

B.U.I.L.D.ING IT!

AT NAMS

WELCOME



Welcome to NAMS! You have much to look forward to as a new member of our exciting NAMS BLUE EAGLE Community. All of us here at the middle school are thrilled to have you join our school, and with your help, we will work hard to create a powerful, positive, and productive learning year. We hope that as you look through this, you will get some of the answers to things you may be worried about as well as tips to handle them. Good Luck!



B.U.I.L.D.ING CONFIDENCE, CHARACTER, CREATIVE THINKERS, AND COMMUNITY

WHAT DOES B.U.I.L.D. IT STAND FOR?

School Wide Expectations – What We Value B.U.I.L.D. IT are the principles that guide our behavior and help make NAMS a wonderful place to go to school

B

**Brighten
Someone's Day**
Ex. Smile at someone
in the hall

U

**Understand and
Respect Others**
Ex. Respect other's
personal space

I

**Inspire Those
Around You**
Ex. Show gratitude

L

**Lead By
Example**
Ex. Model good
practice

D

Dream Big!
Ex. How can I
positively
impact my school



WHAT ARE TEAMS?

The team is the foundation for a strong learning community characterized by a sense of family. Students and teachers on the team become well acquainted, feel safe, respected, and supported, and are encouraged to take intellectual risks.

