



# **Mrachek Middle School**

*Home of the Knights*



*Academic  
Student Planner*  
**2016-2017**

**Mrachek Middle School  
Calendar of Events  
2016-2017**

July 28	Student Check –in/Registration 6 <sup>th</sup> – 7:30-10:00 am, 7 <sup>th</sup> – 10:30 am-12:30 8 <sup>th</sup> – 1:30-3:30 pm	Feb 1	Parent Teacher Conferences 4:30-8:15 pm
Aug 2	Late/Make-up Registration – All Grades 8:00-11:30 AM	Feb 2	No School – Parent Conference Exchange
Aug 8	First day of school	Feb 3	No School – Parent Conference Exchange
Aug 18	Back to School Night – 6:00-8:00 pm	Feb 20	No School – President’s Day
Aug 23	SAC/Parent Coffee – 10:00-11:30 am	Feb 23	Orchestra Concert – 6:00 pm
Aug 25	Picture Make-ups	Feb 23	Band Concert – 7:00 pm
Sept 5	Labor Day – No School	Feb 24	Family Fun Night – 6:00-7:30 pm
Sept 9	Skate City Night – 6:00-10:00 pm	Feb 28	SAC/Parent Coffee – 10:00-11:30 am
Sept 14	Parent Teacher Conferences 4:30-8:15 pm	Mar 10	No Classes - Teacher Work Day
Sept 15	Parent Teacher Conferences 4:30-8:15 pm	Mar 17	Skate City Night – 6:00-10:00 pm
Sept 16	Teacher In-service – No Classes	Mar 25-Apr 2	Spring Break
Sept. 20	SAC/Parent Coffee – 10:00-11:30 am	April 25	SAC/Parent Coffee – 10:00-11:30 am
Sept 29	Family Fun Night – 6:00-7:30 pm	April 26	Family Fun Night – 6:00-7:30 pm
Oct 4	Fall Choir Concert – 6:30 pm	May 11	Beg Band/Orchestra Concert – 6:00 pm
Oct 7	No Classes – Teacher Work Day	May 11	Adv Band/Orchestra Concert – 7:00 pm
Oct 8-16	Fall Break – No School	May 12	Skate City Night – 6:00-10:00 pm
Oct 25	SAC/Parent Coffee – 10:00-11:30 am	May 16	Choir Concert – 6:30 pm
Oct 27	Zombie Crawl	May 17	Knights at Mrachek – 4:30-5:30
Nov 10	Fall Play Performance 6:00 pm -7:30 pm	May 18	Knights at Mrachek – 4:30 – 5:30
Nov 11	Fall Play Performance 6:00 pm -7:30 pm	May 25	Last Day of School
Nov 17	Parent Teacher Conferences 4:30-8:15 pm	May 26	No Classes – Teacher Work Day
Nov 18	Skate City Night – 6:00-10:00 pm		
Nov 22	SAC/Parent Coffee – 10:00-11:30 am		
Nov 23	P/T conference exchange Day – No School		
Nov 24-25	Thanksgiving Break – No School		
Dec 1	Adv Band/Orch Concert – 6:30 pm		
Dec 6	Beg Band/Orch Concert – 6:30 pm		
Dec 8	Family Fun Night – 6:00-7:30 pm		
Dec 13	Winter Choir Concert – 6:30 pm		
Dec 15	7 <sup>th</sup> Grade Hearing & Vision Screening		
Dec 16	No Classes – Teacher Work Day		
Dec 17- Jan 1	Winter Break – No School		
Jan 13	Skate City Night – 6:00-10:00 pm		
Jan 16	No School – Martin Luther King Day		
Jan 24	SAC/Parent Coffee - 10:00-11:30 am		
Jan 26	Family Fun Night – 6:00-7:30 pm		

# Mrachek Middle School

## Student Planner 2016-2017

This Planner Belongs To:

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Locker #: \_\_\_\_\_

Be SR<sup>2</sup> at Mrachek Middle School  
Be safe, be respectful, and be responsible!

YOU MUST HAVE THIS PLANNER WITH YOU  
DURING ALL CLASSES!

