



Middle School 8th Grade Parent Information Night

September 30, 2025



Tonight's Agenda

Annual Fund



Emily Waldorf

8th Grade Overview



Allison Houghton

Advocacy Overview



Michael Giardi

Athletics



Lauren Fendrick

Student Support: Academics



Frankie Machado

DC Information



Agnes Cho, Sarah and Eric, and Joan Barada





Menlo School

ANNUAL FUND

Class of 2030 Annual Fund Team

Captains: Emily & Greg
Waldorf

Jennifer Dinsmore
Noah Kindler
Tracy Satvat

Sonia & Aydin Senkut
Charlotte Zanders Waxman &
Alan Waxman

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

Did you know...

The Annual Fund provides 9%
(\$5 million) of the operating
budget this year and impacts
every aspect of the Menlo
experience.



Approachable

Creative

Authentic

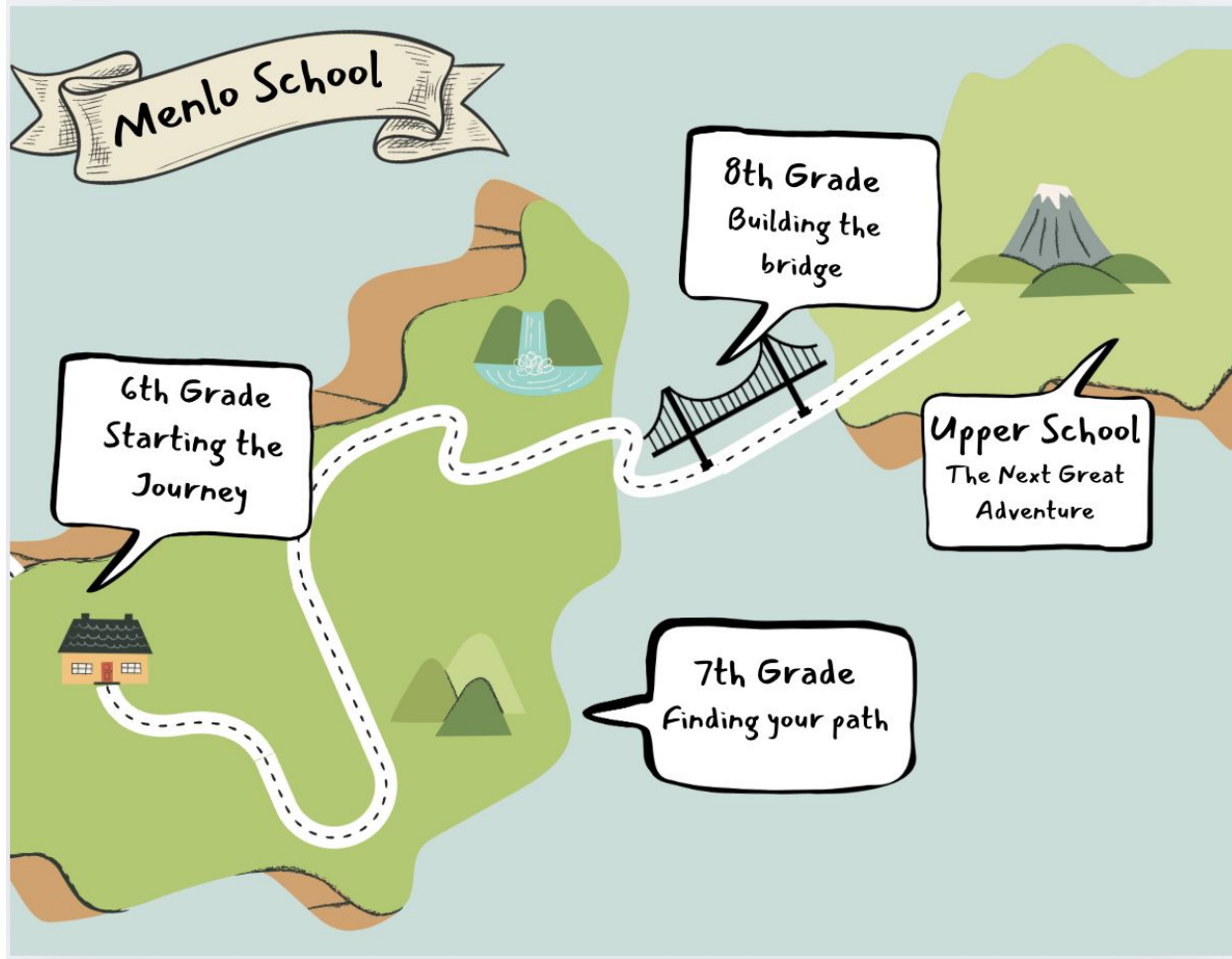


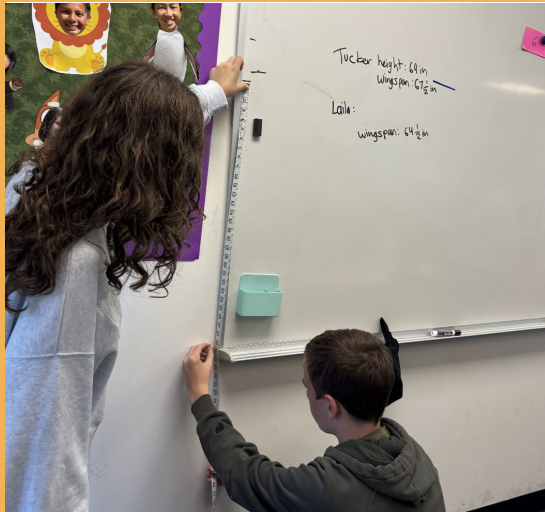
Supportive

Animated

Joyful

The 8th Grade Class





The journey has
already begun!





Students Have Help to Find the Right Direction!

Teachers



Support Team

**Advocacy:
Resources & Skills**

Friends and Family



Enjoy the
Adventure!



Allison Houghton
8th Grade Lead

General 8th grade
questions and
concerns

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

Agnes Cho

acho@menloschool.org

DC specific
questions

A bright yellow sun with rays on a blue background. The sun is a large, textured yellow circle in the center, surrounded by numerous yellow, elongated rays of varying lengths radiating outwards. The background is a solid, vibrant blue.

ADVOCACY

Purpose



BELONGING

Sharing activities, stories, perspectives, experiences and aspirations



WELL BEING

Helping students to flourish personally and academically: Values, Character Strengths, gratitude and Day 7 check-ins



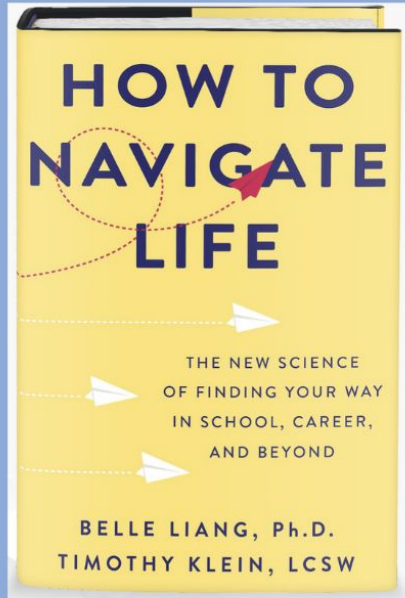
HAVE FUN

Team Building and Advocacy
Olympics

8TH GRADE ADVOCACY THEME:

Leadership

