elder Connections
- Special Olympics



Contact Info:

ccarefoot@menloschool.org

650-330-2000 x2470



Thank you!
Questions?





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

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.



Menlo Athletic Program

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

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

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

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

- If there is no (class) next to the sport, that means there is competition.
- Golf offers a fall and spring tournament.



Menlo Sport Performance

 MENLO MIDDLE SCHOOL PERFORMANCE 					
FALL 2024					
Calendar Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 9	GLAX	SWIM	CROSS COUNTRY	FLAG	*GLAX
Sept 16	NOPE	PE ONLY	SWIM	CROSS COUNTRY	FLAG
Sept 23	GLAX	SWIM	NOPE	CROSS COUNTRY	FLAG

- Sessions will be in the weight room or at the sport site.
- Sessions last 20-30 minutes.
- Students will learn proper technique and body movements.
- Students will gain confidence in strength and build relationships with sport performance staff and teammates.
- The focus is to educate and prepare student-athletes for ultimate athletic performance throughout their Menlo career.



Menlo Athletic Program

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!

A scenic landscape featuring a body of water in the foreground, rocky islands, and mountains in the background under a dramatic, cloudy sky. A diagonal line splits the image from the top-left to the bottom-right. The left side is a dark, semi-transparent overlay containing white text. The right side shows the natural landscape with a mix of blue, grey, and white tones.

7th Grade: The Climb Continues!

The 6th to 7th
Grade Jump is
Significant



1.
Challenge
Increases



2.
Pace
Increases



3.
Autonomy
Increases



Challenge

Success

Support

Parent Support

=

Calibration

+

Managing
Expectations



Equipment Check:

Students are not alone

Daily Resources:

- Planner
- Canvas Resources
- Buddy System
- Teacher-provided study guides, practice tests, and ongoing homework
- Teacher and Advocate Support
- Coaches: Ms. Uniacke and Mr. Machado

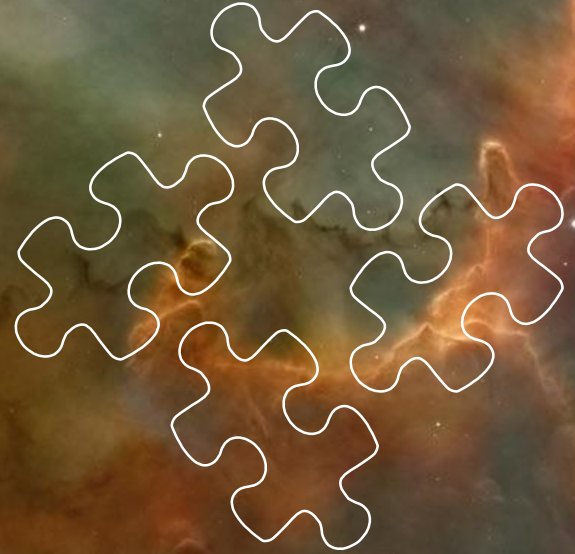
Teacher Help Sessions:

- Day 1,3,5, Office Hours
- Before/After School

Learning Seminar: Second Trimester

Framework: Action-Oriented Metacognition

1. What is working?
 - Why is it working and how can I maintain it?
2. What is not working?
 - Why is it not working and what am I going to do about it?



Parent Tool Kit: Bumps in the Road


Quick Look-Fors:

- Planner Completed with:
 - Homework, assessment dates, deadlines, teacher check-ins, extracurriculars, and weekend plans
- Canvas Resources:
 - Study Guides
 - Rubrics
 - Homework descriptions/resources
 - Extra practice

How to help with little bumps:

Facilitate Best Practices

- Help write an email to their teachers
- Help look through Canvas, binder, notebooks for strategic resources
- Remind them that everything will be okay as long as they address the challenge