### WHO'S WHO AT MRACHEK MIDDLE SCHOOL

The Principal is:	Michelle Davis
The Assistant Principal is:	Colin Hynes
The Deans of Students are:	Christopher Evangelist, Ernestina Masias & Dr. Teri Castelow
The Counselors are:	Carol Gianfrancisco and Marie Maccioli
The Nurse is:	Brenda Cappel
The Registrar is:	Marjo Martinez
The Family Liaison is:	Rosa Perez
The Office Staff is:	Patti DonMoyer, Principal's Secretary Kathy Montgomery, Bookkeeper Patsy Brink, Attendance Clerk Pam Buford-Burt, Receptionist

### IMPORTANT NUMBERS

Attendance Line:	303-326-1654 (24 hours)	Main Office Phone:	303-750-2836
Main Office Fax:	303-326-1254	Clinic Fax:	303-326-1554
ESPAÑOL:	303-326-2150		

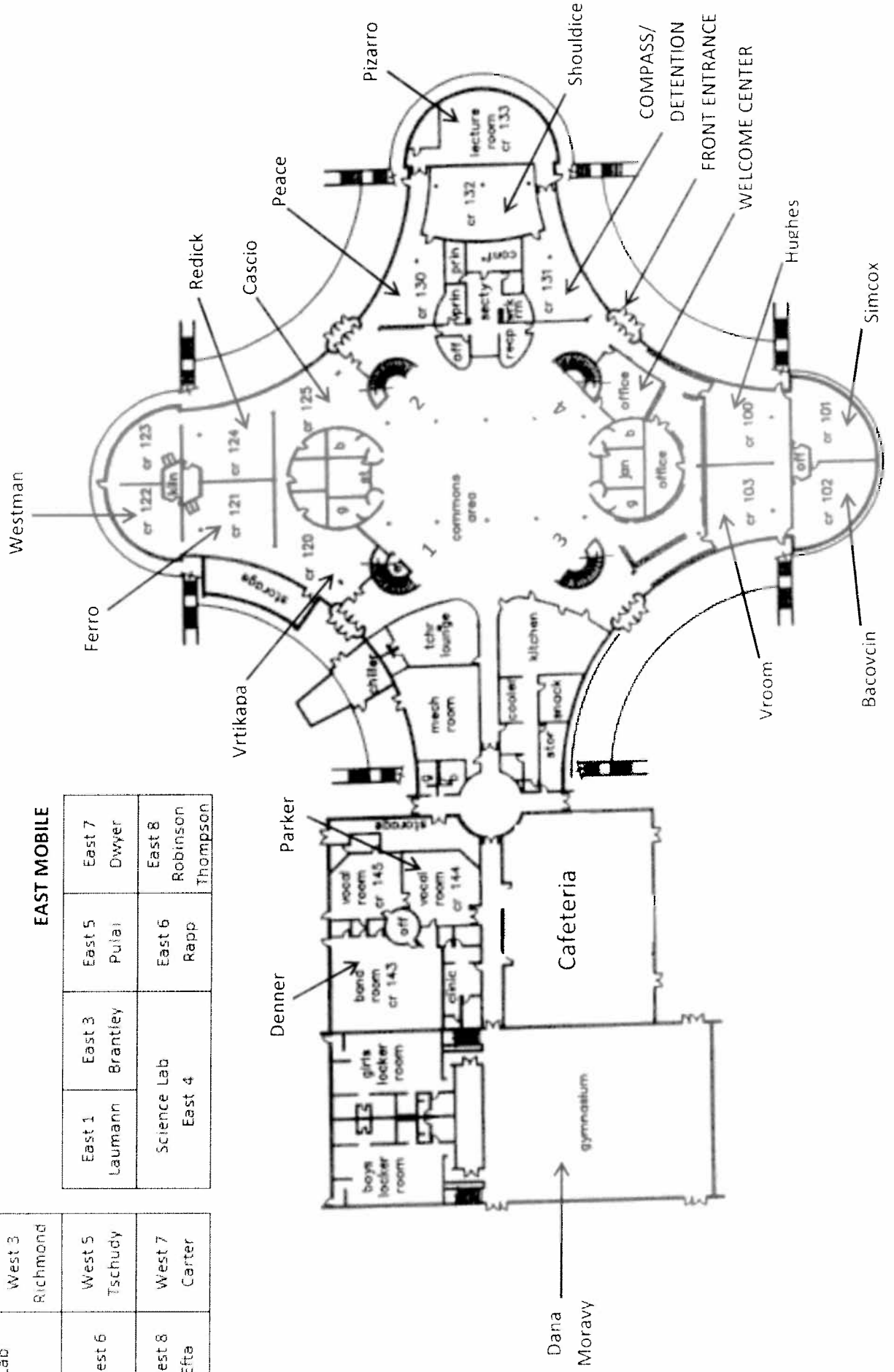
Mrachek's Website: [Mrachek.aurorak12.org](http://Mrachek.aurorak12.org)