**The seventh grade teams are Emerald, Quartz,
and Sapphire.**





LITHIUM CLASSES

Physical Education

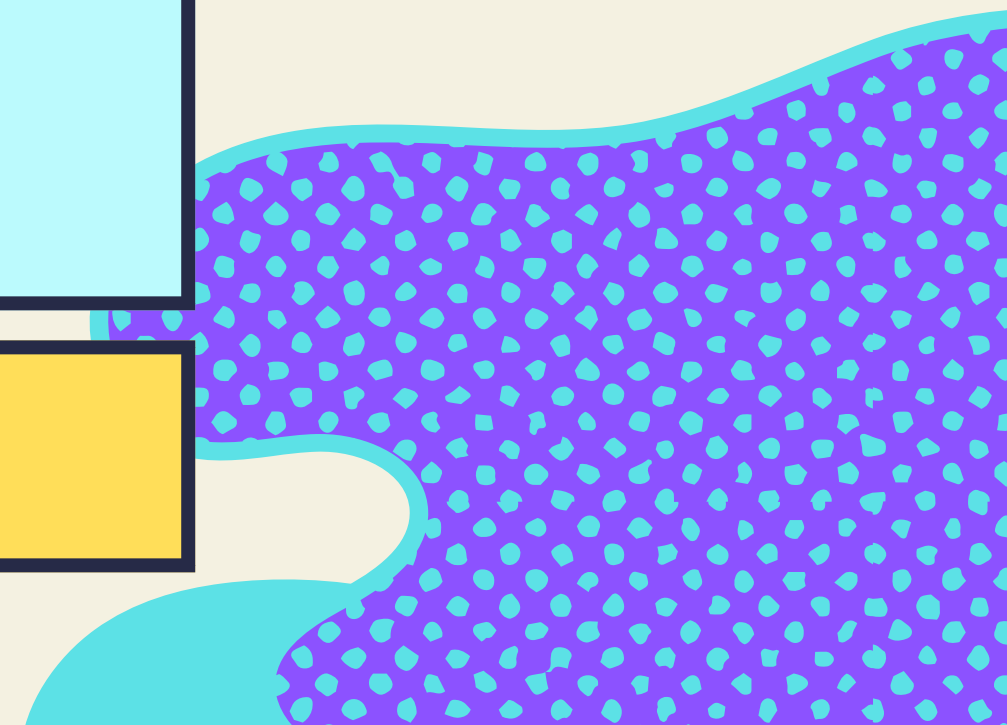
Wellness

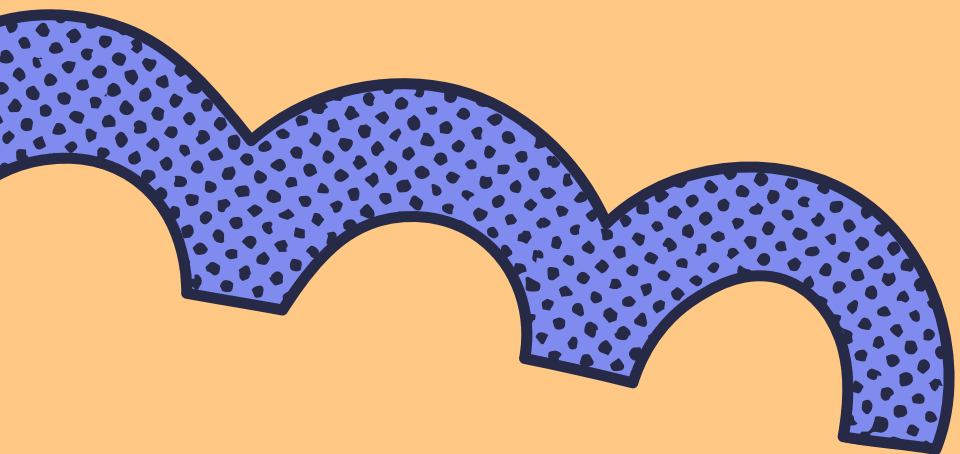
Music

Family Consumer
Science

Computer Graphics

Programming





LOCKER SECRETS

KEEPING YOUR LOCKER CLEANER THAN YOUR ROOM



01

Make friends with your lock. Try a song to help memorize your combination



02

Some students keep their morning books on the top shelf and afternoon on the bottom

03

Separate your books by order of classes

04

Put all papers in folders and don't keep any loose papers in your locker.

05

Always hang things up

06

Organize folders and notebooks by class periods

SPORTS



An activity that rising 7th graders often look forward to in middle school is the opportunity to represent their school in athletics. Maybe playing a sport is not your thing; here are a couple of ways you can get involved in supporting their school athletic programs:

BE A MANAGER Most of the coaches in middle school will reserve the role of team manager for students. Students wanting to be managers should be aware that it is a significant time commitment and could take away from other activities. Students interested in being a manager should contact the appropriate coach as soon as possible.

BE A FAN Students are encouraged to come to athletic events and support their teams and their school. Games are not only a great way to plug into the school, they are a great way to meet new friends and hang out with your old ones.



CLUBS AND ACTIVITIES

DRAMA

We have a wonderful drama department at NAMS. The club holds a fall and spring production. If interested, check the website for audition info. And, if you do not want to be on stage, try stage crew or lighting

CLUBS



For information about clubs and extracurricular activities, students are encouraged to visit their school's website and contact club advisors to find out about these clubs. Some clubs may only be open to 8th grade students.

BAND, CHORUS, ORCHESTRA

Band, Chorus, and Orchestra are a few other ways for middle school students to get involved in their school culture. Students can enroll in these activities in 6th grade by talking with their teacher or through the guidance office in 7th grade

Getting from Class to Class: it's a 3 min. thing

Just Keep In Mind These Few Basic Tips:

1. Talk while you walk.
2. Walk at a steady pace.
3. Avoid crowded hallways.
4. Keep to the right and stay in your lane.
5. Don't run.

Three minutes...think of it more as 180 seconds. It doesn't sound like much time, but for hundreds of years, that's been more than enough time to get from class to class.





B.U.I.L.D. UP YOURSELF AT NAMS



01

Learn to Self-Advocate

When you have a question about homework, contact your teacher. If you're not sure what to say, brainstorm with your parents, but let the message come from you. If you miss an assignment, try to work it out with the teacher. If you feel like something is not right, talk to a school counselor, teacher, or parent. We can only help when you let us know. Speaking up for yourself and knowing how to ask for what you need is a critical, lifelong skill.