PURPOSE IS USING YOUR STRENGTHS AND SKILLS TO MAKE A POSITIVE IMPACT THAT ALIGNS WITH YOUR CORE VALUES.



Service

BELONGING

Primary purpose of charity is to elevate the relationship between giver and receiver.

-Rabbi Maimonides

WELL BEING

The experience of helping others lowers activity in the brain's stress and threat centers.

-Dr. Naomi Eisenberger

SUCCESS

"When givers succeed, it spreads and cascades".

-Adam Grant "Give and Take"





Having Fun!



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)
Cross Country
Flag Football
Girls Lacrosse
Tennis (class)
Water Polo (class)

<u>Winter I</u> (Oct 16 - Dec 19)
Boys Basketball
Girls Soccer
Water Polo (class)
Tennis (class)

<u>Winter II</u> (Jan 5 -Mar 6)
Girls Basketball
Boys Soccer
Golf
Water Polo (class)
Tennis (class)

<u>Spring</u> (Mar 9 -May 15)
Baseball
Girls Volleyball
Water Polo
Tennis
Track
Boys Lacrosse (class)

<u>Spring to Fall</u> (May 18- May 29)
Boys Volleyball
Girls Flag Football
Pickleball
TBD

**** 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 8th Grade Athletics Program

Our Sports Teams Practice during the School Day PE block:

- **Schedule:** 8th-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!



8TH GRADE TRANSITION &

ACADEMIC SUPPORT

FRANKIE MACHADO, MS LEARNING SPECIALIST

AGENDA



- *Gradually Releasing Responsibility over 8th Grade*
- *Strategies to support your child in 8th grade*
- *Academic Support Services*

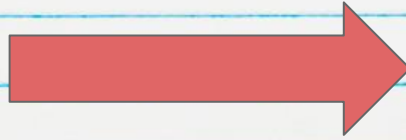
THE TRANSITION FROM 7TH TO 8TH

- *Students crave independence*
- *Parents and Teachers feel the need to step back*
- *7th grade supports are decreased
BUT challenge is increased*



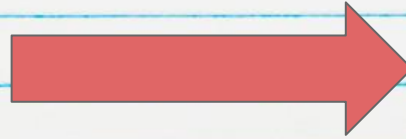
GRADUAL RELEASE OF RESPONSIBILITY

WHAT STUDENTS THINK
SHOULD HAPPEN



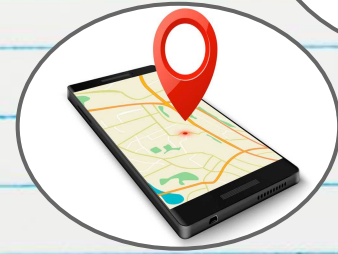
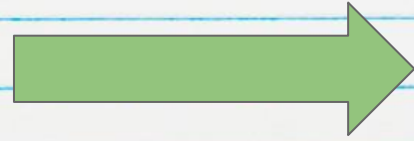
GRADUAL RELEASE OF RESPONSIBILITY

