

# Welcome to Pacific Trails Middle School

August 15, 2019

Principal: Mary Anne Nuskin  
Assistant Principal: Patricia Storey

<http://pt.sduhsd.net/>

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# Bell Schedule

- School starts at 8:20 a.m and ends at 2:50 p.m.
- Zero Period starts at 7:20 a.m.
- Mondays are single period days
- Tuesday/Thursday are 1, 3, 5
- Wednesday/Friday are 2, 4, 6
- Homeroom – listed as period 7 on the locator, but before lunch

# Attendance

- Block Schedule
- If a student is absent, call or email the Attendance Office or send note
- Unexcused absences are marked truant
- Call ahead for off campus passes for quicker pick up
- Excused tardies vs Unexcused tardies

# Safety

Must check in through front office, bring your Driver's License (Raptor System)

Comprehensive Site Safety Plan which includes:

- Drills - fire, earthquake, and lockdown
- Emergency preparedness plans
- See something, hear something, say something
- AP/Counselor talks on 9/9/19 through PE

# Student Drop Off and Pickup

- Student drop off/pick up is at the front of the school, not the parking lot – use the yellow lane, next to sidewalk
- **Please pull as far forward as possible**
- One way in and one way out of parking lot
- Students are not allowed to cut through the PTMS or CCA parking lots before/after school
- No pickup/drop off at the park's rec center lot

# Student Safety Reminder

- Students should not “hang out” at the PHR center across the street before or after school
- The Learning Commons is open from 7:30 a.m. to 3:30 p.m. This is the safest option before/after school

# Bikes and Skateboards

- Skateboards, Bikes, and Scooters
  - Student must wear a helmet
  - Bike racks are located at the front of the school
  - Skateboard/scooter racks are located outside the attendance window
  - Students **must lock** their bikes, scooter, and/or skateboards.
  - Students should keep their helmet in their backpack or lock it to their bike
  - For safety purposes, students are expected to walk their bikes and skateboards once on school property.

# Dress Code

- See Discipline information (on website).
- With the exception of flip-flops, our dress code looks just like the elementary school dress code
- Please check what your child is wearing to school each day



# Contacting Your Student

- Notify the attendance office for messages
- Forgotten items can be delivered to the office – i.e. lunch, PE clothes, homework, backpacks, etc.
- Texting your student during class is disruptive and most teachers discourage phone use during instructional time

# Health Info

- Students may not carry any medications with them on campus.
- The school cannot administer any medications (including over-the-counter meds) unless parents and/or physician complete medication disbursement form (available through Health Office). This includes inhalers.
- Students in a soft/hard cast or on crutches need a doctor's note on file.
- Immunizations: All students must have current immunizations, including Tdap to enter 7<sup>th</sup> grade. (No shots, no school)
- PE limitations or excusals: please provide doctors note to health technician who will communicate with the PE teachers.

# What If My Child is Sick?

- Students who are feeling sick need to go to the Health Office.
- Health Tech will evaluate and contact the parent if needed.
- Please do not tell your student to text you directly to be picked up.

# Preparing Your Child for Success

- Talk to your student before school starts about their academic responsibilities and your expectations
- Monitor & support academic progress
  - Encourage your student to use the student agenda (it's a free tool!)
  - Parent should check the agenda often
  - Check Aeries weekly
  - Check teacher websites regularly
  - Contact the teacher first when concerned
- Make it a parent/child partnership
- Consistent attendance
- Encourage your student to participate in extracurricular activities - promote healthy choices

# Formal Progress Reports

- Deficiency Notices: Only for D/F grades at 5-week point of each quarter
- Quarterly Progress Reports: Weeks 9 & 27
- Semester Report Cards: All students receive grades for all classes; weeks 18 and 36 (Jan. & June)
- All progress reports/report cards are available on-line ONLY via Aeries
- Parent account vs. Student account

# School-Based Academic Support

- **Teacher Appointments**
- **Homeroom (interventions start in Oct.)**
- **Homework Club**  
**(Tuesdays & Wednesdays after school, Math Mornings)**
- **Counselor** (assists students with helping find appropriate academic, social, emotional support)
- **Saturday School** - dates to be determined

# What is Homeroom?

## **Homeroom is a time and a place where:**

- Students take care of academic responsibilities (ex: homework, studying, getting organized)
- Students can see other teachers when needed (make-up work, finish tests, academic support)
- Intervention and enrichment happens
- Students make connections with other students through community building and wellness activities
- Students have the opportunity to collaborate (student initiated group work). Learning Commons has a space and process to sign up to work together.
- Students can use technology to support academic success

# What are Late Start Mondays?

- See school calendar for dates
- Approximately 2 per month
- Teachers involved in staff development
- School starts at 9:50 a.m.
- No Zero period and no Homeroom



# Wellness and Social Emotional Learning

## Quarterly Themes

- 1<sup>st</sup> Quarter: Social Wellness
- 2<sup>nd</sup> Quarter: Physical Wellness
- 3<sup>rd</sup> Quarter: Intellectual Wellness
- 4<sup>th</sup> Quarter: Emotional Wellness

## Social Emotional Learning

- Second Step Program
- Taught in PE classes and occasionally Homeroom

# GRATITUDE...

Stop, notice, appreciate, and say thank you

Why gratitude?

- Improves relationships
- Improves physical health
- Enhances empathy and reduces aggression
- Improves sleep
- Improves self-esteem
- Increases mental strength

\*Gratitude Chain

# What are Family Nights?

- An opportunity to connect as a family
- No homework
- See PTMS website calendar for dates
- We want to know what your family is doing - please send us pictures to share your Family Night activity
- Support our culture of wellness: social, physical, intellectual, and emotional

# Save the Date!

- Back to School Night
  - September 12<sup>th</sup> at 5:30 p.m.
  - Parents only

**\*\*Don't forget to sign up for Eoption to receive weekly email communications**