	2/5 MONDAY 3	2/6 TUESDAY 4	2/7 WEDNESDAY 5
Morning Meetings	<input checked="" type="checkbox"/> Check in with Ms. Ferrante	Run a mile in morning - 5:50	Run half a mile in morning
8:35 AM	B Science - Finish Lab Qs - BrainPop → crystal cave	F English - Reread what drafted + finisher and draft for at least 30 minutes - Update RR	C Math - Coordinate Plane on Delta Math
9:40 AM			
9:45 AM	C Math Inequalities Assessment → Inequalities Practice - test on Delta Math	G Learning Sem. - Get home work done the night it is assigned 	D Dance Just Dance!
10:50 AM	Office Hours/Tutorial	Advocacy Hearns Project	Office Hours/Tutorial Ms. Smith Señora Barreal
10:55 AM			
11:15 AM			
11:15 AM LUNCH			
11:55 AM	D Dance Just Dance! No HW	A Social Sciences - Work on slides for 20-40 minutes	E Spanish Hoja de Repaso Corrige tu prueba
1:00 PM			
1:05 PM	7/8 E Spanish WB pages → 207, 209-210	7/8 B Science - Finish IDing Minerals	7/8 F English - Finish draft - Craft title → Pre-Print for revision and REE Review
2:10 PM			
2:15 PM	6 E	7/8 PE 6 B	7/8 PE 6 F
3:20 PM			
After School	<input checked="" type="checkbox"/> Soccer Private Training	<input checked="" type="checkbox"/> Soccer Practice	<input checked="" type="checkbox"/> Class

	2/8 THURSDAY 6	2/9 FRIDAY 7	2/10 SATURDAY
Morning Meetings			
8:35 AM	G Human Skills <input checked="" type="checkbox"/>	D Dance Just Dance!	
9:40 AM	no HW	no HW	
9:45 AM	A Social Sciences - Slides/Canvas due	E Spanish USL2 Examen	
10:50 AM	Clubs	Check-in/Tutorial	
10:55 AM			
11:15 AM			2/11
11:15 AM LUNCH			
11:55 AM			SUNDAY
11:55 AM	B Science - Finish Minerals Gizmo	F English - Revise + add required elements	
1:00 PM			
1:05 PM	7/8 C Math Interpreting graphs on DM	7/8 G Learning Sem	
2:10 PM			
2:15 PM	6 C	7/8 PE 6 G	7/8 PE
3:20 PM			
After School	<input type="checkbox"/> Soccer Practice + <input type="checkbox"/> 2010s Practice	<input type="checkbox"/> Soccer Practice	

Parent Tool Kit: Getting Off Course

Bigger Themes Emerge:

- Missing homework/deadlines consistently
- Consistently losing/forgetting materials
- Lower performance on quizzes not addressed and reflected on major assessment (Unit Test)
- Complaints of sleepiness

How to help

- Have students talk through their thinking process
- Check study guides, practice tests, unit quizzes
- Create after school schedules with weekend reminders
- Weekend backpack, binder, google drive organization checks
- Monitor/limit tech use
- Contact advocate and/or teacher directly

Parent Tool Kit: Getting Off Course

Sleep!

9-10 hours

Nightly Sleep Routine

Off Screens 1 hour before bed

Wait Until 8th

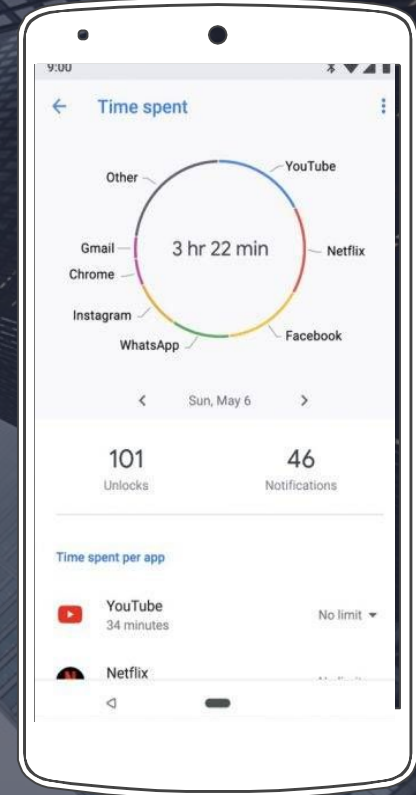
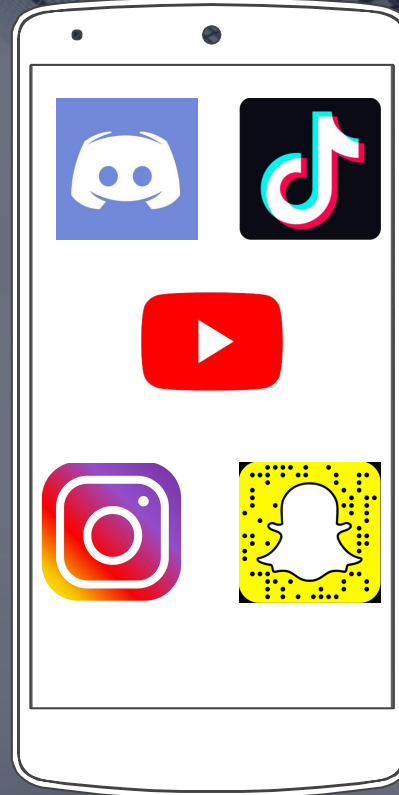
Smartphone Alternatives:

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



Tech: Building Healthy Habits

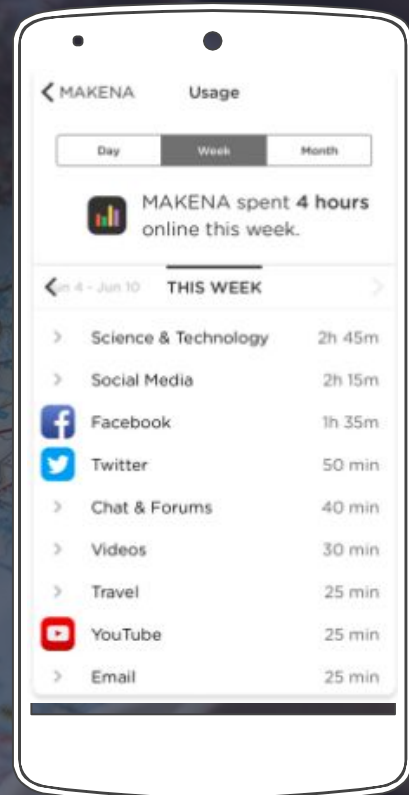
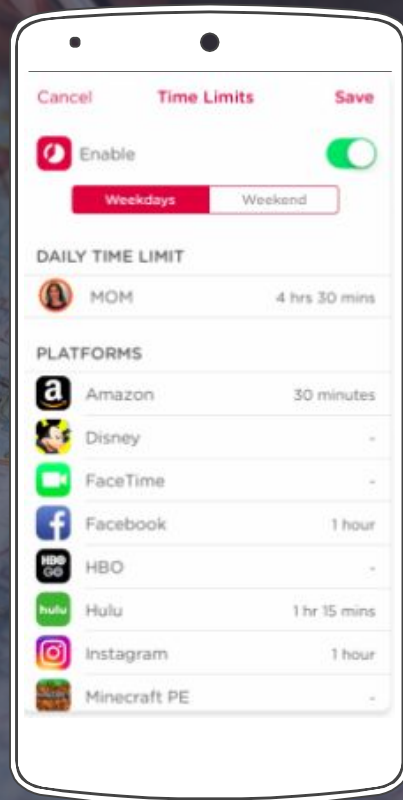
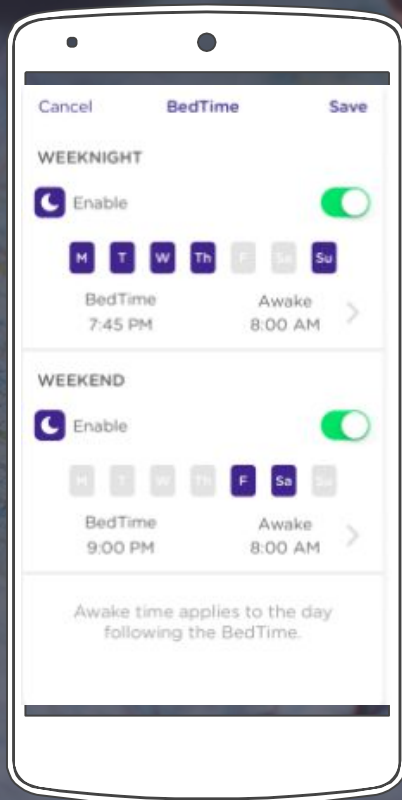
- **Tech distractions out of sight**
- Use Digital Wellbeing / Screen Time apps on phones and devices
- Avoid wormhole apps like TikTok, Instagram, Snapchat, Youtube
- Encourage students to enable "Do Not Disturb" or turn off notifications



Circle

Device that helps
parents monitor
and control tech
use at home

www.meetcircle.com



Heyfocus.com:
**App to reduce
screen time
distractions**

**Students can opt into using
this app**



FOCUS

Steal back your productivity

Focus supercharges your productivity, enabling you to stay on task and accomplish your best work!

