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Feeling Nervous about Middle School is Totally Normal

As students leave elementary school and think ahead to starting middle school at CFA or Northside Blodgett, many of them can feel nervous about how they will handle the differences in their day in sixth grade. A lot of students worry about ordinary things like whether they will forget their locker combination or get lost going to class. (*If you are concerned about keeping track of your class schedule, the sample on the back of this sheet will give you a feel for how the classes flow in 6th grade.*) Many kids also think that the classes and homework will be harder, and they might start to wonder if they will understand everything and be able to keep up with their school work. Please know that these worries are totally natural and will probably fade away after your first few weeks of school. If you are feeling nervous about the change to middle school, you can bet that your classmates are a little unsure of themselves, too.

So Many Activities, So Little Time

At the same time, chances are that you are really excited about leaving elementary school behind and moving on to bigger things. Now that you are in middle school, you have a lot more choices when it comes to after-school activities, sports, clubs, plays and hanging out with friends. If you want to enjoy everything and still do well in school, you might have to make some tough choices about how much you can **really** squeeze into each day. Adults have to make choices about what to fit into their day all the time. Middle School is actually a good chance to start practicing for managing your time later on in life.

Relax, We've Got You Covered!

Even though more responsibilities and tougher choices about your time **will** be a reality in middle school, the IB Middle Years Program (the MYP) will set you up to handle it like a pro. For starters, you **will** learn more, but you will be having so

much fun that you might not even think of it as learning. Fun MYP activities like doing projects, online research, experiments and presentations give you a break from regular classroom instruction and help you notice how school work matters in "real life."

Besides making classwork really interesting, the MYP also teaches you to handle the challenges of middle school by helping you understand **how you learn best** and **how to prove what you know**. You are at an age now where you are starting to understand more and more about the unique person that you are. One thing you will learn with help from the MYP is that you have a "learning style." Some people learn best by listening, others by seeing and still others by doing. Understanding the way that works best for you will help you catch on to what they are teaching you. Plus, not everyone is a natural at speaking or writing about the things they know. Some students might understand what they are learning but have trouble explaining it and getting

(Continued on reverse)

Questions? Know Where to Go for Answers.

The Guidance Counselor helps with academic planning, career goals, scheduling, testing and the like. This is someone who can navigate academic challenges with students.

The School Psychologist helps with emotional problems like depression, extreme fear or worry and other intense feelings. This is someone who can help students sort through strong feelings, especially when they become overwhelming.

The School Social Worker helps with social problems that can make it hard for students to do their best at school. This is someone to visit if there is not enough food for everyone, not enough money to pay the bills, the adults can't care for the young children or there is violence at home. The social worker can help the student and family find help to overcome these and other obstacles, too.

IB Coordinators and IB Teachers help with questions, concerns or observations specifically about the IB program and IB classes. They will certainly be glad to direct students to other kinds of help, too, when needed.



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credit for knowing it. The MYP helps students improve their communication skills to make sure everyone can clearly demonstrate their knowledge. And, teachers evaluate your knowledge through other activities besides tests, so everyone has a good chance to show what they know using their best talents.

When it comes to choices about time, the MYP really comes in handy. For one thing, in the MYP you will think a lot about what you care about and what you value. Thinking about these things will help you realize what is most important to you and how you want to spend your limited time. Plus, MYP gives students ideas for how best to juggle their school work, activities and social life so they can have the best of all worlds.

Between the caring teachers, the help you get at home and the great MYP teaching model, your transition to middle school is sure to go smoothly. Those back-to-school butterflies will be gone in no time at all!

If you don't stop feeling worried about school after the first few months, you are having trouble balancing everything or you are in a sticky situation with other students, your best bet is to talk with your parents or an adult at school. They can help, and they will be impressed that you had the courage to come to them with your problem.

Sample MYP 6th Grade Schedule at CFA and Northside Blodgett

Time	Period	Course
8:00-8:10	Homeroom	Homeroom
8:13-8:53	Period 1 A Day	Phys. Ed
	Period 1 B Day	Chorus
8:56-9:36	Period 2	Reading
9:39-10:19	Period 3	Math
10:22-11:02	Period 4	Humanities
11:05- 11:45	Period 5A Day	Study hall
	Period 5B Day	Art or Family Consumer Sci.
11:48-12:28	Period 6	Lunch
12:31-1:11	Period 7 Q1	Technology
	Period 7 Q2	Computer Technology
	Period 7 Q3	French
	Period 7 Q4	Spanish
1:14-1:54	Period 8	Language A
1:57-2:45	Period 9	Science

Extracurricular Offerings in Grades Six through Eight*

*Activities are offered to students in grades 6 through 8 except where noted.

Athletics

Intramurals (Grade 6)
 Modified Athletics (Grades 7-8)
 boys' and girls' basketball
 football
 volleyball
 track and cross country
 boys' and girls' soccer
 boys' and girls' swimming
 boys' and girls' lacrosse,
 wrestling

Other Extracurricular Activities

Student Government
 Ski Club
 School Newsletter (NB)
 Yearbook (CFA)
 The Advantage After School Program
 Eighth Grade Farewell Production group (NB, Grade 8)
 Math Counts
 Activity Nights / Dances



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