

## **Get Ready for 7<sup>th</sup> Grade**

Welcome to grade 7, Rocky Hill Middle School students. Whether you are heading to a new school or just moving up the hallway, things will be different. Here are some tips and information to help make your move to 7<sup>th</sup> grade a lot easier.

- Have a good morning routine:
  - Get to sleep on time to get restful sleep
  - Pick out your clothes and prepare your backpack the night before
  - Eat a healthy breakfast
- You will have new teachers and new classrooms. Pay special attention the first few weeks of school to learn what each of your teachers expect.
- Keep your locker and backpack neat. Put papers in folder or binder.
- Use the Student Assignment Book (SAB) or a planner. Please remember to bring \$6.00 if you want to purchase a RHMS SAB. Please bring your own if you do not plan to purchase one from school.
- Navigate the social scene. Find friends who have the same interests as you do, and who like you for who you are.
- Join an afterschool group like a sports team, activity or club to meet new people and make new friends!!

Always remember, if you have a question or problem, get help. Talk to your counselor or your teacher.

Please let your counselor know if you need help with school supplies or navigating your school schedule.

7<sup>th</sup> Grade Counselor for last names A-M is Ms. Wiltshire  
([Kimberly\\_L\\_Wiltshire@mcpsmd.org](mailto:Kimberly_L_Wiltshire@mcpsmd.org))

7<sup>th</sup> Grade Counselor for last names N-Z is Ms. Gupta ([Isha\\_S\\_Gupta@mcpsmd.org](mailto:Isha_S_Gupta@mcpsmd.org))

7<sup>th</sup> Grade Team Leader is Ms. Fong ([Stephanie\\_L\\_Fong@mcpsmd.org](mailto:Stephanie_L_Fong@mcpsmd.org))

Have an amazing 7<sup>th</sup> grade school year!!!