Parent Tool Kit: Ana Homayoun



Healthy Stressors



- Help build resilience
- Push students to use healthy coping mechanisms
- Can be frustrating in the moment, but strengthen connections over time



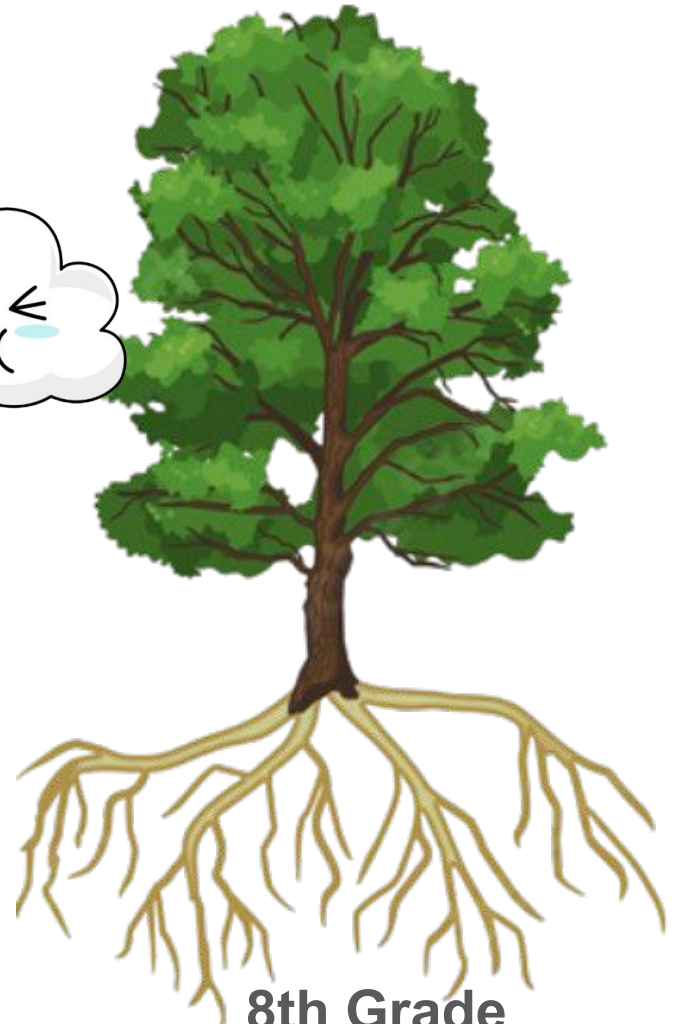
6th Grade



6th Grade



7th Grade



8th Grade

3 S's of Success



Sleep



Scheduling



Screen time

Reach Out

Learning Support

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

fmachado@menloschool.org

(650) 330-2001 x2446

PACKING OUR BAGS

FOR MIDDLE SCHOOL



PACKING LIST



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

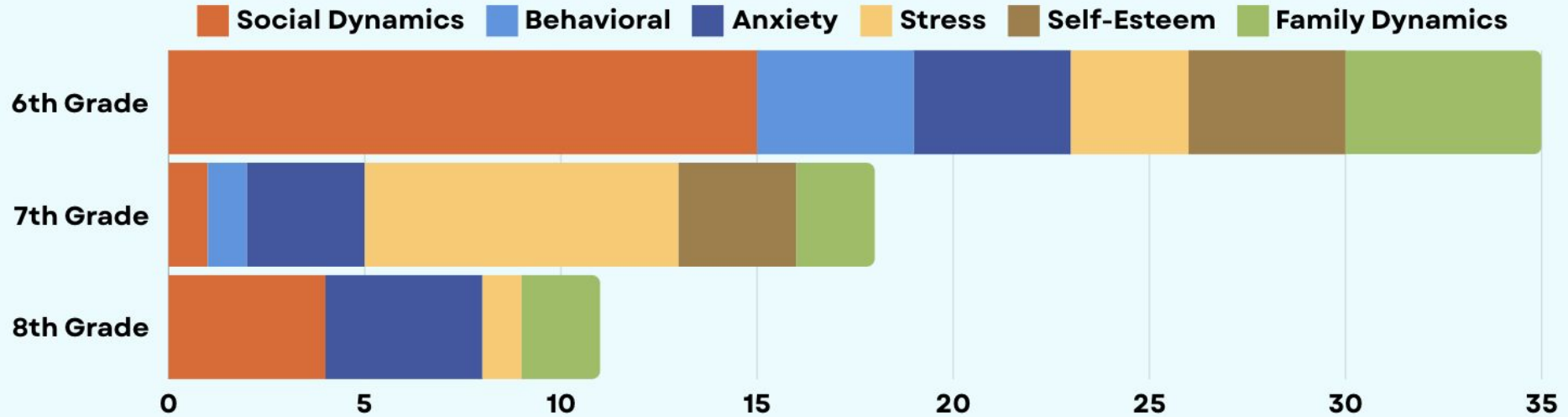


Counseling By Grade

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.



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.



HUMAN SKILLS

AROUND THE CAMPFIRE

Curriculum

- **Food For Thought**

