



7TH GRADE PARENT INFORMATION MEETING

Welcome Class of 2031 Parents!



WHO WILL YOU HEAR FROM TONIGHT?



BOBBI LYNN MONROE
7TH GRADE TEAM LEAD



CODY CAREFOOT
ADVOCACY COORDINATOR



LAUREN FENDRICK
MS ATHLETICS DIRECTOR



FRANKIE MACHADO
LEARNING SPECIALIST



KAILA UNIACKE
MS COUNSELOR



Menlo School

ANNUAL FUND

Class of 2031 Annual Fund Captain

Lara Pande

Goal: 100% participation from the Class of 2031!



7TH GRADERS IN A NUTSHELL



Eager



Unplugged



Open



Nervous



Playful



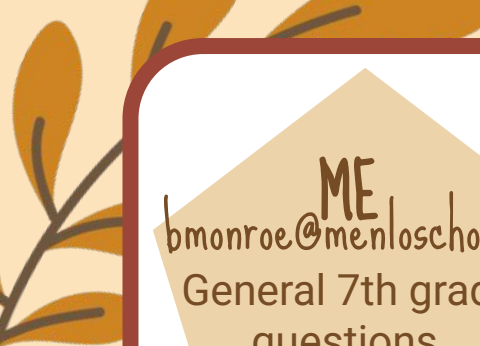
Scattered

7TH GRADE IS A STEP UP!

- Expectations
- Challenge
- Homework
- Independence
- Support







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

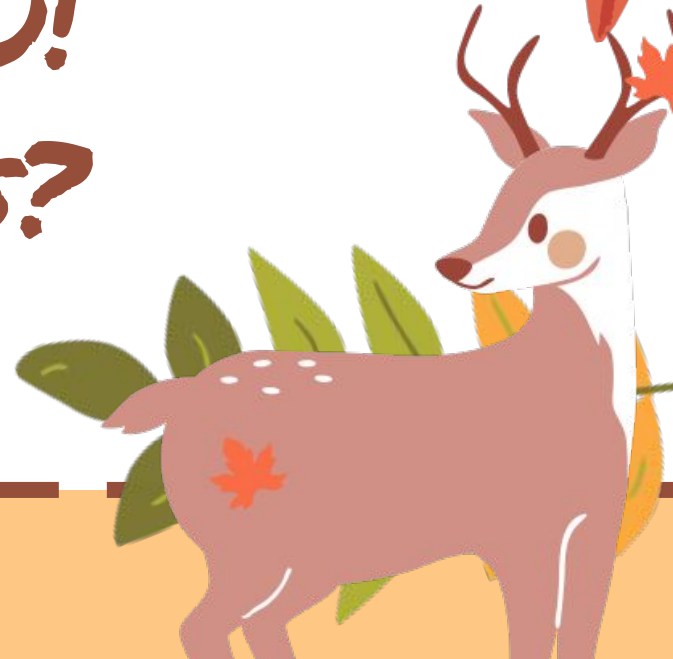
MS OFFICE
msattendance
@menloschool.org
Absences, late
arrivals or early
departure

ZIPNOTES
Weekly email with
information and
upcoming dates





**THANK YOU!
QUESTIONS?**



Habits of Learning

INITIATIVE

- Completes work with attention to detail
- Practices self-advocacy
- Seeks challenge
- Demonstrates resilience
- Identifies strengths and areas for growth
- Seizes retake and revision opportunities when available
- Exhibits independence and academic integrity

ORGANIZATION

- Follows directions accurately
- Brings materials to class
- Uses planner effectively
- Manages time efficiently
- Completes assignments on time
- Maintains organized physical and digital documents

COLLABORATION

- Works flexibly to build partnerships with all peers
- Listens actively and responds with thoughtfulness
- Contributes new ideas to deepen the work
- Steps up and steps down appropriately in both words and workload
- Disagrees respectfully to expand the thinking
- Resolves conflicts calmly and respectfully
- Models inclusive and gracious communication skills

ENGAGEMENT

- Expresses attention through body language
- Stays focused and on task
- Participates productively
- Asks relevant questions during class
- 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 retreat



This year's Advocacy Themes

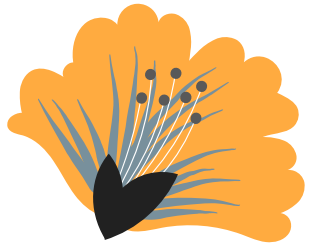


Belonging

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

MIDDLE SCHOOL
ATHLETICS



GO KNIGHTS GO!