WHAT STUDENTS THINK
SHOULD HAPPEN



GRADUAL RELEASE OF RESPONSIBILITY

WHAT SHOULD ACTUALLY HAPPEN



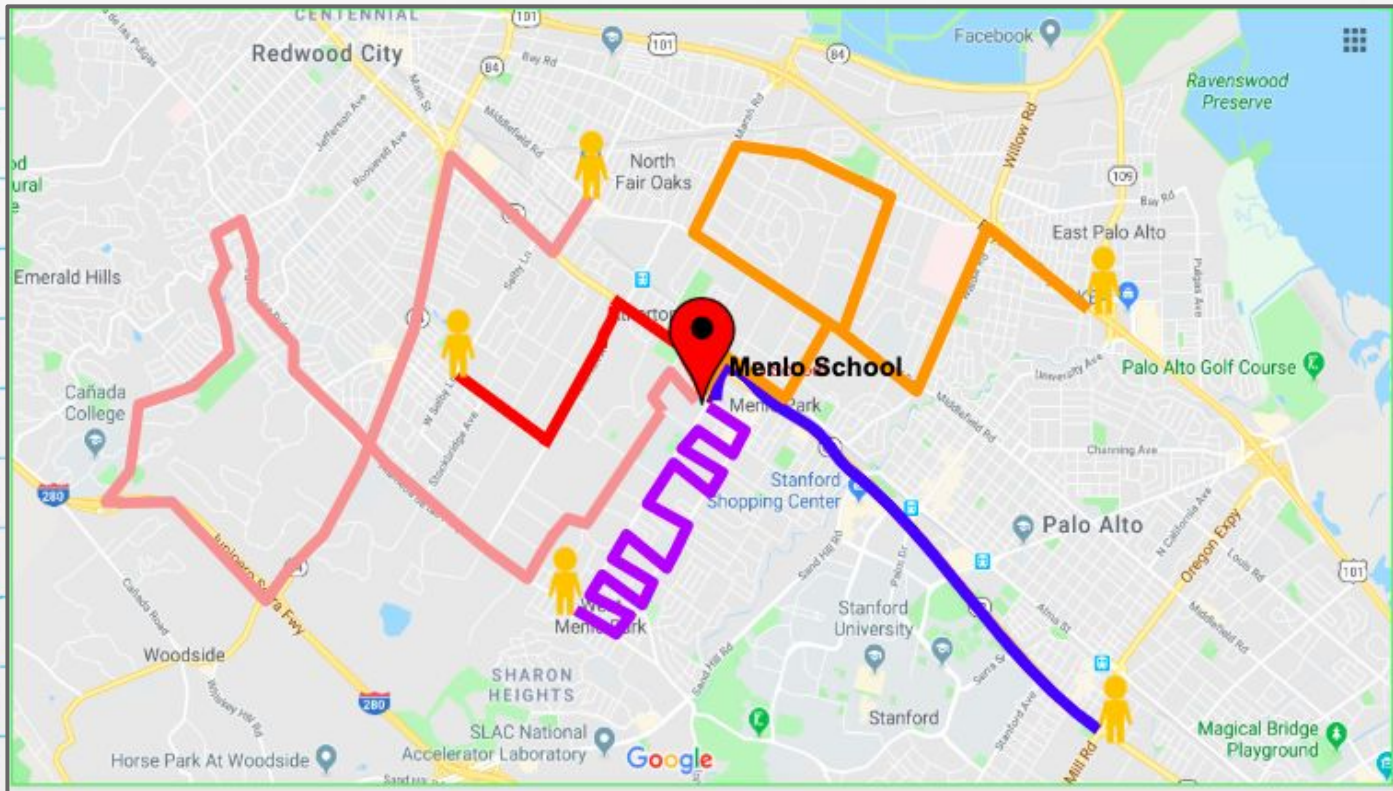
GRADUAL RELEASE OF RESPONSIBILITY

PARENT COACHING & CALIBRATION

- *Time Management*
- *Proactive Vs. Reactive Prep*
- *Self Advocacy*
- *Active Studying*
- *Time Management and Organization*

GRADUAL RELEASE OF RESPONSIBILITY

PARENT COACHING & CALIBRATION



GRADUAL RELEASE OF RESPONSIBILITY

PARENT COACHING & CALIBRATION

Independence is
EARNED not Given

FEEDBACK LOOP

NEW LESSON

CLASSWORK

HOMEWORK

QUIZ

NEW
LESSON/TEST/RE-TAKE

- Taking Notes
- Asking Questions
- Actively listening
- Participating

- Checking work
- Asking Questions
- Organizing materials

- Checking work
- Using notes
- Asking questions
- Checking in with teachers

- Looking over feedback
- Fill in any gaps in understanding
- Updating a practice test

