

Welcome to Hillcrest Middle School



Principal, Mr. McFaul
Vice-Principal, Mrs. Jette

**•Your Admin
Team**




General Overview of Middle Organization

- 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

Ethic 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...

.....Organization continued

- 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 controls 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.

TEAMS

Green

Blue

Red

Orange

Yellow

Explorations

Sample Team

Advisory 6/7

Advisory 7/8

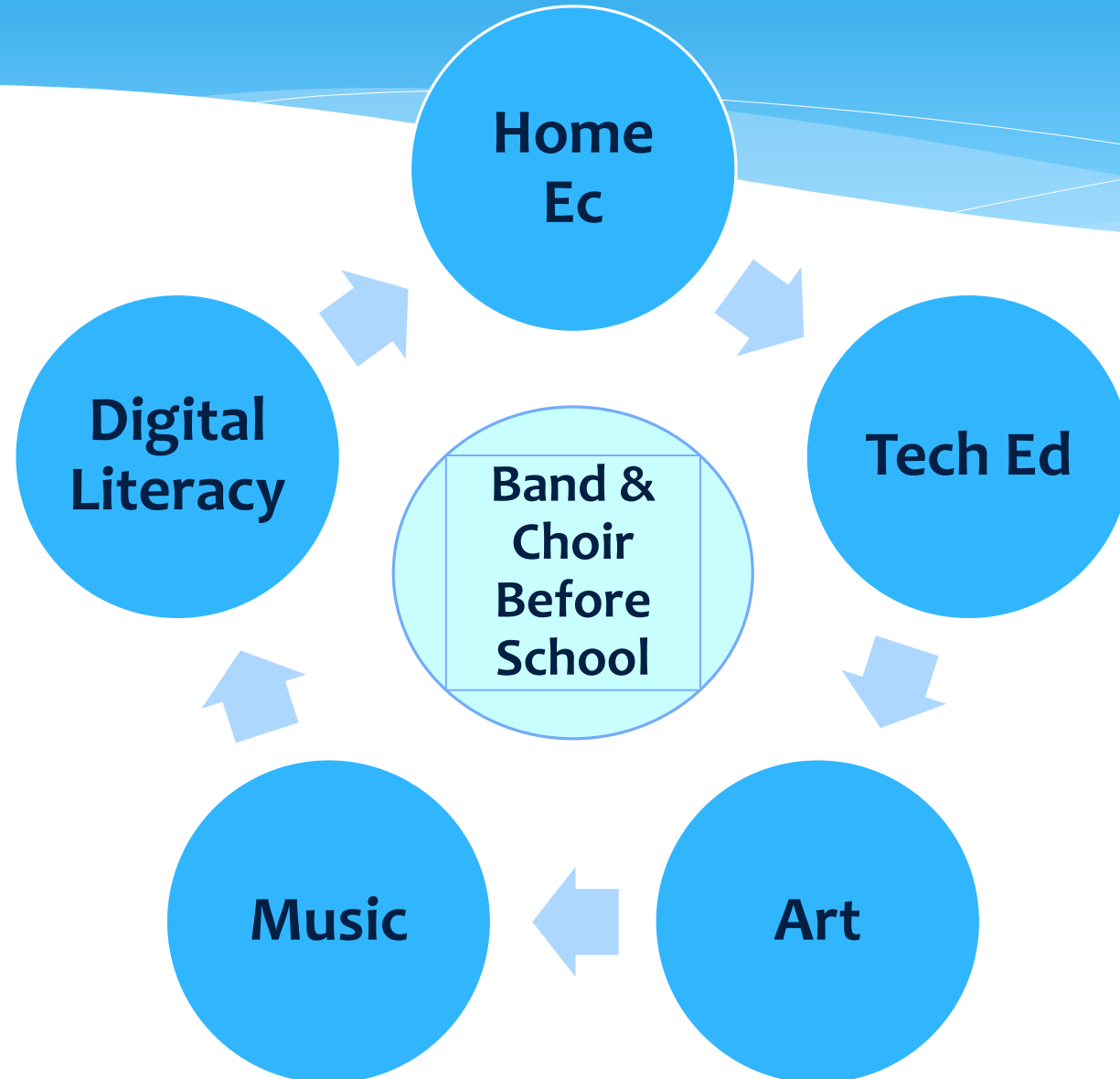
Team Ravens

Gr 6-8

Advisory 6/7

Advisory 7/8

Explorations Cycle (one block)



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)
-



SOCIAL EMOTIONAL LEARNING

“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



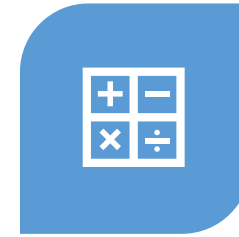
SLEEP, SHEEP, SLEEP, SHEEP,
SLEEP,
SHEEP...ZZZZZZZZZZZZZZZZZZZZ



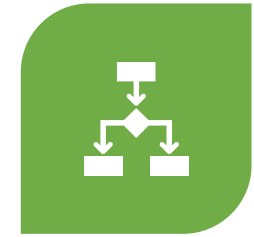
NUTRITION



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

The background is a solid green color. On the left side, there are several abstract shapes: a blue circle at the top left, two vertical yellow bars, a large orange C-shaped arc, a blue circle outline, and a large orange circle at the bottom with four yellow dashed lines radiating from its top edge.

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

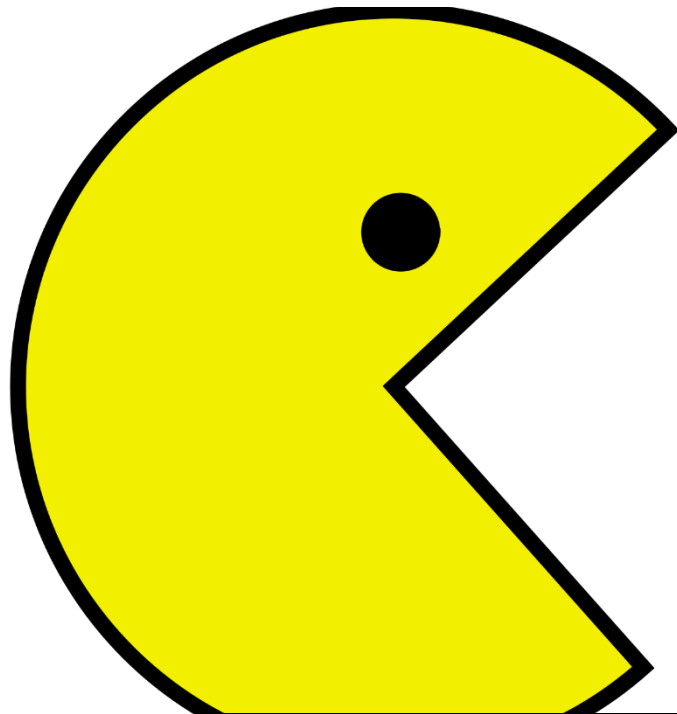


Spring Sports

- Badminton
- Rugby
- Track



PAC Information



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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



Loud/
Reflective



Messy/
Organized

Predictably
unpredictable



Mature /
Immature

Self
Conscience



Independent/
Dependent