Program Philosophy

GOALS: 1) create **lifelong lovers of movement** and 2) **develop character through sport.**

- We encourage students to explore a **variety** of sports and activities, as research shows that multi-sport athletes often have a lower risk of injury and burnout.
- Athletics is an extension of the classroom, offering a place to practice our core **Habits of Heart and Mind.**
- Our program focuses on developing **healthy habits** that will last a lifetime.





Sports, Seasons, and Dates

**** Sports are subject to change and Dates are approximate ****

<u>Fall</u> (Aug 21 - Oct 14)	<u>Winter I</u> (Oct 16 - Dec 19)	<u>Winter II</u> (Jan 5 -Mar 6)	<u>Spring</u> (Mar 9 -May 15)	<u>Spring to Fall</u> (May 18- May 29)
Cross Country	Boys Basketball	Girls Basketball	Baseball	Boys Volleyball
Flag Football	Girls Soccer	Boys Soccer	Girls Volleyball	Girls Flag Football
Girls Lacrosse	Water Polo (class)	Golf	Water Polo	Pickleball
Tennis (class)	Tennis (class)	Water Polo (class)	Tennis	TBD
Water Polo (class)		Tennis (class)	Track	
			Boys Lacrosse (class)	

**** There are events throughout the year that anyone can participate in regardless of chosen sport (Swim, Golf, Cross Country, etc.) ****
For these events, students will receive an email and a note to the parents will follow in zipnotes.



Terminology:

- **JVA, JVB** = 6th grade team
- **VA, VB1, VB2** = 7/8th grade

The 7th Grade Athletics Program

Our Sports Teams Practice during the School Day PE block:

- **Schedule:** 7th-grade PE is from **2:15 PM to 3:20 PM** on Days 2-7 of the school schedule.
- **Sports Performance:** 1 x week with a certified sports performance coach during their practice time in the weight room. The focus is on **age-appropriate, foundational movements** designed to build movement fluency, strength, and speed.
- **Coaching:** Most sports are directed by Program Heads or High School Head Coaches. This provides **alignment and continuity** between the Middle School and Upper School programs.

Sport Sign-Up / Injury & Illness



Sport Sign-up Process

- **When to Sign Up:** Approximately six weeks before each new season, Coach Fendrick will email your student a Google Form to register for a sport. An announcement will also be posted in zipNotes.
- **Deadline:** Students have **one week** to complete the form. If a student misses the deadline, Coach Fendrick will place them in a sport that best suits their needs.
- **No Switching:** Students may not switch sports once their selection is made. We encourage them to think carefully about their choice, talk it over with their family, and consider taking the risk to try something new!

Injury & Illness Policy

- All communication regarding injuries or illnesses that prevent participation must go through the **Nurses Office**.
- You can contact the nurse at nurse@menloschool.org or by phone at (650) 330-2000 x2601 or x2530.



Game-Day and PE Attire

- Students should bring a **water bottle** and any sport-specific attire or equipment communicated by the coaches (mouth guard, cleats, shin guards, etc.).
- **Proper athletic attire is required:** sneakers, athletic shorts and tops. **No** Uggs, rubber slides, Crocs, jeans, or crop tops.
- Any large items (golf clubs, etc.) can be stored in the gym foyer during school hours.



Commitment & Expectations



- **Sports with competitions:** Each sport has **2 to 6 after-school competitions on weekdays**, with **no weekend games** or commitments.
 - a. Game schedule can be found on the team pages on the website about 3 weeks before competitions start. <https://www.menloschool.org/athletics/middle-school-teams/>
- **Season Commitment:** Team sports with competitions require a **full-season commitment** (PE and games). We ask that **Menlo Athletics take priority** over outside clubs or travel teams. This allows your student to be fully present with their team, fostering deeper connections and a more unified experience for all.
- **Class-only** sports have **no after-school requirements**.





Values in Action

Our coaches will highlight our six core habits throughout each season.

