Lockers
Open for a small surprise!!

- Keep stuff in your locker:
  - For backpacks, lunch, math materials
  - paper, supplies, homeroom folders
  - DO NOT share your combination!
  - Please turn in forms to basket by door
  - Browse Room 203 (books!), your assignment book
    and handouts

Welcome!

BACK TO SCHOOL NIGHT
(This presentation will go live on
my website tomorrow!)
Ms. O'C--Room 203

SCASD Mission Statement
- To Prepare Students
- for Lifelong Success
- through Excellence in Education

About Ms. O'C
- Teacher since 1985 (CA, China)
- BS-PSU, Cred-UC Berkeley, MEd-PSU
- Began teaching SCASD 1989

My Job: GROW YOUR BRAIN
YOUR JOB: Grow Your Brain

UNDERSTANDING is EARNED. (Ms. O'C can't teach you anything; only you can learn things)

Your Brain now...11 years old
Your brain at 21 years old

Mindfulness—mind training
- PSU study 2012-14, B.R.E.A.T.H.E curriculum
- Mindfulness improves mental focus and academic performance
- Success depends on your relationships—self reflection helps!

In Middle School
- More RIGHTS
- More RESPONSIBILITIES
  - (Parent roles MAY change)
- Bigger school
- 6 Day Cycle
- More Friends!

French Philosopher Jean-Paul Sartre
- Who wrote that “The anguish of decision is the hallmark of RESPONSIBILITY”
- In Ms. O'C’s words: “You are responsible for your own behavior.”

Reading—Choice Books
- Reading 20 min/night x 1 school year = about 2 MILLION words
- Reading 5 min/night x 1 school year = about 200,000 words

Fiction Reading
- The "gateway drug" to reading.
NH: “When I came into Room 203, I was a terrible reader. Now I’m an amazing reader!”

RK: “Reading is my passage into my “Mind Palace… I’ll literally read non-stop.”

EM: “I love reading now; I soar through the quidditch stadium with Harry Potter or get reaped as a tribute in The Hunger Games or explore the hundred acre wood in Winnie the Pooh.”

AP: “I get to peek through the window and see how other people live.”

Curriculum Units

• Social Studies
  • (Ms O’C)
  • Ancient Civilizations
  • PREHistory
  • Mesopotamia/Egypt
  • China
  • Greece (Rome)

Exploratory Classes

• Art/Music – Half year of each, 3X cycle
• Family Consumer Science, Technology Education
• PE **CLOTHES** Days 2,5 (shirt, shorts, shoes)
• Foreign Language-12 weeks each (Spanish, French, German)

Homework

• Assignment Book
• EVERY school night about 1 hour
• Daily: 30 min Reading, Math
• Weekly: Writing, Article of the Week
• OTHERS as assigned
• POSTED on WEBSITE by Monday, listed on Blackboard, may change during the week

YOUR ASSIGNMENT BOOK (AB) IS YOUR BEST FRIEND IN MIDDLE SCHOOL
(Note: you can buy a different AB if you like)
**CHROMEBOOKS**

You will have YOUR OWN (this will follow you 6-7-8th)

To get it:

1. Student logs into HAC (new students: Student # is password)
2. My Links/Digital Agreements “Student Tech/Loan Agreement”
3. Parent will receive Email—follow instructions (buy the insurance, best $20 you will ever spend)

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(This is not the end of my presentation) To RETURN!

FORMS to return to Ms. O’C:

- Parent/Guardian Survey (Orange)
- Field Trip Permission form
- T Shirt order (if you want to order!)

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**Contacting Ms. O’C**

- **BEST=** Email—kxo11@scasd.org
  Weekly Email Mondays—HW, announcements

- Website—SCASD/PFMS/Staff/O’Connell
  Homework, Announcements

- Phone—PFMS 272-8464 (messages)
  Home-234-1115 (before 9pm)

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**Field Trips**

- Outdoor—Team Building—Thurs, Sept 29
  Chaperones—Parent Volunteer Form Required—see PFMS Website.
- PSU Matson Museum of Anthropology—May TBA
- Carnegie Science Center Roadshow—April TBA
- Greek Olympics—May TBA
- Parent Chaperones/Helpers needed!

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**PFMS Stuff**

- ROAR Day—Fri 9/2
  (sign up to volunteer!)
- Respect, Organization, Attitude, Responsibility
- POSITIVE Tickets!
- Grades are ONLINE
- AREA—Homework Help, Quiet Study, Band, Choir and Orchestra, others
- Extra Curr—M, Clubs, Drama, Fun Days (see announcements!)

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**Mountain Lion Team**

Lunch 11:50-12:20

- Healthy Snacks OK (almost) anytime—keep a box of granola bars in your locker
- NO CANDY
- Water Bottle w/sport cap anytime (Chromebooks)
- Recess or PE daily
- Student-Led Conferences—Oct 20, 21 (sign up on my website in Sept)

PSSA—April 3-5 (ELA), April 24-28 (Math)
NOW!

- See schedule
- 203—to MATH presentation with your MATH teacher
- 206—Use schedule/map for rotation!
- See you Monday, Aug 29

- Relax, play, get a lot of sleep, and read until then