- Actively study

PARENT COACHING: ACCESS POINT

NEW LESSON

CLASSWORK

HOMEWORK

QUIZ

NEW
LESSON/TEST/RE-TAKE

- Taking Notes
- Asking Questions
- Actively listening
- Participating

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- Looking over feedback
- Fill in any gaps in understanding
- Updating a practice test

- Actively study

QUICK LOOK-FOR'S



ANY TEACHER FEEDBACK

Rubrics

Quizzes

Tests

EVIDENCE OF PREP

Practice tests

Study Guides

Flash Cards

CANVAS

Assignments

Missing/Late work

Teacher Resources

ORGANIZATION

Backpack Checks

Planner

QUICK LOOK-FOR'S



Sleep!

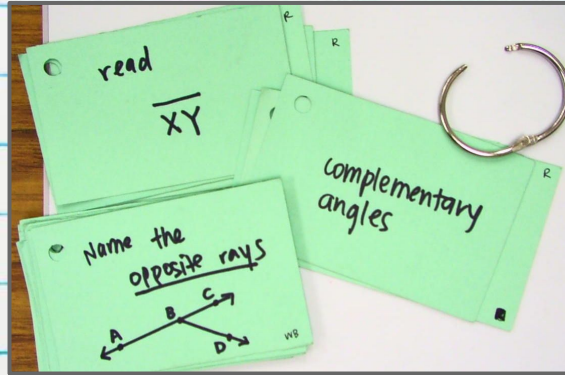
9-10 hours

Nightly Sleep Routine

Off Screens 1 hour before bed



MODEL PRODUCTIVE STRATEGIES AND SYSTEMS



Home
Pages
Discussions
People
Syllabus
Collaborations
Google Drive
Flipgrid

Account
Courses
Calendar
Inbox
Studio
Help

View Course Calendar
View Course Notifications

To Do
Nothing for now

September 2020

<	1	2	3	4	5	>
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10				

Course assignments are not weighted.

ZOOM LINK
TODAY'S LESSON
OFFICE HOURS
ABOUT MR. MACHADO



MODEL PRODUCTIVE STRATEGIES AND SYSTEMS

WEEKLY PLANNER UPDATES

- SUNDAYS
- FAMILY EVENTS
- EXTRACURRICULARS
- EVERYONE UPDATES THEIR OWN PLANNER

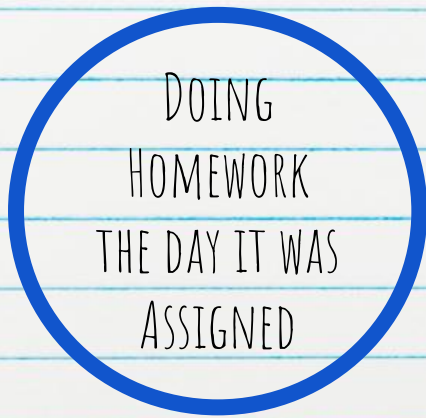
		MOM 2 TRAIN		DAD 2 TRAIN			
		9/18/17	MONDAY	9/19/17	TUESDAY	9/20/17	WEDNESDAY
		DAY 2		DAY 3		DAY 4 Rosh Hashanah Begins at Sundown	
8:20 - 8:30	Advocacy			Advocacy		Advocacy	
Period 1 8:30 - 9:35	E			B OPEN "EXEMPLARY PARABLES OF DESCRIBED INTO A NOTABILITY FOLDER & FOLLOW DIRECTIONS		F BUILD SCALE MODEL WITH FACTS IN NOTEBOOK (SEE HANU)	
Period 2 9:40-10:45	B			C READ CHAPS 12-13 IN BOOK (PP 47-54) ANNOTATE		G HW ALG TIL 091817	
Student Life 10:50-11:15	Tutorial	→ JUAN FOSTER PERCUSSION OR SPANISH		HW ADVOCACY GALLERY WALK		Tutorial	100% IDENCE
Lunch/Break 11:15-11:50		CHART 11 - PRACTICE OVER AND OVER		MAKE PRACTICE QUIZ - HAVE QUIZLET - FLASHCARDS DIALO HW'S - GET BINDER DO QUIZLET & REVIEW		BROTHER QUIZ ME	NOTES & REVIEW PACKET
Period 3 11:50-12:55	C			D HW ALGEBRAIC EXPRESSION 091417		A	
Period 4 1:00-2:05	A					B CHOOSE 1 PORTRAIT YOU WANT TO USE FOR YOUR ESSAY AND COMPLETE "DECEPTION & ANTI-TERMINAL" IN NOTABILITY	
Period 5 2:10-3:15	PE-7/6					PE-7/8	
				SPANISH TEST			
				PERCUSSION - QUIZ - MATH QUIZ			
				REHEARSAL 3:15-4:45 FOOTBALL 5-6 TRAN		REHEARSAL 3:15-4:45 TAKE 6:02 TRAIN = MENLO TO BGANTE	