- When your students authentically embrace these habits, sports can unlock magical moments for them.
- We know there will be challenges, but we have a robust support system to help them every step of the way.



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.

Parent/Guardian Role



<u>Our Kind Request</u>	<u>The Benefit for Your Child</u>
Be a Fan (Cheer for all, model sportsmanship.)	Prevents <u>Burnout</u> and ensures their <u>self-worth is not conditional</u> on performance or winning.
Focus on the Student (Ask about effort, learning, and fun, not strategy or wins.)	Teaches them that <u>ability is malleable</u> and can be developed (Growth Mindset) and <u>builds resilience</u> by valuing effort over outcome.
Trust the Coaches (Allow them to coach and the team to play.)	Supporting Competence and Autonomy- Allows the athlete to <u>focus, absorb instruction, and feel competent</u> in their role without the stress of conflicting adult voices.
Respect the Process (when appropriate student advocates, Observe the 24-Hour Rule.)	Builds vital life skills: <u>self advocacy, communication, and rational conflict resolution</u> . If you, as a guardian, need to contact coach please wait 24 hours before reaching out.
Model Our Values	You are a primary role model. Your behavior teaches them how to handle adversity, conflict, and respect, reinforcing our core Habits of Heart and Mind.



Thank you for your partnership! Questions?

Lfendrick@menloschool.org

650-330-2000 ext. 2456

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 divides the image from the top-left to the bottom-right. The left side is dark and semi-transparent, serving as a background for the text. The right side shows the natural landscape with blue and grey 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

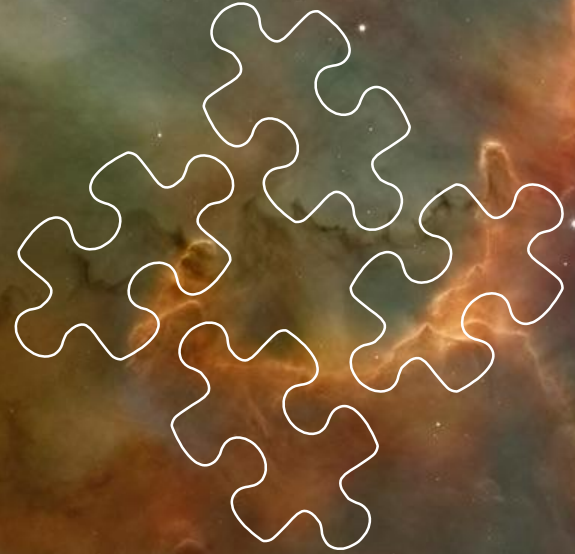
Teacher Help Sessions:

- 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?





Homework Club

- Location: Library
- Day: Wednesday
- Time: 3:30-4:30
- HW help, organization check, fun learning celebrations

MENLO PARK
HW CLUB
Yearly Overview

HW LEADERS
Obasi Winn, Cindy Oguin, and Nicole Nava

CELEBRATION DATES

- October 1
- October 29
- November 19
- December 17
- January 28
- March 4
- April 1
- April 29
- May 13

NO HOMEWORK CLUB ON THESE DATES:

- September 24
- October 8
- October 15
- November 5
- December 10
- February 4
- February 25
- March 18
- April 22
- May 6

CHECK-IN

GET INVOLVED

SNACK & PRIZE SUGGESTIONS



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 Apolo	Office Hours/Tutorial Ms. Smith Señora Barreal
10:55 AM		Hearts Project	
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	No HW		
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	

	9/15	9/16	9/17
	MONDAY 1	TUESDAY 2	WEDNESDAY 3
Morning Meetings	Spirit Week Fancy Art	Spirit Week Wild west day	Spirit Week Ryme without Reason
8:35 AM	A Humor skills	E	B
9:40 AM		F Science - Pick a place in notebook Directions on prepare assessment summative CANVAS	C TEST (Math) prepare assessment (HW 8)
		Assembly	Office Hours/Tutorial
		G Brainstorm ideas!	D
	Advocacy	ENGLISH (Do in notebook)	
12:30 PM			
1:00 PM	G Math		
1:05 PM	12:35 PM HW 700 Summative Assessment On hot cold and oppo site By social sciences	7/8 A	6 PE 7/8 E
2:10 PM	2:15 PM - P2-A2 Human Geo Cartimization	6A Practice using the pomodoro technique for homework assignments	7/8 PE Do Study guide! Spanish
2:50 PM			
3:20 PM	Early Dismissal		Fielding practice
After School			

To-Do: Talk to Mr. Lambert. Spanish Ask him how to know when to use tel/el.
- Ask Ms. Stark how to memorize vocabulary better. Like tips.

