



North Warren Jr. Sr. High School Guidance Office
6110 State Route 8
Chestertown, NY 12817
(518) 494-3015 ext. 757

August, 2017

To the Class of 2023:

Dear 7th Grade Students and Parents,

Congratulations on starting your middle school experience! The transition from elementary to middle school can be both a time of excitement as well as concern. We are looking forward to having the opportunity to work with you as you navigate this new and uncharted territory. In the year to come you will have a chance to learn more about yourself and the things that are most important to you. Our first opportunity to work together will be on **Tuesday, August 29th at 6:30 pm** for the **7th Grade Orientation Night**. This event will provide both students and parents with the opportunity to meet their 7th grade teachers, learn about their expectations, and pick up new student schedules for the year to come. We will also provide you with your new locker and combination, so please be sure to bring all of your supplies and use this opportunity to set up your locker! There will be an opportunity for you to ask lots of questions, and importantly, enjoy some ice cream sundaes generously donated by Stewart's!

Middle School Tips for Planning: 2017-2018

Just a few important reminders for this year

1. Visit the Guidance Office
 - Come as often as you need to! Study Hall or PE times are best, but you are welcome at anytime *with a signed pass*.
 - There will be times when you will be contacted to come to the guidance office.
2. Remember critical Study Skills
 - Organization
 - Time Management (make effective use of your schedule & manage stress)
 - Study Area at Home (quiet, free of distractions, comfortable, well-lit)
 - Planner (Use it!)
 - Take notes (Will reinforce what happens in class!)
 - Study even when you don't have "homework"
 - Don't be afraid to ask for help
 - Check out <http://www.how-to-study.com/> for more helpful tips!
3. Get involved at NWCS! (Clubs, Organizations, Sports)
 - Interact
 - Student Council
 - SADD
 - Baseball
 - Basketball
 - Field Hockey
 - Soccer



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- Natural Helpers
 - Just to name a few... All provide great opportunities to learn about yourself, your interests, talents and abilities!
4. Stay involved!
- In order to be informed, all Parents and Students are strongly encouraged to attend and participate in grade critical annual events, such as the 7th Grade Orientation night.
 - Please sign up for the Schoooltool Parent Portal to access online updates for your student assignments and grades.
<http://www.northwarren.k12.ny.us/Parents/Docs/ParentPortalGuide.pdf>
 - Please keep in touch with your student's teachers via email, to identify and address any concerns in a timely manner.
 - Please visit the North Warren Guidance website to view the Guidance Newsletter which is updated every 5 weeks during the school year, with each progress and report card.
5. Six years ago, North Warren implemented the Olweus Bullying Prevention Program. During the 2017-2018 school year, this program, in conjunction with the Cougar Code of Conduct, will continue to help ensure that North Warren continues to be compliant with the Dignity for All Students Act. All North Warren staff will be participating in program training prior to the start of school and students will be participating in curriculum and class meetings starting in September and continuing throughout the year. On September 12th, please join us for a K-12 Parent Presentation at 6:30 p.m. in the auditorium for Awareness and Strategies on supporting our kids while navigating the challenging pre-teen and teenage years. Guest presenters from Sweethearts and Heroes and the Council for Prevention will be present.
(<https://www.sweetheartsandheroes.com/>)

TIPS for making your 7th grade classes count

- **Sit close to the front** of the classroom when possible.
- **Join in** class discussions.
- **Ask questions!** If you don't understand something, chances are others in the class don't understand either.
- **Keep up** with class assignments. Finish them before they're due.
- **Ask for help** in any class in which you find yourself falling behind. Remember, your teachers want to help you succeed!
- Look for ways to **sharpen your basic skills** in each class. You can practice your writing skills in history, your algebra skills in science, and your math and science skills in vocational education classes.
- **Learn keyboarding** skills so you can type your own schoolwork and use a computer.
- Learn to **take good class notes**. You'll be taking lots of notes during the rest of your life.
- Learn to **proofread, correct, and rewrite** your written work.



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- **Develop test-taking skills.** Your counselor and teachers can show you how to get started.

Source: <http://mappingyourfuture.org/collegeprep/mhsc tips.cfm>

Time After School

- Find a **quiet place to study** where you won't be interrupted. Is it just too noisy at home? Ask your family or a teacher to help you find a place to study.
- Plan a **daily homework schedule** and stick to it. Do more than is required.
- Ask your **family or friends** to read your written work. And ask them for help if you're having trouble at school.
- **Use your local library.** If you don't have a library card now, ask the librarian for one. They're free.
- **Read newspapers and magazines.** Talk with your family and friends about what you read.
- Look up words you don't know. Then use your new words in writing and speaking.
- Talk with your family about **career plans** and what you want to do in the future.

Source: <http://mappingyourfuture.org/collegeprep/afterschool.cfm>

The 7th grade school year is the start of your transition to Middle School. This is an exciting milestone along the journey of many more exciting ones to come. I would like to encourage all students and parents to feel free to contact me with any questions that you may have in order to get the most out of your 7th grade experience.

Having a balance between academics, athletics, extracurricular activities and personal time to simply do what you want to do is very important. It is my hope that you enjoy what is left of summer, and are getting ready for a great year ahead!

If you have any questions, please do not hesitate to contact me at 494-3015 ext 770, or via email at dhill@northwarrencsd.org. Your schedule will be provided to you during our 7th Grade Orientation Night on Tuesday, August 29th. We hope to see each of you then and are looking forward to working with you in September!

Deirdre Hill
7-8 School Counselor

Michael Therio
9-12 School Counselor