

# Profile Middle School

## Parent Survival Guide



### Profile Middle School Parent Survival Guide

*This is a guide written by the Profile Middle School teaching team to inform you about middle school life at Profile. It was written because we believe that the more you know about the program, the more successful your child can be in school.*

#### Young Adolescents - Why They Act the Way They Do

Why do they act the way they do? Your sons and daughters need to assert their independence during this stage of development. This is the time of their lives when they need to separate from you and acquire their own personalities. Their reaction to your interest in their lives and studies is likely to be less welcome than when they were in elementary school. However, this doesn't mean that they don't want you to be interested or that you should not be interested.

Adolescence is just a time when the need to be independent and the need to be nurtured are often in conflict. So, throughout the next few years do this balancing act the best you can and know that **you are not alone**.

One of the sources of conflict in this period is often school and schoolwork. It can be difficult to start a conversation with your middle-schooler about school. If you begin by asking what happened in school today, you'll likely learn very little. Start with some yes/no questions and then pursue the subject with more specifics. The theme to all this is that you must be more active in seeking information about school with young teens. They will be less likely to volunteer information because they are following their biological agenda of becoming independent. The following basics about Profile should help you.

### Daily Schedule

The class schedule we use at Profile is called an "alternating block schedule." Every student has eight classes, called blocks 1 through 8. The first day is called an "A day," and periods 1-2-3-4 meet. The next day is an "E day"; periods 1-2-3-4 meet. This cycle repeats, alternating days throughout the year. The times during which classes meet are called "blocks" and middle school students have three blocks before lunch and one block after lunch each day. Students will have an additional 40-minute block (called X Block) which will be used for academic study and advisory support on certain days.

### Notebook

Each Profile middle school student is required to have a large loose-leaf binder (2½ " is about right). In this notebook are kept all the student's handouts, homework papers, quizzes, tests, and assignment book. The binder is the single easiest way for parents to stay familiar with what's happening at school. Since many of our classes don't use textbooks, this collection of papers serves as a textbook and can be substantial. The notebook will be separated into sections for each of the core classes. Each section will have a table of contents at the beginning and should be followed by pages that are numbered and in order according to the table of contents. Pages are handed out daily in most classes, so students typically add a couple of pages a day to each section of the notebook.

Organization is a major curriculum goal in middle school, and the notebook is our principal mechanism of teaching and applying that skill. Look in it often; help them keep it organized. This seemingly simple task is crucial for success. After a unit is completed the notebook pages are removed and become part of a file of the student's work for the year.

The assignment book (or agenda), where your child writes down daily assignments in each class, is also part of the notebook. There should also be a place for keeping pens and pencils, such as a zipper pouch.

### Daily Materials

**Every** day, for **every** class, all students need the following:

1. Notebook (also called the binder)
2. Pens and Pencils
3. Assignment Book (also called the agenda)
4. Chromebook (or personal computer)
5. Homework (will be in the binder)

The **notebook** is probably the most important thing for middle school students. Students should have a place to keep **pens and pencils** in their notebook. Successful students always have plenty of things to write with: several pens, pencils, and erasers. Successful students keep their **assignment book** in their notebook. School-issued chromebooks should be brought to class every day. Cell phones and backpacks should be left in your locker. Successful students keep their **homework** clipped into the right section of their notebook (with the page numbered) so they have it with them when they come to class.

Students who are taking PE (physical education) in seventh grade need a change of clothes that they are comfortable in for activity and sneakers. Deodorant is essential. If students want to shower (a very good idea) they should bring in a towel, soap, toiletries, etc and let the teacher know so she can give them enough time to shower.

## Attendance

Since classes only meet every other day, one absence will mean missing a lot of learning! Always try to have your child attend school on time. Students who are chronically late or absent often do poorly in school. We urge students to make up missed assignments as soon as possible. To help with this, assignments for all core classes are posted daily on Profile's web page:

[www.profile.k12.nh.us](http://www.profile.k12.nh.us)

Students who were absent should go there first and copy the missed assignments into their assignment books. They then should go to the classes they missed and pick up the new pages they need and update their table of contents. If needed, they should ask the teacher for additional directions. If a student only misses one day, s/he should do this the day s/he returns and then s/he will be ready for the very next class. Students who wait an additional day fall nearly a week behind. As you can see, this is important!

## Homework

*Note: [Daily homework assignments](#) are updated each morning on the Profile website!*

Profile middle school students have homework in two or three classes every night. If they say they have no homework, they're probably wrong. Typical middle school homework assignments include reading assignments, journals, lab reports, studying, projects, math problems, and 20 – 30 minutes daily of reading for pleasure. We assign an average of 15 – 30 minutes of homework per subject each night.

Here are some ways you can help your child be successful at school:

- Establish a study routine with your child.
- Help your child identify a place where he or she studies best, and make this his or her study area, equipped with resources and supplies.
- Help your child prioritize and get organized, but don't do the work for them.
- Be productive when your child is studying. You can set a great example by studying when your child studies.
- Quiz your child on the material he or she is studying and review the work.
- Have your child teach his or her lessons to you.

Students at this age are often reluctant to share their assignments with their parents. We encourage you to regularly look through your child's notebook, familiarize yourself with its contents, and use it to generate discussion with your child about school.

