

# TIPS FOR SUPPORTING YOUR CHILD THROUGH MIDDLE SCHOOL WIDDGE SCHOOL

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# Ways to Support Your Student

- ⦿ Arrive to school on time.
- ⦿ Establish set times and location for homework
- ⦿ Check your student's planner for homework.
- ⦿ Encourage your **student** to be self-directed ... have your student email the teachers, check StudentVUE, attend after school help, etc ...
- ⦿ Be careful to let students do their own work, teachers need to see “student” work, not “parent” work.
- ⦿ Schedule a weekly clean out of backpack, binders and notebooks.
- ⦿ Identify alternate resources for homework information if student has not written homework in the planner.
- ⦿ Develop a weekly routine to check ParentVUE and StudentVUE with your student.
- ⦿ Get involved ... Visit the ECMS Website and FFO Website frequently for information, calendar and activities.

# StudentVUE and ParentVUE

- ⦿ StudentVUE and ParentVUE is the online portal for students and parents to view grades and assignments for all classes.
- ⦿ Go to the ECMS Website <http://ecms.cfsd16.org> and click on the link “ParentVUE”, “StudentVUE”
  
- ⦿ All parents established a username and password when they filled out the online registration.
- ⦿ This is the same information your will use for ParentVUE. The student have their own username and password to access Student VUE.
  - If you need to be reminded of your username and password - SEE Ms. GETRAER, Front Office.
  - If you are still having trouble accessing ParentVUE with your username and password, CONTACT Ms. MELISSA HALL, [mhall@cfsd16.org](mailto:mhall@cfsd16.org).

# Lockers and Managing Materials

- Students are assigned a general locker and a PE locker and padlocks for both.
- PE lockers are assigned in PE during the first week.
- Backpacks remain in lockers during the day
- Students will get in the routine of visiting their about 3 times each day, morning - lunch - after school
- Students will carry a pencil pouch with supplies and personal items.

# HOMWORK

- ⦿ Planners - teachers expect for students to bring them to every class.
- ⦿ Teachers set time aside in every class for students to get out their planner and write down the homework
- ⦿ Parents need to check this every night with their student.
- ⦿ If your student explains they have “no homework” most teachers will have them write “no homework” in the panner.
- ⦿ Other ways to check for homework:
  - Teacher Websites
  - Google Classroom (student will need to sign you in)
  - Designate a “Homework Folder” - Left side “to-do”, right side “done”
- ⦿ Homework needs to turned in on time.
- ⦿ Parents will see a “0” or “no evidence” in ParentVUE if homework or assignment was not turned in.

# Cell Phones

- ⦿ School Policy - “OFF and AWAY”
- ⦿ Cell phones are to be turned off and in the student’s backpack the moment they enter the gates of the school.
- ⦿ Backpacks and phones are to stay in the student’s locker for the duration of the day.
- ⦿ Students may turn on and use his/her phone at the end of the school day, once they have exited the school gate.
- ⦿ If a staff member SEES or HEARS the phone, the phone will be confiscated and taken to the front office.
  - 1st offense - student gets the phone back at the end of the day
  - 2nd offense - parent must pick up the phone

If you need to get a message to your student you can call the front office and the message will be delivered.

**No messages can be delivered after 2:15 pm**, however the student can turn on his/her phone after dismissal to receive your message or text.

# DRESS CODE

- Guidelines for modest attire include but are not limited to:
- - Shirts and tops must have 1-inch straps or sleeves (e.g. no halter-tops, spaghetti straps)
- - Shirts and tops must cover the torso (torso is defined as upper body, chest, back, and abdomen)
- - Shirts and tops should not be too low cut in the front, back, or under the arms
- - Clothing should be made of fabric that is not see-through or have cut outs, unless a full coverage garment is layered underneath
- - Clothing must be of modest length
- - Clothing must completely cover undergarments (i.e. underwear, bra straps)
- - Footwear must be worn.
- Students are prohibited from wearing clothing or accessories that advertise or promote items, including but not limited to: drugs, tobacco, alcohol, weapons, obscenity, profanity, vulgarity, gang or affiliation, racial or sexual remarks, or make reference to prohibited conduct.
- School administration will make the final determination regarding appropriateness of the student's appearance.
- For PE, students are expected to wear athletic shoes and dress out in a t-shirt and shorts designated for PE (not what they wore to school)

# LUNCH AND MONEY MANAGEMENT

- ⦿ The student's ID serves as the student's lunch card.
- ⦿ Cards are loaded and reloaded online by the parent OR Parents/students can bring a check/cash directly to Saunda in Front Office.
- ⦿ Students can pay cash for lunch in lunch line.
- ⦿ The Hot Lunch Entree is \$3.25 - includes salad bar and milk. The Snack bar has alternate offerings like pretzels, muffins, baked chips, cookies, water, etc.
- ⦿ Seating at lunch is both indoors and outdoors.
- ⦿ Monitor your student's spending - items from the snack bar are popular choices.
- ⦿ Students often buy items for friends.
- ⦿ Students can buy breakfast from 7:05-7:25 am.