02

ENGAGE IN POSITIVE RISK TAKING

Try a new sport. Join a club or start a new one. Volunteer or start a new charity drive at school. Expand your circle of friends. Try a music class. Middle school is the perfect time to try new things, and becoming comfortable with taking positive risks is another critical skill in your development.

03

KEEP YOUR COMMUNICATION AND CONNECTION STRONG

Middle school can be tough, especially if we try to do it on our own. Now, more than ever, it is important to maintain our relationships with those important to us and to communicate with them. Identify those trusted adults that you can turn to. Whether it be your parents, grandparents, coaches, club advisors, school counselor, teacher (I am sure I can keep going with examples of important people in your life) use them for support

MINDFULNESS



Mindfulness is what we do at NAMS. Students are stressed out these days. You may feel pressure from school. You may be quite busy with after school activities. It's hard to slow down in such a fast paced world. But it's important that we learn how to do just that - slow down. Mindfulness helps you focus on the present instead of focusing on the past or future. Here are some activities you can try.

Belly Breathing

When breathing in, the belly expands slightly; and when breathing out, it contracts. Do several rounds and return to normal breathing.

Four Square Breathing

Breathe in for a count of four. Hold the breath for a count of four. Breathe out for a count of four. Hold the breath for a count of four. Do several rounds and return to normal breathing.

Breathing

Mindful Coloring

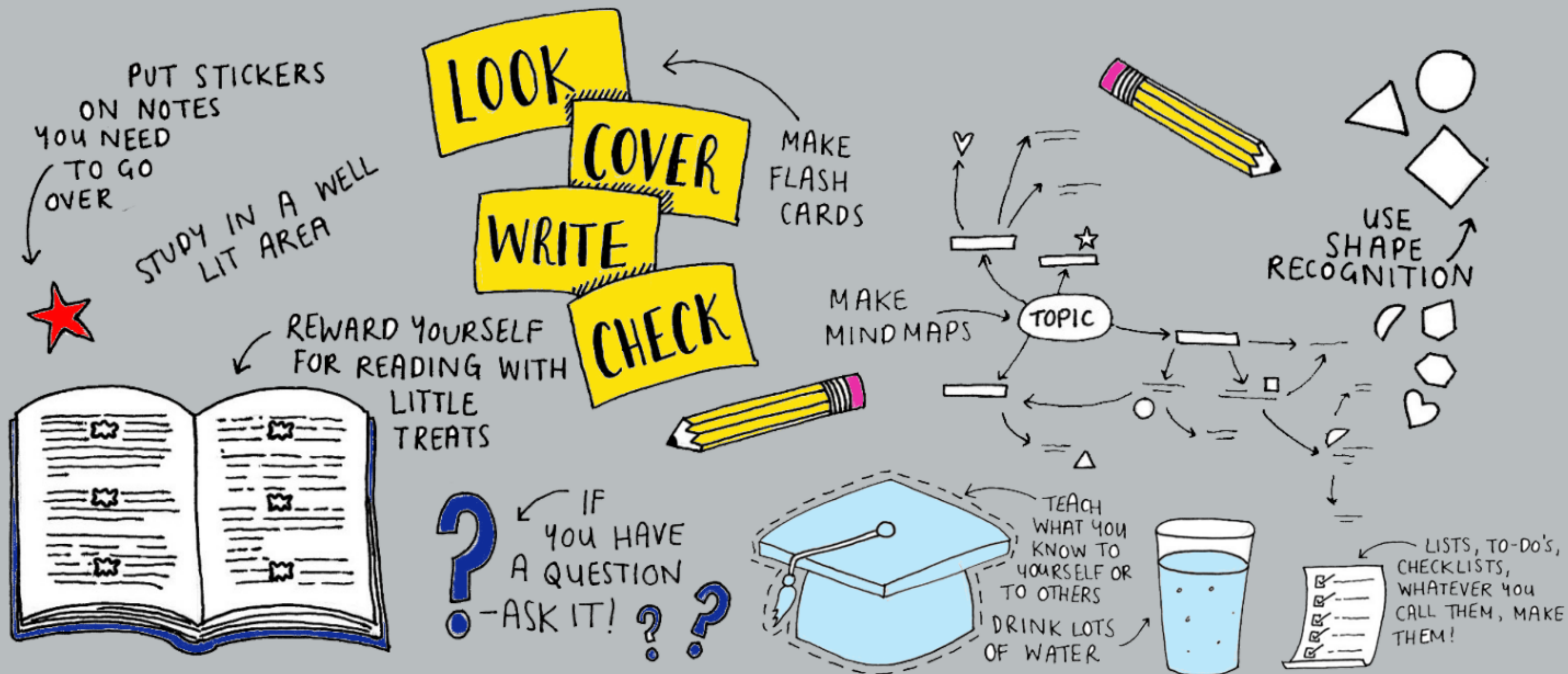
- Find a peaceful setting
- Gather your materials
- Start coloring as you wish, focusing on the harmony between colors.
- Pay attention to your breathing and how you feel with each color.
- Don't allow your mind to wander off.
- When you do, focus on your breathing and bring yourself back to the present.

