

# Congratulations!

You're Moving-Up to Robert Frost Middle School!



## Tips for New Middle School Students

RFMS gives you **OPPORTUNITIES** to develop new skills and interests and to think about your goals for the future.

### **Starting Middle School is a big step!**

It's ok to feel:

- Excited: There is a lot to look forward to!
- Nervous: starting a new school can be a little scary. Don't worry! A lot of other students will be feeling nervous too.
- Sad: It can be hard if you're not in the same classes with some of your old friends. You will have a chance to make new friends.

How is Middle School different?

- Busier schedule: You will have to practice getting from one class to the next on time.
- New Rules: It will be your responsibility to learn what the rules are. Read the Parent/Student Handbook online, and read your Agenda Book when you receive it in September.
- Teachers: You will have more teachers and you will need to learn from each teacher what is expected of you. You'll also need to stay organized so you always know what work is due.
- Balancing virtual and in person learning will be challenging. It can be done best by staying organized, keeping a calendar of days, times and events, and paying close attention to details and directions.

### How can I be ready to start Middle School?

- General supply lists are available on our website. Each subject/teacher may have a more specific list once school starts. You will be notified when you can log into the Infinite Campus Parent Portal to view your schedule.
- You will receive a RFMS Agenda Book in September to help you stay organized. In there is a spot for you to keep track of homework in each class on a daily basis, Make a “study-buddy” list for each class, so you have someone to call if you are confused about work.
- Have a backpack, but travel lightly. You can color code notebooks to help you divide up morning books and afternoon books, or use any other system you feel will help you stay organized. Most textbooks will stay at home. You’ll also have your Chrome Books to carry. Try not to carry everything around with you.
- Get enough sleep and be prepared for long and busy days. School starts at 8 am. Taking care of yourself will help you feel better and do better. Attendance is important! The more you are in school, the more you learn.
- Have a trusted adult (parent, grandparent, aunt, uncle, teacher, guidance counselor, etc.) who you can talk to and who you trust to help you.

### How will I stay organized?

- Ask questions. If you don’t understand an assignment, don’t be afraid to ask for help. If you’re too nervous in the middle of class, approach your teacher before or after class, or send your teacher an email.
- Take notes. Date each day of notes for each class and put your name on everything. Put the date on any handouts given in class. This will help you get organized when you need to study.
- Unplug when you are studying or doing homework. Put all games, phones, tablets or other technology away when you are working. It’s important to stay focused and get your work done. Schedule breaks for yourself. You’ll have more work in middle school.
- Check teacher Google Classrooms, websites, Remind apps, or anything else your teacher uses to stay in touch with you and the class.

Welcome to the Robert Frost Family!  
#FROSTFamily