# COMMUNICATION WITH TEACHERS

- ◎ Students are encouraged to have direct communication with their teachers:
  - email the teacher
  - visit teachers before/after school
  - attend the teacher's office hours
  
- ◎ If parents need to communicate with teachers, **EMAIL is the best way** to stay in touch. If needed, use email to set up a meeting or a time for a phone conference.

# Busses and Parent Pick up

## BUSING:

- ⦿ In District Families - students receiving bus service are issued bus clearance on their student ID, this serve as their bus pass.
- ⦿ If a friend is riding home on the bus who is not normally on that bus, parent permission must be confirmed by the front office (note or phone call) and a bus pass for the guest is issued.
- ⦿ Out of District/Open Enrollment Families: in mid-September, if there is space available, the District will open bus transportation from established in district bus stops to open enrollment students.
- ⦿ Out of District Families must apply for open enrollment bus services online.

## PARENT PICK UP

- ⦿ Students are dismissed at 2:30 and **need to be picked up by 2:45**. Students not picked up by 2:45 will be sent to Community Schools Study Hall for a fee.
- ⦿ **Students with Siblings at Canyon View:** ECMS students are not allowed on the Canyon View campus, playground, parking lots or sidewalks while Canyon View is still in session.
  - ECMS students awaiting their rides at Canyon View will report to the ECMS Library and be supervised after school. The students will be released from the Library at 2:50 pm to meet their rides at Canyon View.

# COMMUNITY SCHOOLS ACTIVITIES

- ⦿ After school sports, activities, classes and Study Hall are offered each quarter and coordinated through Community Schools.
  - Mary Grodman, Site Director at ECMS
  - Foster Bunce, Athletic Director at ECMS
  - Jason Grobe, Activities Director at ECMS
- ⦿ After school activities are an excellent way for students to feel connected by meeting students who have similar interests.
- ⦿ Students can get a ride home on the Activities Bus which leaves ECMS at 4:15.
- ⦿ The Front Office closes at 3:00 pm. If you need to reach your student in a Community School class, the phone numbers for the direct line into the classrooms are posted in the windows of the office.
- ⦿ For more information visit the Community Schools Website:
  - <http://communityschools.cfsd16.org>

## TEXTING, MESSAGING, and SOCIAL MEDIA

- Talk to your student about “digital empathy” when texting or posting - “How would you feel if someone said that about you or posted that picture of you ?”
- Rule of thumb - don’t post anything online that you wouldn’t say/show to them in person.
- Monitor your student’s social media accounts.
- Check the privacy settings for these sites.
- Students need to be aware of their online reputation or “digital footprint.” Their history of Internet activity is permanent and could have ramifications now or well into the future.
- Limit cell phone use or computers in his/her room, have everything out in the open.
- Watch for “sexting” - sexually explicit language or pictures. It is a crime for minors who send or circulate pictures of nudity and/or sexual activity.

# TEXTING, MESSAGING, and SOCIAL MEDIA

- Educate yourself on the latest and “not so great” apps and social media sites.
- Students have the biggest misconceptions about the “safety” of social media. They believe their peers when they say, “it goes away” ... and the myths perpetuate themselves.

Articles with information about the top, most popular, or not so appropriate apps and social media kids are using:

<https://www.familyeducation.com/fun/mobile-apps/safety-beyond-facebook-12-social-media-apps-every-parent-should-know-about?slide=2>

<https://www.common sensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook#>

<https://www.gaggle.net/top-social-networking-sites-and-apps-kids-use/>

# STAYING INFORMED AS A PARENT

- ⦿ Check ECMS, FFO and teacher websites frequently.
- ⦿ Follow ECMS on Facebook and Twitter.
- ⦿ Sign up for ECMS Text Alerts.
- ⦿ Read the weekly Eagle Express for very important information.
- ⦿ Make sure that your email is updated with the front office to keep communication flowing.
- ⦿ Read email blasts from teachers, FFO, and front office for significant events.
- ⦿ Please take the time to read these important emails.

## A little parenting advice ...

Transitioning from Manager to Consultant:

<https://www.kidsinthehouse.com/teenager/parenting-teens/bonding-with-your-teen/managing-vs-consulting-your-teenager>

*“The goal of adolescence is independence.”*

-Erik Erikson

Give your child support while encouraging self-efficacy, helping your child to develop and practice the skills and strategies they will use to make their own decisions and choices.

**To start each and every day on a POSITIVE note:**

**1. Before leaving the house have a Daily checklist:**

- ID
- Planner
- Tardy Card
- Homework
- School materials

**2. Arrive to school ON TIME,** gate closes at 7:25,  
students need to be in class and seated at 7:30 am.