- Did you know our gut was our first brain? Students take a trip to the cafeteria to research how what food we put into our bellies can affect our mood and ability to learn.

- **The Cognitive Triangle**

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

- **Imposters Among Us!**

- Imposter Syndrome is when we doubt our skills and feel as though we are a fraud to our successes. This lesson explores the signs of imposter syndrome and how we can unmask our true potential.

- **Anxiety Vs Stress**

- A continuation from 6th grade “Anxiety Aliens”, students continue to differentiate stress from anxiety.

- **Be Like A Tree - Resilience**

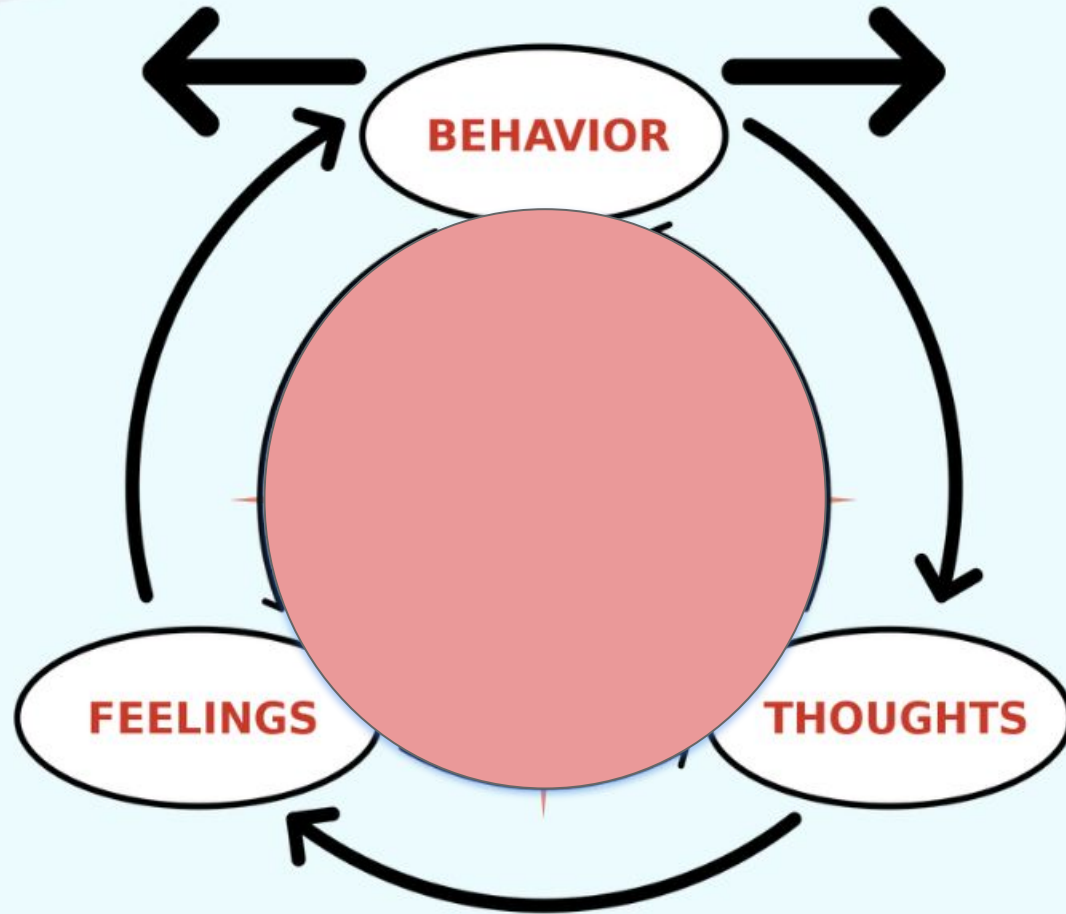
- Students take a trip to the redwood grove. We look to our planet’s longest living organisms, tree, to learn what it means to be resilient.