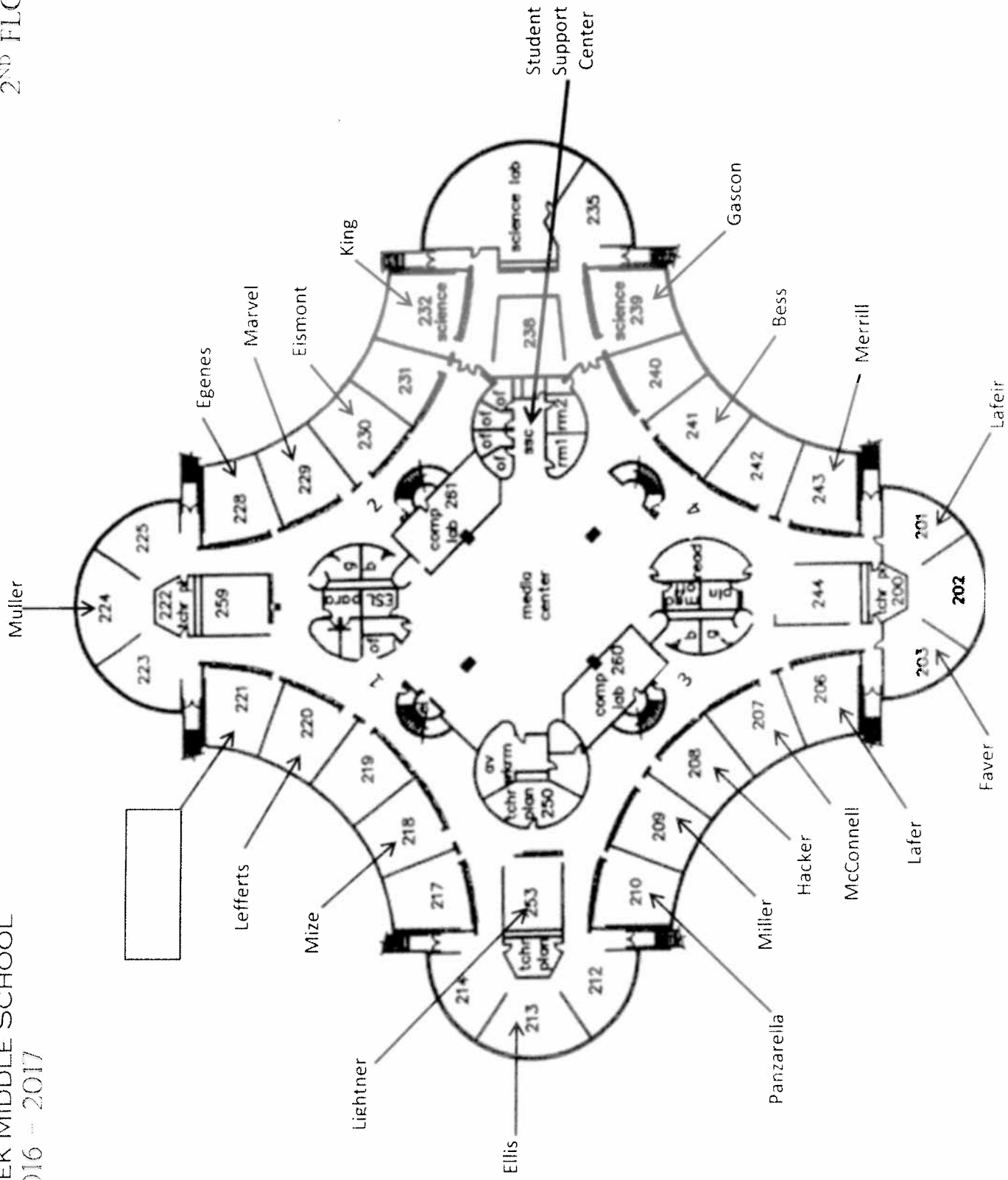
Computer Lab	West 1 Ono
	West 3 Richmond
West 6	West 5 Tschudy
West 8 Efite	West 7 Carter