	9/18	9/19	9/20
	THURSDAY 4	FRIDAY 5	SATURDAY
Morning Meetings	Spirit Week Adam smaller / oversized	Spirit Week Special Schedule - All School Homecoming	Baseball tournament
8:35 AM	F Clothes Day Investigation Vocabulary Notes. Video instructions on CHAIRS.	C HW 9 (check)	
9:40 AM			Buy focused by Alyson Gebes!
9:45 AM	G	D	
10:50 AM			
10:55 AM	Advocacy	Office Hours/Tutorial	
STUDENT LIFE		RETAKE Social science	
11:15 AM			9/21
11:15 AM LUNCH			SUNDAY
11:55 AM	A	E QUIZ	Baseball tournament
1:00 PM			
1:05 PM	7/8 B	6 PE 7/8 F	6 PE
2:10 PM			
2:15 PM	6 B	7/8 PE 6 F	7/8 PE Back of special assignments
			REMINDERS Study for test.
3:20 PM			
After School	Writing 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

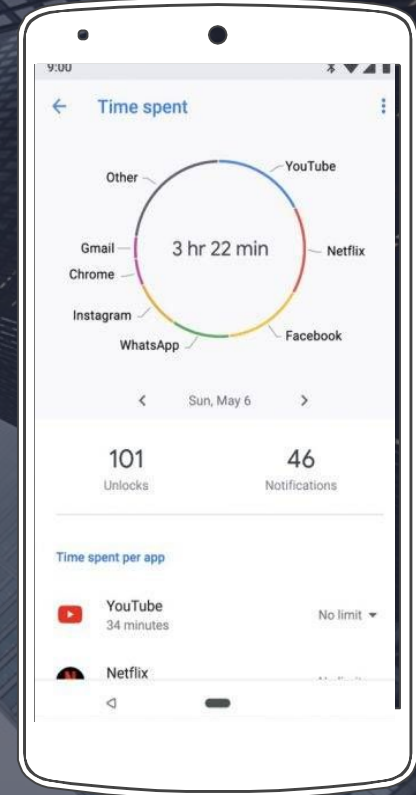
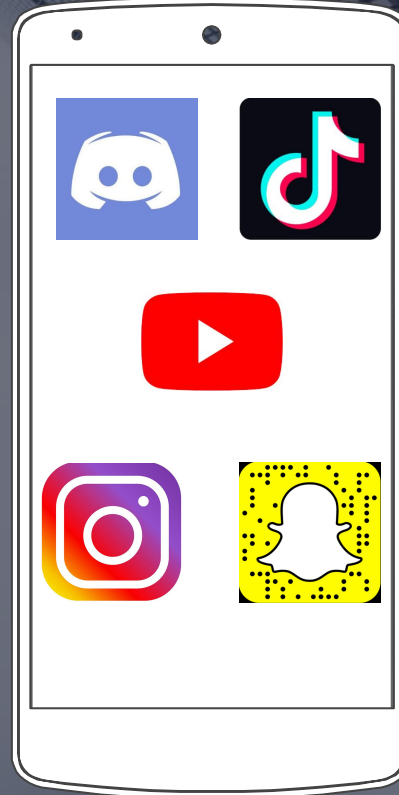
Smartphone Alternatives:

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



Tech: Building Healthy Habits

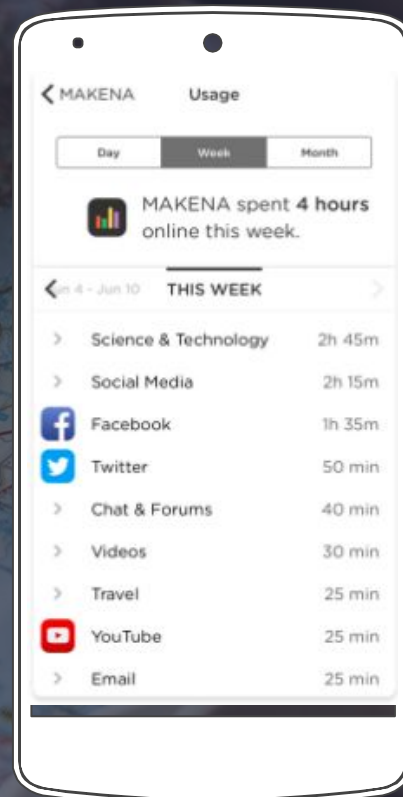
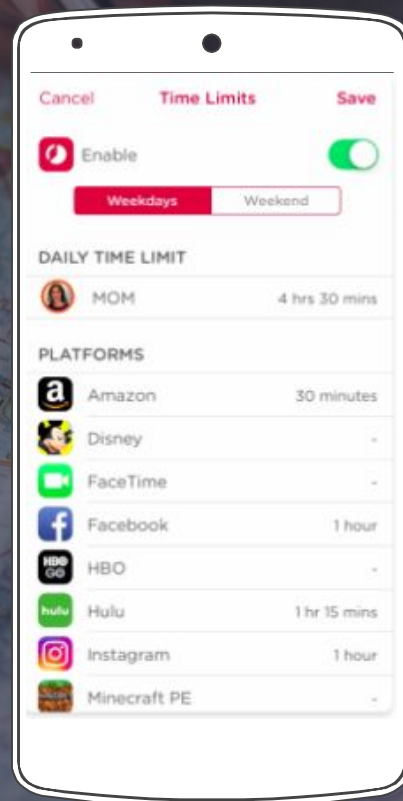
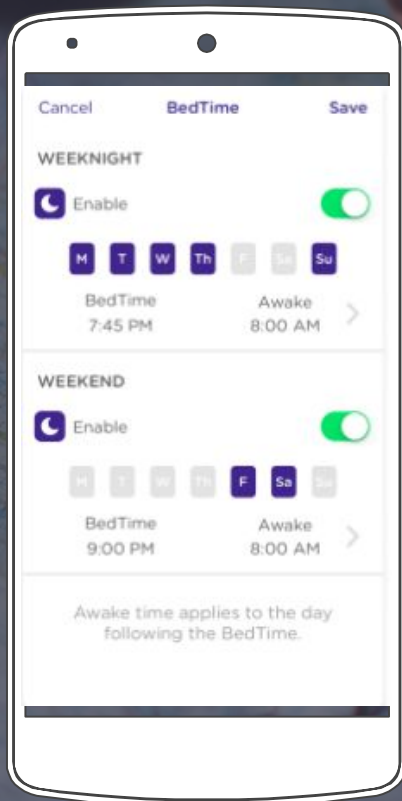
- **Tech distractions out of sight**
- Use Digital Wellbeing / Screen Time apps on phones and devices
- Avoid wormhole apps like TikTok, Instagram, Snapchat, Youtube
- Encourage students to enable "Do Not Disturb" or turn off notifications