		DAD 2 TRAIN					
		9/21/17	THURSDAY	9/22/17	FRIDAY	9/23/17	SATURDAY
		DAY 5		DAY 6 Rosh Hashanah Ends at Sundown		MS Open House	
8:20 - 8:30	Advocacy			Advocacy			
Period 1 8:30 - 9:35	C			G READ CHAPS 14-15 (PP 55-62) WATCH 2 1/2 MINUTE VIDEO (SEARCH)		A Simplifying Algebraic Expressions 092817	
Period 2 9:40-10:45	D			A		A	PERCUSSION PERFORMANCE VOLUNTEER
Student Life 10:50-11:15	Advocacy			Tutorial			→ ADDING & SUBTRACTING NEGATIVES → IMPROVING ALG EXP - PERMETER - AREA
Lunch/Break 11:15-11:50							MAKE PRACTICE QUIZ USE CW & HW PROBLEMS
Period 3 11:50-12:55	E			B FINISH ENOUGH DRAFT OF DECISION AND PRINT COPY FOR PEER REVIEW		9/24/17	SUNDAY
Period 4 1:00-2:05	A			C COMPLETE GRAVITY & DRAG PBLAB SHEET DOWNLOAD THE PPT AND SEE INSTRUCTIONS IN HANU			BRING DEAR BOOK
Period 5 2:10-3:15	PE-7/6			PE-7/8			
After-School Meetings				DANCE 3:45-6:45 FOOTBALL 4-5		FOOTBALL 4-5	

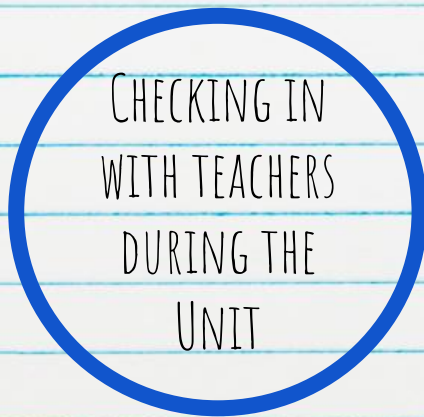


CURRENT 9TH
GRADERS

WHAT DO YOU WISH YOU WORKED ON
MORE IN 8TH GRADE?



DOING
HOMEWORK
THE DAY IT WAS
ASSIGNED



CHECKING IN
WITH TEACHERS
DURING THE
UNIT



LEARNING HOW
TO USE
UNSTRUCTURED
TIME

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?

Now that You've Waited Until 8th...

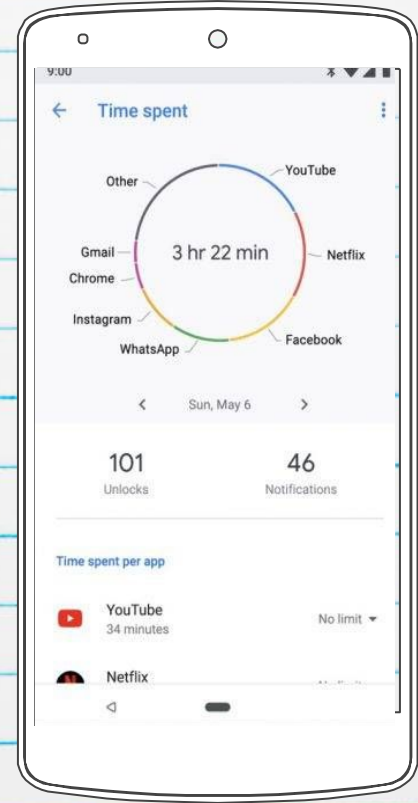
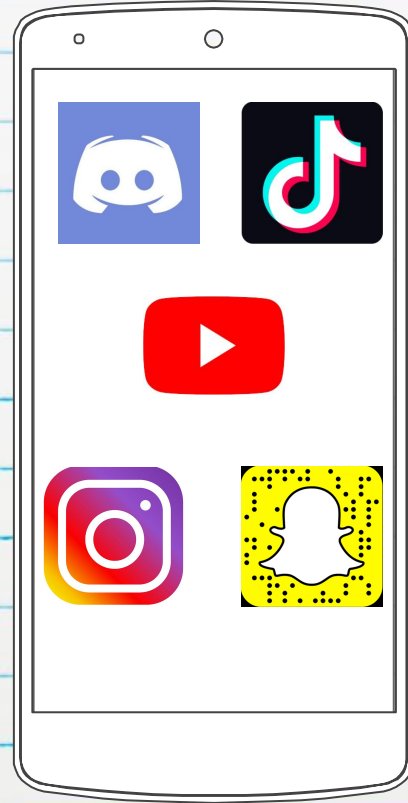
Smartphone Alternatives:

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



Tech: Building Healthy Habits

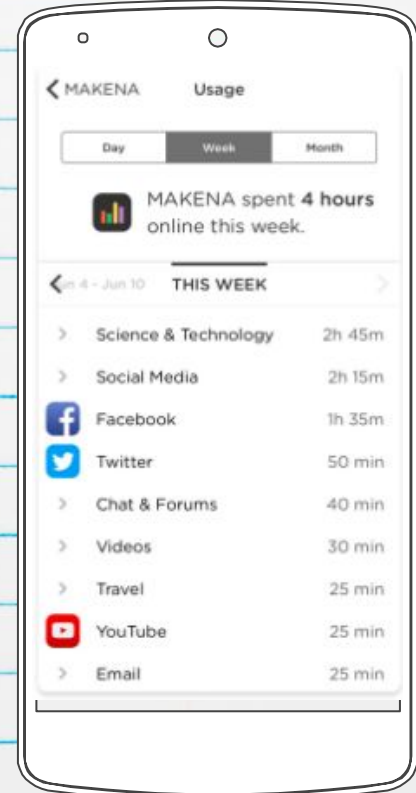
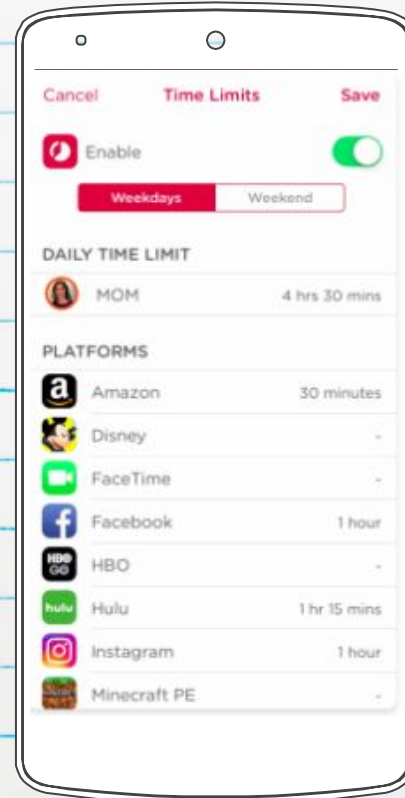
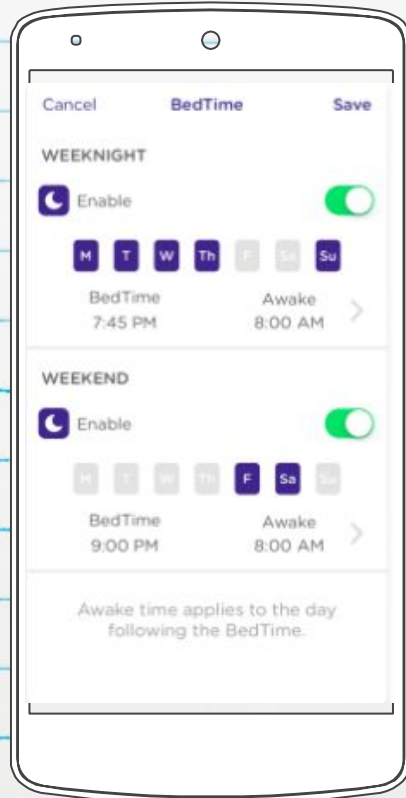
- **Tech distractions out of sight**
- Use Digital Wellbeing / Screen Time apps on phones and devices
- Avoid wormhole apps like TikTok, Instagram, Snapchat, Youtube
- Encourage students to enable "Do Not Disturb" or turn off notifications



Circle

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

www.meetcircle.com



3 S's of Success



Sleep



Scheduling



Screentime

ACADEMIC SUPPORT

- Learning Seminar Trimester 3
- One-on-one support during, Day 1, 3, & 5
Office Hours, Before/After School
- Support Plans for students with Learning Differences
- Recommendations for supports



Homework Club

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

Homework 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





Frankie Machado

fmachado@menloschool.org

(650)330-2001 x 2446



8TH GRADE HUMAN SKILLS

SEXUAL HEALTH & RELATIONSHIPS

SEXUAL HEALTH & RELATIONSHIPS PROGRAM

Unit 1 - Values. Local Clinics and Resources. Talking With Parents.

Unit 2 - Sexual and Reproductive Anatomy / Physiology. Puberty. Conception and Pregnancy Stages.

Unit 3 - Gender and Sexual Identities.

Unit 4 - Sexual Behaviors. Consent. STI, HIV/AIDS and Pregnancy Prevention. Pregnancy Options.

Unit 5 - Healthy Relationships and Sexual Violence Prevention.

Unit 6 - Social Media and Body Image.