### Activities

Successful students are involved in many school activities (and other outside-of-school activities like dancing, scouts, etc.). Studies show that students who are involved and a part of their school community are more successful. They learn to budget their time to be both good students and active at the same time. There are many activities in which middle school students may become involved. Some of these are soccer, golf, downhill skiing, basketball, baseball, softball, tennis, drama, band, snowboarding, math team, chess club, outing club, robotics, nordic skiing, recreational skiing, YLTA (Youth Leadership Through Adventure), Anime, and road biking. Students who are interested in a particular activity can start a new club!

### Team Meeting

The core teachers of the middle school meet regularly. If you have any concerns that you would like to discuss with the whole team call the guidance department to schedule a meeting. Many parents make appointments just to check in and see how their child is doing.

### Progress Reports

Students and parents can access current grades online at [www.PowerSchool.com](http://www.PowerSchool.com). You will be issued an access code for your confidential account. Email or call the teacher if you have any questions about a class; contact the school office if you have questions about your PowerSchool account. In addition, standardized test data will be sent home as it becomes available.

## Middle School Promotion and Retention Policy

Middle school students are expected to earn a passing grade in all core content areas, which include math, English, science, and social studies. Passing can also be demonstrated by consistently scoring at grade-level on state or nationally normed standard-based tests for certain subjects.

Students who fail to pass the core classes in seventh grade will be conditionally promoted to eighth grade with appropriate [intervention and supports](#). A meeting will be held at the end of the seventh-grade year to make parents/guardians aware of their child's status and discuss supports for the upcoming year. The following year, these students will be closely monitored to ensure they are making adequate progress.

Students will *not* be conditionally promoted twice. If a student does not demonstrate progress or proficiency the following year, with appropriate intervention and supports, they will be retained at the end of eighth grade. In addition, students who refuse to comply or follow interventions and supports will also be subject to retention. Passing a student along when they are unprepared denies the student access to opportunities at the next grade level, and sends a message to students that little is expected from them.

## What Parents Can Do

We know from experience and research that parental involvement in their child's education is paramount to their academic success. Students whose parents are involved in their education earn higher grades, score higher on tests, attend school more regularly, complete more homework, have better attitudes towards school and learning.

1. Explain to your child that he/she needs to work hard to be successful in school.
2. Monitor your child's progress in reading and math and supervise the completion of all homework.
3. Read at home together and encourage your child to read at least 30 minutes a day.
4. Attend back-to-school events and teacher conferences.
5. Participate in school decisions by attending meetings.
6. Ask your child's teacher to explain math, reading, and language arts grade-level standards and how you can help with skills your child has not yet achieved.
7. Explain to your child how you will help at home and how the school will help to support your child in attaining grade-level success.
8. Make arrangements for your child to attend programs, tutoring and summer school designed to help students at risk of being retained.\*
9. Keep “moves” to a minimum so that your child stays in the same school for the entire school year.

### Web Page

Profile has a web page: <http://www.profile.k12.nh.us> where you may retrieve information about school events, daily homework assignments, cafeteria menu, student achievements, school calendar, links to teacher blogs, parent information, classroom information, newsletter, and athletic schedules.

### Google Accounts

Each Profile middle school student will receive a Profile email address once Profile has acquired your permission. The email address will allow students to access Profile's google services. Google Drive is a program much like Microsoft Word, but it allows students and teachers to share documents via the internet, with the click of a button. Students will need this and other applications inside and outside of class to create projects and documents, access links posted by teachers, and as a way to communicate with teachers.

## Promote Achievement

The way your child spends time out of school (3-9 PM) has an important effect on achievement. We know some general characteristics that achievers share:

1. They spend time conversing with adults.
2. They receive instruction in something (piano lessons, karate, dance, etc.).
3. They plan by thinking about and organizing for the next day.
4. They have a regular pattern.
5. They read and write (outside of schoolwork).
6. They participate in a recreational activity.

## Communication is Key!

School phone number 823-7411

School website [www.profile.k12.nh.us](http://www.profile.k12.nh.us)

Mr. Jellison (principal) [bjellison@profile.k12.nh.us](mailto:bjellison@profile.k12.nh.us)

Mr. Jacobs (assistant principal) [kyjaco@profile.k12.nh.us](mailto:kyjaco@profile.k12.nh.us)

Mrs. Bartlett (special education) [jsnyd@profile.k12.nh.us](mailto:jsnyd@profile.k12.nh.us)

Mr. McShane (science) [mcsbane@profile.k12.nh.us](mailto:mcsbane@profile.k12.nh.us)

Mrs. Mulcahy (math) [samulc@profile.k12.nh.us](mailto:samulc@profile.k12.nh.us)

Ms. Fish (social studies) [kfish@profile.k12.nh.us](mailto:kfish@profile.k12.nh.us)

Mrs. Glidden (English) [dglid@profile.k12.nh.us](mailto:dglid@profile.k12.nh.us)

Mrs. Rainville (world languages) [mrain@profile.k12.nh.us](mailto:mrain@profile.k12.nh.us)

Mrs. McLaren (director of guidance) [cimcla@profile.k12.nh.us](mailto:cimcla@profile.k12.nh.us)

Mrs. McShane (physical education) [anfiga@profile.k12.nh.us](mailto:anfiga@profile.k12.nh.us)

Ms. Vienneau (information tech) [jvien@profile.k12.nh.us](mailto:jvien@profile.k12.nh.us)

Miss Williams (Title I math and reading) [jewill@profile.k12.nh.us](mailto:jewill@profile.k12.nh.us)

Ms. Tyrina (special education) [vatyri@profile.k12.nh.us](mailto:vatyri@profile.k12.nh.us)