- **Playing Attention - Mindfulness**

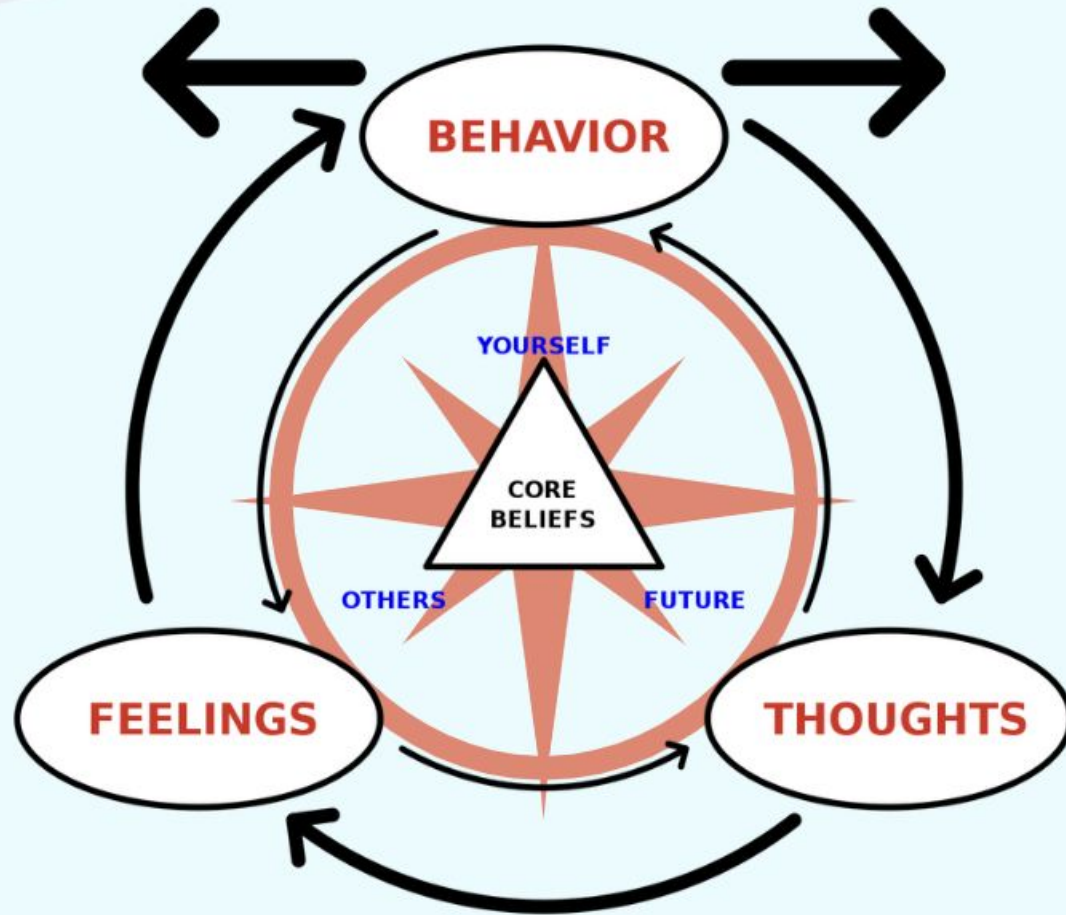
- Mindfulness is more than just meditation! Practice being present, without judgment, with improv!



Configuring Their Compass



Configuring Their Compass



Reach Out

kuniacke@menloschool.org

ext 2461

