

# **Transitioning in the midst of transition: Preparing Elementary School Students for Middle School in a new Covid-19 World**

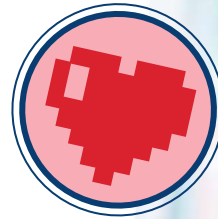
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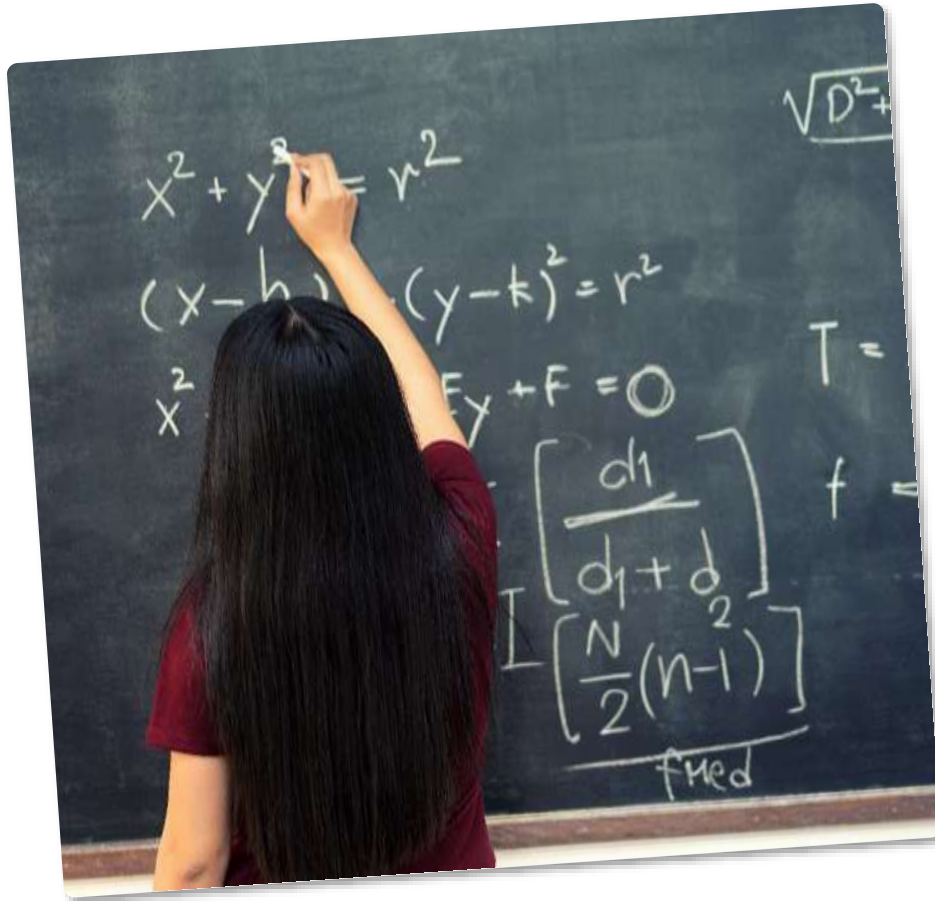
# Goals & Objectives

This presentation will assist students with preparing for the transition from elementary to middle by focusing on:

- Preparing for your new environment
- Study skills
- Expectations/Code of Conduct
- Mental health, Stress management and safety
- Introducing available activities and school engagement
- Resources available to students
- Introducing support staff in the building



# The Transition



The biggest shift in K–12 education is the transition from elementary school to middle school. So much is different: campus size, the numbers of students in each class, the accessibility of teachers, how lessons are implemented, student expectations, and the interaction with families.

Knowing what to expect can be a helpful way to ease anxiety about becoming a middle school student.

<https://www.edutopia.org/article/easing-shift-elementary-middle-school>

# Preparing for Middle School: Mind, Body & Spirit

## Mind

Academics and  
Learning



## Body

Physical fitness and  
health



## Spirit

Mental wellness



# Be Prepared: Study Skills

Tips for emerging middle schoolers

## Study Skills

- Get organized
- Find a study partner
- Communicate with your teachers.
- Break big projects into small ones.
- Verbalize academic stressors with your parent.

**Way to**

## Transition Tips

- Attend parent workshops with teachers.
- Familiarize yourself with the district website.
- Know discipline and bully policies.
- Get involved in PTA and volunteering
- Take attendance seriously.



# BODY: MAINTAIN HEALTH HABITS



## TIPS:

- **Exercise regularly.** Teens should be physically active at least 60 minutes of every day.
- **Eat a healthy diet.** Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.
- **Maintain a healthy weight.** Children and teenagers with obesity are more likely to have obesity as an adult. They are also at higher risk for other chronic illnesses, depression, and bullying.
- **Get enough sleep.** Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.

<https://familydoctor.org/teenagers-how-to-stay-healthy/>

# SPIRIT: MENTAL HEALTH IS IMPORTANT

How are you feeling?