Activity

Mindful Dancing

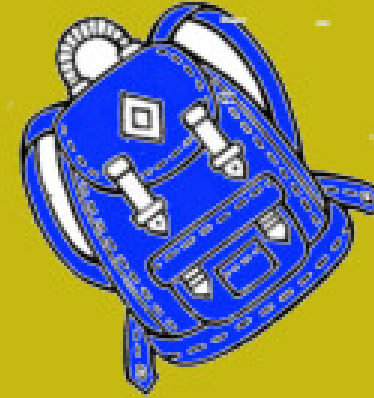
- Turn on a song or a music genre of your choice.
- Close your eyes.
- Listen to your body and dance with the rhythm.
- Concentrate on how your body naturally adapts to the music.
- Dance through the music and keep your focus only on the music and your moves.

Get Active



Time Management

START WORKING
ON ASSIGNMENTS EARLY



USE A DAILY
SCHEDULE TEMPLATE
TO PLAN YOUR DAY



TIME MANAGEMENT

BUILD BETTER HABITS AND ROUTINES FOR
LONG-TERM SUCCESS

TAKE BREAKS AT THE
RIGHT TIME



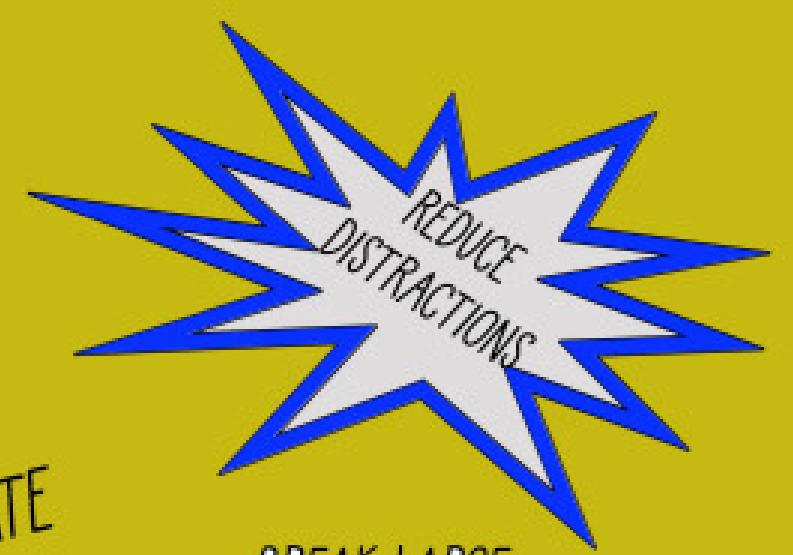
SET PROPER GOALS



UNDERSTAND HOW YOU'RE
CURRENTLY SPENDING YOUR TIME
(AND WHERE YOU'RE LOSING IT)



