



You're Starting Middle School

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Visit our website for lots of information under the student's button at www.brandywineschools.org/Page/4246

Go Bulldogs!



A Springer Middle School Student Mini-Survival Guide!

You're starting middle school!

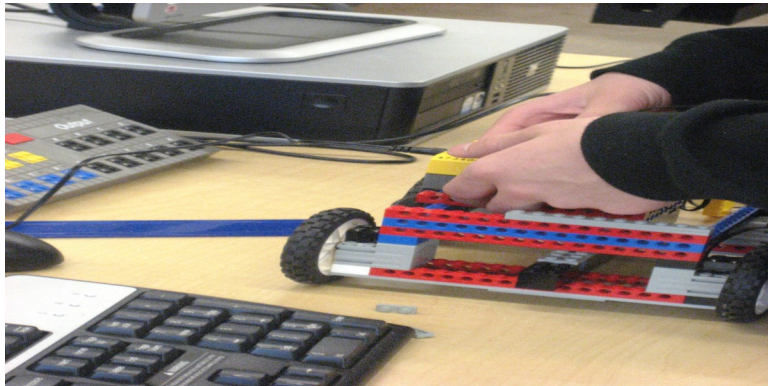
Congratulations!

Springer Middle school is a special place. It gives students:

Opportunities

You'll have a chance to:

- meet new people
- develop new skills and interests
- think about your goals for the future



More independence

You may also have a chance to:

- choose classes and activities that interest you
- pick your *own* topics for long-term assignments, such as research projects and book reports

You'll also be given more responsibilities. Middle school gives you a chance to show how much you've grown.

Make the most of middle school!

Get organized.

Schedule time for homework and other activities

Try new things.

Join a club or take a class that interests you.

Meet new people.

Get involved in school life.

Avoid trouble.

Stay away from people who pressure you to do things you don't want to.



You're on your way to a great middle school experience!



Your personal safety

What if I feel too much stress?

Talk to an adult you trust, such as:

- a parent
- a teacher
- a counselor
- your student advisor
- an older brother or sister

Talking about your problems is the first step toward solving them.

What will the cafeteria be like?

It may be bigger and seat more students. That's why it's a good place to meet people. Look for a friendly face, or students you recognize from your classes. Or before lunch begins, ask a classmate to sit with you. You can sit anywhere!



Note: if you buy your lunch, spend wisely. Make healthy choices.

Will there be more competition?

You may start to care more about your grades. Or you may feel like you are competing with your friends. Do well for yourself, not others. If you feel you're being pushed too hard, talk to a parent, teacher or counselor.

Starting middle school is a big step. It means you're getting older. It's OK to feel:

Excited

There is a lot to look forward to!

Nervous

Starting middle school can be a little scary.

Don't worry – lots of other students will be feeling nervous too!

Sad

It can be hard if you aren't in the same classes with some of your old friends. But you will have a chance to make new friends in middle school.



**This booklet can help answer some of
your questions.**

How is middle school different?

In lots of ways! For one thing, it may be much bigger than your old school. And you will have:

Different classes

You will go to a different classroom for each subject. Some classes may be longer than others. You'll need to learn where each class is and what time it starts. Don't worry – you'll find your way in no time.

New rules

It's your responsibility to learn what the rules are. Read the student handbook.



A busier schedule

You may have less time to get from one class to the next. You may also have a shorter lunch time.

More classmates

There may be different students in every class you have. Some may be from different ethnic and cultural backgrounds. Some teachers have students work in groups. This is a good chance to make new friends.

Middle School Has A Lot To Offer!

Improve your self-esteem.

Self-esteem is how you feel about yourself. You can build your self-esteem by:

- setting goals
- doing things you enjoy
- taking pride in your efforts
- high self-esteem can help you feel more confident when you meet others.

Be a good friend.

Treat others the way you would like to be treated. Everyone deserves respect.



Teachers can be friends, too.

Your teachers want to help you do well. Don't be afraid to ask questions. If you feel uncomfortable talking in class, ask after class. Tell your teacher as soon as you have any trouble.

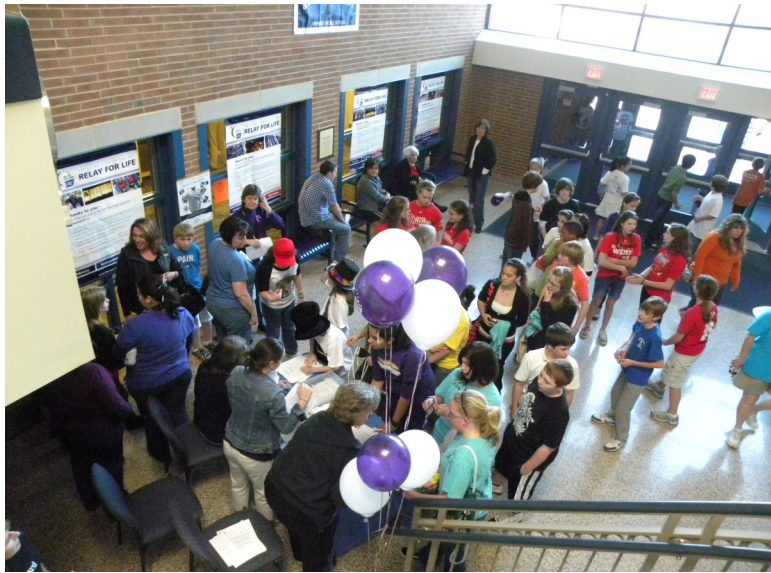
Don't worry if you don't make friends right away. Building good friendships can take time.