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



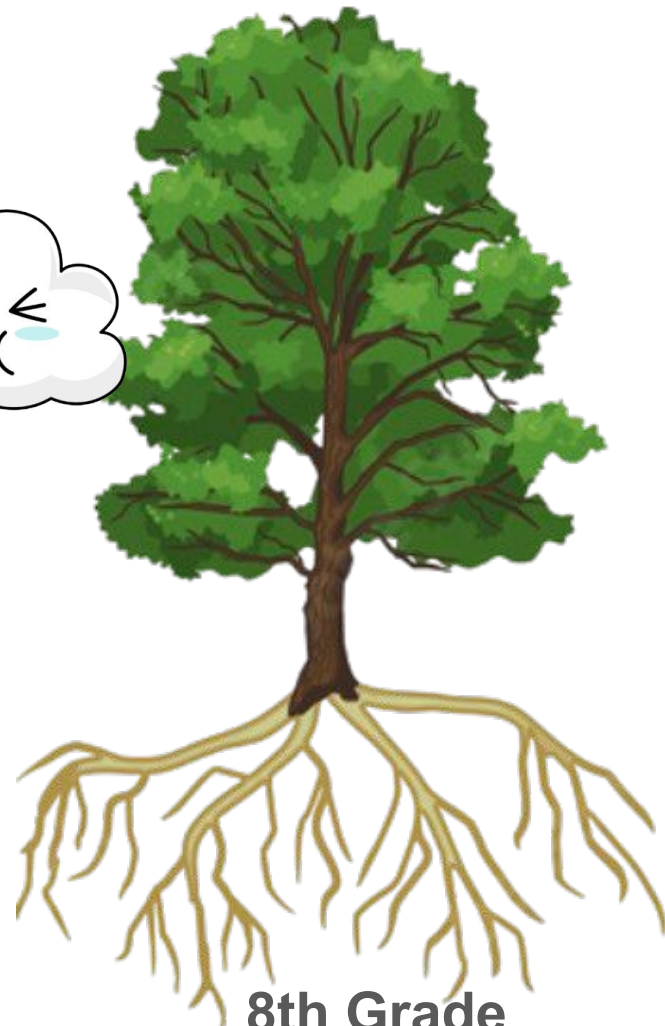
6th Grade



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

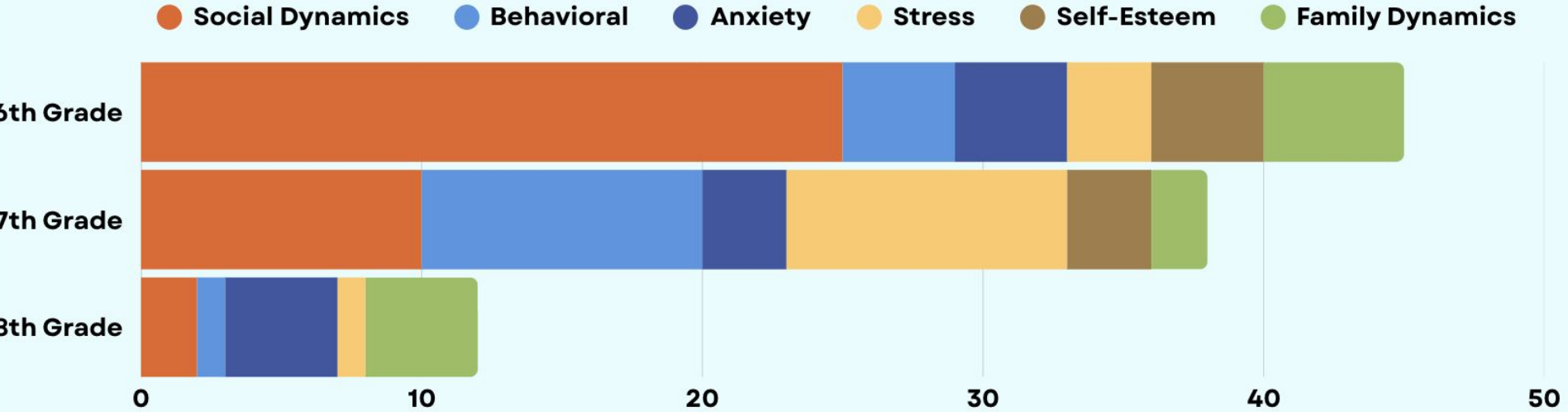


Counseling By Grade

Reading this graph:

2024-2025

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.



HUMAN SKILLS

AROUND THE CAMPFIRE

Understanding Ourselves

EQ - Students continue to build upon their emotional intelligence by recognizing emotions, managing their reactions and understand with empathy.

VIA Character Strengths - 7th graders take the VIA Character Strengths survey that will outline how they can use their strengths to develop the best version of themselves.

Perfectly Imperfect - Embrace quirks, dodge the perfection robots, and discover how real humans thrive in a world of filters and shiny ads.

Connecting With Others

Setting Boundaries - Students learn that setting healthy boundaries does not push people away, but draws people closer in helping others understand what you are or are not okay with.

Let Gratitude Be Your Attitude - Slow down, notice the good in their daily lives, and build habits of gratitude that boost happiness and resilience.

Playing Attention - Mindfulness isn't just sitting still! Join improv games and activities to improve focus, calm mood and find connection.