**WEST MOBILE**

**EAST MOBILE**

East 1 Laumann	East 3 Brantley	East 5 Pulaj	East 7 Dwyer
Science Lab East 4	East 6 Rapp	East 8 Robinson Thompson	





**Mrachek Middle School  
Period Schedule 2016-2017**

<b>Monday, Tuesday, Thursday, &amp; Friday</b>			<b>Hours: 8:30 am – 3:57 pm</b>		
<b>6th grade</b>		<b>7th grade</b>		<b>8th grade</b>	
8:30-9:48 Period 1		8:30-9:48 Period 1		8:30-9:48 Period 1	
9:52 – 10:55 Period 2		9:52 – 10:55 Period 2		9:52 – 10:55 Period 2	
10:59 – 12:02 Period 3		10:59 – 12:02 Period 3		10:59 – 12:02 Period 3	
12:02 -12:32 Lunch A		12:06 -12:36 Period 4 (split)		12:06-1:13 Period 4	
12:36-1:44 Period 4		12:36-1:06 Lunch B			
		1:10-1:43 Period 4 (split)		1:13-1:43 Lunch C	
1:47-2:50 Period 5		1:47-2:50 Period 5		1:47-2:50 Period 5	
2:54-3:57 Period 6		2:54-3:57 Period 6		2:54-3:57 Period 6	

<b>Late Start Day - Wednesday</b>			<b>Hours: 10:00 am – 3:57 pm</b>		
<b>6th grade</b>		<b>7th grade</b>		<b>8th grade</b>	
10:00-11:05 Period 1		10:00-11:05 Period 1		10:00-10:50 Period 1	
11:09-11:55 Period 2		11:09-11:55 Period 2		10:54-11:45 Period 2	
11:59-12:45 Period 3		11:59-12:45 Period 3		11:49-12:39 Period 3	
12:45-1:15 Lunch A		12:49-1:15 Period 4 (split)		12:43-1:39 Period 4	
		1:15-1:45 Lunch B			
1:19-2:17 Period 4		1:50-2:09 Period 4 (split)		1:45-2:17 Lunch C	
2:21-3:07 Period 5		2:21-3:07 Period 5		2:21-3:07 Period 5	
3:11-3:57 Period 6		3:11-3:57 Period 6		3:11-3:57 Period 6	

**Work Habits & Grading Rubric  
Mrachek Middle School  
2016-2017**

The purpose of providing Work Habits grades is to provide feedback regarding the habits and skills associated with academic success. Content grades report what a student knows and/or is able to do relative to Colorado Academic Standards for the specific course. Per district guidelines, a student who does not meet the indicators in the rubric may earn a grade of "0".

