“One can never consent to creep when one feels an impulse to soar”

- Helen Keller
Outstanding Community Support

A huge thank you to the PTO and ELF for their continuing support of our activities and innovations.
Join the Easton PTO!
Annual Family Membership $25 Per Year

HKMS Co-Presidents: Nicole Costantino & Gina Hicks

- 6th Grade Tour / Orientation to be announced (August)

- Parent & Principal’s Coffees every other month

- Incoming 6th Grade Class Dues – $30.00 (one time payment)

- You MUST be a PTO member to participate in the HKMS SKI CLUB
Student Support Team

- School Counselor: Dr. Patricia Thomas
- Social Worker (Part-time): Mrs. Kim Heran
- School Psychologist: Mrs. Meredith Klatt
- Academic Mentor: Mr. Tim Sather
- Math Specialist: Mrs. Amber Dunkerton
- ILA Specialist: Mrs. Dana Aponte
- School Nurse: Sarah Grega, RN
Main Office Support

- Administrative Assistant
  - Mrs. Barbara Neff

- Data Secretary/Receptionist
  - Mrs. Sue Cahalan
Can our school be so welcoming, so inviting, and so comfortable that every person who walks through our doors believes they are about to have an amazing experience?

How to Create a Culture of Achievement In Your School and Classroom
by Douglas Fisher, Nancy Frey and Ian Pumplun

Positive Climate

- Someone to Talk to
- Feeling Safe
- Treated Fairly
- Part of Community
- Happy to be Here
“An anthropologist proposed a game to children in an African tribe. He put a basket full of fruit near a tree and told the children that whoever got there first wins the sweet fruits.

When he told them to run, they all took each others’ hands and ran together, then sat together enjoying their treats.

When he asked them why they had run like that when one could have had all the fruits for himself, they said, “UBUNTU, how can one of us be happy if all the other ones are sad?”

[‘UBUNTU’ in the Xhosa culture means: ‘I am because we are.’]

http://www.facebook.com/successnation
A Restorative Community

- Relationship Based Principles
  - Building Community
  - Repairing Relationships & Restoring Community

What are Restorative Practices?
A Restorative Community

Through restorative practices, members of the school community will:

1. have an opportunity to be heard
2. understand the greater impact of one's actions
3. learn to take responsibility
4. repair the harm one's actions may have caused
5. recognize one's role in maintaining a safe school environment
6. build upon and expand on personal relationships in the school community
7. recognize one's role as a positive contributing member of the school community.”
What Happened to American Childhood? By Kate Julian

Have Smartphones Destroyed A Generation? By Jean Twenge
Welcome to Adolescence!

- The Golden Age of Development – Curious, Interesting and Creative

- Rapid and profound personal changes between ages 10 and 15 both physically as well as emotionally.

- Learning to navigate the social world while figuring out who they really are and want to be.

- Same gender, same chronological age… tremendous variability.

- Achieving academic success is highly dependent upon other developmental needs being met.
Neuroscience & Your Child

Prefrontal Cortex

Amygdala
A smooth sea never made a skillful sailor.

Franklin D. Roosevelt

PREPARE your CHILD for the Path, Not the PATH for your CHILD
FOSTERING RESILIENCE IN ADOLESCENTS

- No one learns when they are comfortable.
- Tell your child, “You’re a good problem solver, what do you think?”
- People learn more, when things go wrong.

**Build Trust:** notice them

**Demonstrate Gratitude:** for bringing you their problem

**Empathy:** “I see that you are feeling…”

**Ask About Supports:** “Who can you go to for solutions?”

**Solutions:** What do you think would help?

What else?

Step Back so Kids Can Step Up
What a Middle School Child Needs at Home

- Support pre-teens in making important decisions on their own
  - How do you think you should handle that?

- Try to be a non-anxious presence for your kids.

- Think of yourself as a consultant and not a boss

- Model and encourage unplugged down time
  - Including radical extended down time - Unplug as a family!

- Support Autonomy in Students

- Give kids an accurate model of success

From “The Emotional Life of Teens” Dr. William R. Stixrud, Learning and the Brain Conference
All student cell phones must be shut down during school hours. No personal use allowed.

1. **Social media was not designed for children.**
   A tween's underdeveloped frontal cortex can’t manage the distraction nor the temptations that come with social media use.

2. **You can not teach the maturity that social media requires.**
   I hear parents say that they want to teach their child to use social media appropriately, but their midbrains are not developed yet. Like trying to make clothes fit that are way too big, children will use social media inappropriately until they are older and it fits them better.

~Dr. Adrien H. Wood Phd.
• Get Informed
• Article on iPhones by Jean M. Twenge
• Don’t Go Cold Turkey - Phase it out
• Dr Sax: Net Nanny and My Mobile Watchdog
• No Technology in Bedrooms at night
• Buy a flip phone. YES!
  They still exist!

• Wait until 8th Pledge (or later) - You need to form your own community pledge
The Keller Experience

- Interdisciplinary teams that function as small learning communities
- Primary focus of building strong relationships that foster learning and personal growth.
- Restorative Community Practice
- Strong guidance and support services
New Experiences at the Middle School Level

- Homeroom
- Locker Assignments
- Schedule
- Changing for PE
- Lunch
- Homework
- School Policies
- Activities
Course Options at HKMS

➢ Music Courses
  – Instrumentals
    • Strings
    • Band
  – Chorus
  – Music Appreciation

➢ World Language
  – French
  – Spanish
Student Schedule

- Individual schedules
- Core academics (5)
  - Language Arts
  - Math
  - Science
  - Social Studies
  - World Language
- Fine & Practical Arts (2)
  - Physical Education / Music
- By Rotation: (1 per Trimester)
  - Health, Art, Project Lead the Way

Extended Learning Time (ELT)
**Student Schedule**

**Fine and Practice Arts– FPA**
- Music / PE
- Art / PLTW / Health

**Academics**
- Integrated Language Arts
- Math
- Science
- Social Studies
- French / Spanish

**ELT with homeroom teacher**
Lunch Time

- 30 minute lunch period
  - 15 Minutes of Eating
  - 15 Minutes of Outdoor Break Time
How to Stay Connected & Informed

Tech Support
• Teacher Websites
• PowerSchool Portal

The Team Approach
• Email content specific questions to individual teachers
• Contact the grade level team leader for general questions
• Request a team meeting with your team leader
What we ask of you!

- Please read the Handbook with your child online.
  - School Hours
  - Absences
  - Tardiness
  - Learning from Mistakes

- Stay connected with your child’s teachers.
Before & After School Activities

✓ 8th Grade Government
✓ Student Council (dances, theme days, fundraisers)
✓ Drama Production
✓ Math Team
✓ Peer Leadership Program
✓ Jazz Band
✓ Select Choir
✓ Ultimate Frisbee
✓ Track
✓ Volleyball
✓ Art Club
✓ Garden Club
✓ Yearbook
✓ Debate Club
✓ Chamber Orchestra
Next Steps

Course Selection Google Form:
Select Music Class and World Language Preferences
We Are All In This Together