



**North Warren Jr. Sr. High School Guidance Office**  
6110 State Route 8  
Chestertown, NY 12817  
(518) 494-3015 ext. 757

**August, 2018**

**To the Class of 2024:**

**Dear 7<sup>th</sup> Grade Students and Parents,**

Congratulations on starting your Junior High School experience! The transition from elementary to Junior High School can be both a time of excitement as well as concern. We are looking forward to having the opportunity to work with you as you navigate this new and uncharted territory. In the year to come you will have a chance to learn more about yourself and the things that are most important to you. Our first opportunity to work together will be on **Tuesday, August 28<sup>th</sup> at 6:30 pm** for the **7<sup>th</sup> Grade Orientation Night**. This event will provide both students and parents with the opportunity to meet with some of their 7<sup>th</sup> grade teachers, learn about expectations, and pick up new student schedules for the year to come. We will also provide you with your new locker and combination, so please be sure to bring all of your supplies and use this opportunity to set up your locker! There will be an opportunity for you to ask lots of questions, and importantly, enjoy some ice cream sundaes generously donated by Stewart's!

### **Junior High School Tips for Planning: 2018-2019** *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
  - Please consider staying after school for additional help as needed (Mon-Thur w/late bus)
  - Check out <http://www.how-to-study.com/> for more helpful tips!
3. Get involved at NWCS! (Clubs, Organizations, Sports)
  - A.V. Club
  - Foreign Language Club
  - Interact Club
  - SADD
  - Student Council
  - Baseball



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- Basketball
  - Bowling
  - Soccer
  - Softball
  - Tennis
  - XC & XC Ski
  - Staying involved provides 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 7<sup>th</sup> Grade Orientation night.
  - Please sign up for the Schooltool 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. In 2011, North Warren implemented the Olweus Bullying Prevention Program. During the 2018-2019 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.

## **TIPS for making your 7<sup>th</sup> 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.
- Learn to **proofread, correct, and rewrite** your written work.
- **Develop test-taking skills**. Your counselor and teachers can show you how to get started.



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Source: <http://mappingyourfuture.org/collegeprep/mhsctips.cfm>

## Time After 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 7<sup>th</sup> grade school year is the start of your transition to Junior High School. This is an exciting milestone along the journey of many more exciting ones to come. 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 your 7<sup>th</sup> grade experience.

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 or concerns, please feel free to contact me at 494-3015 ext. 770, or via email at [dhill@northwarrencsd.org](mailto:dhill@northwarrencsd.org). Your schedule will be provided to you during our 7<sup>th</sup> Grade Orientation Night on Tuesday, August 28<sup>th</sup>. We hope to see each of you then and are looking forward to working with you in September!

Deirdre Hill  
PreK-7 School Counselor

Michael Therio  
8-12 School Counselor