



Newport Mill Middle School



Welcome to Middle School

Middle School

Is it good to be in the middle? Sometimes, no, like when you're in the middle seat on a long car ride. But sometimes, yes, like when you're in the middle of a great movie. What will happen next? Middle school is a little bit like that.

Middle school is called "middle school" because it's in the middle of your school years. Elementary school is behind you. High school and possibly college still await you.

Going to middle school is often a big change:

- First, it often means **moving to a new building**, which takes some time to adjust to. Middle school is a lot bigger than your elementary school. There are lockers, locker rooms, and even vending machines!
- Second, you **meet a ton of new people**. Students from 3 or more different elementary schools come together and form the 6th grade.
- Third, **your work in middle school counts!** So give everything your best effort! That means coming to school everyday (on time), and working to the best of your ability.

All that can make you feel a bit scared on the first day of school.

The Teachers

Other things that probably will be different are the teachers and the work. Have you heard rumors that middle school teachers are really mean and the homework is really, really hard? Oh, dear. We've heard those, too, but they're generally not true. Yes, you'll like some teachers better than others, but middle schools are not special breeding grounds for mean teachers!

Learning New Stuff

Your homework - and the work you do in class - likely will get more challenging, but that's not necessarily a bad thing. You're growing up and you get to build on all that learning you already did in elementary school. You'll also probably be learning some new and different stuff in middle school - like foreign languages, more advanced courses in computer technology, music and art, health, and life skills. *Remember: Your work in middle school counts!*

Stick Up for Yourself

Middle school is a little different than elementary school in that your teacher teaches a lot of different students. Therefore, it is important that you stick up for yourself or advocate for your needs. If you don't understand something... ask! If you want extra help... ask! The teachers at Newport Mill are here to help you... they want to help you. But they need you to tell them what areas you want help with. So, stand up for your self and your needs... **ADVOCATE** for yourself!

Worried about middle school?

Let's talk about how to make the transition and not get too freaked out!

- **Visit the school.** Orientation is a day when you tour the school and get a little information about what it will be like to go there.
- **Talk to friends and neighbors** who already go to Newport Mill. Ask them about any problems they had and ask if they could help you if you need it when you get there.

Prepare for Day 1

- **Read any materials** you get at orientation or that arrive by mail in the summer. Did you read your summer reading? Did you get the supplies you need? Do you know what time the bus comes? Do you know what time school starts?
- **Get to bed on time the night before!** Try to get a good night's sleep - even if you're so excited you don't think you can sleep. Before bed, lay out all your stuff so you don't forget anything. Set your alarm, but tell your mom or dad when you need to get up in case you sleep right through it!
- **On the big day, eat breakfast and be brave.** Breakfast might seem skippable if you're in a major hurry, but don't cut it out. You'll feel terrible by mid-morning, just when you need your energy and brain power to navigate your new school.
- On your way out the door, **take everything you need**, your backpack, your school supplies, lunch or lunch money, and a good attitude!
- Try to **remember that this is a big adventure**. You might get lost in the halls. Oh well, it's your first day! Check in with friends you know and try to be brave and say "hi" to other new kids. Don't know the kid with the locker next to yours? Say "hello." You'll be seeing a lot of each other this year!

On Day 2

On the second day, do everything you did on Day 1. Hopefully, things are starting to go a little more smoothly.

After 1 week, pat yourself on the back.

When you've been at your school for a whole week, it's time to give yourself a round of applause. You've probably absorbed a ton of new information - all in a short time. You probably know your locker combination, where your assigned seat is in all your classes, where the bathrooms are, and how to get to the cafeteria. Do you still get lost on the way to gym? If so, find a buddy who goes to gym at the same time and walk together.

Solving Problems Beyond Week 1

If you find you're having trouble with schoolwork or friends, don't panic, but do get help. Just like in elementary school, ask the teacher for extra help after class if you don't understand something you're learning. You can also visit your counselor, Ms. Greenberg if you need anything.

Also talk to your mom or dad if you're having trouble with your classes. It could be that you're just a little rusty after that long summer, but if your problems don't go away, you'll want to talk to the teacher and school counselor.

Everyone here at Newport Mill wants to help you with the transition to middle school so you can have a successful school year!

Welcome to middle school!