Indicators	4 <i>Consistently</i> <i>(approx. 5 days;</i> <i>90-100%)</i>	3 <i>Frequently</i> <i>(3-4 days; 65-</i> <i>89%)</i>	2 <i>Inconsistently (2-3</i> <i>days;</i> <i>40-64%)</i>	1 <i>Rarely</i> <i>(less than 2 days;</i> <i>&lt; 39%)</i>
<b>Assignment Completion</b>	<ul style="list-style-type: none"> <li>✓ Complete and turn in assignments on time</li> <li>✓ Resubmit assignments as appropriate</li> <li>✓ Complete missing/make-up work</li> </ul>			
<b>On Task</b>	<ul style="list-style-type: none"> <li>✓ Prepared and working on opening activity</li> <li>✓ Work on given assignment without disturbing others</li> <li>✓ If struggling with assignment, ask for help appropriately</li> <li>✓ If finished early, find something appropriate to do (ask teacher what else can be done if uncertain).</li> </ul>			
<b>Participation</b>	<ul style="list-style-type: none"> <li>✓ Work collaboratively with others when asked to do so)</li> <li>✓ Listen to understand (asking questions or rephrasing a peer or teacher to ensure understanding)</li> <li>✓ Refrain from discussions that are not related to class</li> <li>✓ Refrain from behaviors that are distracting to yourself or peers</li> </ul>			

**Grading System** - Students will earn scores for achievement in all subject areas as compared to the state standards which apply in each course\*. The levels of proficiency are described below:

Grade	Description
A	<b>Advanced</b> - Demonstrates a thorough understanding of the grade level content/course and consistently applies the benchmarks, and/or concepts, and/or processes/procedures in a variety of contexts.
P	<b>Proficient</b> - Demonstrates understanding of the grade level content/course and applies the benchmarks, and/or concepts, and/or processes/procedures in a variety of contexts.
PP	<b>Partially Proficient</b> - Demonstrates partial understanding and application of the benchmarks, and/or concepts, and/or processes/procedures of the grade level content.
U	<b>Unsatisfactory</b> - Rarely demonstrates understanding and ineffectively applies benchmarks, and/or concepts, and/or processes/procedures of the grade level content.
N	<b>No evidence</b>

\*Intervention classes utilize an S (Satisfactory) and U (Unsatisfactory) grading system. The "S" indicates that the student is making acceptable progress in building the skills the intervention class is targeting.

