



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 2022:

Dear 8th Grade Students and Parents,

Congratulations on starting your last year of middle school! We are looking forward to having the opportunity to work with you for your 8th grade and high school experiences. In the year to come, you will have a chance to learn more about your interests, skills and values about the world of work and how those will help you choose future career plans.

It's very important to emphasize that this year's foreign language, and/or advanced math grades will actually be included in your high school transcript. On **November 8th**, we will be hosting an **8th Grade Parent Night**, where you will learn more about High School graduation requirements, and how 8th grade can play an important role in your academic success.

Whether your plans after graduation from high school include college, career or technical training, it's very important to choose your courses and activities carefully. At the end of August, you will receive a copy of your 8th grade schedule in the mail, but in the meantime, we hope the following information will be helpful.

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

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- Soccer
 - 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 8th Grade Parent Night taking place on Wednesday, November 8th, from 6:00 to 7:30 p.m. in the school library.
 - Please sign up for the Schootool 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 8th 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.



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- Learn to **proofread, correct, and rewrite** your written work.
- **Develop test-taking skills.** Your counselor and teachers can show you how to get started.
Source: <http://mappingyourfuture.org/collegeprep/mhsctips.cfm>

Time Outside of 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 8th grade school year will mark a big transition from Middle to High School. This is an exciting time of preparation for the future. 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 this experience that you can!

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 for 2017-2018 will be mailed home during the last week of August. We look forward to seeing and working with you in September!

Deirdre Hill
7-8 School Counselor

Michael Therio
9-12 School Counselor



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Career Exploration

It's never too early to think about future career and planning options! Check out the following resources for some free time exploration!

<http://mappingyourfuture.org/planyourcareer/careership/>



www.bridges.com (SITE ID: 0106466, PASSWORD: warren)