Making new friends

You may feel a little lonely if you aren't in the same classes as your old friends. Here are some ideas for getting to know people:

Be friendly.

People are more likely to say hello to a friendly face. If someone smiles at you, smile back. Say hi and introduce yourself.



Be a good listener.

When you meet someone, show an interest in what the person likes to do. Ask questions, too.

Get involved.

It's a great way to make friends and meet interesting people. Join a team or club, or do volunteer work. Check your school's Web site for options.

Be yourself.

Trying to impress people usually backfires. Be honest about what you like to do. Remember it's OK to be different.

More teachers

You will have a different teacher for every class and a core team of teachers. It can be fun to have more than one teacher.

Your own locker

Instead of having a desk to store your things in, you will have a locker. You'll be responsible for keeping it neat. Don't forget to bring a lock!

More choices

You can take part in extracurricular activities, such as:

- various clubs
- yearbook
- a sport
- band or chorus or jazz band
- some groups may go on field trips to museums and other interesting places.



More homework
This is a part of your growing responsibility.

Getting organized is your ticket to success.

Here are some tips to help you get started:

Make reminders.

Use a different section in your notebook for each class. On the front of each section, write the:

- name and room number of the class
- teacher's name
- time when the class meets
- or use separate notebooks.

Use an agenda book.

You will get one free! Use it to keep track of when things are due. Take it to every class. Write down when you have meetings or practices, too. Calendars are also helpful.



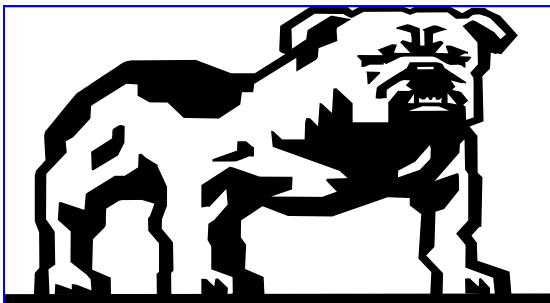
Be sure you understand your assignments.

If you have a question, ask! Other students may have the same question.

Keep your locker neat.

A messy locker can slow you down and make you late for class. Stopping to talk to friends at your locker can, too. Try to keep conversations brief.

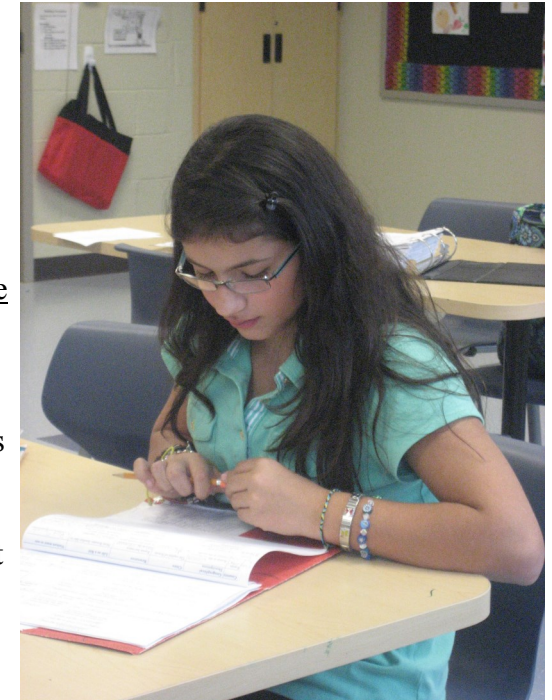
**Don't
Forget
To
B.A.R.K**



Make time for homework.

Set up a special time each day.

- Find a quiet place to work. Make sure it has plenty of light. Get the supplies you need before you start.
- Do not take phone calls from friends.
- Ask family members not to disturb you.
- If you have a study hall, use the time to start your assignments. If you miss an assignment or need homework help, your school's Web site may have the information you need or try the homework hotline.



Break big projects into smaller ones.

It can make a heavy workload easier to manage. For example, for a research project, collect research one week, take notes the next, and begin writing the next. Don't wait until the last minute.

Prepare the night before.

It will save time in the morning. You should:

- check your assignment book. Make sure you finish assignments that are due the next day.
- pack your schoolbag after you finish your homework.
- get your clothes ready before you go to bed.

Getting organized takes practice. You'll soon see it's worth the effort.