**SR<sup>2</sup>: BE SAFE, BE RESPECTFUL, BE RESPONSIBLE**  
**MRACHEK MIDDLE SCHOOL**

	<b>Be Safe</b>	<b>Be Respectful</b>	<b>Be Responsible</b>
<b>Classrooms</b>	<ul style="list-style-type: none"> <li>- Keep hands and feet to self</li> <li>- Use furniture, supplies, and equipment appropriately</li> <li>- Report conflicts/unsafe behavior to teacher</li> <li>- Store backpacks properly</li> </ul>	<ul style="list-style-type: none"> <li>- Be kind and courteous to all</li> <li>- Listen when others talk</li> <li>- Accept others' differences and opinions</li> <li>- Follow directions</li> <li>- Use/touch only items that belong to you or are loaned to you</li> </ul>	<ul style="list-style-type: none"> <li>- Be on time</li> <li>- Have supplies</li> <li>- Complete assignments and turn in assignments on time</li> <li>- Take care of books, supplies, and other materials</li> <li>- Wear student ID at all times</li> </ul>
<b>Halls</b>	<ul style="list-style-type: none"> <li>- Keep hands and feet to self</li> <li>- Keep walking during passing periods and stay to the right</li> <li>- Report unsafe behavior to an adult</li> <li>- Throw trash in trash cans</li> <li>- Wear student ID at all times</li> </ul>	<ul style="list-style-type: none"> <li>- Use appropriate language and voice level</li> <li>- Keep hands off others' belongings and items displayed on walls</li> </ul>	<ul style="list-style-type: none"> <li>- Stay on sidewalks/concrete when going to and from mobiles</li> <li>- Take pride in the appearance of Mrachek</li> <li>- Pick up trash and dispose of it properly</li> <li>- Have a pass when in halls during class time</li> </ul>
<b>Bathrooms</b>	<ul style="list-style-type: none"> <li>- Use the bathroom for its intended purpose only</li> <li>- Report vandalism and unsafe conditions to an adult immediately</li> </ul>	<ul style="list-style-type: none"> <li>- Give others privacy</li> <li>- Flush</li> <li>- Clean up after self</li> </ul>	<ul style="list-style-type: none"> <li>- Wash your hands</li> <li>- Keep bathrooms and drinking fountains clean</li> <li>- Use nearest bathroom</li> <li>- Wear student ID at all times</li> </ul>
<b>Cafeteria and Outside</b>	<ul style="list-style-type: none"> <li>- Walk to lunch</li> <li>- Remain in designated lunch areas</li> <li>- Keep hands and feet to self</li> <li>- Report conflict/unsafe behavior to an adult</li> <li>- Wear student ID at all times</li> </ul>	<ul style="list-style-type: none"> <li>- Keep food and drink in cafeteria</li> <li>- Wait in line appropriately</li> <li>- Be polite and welcoming with words and actions</li> <li>- Listen to adults</li> </ul>	<ul style="list-style-type: none"> <li>- Take care of equipment</li> <li>- Clean up after yourself/throw trash away</li> <li>- Use appropriate language and voice level</li> <li>- Move in and out of cafeteria when directed by adults</li> </ul>
<b>Locker Rooms</b>	<ul style="list-style-type: none"> <li>- Report unsafe conditions immediately to teacher</li> <li>- Use lockers and benches safely</li> <li>- Be in locker room only during assigned time</li> </ul>	<ul style="list-style-type: none"> <li>- Use assigned locker only</li> <li>- Give others privacy</li> <li>- Keep hands and feet to self</li> <li>- Use appropriate language</li> <li>- Wear student ID at all times</li> </ul>	<ul style="list-style-type: none"> <li>- Memorize your locker combination and keep it confidential</li> <li>- Clean up after yourself</li> <li>- Store belongings in your locker</li> </ul>
<b>Assemblies and Events</b>	<ul style="list-style-type: none"> <li>- Get seated promptly</li> <li>- Stay seated</li> <li>- Keep hands and feet to self</li> <li>- Follow entry &amp; exit procedures</li> </ul>	<ul style="list-style-type: none"> <li>- Listen to/watch the speaker or event</li> <li>- Show appreciation appropriately (clapping)</li> </ul>	<ul style="list-style-type: none"> <li>- Keep track of your belongings</li> <li>- Ensure transportation home from after school events</li> <li>- Wear student ID at all times</li> </ul>
<b>Buses</b>	<ul style="list-style-type: none"> <li>- Stay seated</li> <li>- Keep hands and feet to self</li> <li>- Report unsafe behavior to driver</li> </ul>	<ul style="list-style-type: none"> <li>- Use appropriate language and voice level</li> <li>- Be polite to others and respect their property</li> </ul>	<ul style="list-style-type: none"> <li>- Pick up trash</li> <li>- Enter and exit as directed</li> <li>- Wear student ID at all times</li> </ul>



## IMPORTANT SCHOOL POLICIES REVIEW

At Mrachek Middle School the interactions of all people are valued as part of fostering a **positive educational environment**. This environment is grounded in the following principles:

- Everyone has the right to come to school, attend school, and return home from school in safety.
- Everyone has the right to learn without interruption or distraction by others.
- Everyone should come to school prepared to learn.
- Everyone should take responsibility for protecting the school and grounds from littering, vandalism and damage.

Everyone must respectfully follow the directions of all adults at Mrachek Middle School.

### ATTENDANCE

*School begins at 8:30AM Monday, Tuesday, Thursday and Friday. Students should arrive no earlier than by 8:05 AM. On Wednesday school begins at 10:00 AM. Students should arrive no earlier than 9:35 AM.*

Students are expected to be in class on time and prepared to work when the bell rings. Tardies will be considered excused or unexcused based on the same guidelines as those outlined above for absences. Additionally, if a student misses more than 20 minutes of a class period unexcused, that student is considered to have an unexcused absence for that period, not a tardy.