Caring For Ourselves

Anxiety Aliens - Picture anxiety as a space invader! Discover what cookies feeds your alien, mix up secret potions (coping skills), and learn how to shrink your alien into a harmless sidekick.

Food For Thought Explore the brain-gut connection by embarking on a cafeteria quest to taste-test how foods can help your body & mind.

The Wellness Wheel - Identify which categories of their well-being are thriving, and choose one area to focus on for more self-care this trimester.

Building A Compassionate Community

Making Kindness Less “Cringe”- Unleash your inner kind superhero, test the difference between nice and kind, and plot your path for being an up-stander—no cape required.

A Sincere Apology- How to give and receive an apology, let go of grudges and be mindful of how much space we allow others take in our minds.

Open Session - Classmates respond to student-generated issues through an intentional, supportive exchange of listening and ideas.

MANAGING STRESS

LEARNING TO FLOAT

- Respond vs React
- Locus Of Control
- Probability Vs Possibility
- Don't board that boat!



WHEN TO REACH OUT

THROW THE LIFESAVER

- **Anxious Behavior**

- Disrupted sleep
- Tears before and/or after sports games, tests, social gatherings
- Nausea / diarrhea

- **Body Image / Eating Habits:**

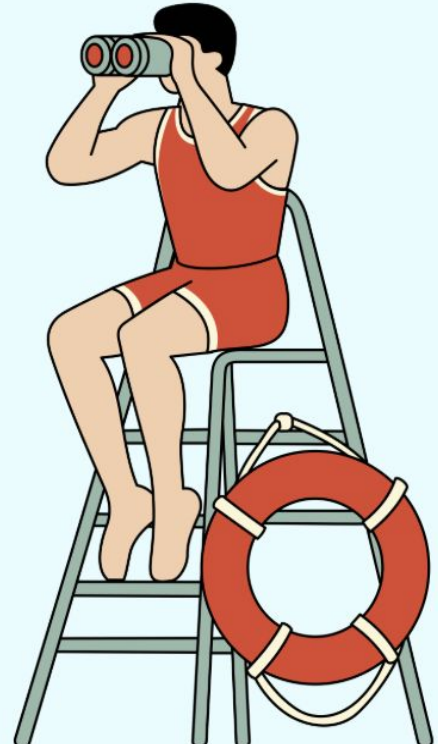
- Rapid mood swings
- Constant body checking
- Counting calories
- Excessive gum chewing
- Bathroom use immediately after eating

- **Depressed Mood:**

- Loss of interest in hobbies
- Social isolation
- Excessive sleep
- Change in eating habits

- **Emotional Regulation:**

- Lashing out - yelling, throwing, hitting
- Catastrophizing





RAISING MENTALLY STRONG KIDS

How to Combine the Power of Neuroscience with
Love and Logic® to Grow Confident, Kind, Responsible,
and Resilient Children and Young Adults

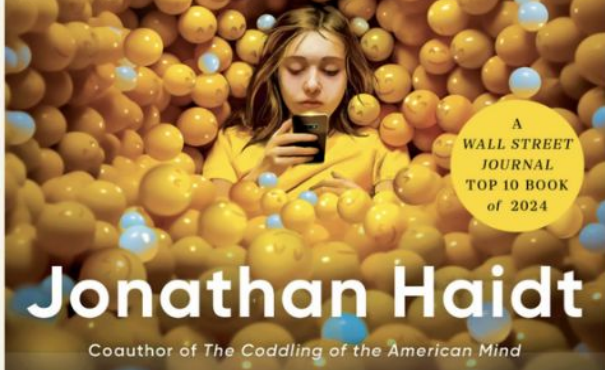
DANIEL G. AMEN, MD
& **CHARLES FAY, PHD**

Foreword by **JIM FAY**, Cofounder of the Love and Logic Institute

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness



"NEVER ENOUGH is the book for our times."
—NED JOHNSON, bestselling coauthor of THE SELF-DRIVEN CHILD

NEVER ENOUGH



When Achievement
Culture Becomes Toxic—and
What We Can Do About It

JENNIFER BREHENY WALLACE

Middle School

Breakfast BUNCH



Sign up here!

8a-8:30a every Friday with
Ms. Uniacke



Reach Out

kuniacke@menloschool.org

ext 2461

