Welcome to Hillcrest Middle School
Principal, Mr. McFaul
Vice-Principal, Mrs. Jette

• Your Admin Team
The middle school model in Coquitlam has been followed since the mid-90s. It was determined that children between the ages of 10-14 represent a uniqueness and different needs than those of younger or older age groups.

The organization is centered around a ‘teams’ approach; whereby teacher generalists are divided into teams to meet during a common time to collaborate on lesson planning and projects, field trips, special events and discuss how to support students of concern, etc.

Another unique feature of this model involves the inclusion of non-academic courses in the Fine Arts and Technology Education areas. Together, these courses fall under the banner called Explorations.
Middle School Philosophy

- Middle school philosophy responds to the needs of the pre-adolescent learner, which includes:
  - Physical development
  - Intellectual development
  - Social-emotional development
  - Moral development.
The middle school learner is an Emerging Adolescent, experiencing changes in each of these realms
Early Adolescence

Sexuality
• Girls ahead of boys
• Generally same sex friends and group activities
• Shyness, blushing and modesty
• Show off qualities
• Worries about being normal

Ethnic and Self Direction
• Rule and limit testing
• Occasional experimentation with ….
• Capacity for abstract thought

General health
• Require more sleep
Tips

* Parents - Stay involved
  * Keep technology out of the bedroom and set limits
  * Laugh
  * Eat together
  * Remain calm and carry on... it’s a developmental stage
Middle School is all about the three C’s:

- Be Capable in your schoolwork
- Be Connected to friends
- Be Contributing to the school community
Middle School Organization

✓ The organization of the middle school provides for the transition from the self-contained classroom of the elementary school to the departmentalization of the high school.

✓ Briefly, here are some of the organization trends that you will find in most middle schools in terms of teacher grouping, student grouping and time…
• Teachers are organized into **Interdisciplinary Teams** to provide instruction in the core subjects of Science, Mathematics, Reading, Language Arts, and Social Studies.

• The interdisciplinary teams work with a common group of students, and control a block of time.

• Teachers in a team usually have their rooms in close proximity to one another.

• Members of a team often have a common planning block, with one of the teachers be assigned as team leader.
Sample Team

Team Ravens
Gr 6-8
Explorations Cycle (one block)

Home Ec

Digital Literacy

Band & Choir Before School

Tech Ed

Music

Art
School Bell Schedule

- 8:35 am – Welcoming Bell
- 8:40 am – Block A
- 9:33 am – Block B
- 10:26 am – Nutrition Break
- 10:40 am – Block C
- 11:33 am – Block D
- 12:26 pm – Lunch
- 12:46 pm – Outside Lunch Bell
- 1:11 pm – Welcoming Bell
- 1:15 pm – Block E
- 2:08 pm – Block F
- 3:00 pm - Dismissal
Student Timetable

• **Sample Grade 6/7 Timetable:** Six blocks of class time that are 53 minutes each – Core Classes include Language Arts, Social Studies, Math, Science, French and HACE.

- ✓ Block A – Physical Education class
- ✓ Block B – Explorations class (Monday to Thursday) or Team Time (Fridays)
- ❖ Nutrition Break
- ✓ Block C – Core class
- ✓ Block D – Core class
- ❖ Lunch
- ✓ Block E – Core class
- ✓ Block F – Core class
HILLCREST STUDENT SERVICES TEAM

• Mrs. Dhaliwal (Counsellor)

• Mrs. Chan (Student Services Team Leader)

• Ms. Mattson (EAL & RR)

• Mrs. Janus (Skill Development)

• Ms. Gallacio (Youth Worker)

• Ms. Yeates (Gifted)
“The emotional engagement of the brain is the glue for all learning; without it, nothing sticks” – Eric Jensen
HILLCREST STUDENT SERVICES TEAM CAN HELP!!

- Learning Assistance
- Resource Room
- Gifted
- Skill Development
- EAL
- Support for Learning Needs
- Assessment & Case Management
- Articulation
Counselling Support

Role of a Middle School Counsellor = Student Advocacy = Student’s “Adult Voice”

- **Personal** – Intrapersonal – Short-term brief counselling support and assistance with navigating community supports

- **Social** – Interpersonal – In one-to-one, group and classroom settings, teach students effective communication skills; Help build healthy relationships with peers; conflict resolution

- Collaborating with teachers, support staff, administration and parents to help students experience **Academic Success**

- **Transitions** – Assist students transitioning from elementary to middle and middle to high school
Students helping Students

Peer Helpers
Transition Activities – Uncertain in Covid 19...

• Visits to Elementary schools by Hillcrest team – Vice Principal and former students of that elementary school
• Hillcrest Volleyball Tourney for Elementary students
• Hillcrest Support Staff meet with Elementary Teachers and Support Staff
• Grade 5 Parent Tour and Information Evening
• Grade 5 Visit to Hillcrest
• End of Summer Tour- Refresh –
• To BE Determined based on British Columbia’s PHO and Ministry in August

* LOOK FOR AN EMAIL mid August*
Working Together

Parents and Guardians can help with their child’s transition to middle school by engaging in informal conversations about what their child,

- ...is looking forward to,
- ...concerned about; and
- ...has questions about

It is natural for them to feel both excited and anxious about change. Keep in mind that they learn a lot on how to cope from modelling those around them...
Making a Successful Transition

- **SLEEP, SHEEP, SLEEP, SHEEP, SLEEP...zzzzzzzzzzzzzzzzz**
- **NUTRITION**
- **LIMIT TECHNOLOGY USE AND MONITOR — YOU CONTROL TECHNOLOGY; TECHNOLOGY DOESN’T CONTROL YOU**
- **PRACTICE YOUR MATH FACTS — ADDITION, SUBTRACTION, MULTIPLICATION, DIVISION**
- **PRACTICE INDEPENDENCE AND THOUGHTFUL DECISION-MAKING**
Extracurricular Activities
Music Enrichment

Before school programs include Beginner and Advanced Band as well as the Boys' Choir and Girls' Choir
FALL SPORTS

• Volleyball
• Cross Country
• Swimming
Winter Sports

Basketball
Table Tennis
Spring Sports

- Badminton
- Rugby
- Track
PAC Information

Get Involved – become part of the PAC executive
Support School-wide initiatives
Fund-raising
Giving back to your child’s school
Meet some new adults
QUESTIONS???
JOURNEY TO EARLY ADOLESCENCE

- Mature / Immature
- Loud / Reflective
- Self Conscience
- Independent / Dependent
- Messy / Organized
- Predictably unpredictable