**\*\* 4 Tardies to one class in a quarter will result in a discipline referral.**

Follow the proper procedures for arriving at school late or leaving school early. Sign-in at the Welcome Center when arriving after the start of the academic day. Sign-out at the Main Office **only** if excused to leave early by the Main Office or nurse. **Students may not excuse themselves.**

### DRESS CODE

**If dress is not appropriate for school, students will be sent to the office by staff and required to change into more appropriate attire provided by the school prior to returning to classes or activities. *Students must wear clothing provided temporarily by the school so they can go right back to class and not miss any instruction.***

1. Students' school attire should meet appropriate standards for an educational setting and should never cause a disruption of the educational environment.
2. Clothing containing profane, vulgar, racial, sexual, violent or defamatory communications is not permitted. In addition, clothing depicting gang affiliation, or drug/alcohol use or advertisements may not be worn.
3. Hats or other headgear of any kind may not be worn during the academic day. These items may not be worn on any part of your person. This includes, but is not limited to, ball caps, stocking hats, hoods, bandanas, do-rags, hairnets, beanies, sweat bands, sunglasses, and visors. Exceptions for special circumstances will be made by the administrative team on a case-by-case basis. The items, if confiscated, may not be returned.
4. Exposed underwear (i.e. boxers, bras, thongs) is not permitted.
5. Acceptable tops must completely cover abdomen, back, shoulders, mid-driffs, chest and cleavage at all times while sitting or standing.
6. Skirts and shorts must be worn at an acceptable length (mid-thigh).
7. Gang-related clothing, including bandanas, gloves, symbols, strings, or spikes may not be worn on school grounds. One pant leg up and one down is also not permitted. Chains of any kind and dangling belts are not permitted.
8. Clothing draped over shoulders, shirts worn backwards or half on/half off, or any other example of clothing worn in a manner not intended is inappropriate.
9. Pajamas, loungewear, and slippers may not be worn at school.
10. Shoes must be worn at all times.
11. Dressing alike or altering personal appearance for the purpose of intimidation or disruption is not permitted. This includes shaved eyebrows, gloves, writing on body parts, wearing the same color, etc.

**If attire interferes with the instruction process or learning of others, students may be asked to change clothes or wear school provided clothing.**

### DISCIPLINE LEVELS

Students and parents are asked to review the detailed explanations of discipline infractions and interventions provided in the Safe Schools Handbook (<http://aurorak12.org/about-aps/school-safety/>).

**Level I** – Minor offenses such as **not being prepared for class, talking at an inappropriate time, inappropriate language, cheating**. Teachers handle Level I infractions and do not appear in students' discipline records..

Interventions might include a conference with the student, a telephone call to parents, teacher assigned and monitored detention at lunch or after school, cleaning desks.

**Level II** – More serious offenses or repeated instances of Level I offenses. Level II offenses include such behaviors as **disobedience, disrespect, defiance, profanity, harassment, internet violations, loitering, encouraging a fight, fighting, possession of an illegal substance, smoking, and vandalism.**

**Level III** – Very serious offenses or repeated Level I and/or Level II offenses. Level III offenses include, but are not limited to, **a second fight, possession of illegal drugs/alcohol, sale or distribution of illegal substances, possession of a weapon, breaking and entering school property, physical aggression toward a staff member regardless of intent, harassment, and robbery.**

- The SRO/Aurora Police Department will be notified of violations in accordance with Aurora Public Schools policies and procedures.
- A second offense for fighting, sale/distribution of drugs/alcohol, possession of a weapon, destroying or defacing school property, physical aggression toward a staff member, assault, or robbery can result in a recommendation for expulsion.

Administrators will handle discipline referrals for Level II and III infractions. Consequences for these offenses may include, suspension, exclusion from activities, detention, restricted lunch assigned by an administrator, financial restitution, and recommendation for expulsion.

### IDENTIFICATION CARD

Students and staff are required to wear their Mrachek ID at school and to school events and functions (e.g. sports, concerts, field trips, etc.). IDs must be on your person and visible at all times. Students are issued a new ID and lanyard at the beginning of the school year. Students who lose their ID will need to pay a \$5.00 replacement fee at the Main Office; replacement lanyards can also be purchased.