# Typical Teen Behavior...

## Typical Behavior

- Wanting to spend more time with peers and less time with family
- Reluctance to get up early for school
- Needing more sleep or developing a larger appetite during growth spurts
- Sadness and anxiety following fights with friends or a breakup with a boy/girlfriend
- Worrying about physical appearance and trying to fit in



## Abnormal Behavior

- Not wanting to spend time with either family or friends, no social activity
- Absolute refusal to attend school—mixed with other signs of distress or depression
- Sudden changes in energy levels and in appetite
- Sadness and anxiety that doesn't correct itself or decrease in intensity after a few days to a couple weeks.
- Extremely risky behavior and/or delinquent behavior, including disregard for house rules, parents' concerns, or laws of society
- Sudden and significant changes in eating behaviors, over-exercising, and other indications of eating disorders



# WHO CAN HELP ME: MENTAL HEALTH RESOURCES

- Child Protective Center at 1-855-GACHILD (422-4453)
- Clayton Center CSB (770) 478-1099
- Anchor Hospital 678-251-3226
- Riverwoods (770) 766-3367
- Georgia Crisis Line 1-800-715-4225
- Suicide Hotline 1-800-273-8255
- Teen Text Line “GO” to 741741
- TrevorLifeline at 1-866-488-7386

# Safety First: At Home and At School

## No more afterschool care: What now?

A latchkey kid, or latchkey child, is a child who returns to an empty home after school, or a child who is often left at home with no supervision, because their parent are away at work.



# TIPS FOR LATCHKEY KIDS

## Before you go Latchkey

- Set rules, expectations, and proper safety guidelines.
- Have emergency contact information readily available.
- Lock up anything that is dangerous or needs to be kept away, including alcohol, firearms, poisonous or flammable materials, personal items that can be ruined, et cetera.
- Have a fire escape plan and plans for other emergencies.
- Have a first aid kit and all necessities readily available (food, water, etc).

## While they're Alone

- Check in periodically.
- If you change plans or get caught up, make sure to let kids know because they may worry.
- Have kids take a familiar route home from school and make sure they don't carry keys in a visible place.
- Provide chores and healthy activities.
- Never place one child in charge of another if multiple are latchkey.

# Middle School Dress Code

## ELEMENTARY AND MIDDLE SCHOOL UNIFORM DRESS CODE

### TOPS OR SHIRTS

- Tops should have either a polo style collar or button-down collar
- Shirts should be tucked inside pants, shorts or skirts
- Colors for tops may be school colors, or white
- Shirts should cover the waistline

### PANTS, SHORTS, AND SKIRTS

- Bottoms should be khaki style or dress pants in khaki, blue, or black colors

### OTHER ITEMS

- Belts are required with no sagging of pants
- Jeans are not included in uniform dress
- Flip-flops, shower shoes, skate shoes and house slippers are not permitted
- No headgear of any kind is allowed. (Exceptions are considered for headwear or scarves worn as a part of a student's religious practice or documented medical reasons)
- Skinny pants, tights, or leggings that substitute as pants are not acceptable
- Pants must be completely fastened, belted, buttoned or fastened and without tears
- Pants shall be worn so that the waistband is worn at the waist and not below
- Shorts and skirts may not be shorter than three inches above the knee

### DESIGN, EMBLEMS AND LETTERING

- Any design, emblem or lettering which refers to or promotes drugs, alcohol, profanity, immodesty or racial, ethnic or sexual discrimination is not allowed.
- No graphic, pictures, or writing on clothing is permitted except as part of an insignia
- No larger than 4 inches by 4 inches

# CODE OF CONDUCT/EXPECTATIONS

The Code of Conduct promotes positive student behavior and an atmosphere of respect and dignity by assisting students as they strive to become productive, responsible citizens in a global society.

All members of the school community including students, teachers, administrators, parents, guardians, counselors, social workers, psychologists, safety and security personnel, custodial staff, bus staff, and food service staff must acknowledge and understand the code of conduct to which all students are expected to adhere and the consequences of noncompliance.

The Clayton County Public Schools Code of Conduct provides a description of conduct that meets the expectation of behavior for students. It includes guidance for supporting students who misbehave as well as guidance for disciplinary and intervention measures utilized by schools. The Student Code of Conduct applies to all students in Clayton County Public Schools.

**Please review your student handbook for a complete explanation of the Code of Conduct.**

**[https://www.clayton.k12.ga.us/departments/student\\_services/student\\_handbook](https://www.clayton.k12.ga.us/departments/student_services/student_handbook)**



# SCHOOL ENGAGEMENT/EXTRACURRICULAR ACTIVITIES

## Team Sports

Boys Football  
Girls Volleyball  
Cheerleading  
Dance Team  
Boys/Girls Basketball  
Boys/Girls Track and Field  
Boys/Girls Soccer

## Clubs

Please see school website for specific clubs.



# STUDENT RESOURCES

- **Khan Academy-** [www.khanacademy.org](http://www.khanacademy.org)
- **Photomath app-**<https://www.photomath.net/en/>
- **Grammarly-** <https://www.grammarly.com/>
- **Georgia Virtual Learning Academy-**  
[Gavirtuallearning.org](http://Gavirtuallearning.org)
- **Web Math-** [www.webmath.com](http://www.webmath.com)
- **Quill-** <https://www.quill.org/sign-up/student>
- **Phet interactive simulations-**  
<https://phet.colorado.edu/>
- Your school and teacher's website
- Contact your school counselor or social worker



## SUPPORT STAFF IN YOUR BUILDING

LovejoyMiddle School  
SCHOOL SOCIAL WORKER

Sharika Spates, LMSW  
COUNSELOR

Ms. Taylor Robinson

Ms. Syjia Coleman

PSYCHOLOGIST

Mr. William Synder



## MIDDLE SCHOOL SURVIVAL GUIDE





# Thank You

HAVE A GREAT  
SCHOOL YEAR!!