SEXUAL HEALTH & RELATIONSHIPS PROGRAM

1. Empower you to understand, value, and feel autonomy of your own body.
2. Show dignity and respect for all people, regardless of sexual orientation or gender identity.
3. Respect others' right to bodily autonomy.
4. Understand healthy and unhealthy relationships.
5. Avoid negative health consequences.
6. Communicate about sexuality and sexual health

CLOSE UP[®]
WASHINGTON DC

MENLO SCHOOL

October 19-23, 2025

WWW.CLOSEUP.ORG



CLOSE UP: WHO WE ARE

- Close Up is the nation's **premier non-profit civic education** organization.
- Our mission is to **inspire, engage** and **empower** students to become active citizens.
- Founded in **1971** we have grown to encompass over **1 million alumni**.



Endorsed by:

- National Association of Secondary School Principals
- National Middle School Association
- Campaign for the Civic Mission of Schools
- National Council for the Social Studies
- Student & Youth Travel Association

OUR GUIDING PRINCIPLES

- **Curriculum:** Our instructors turn DC into a living classroom to connect students with the people, institutions and monuments that represent our nation and to build connections between our past and future.
- **Diversity:** We are committed to serving students across the country from different backgrounds and ethnicities to enrich program.
- **Nonpartisanship:** Our goal is not to tell students what to think but give them the skills needed to analyze policy issues for themselves.
- **Ongoing learning:** We provide activities that students can do for pre-program preparation and post-program reflection.



Close Up made me realize how significant my thoughts and views are.



Student

– Christie, TX,

OVERVIEW

Dates: October 19-23, 2025

Details:

- 5 days/4 nights in Washington, DC
- Interactive focus on current issues, government, history, active citizenship.
- Opportunity to interact, learn, and create bonds with peers from their class.
- Students will be split into workshop groups to engage in discussions.
- All meals included starting with dinner on arrival and ending with lunch on departure day
- Includes all program logistics & planning, flights, bus transfers on arrival/departure day, hotel accommodations, meals, charter bus in-town transportation, all instruction & admission fees, tips & gratuities, night monitors in hotel, academic program materials, group photo & Close Up backpack, etc.

Hotel and Student Rooming:

- Students are roomed 2 per room
- Hotel – Renaissance Arlington Capital View (2800 S Potomac Ave, Arlington, VA 22202)
- Nighttime security provided

Transportation:

- Roundtrip flights to and from DC and private coach bus transportation while in DC, provided by Close Up



Tentative Schedule

Menlo School Tentative Schedule: October 19-23, 2025*

Sunday, October 19	Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23
<p>Flight: United Airlines #1678 SFO-DCA 8:32am-4:52pm</p> <p>5:30 Approximate Arrival at Hotel for Registration</p> <p>6:00 Dinner and Orientation</p> <p>7:00 Opening Workshop: Meet your program instructor and prepare to engage in the policy issues that matter most to you</p> <p>8:00 War Memorials at Night: Discuss how the World War II and Lincoln memorials connect the past to the present, and shape public memory</p> <p>9:30 Student Lounge</p> <p>10:00 Room Check</p>	<p>8:00 Breakfast</p> <p>9:15 FDR Memorial: Examine the impact individual actions can have on the government</p> <p>10:30 MLK Memorial: Look at the effect civil rights movements can have on the country</p> <p>11:30 Jefferson Memorial: What current issues have the greatest impact on your generation?</p> <p>12:45 Lunch</p> <p>2:30 Mount Vernon Study Visit: Explore the beautiful home and grounds of our nation's first president</p> <p>5:00 Old Town Alexandria Neighborhood Exploration & Dinner</p> <p>7:15 U.S. Marine Corps Memorial</p> <p>8:00 Current Issues Deliberation: Develop an understanding of a current issue, and discuss different policies that have been proposed to address it</p> <p>9:15 Student Lounge</p> <p>9:45 Room Check</p>	<p>8:00 Breakfast</p> <p>9:30 Capitol Hill Walking Workshop: Explore the home of the federal government</p> <ul style="list-style-type: none"> • Group Photo • Supreme Court Visit <p>11:30 Eastern Market Neighborhood Exploration & Lunch</p> <p>1:00 National Museum of African American History and Culture: Discuss the American story and what it means to be an American today</p> <p>3:45 National Mall Museum Exploration: Visit one of DC's famous museums</p> <ul style="list-style-type: none"> • American History Museum • Natural History Museum • National Gallery of Art • Museum of the American Indian • National Archives* <p>5:30 World War I Memorial Visit</p> <p>6:15 White House Study Visit: Debate what restrictions, if any, are reasonable on freedom of speech</p> <p>7:00 Georgetown Neighborhood Exploration & Dinner</p> <p>8:30 Bowling</p> <p>9:45 Student Lounge</p> <p>10:00 Room Check</p>	<p>8:00 Breakfast</p> <p>9:15 International Spy Museum Visit: Learn about the history and role of espionage on foreign affairs</p> <p>11:15 Lunch at L'Enfant Plaza</p> <p>12:30 United States Holocaust Memorial Museum Visit: Consider individual actions and responsibilities during a time of crisis</p> <p>3:15 Korean & Vietnam Memorial Visits</p> <p>4:30 Einstein Memorial Visit</p> <p>5:15 Sit Down Dinner</p> <p>7:00 Georgetown University Women's Soccer Game</p> <p>9:15 Student Lounge</p> <p>9:45 Room Check</p>	<p>8:00 Breakfast</p> <p>9:15 Arlington National Cemetery: Visit our nation's most hallowed ground and discuss different types of service</p> <p>11:30 Lunch at Reagan Building</p> <p>1:00 Ford's Theater Visit</p> <p>2:45 Closing Conversation: Reflect on the program and consider future actions for civic engagement</p> <p>3:00 Depart for Airport</p> <p>Flight: United Airlines #699 5:59-8:52pm</p>