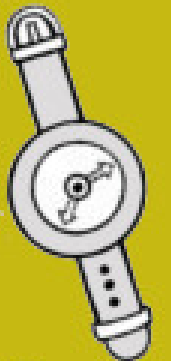
REDUCE
DISTRACTIONS



BREAK LARGE
PROJECTS INTO SMALL,
ACTIONABLE TASKS

WORK
ON

ONE
THING
AT A
TIME



DO YOUR
HOMEWORK

Making/Choosing Friends

One of the cool but scary things about middle school is seeing the new faces on your team. The group of friends you have come to know at the NAIS, may not be on your new team. Knowing how to make new friends will be extremely important in the middle school setting. Going to middle school is a great opportunity to make new friends. Some tips for making new friends are:

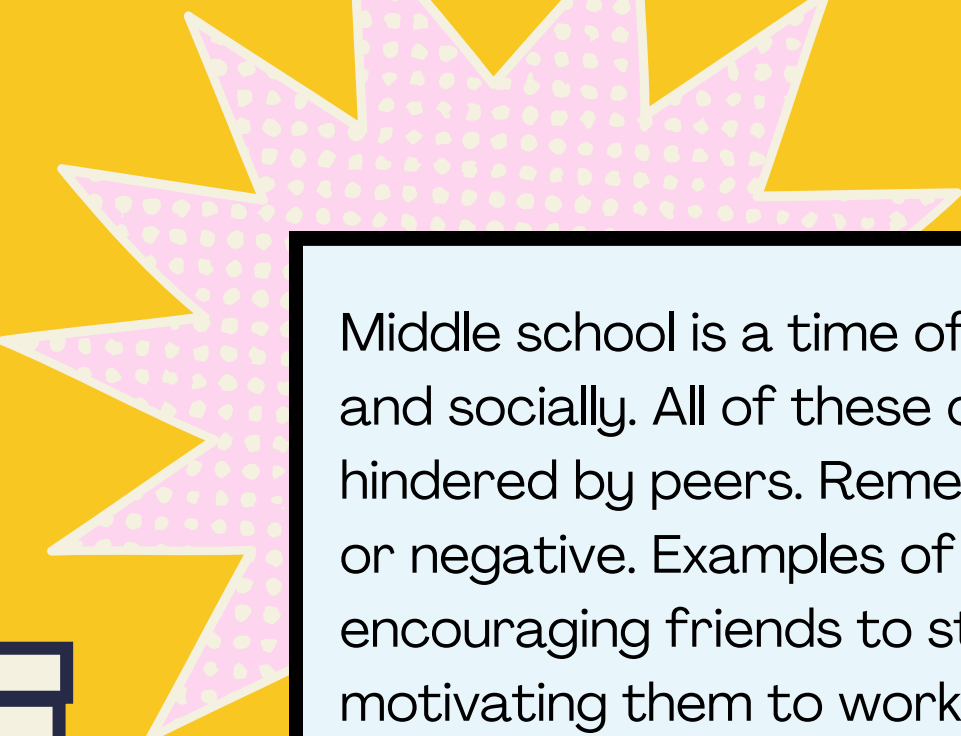
- **Get involved in school activities**
- **Introduce yourself to students who sit around you in your classes**
- **Choose different partners during group work assignments in your classes**
- **Make an appointment with the school counselor for help with making friends.**

Hi





PEER PRESSURE



Middle school is a time of great transition emotionally, physically, and socially. All of these changes can either be nurtured, or hindered by peers. Remember, peer pressure can be either positive or negative. Examples of positive peer pressure might include encouraging friends to study by offering to study with them or motivating them to work hard at a sport. Examples of negative peer pressure might include someone encouraging students to spread rumors or be disruptive in class.

In order to best handle social pressure, the following tips might be helpful:

- Find friends with similar interests, values, and beliefs
- Be assertive—tell friends what you like/don't like
- Don't use alcohol or other drugs
- Avoid situations in which you know that you could get into trouble
- Learn to handle conflicts in a positive way
- Talk with trusted adults about situations that you don't understand and/or that make you feel uncomfortable