SUPERVISION AND SECURITY

- 01** Night monitors at each hotel throughout the night.
- 02** Program Instructors receive extensive training, are certified in CPR/First Aid, have undergone criminal background checks and are with students at all times when exploring sites. All schedules include detailed information for each site, lodging and time of events.

- 04** Close Up nametags, worn throughout the program, include an emergency hotline number manned 24/7.
- 05** Close Up has an exclusive partnership with Georgetown University Children's Medical Center (GUCMC) and a Student Needs Assistant on program to help when students are ill.



WHAT TO WEAR &

PACK

- Completed medical questionnaire form online and copy of insurance card
- Casual and comfortable attire is acceptable throughout the program week
 - School Dress Agnes will go over
 - Good walking shoes!
 - One more "formal" outfit for Hill Day Minors are not required to have an ID if they are traveling with an adult
- Any prescription or over the counter meds (school medical policy) which will be discussed by Joan Barada
- Spending/Souvenir Money
 - Travel meals/Snacks
 - Additional souvenirs (will receive Close Up backpack and water bottle)
 - *Visa prepaid gift card is a great alternative to cash- reloadable and can cancel if lost
- Chargers
- Umbrella





PREPARING YOUR CHILD FOR DC

Please take some time to talk to your child about the following:

- Responsibility while traveling
- Behavior in public spaces, especially monuments and memorials
- Respecting opinions of others
- Being active and engaged with their workshop group
- Healthy eating habits, washing hands often, staying hydrated





CONTACT INFO & FINAL STEPS



- **Questions for Close Up:**
sstrum@closeup.org or 703-706-3411
- **Questions for Menlo School:**
acho@menloschool.org

QUESTIONS





Sarah Strum

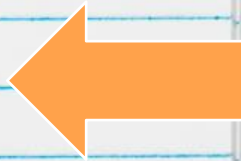
Program Development Specialist

703-706-3411

sstrum@closeup.org

www.closeup.org

CONNECT WITH US!





TESTIMONIALS



ANDREW MT, STUDENT

“Every kid should get the chance to participate in Close Up, and I wish they could.”



EDGAR FL, TEACHER

“I speak from experience, as I have seen the tremendous impact that this program has had in educating students from all parts of the world and from all walks of life...we get so much in terms of return for so little investment. This is the best program I have experienced bar none.”



CLENT CA, TEACHER

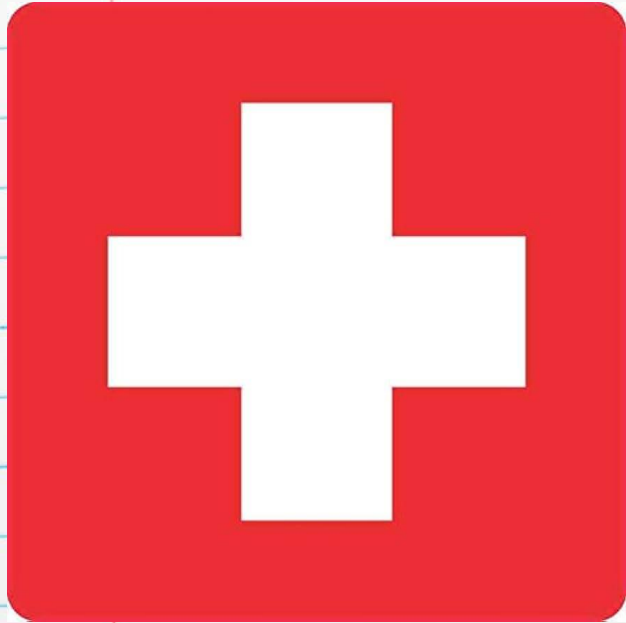
“My biggest highlight has been seeing my students blossom.”



Scan for more testimonials and reviews!







Joan Barada
RN, School Nurse
and Health
Services
Coordinator

Medical

Students should feel 100% well prior to departure

Any prescription medications should be provided to the nurse by Friday, October 10th in original containers with name of prescribing physician, medication name and student's name clearly written.

Provide only enough medication for the trip plus one day.

OTC medications that may be needed such as Zyrtec should be provided similarly as requested above.

Leave the vitamins at home, please.

Students are not allowed to carry or self-medicate while on the trip.

Allison Houghton

ahoughton@menloschool.org

General 8th grade
questions and
concerns

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

Agnes Cho

acho@menloschool.org

DC specific
questions