### PERSONAL DIGNITY

1. Students are to treat one another and all staff in a Safe, Respectful, and Responsible (SR<sup>2</sup>) manner.
2. Students should follow conflict resolution steps to solve problems. When a problem arises, a student should talk **individually** with the other person, **one on one**. The next step is to bring the problem to the attention of an adult, which could include a teacher, student liaison, paraprofessional, counselor, the Dean of Students or another administrator.
3. Appropriate language must be used at all times by students. Students are not to use profanity or any language that is abusive, sexual or racial in nature to staff members or other students.
4. Intimidation, threatening, bullying, harassment, or generally making life miserable for another student will not be tolerated. Bullying should be reported immediately to a staff member, or by using Safe to Tell **1-877-542- SAFE** (1-877-542-7233). This includes Cyber-Bullying, which is defined as “the use of information and communication technologies such as email, cell phones, text messages, instant messaging and personal websites to support hostile behavior by one individual with the intent to harm others.”
5. Physical fighting is never acceptable. Fighting will result in suspension from school and can include referral to law enforcement and expulsion.
6. Sexual touching or sexual comments toward classmates will result in disciplinary action and possible police involvement.
7. Public displays of affection are not professional and should not occur anywhere on school grounds.

### PERSONAL SAFETY

1. Students are not to be in possession of or under the influence of a controlled substance or alcohol, and they are responsible for any substance that they eat or drink at school, whether they are aware of the contents or not. **Students should be careful about eating or drinking substances that are given to them by others.**
2. Smoking is not allowed in the building or on school grounds. Students are not to be in possession of tobacco products or cigarette lighters on school premises. Chewing tobacco will be considered the same as smoking on school property.
3. Students should walk at all times in the building and be particularly careful on the stairs, staying to the right. Running and horseplay are never allowed.
4. There will be no football games (touch or tackle), keep away games, birthday hits, or any games resulting in people being “jarred” in such manner that may cause any injury.
5. Snowball throwing and whitewashing of other students are not allowed.
6. Per Aurora city ordinance, bikes, skateboards, and other wheeled items are never to be ridden in the school building, or on school grounds. These items must be locked to the bicycle/skateboard racks provided outside the building.

7. Staff may confiscate any object that is considered a safety concern.
8. Refer to the Safe School Policy (<http://aurorak12.org/about-aps/school-safety/>) for other safety concerns.

### **PROTECTION OF PERSONAL AND SCHOOL PROPERTY**

1. Students whose parents allow them to bring to school personal cellphones, tablets, etc. for **academic** purposes will be responsible for those items.
2. Students and parents must remember the school is not responsible for damage or theft of any private property at school. This includes bicycles, electronic devices, backpacks and other school supplies. When in doubt, leave that item at home
3. Electronic devices can be confiscated by staff members if they are causing a distraction or are used inappropriately. If an item is confiscated, it is the decision of the staff member when it will be returned. **If parent pickup is required, it will be available for pick up by a parent/guardian only during normal office hours.**
4. Students will be assigned a locker. **Students should never share their combination or locker with anyone.** Non-school locks are not permitted. Students taking Physical Education (PE) classes will also be assigned a locker in the gym locker room. **Lockers are the property of the school and are subject to search and seizure in accordance with district policy.**
5. Students should keep books, backpacks and all personal belongings locked in their locker or **under their control** at all times, and **never** leave items unattended.
6. Students should at no time vandalize or steal any other student's property or school property.

**Mrachek is not responsible for personal electronic devices that may be lost, broken or stolen or for investigating to find personal property if it has been lost or stolen.**

### **TECHNOLOGY & INTERNET USE**

Technology use at Mrachek Middle School is for learning only and not social purposes or inappropriate use!

Students will utilize a variety of equipment tools to engage in learning activities within classrooms and during non-class time as appropriate. Students will be regularly reminded about what it means to be a digital learner, an online community member, and how to use the Internet safely and responsibly. With this freedom comes responsibility. Misuse has consequences.

Teachers will actively teach students proper use, care, and safety when working in the digital learning environment.

Teachers will model appropriate use and support a positive experience. Students and parents will be accountable for ***misuse*** of equipment that results in repair costs or replacement.

This policy is subject to change as technology changes.

## **HOW CAN STUDENTS INCREASE THEIR CHANCES OF SUCCESS?**

### **Questions for understanding standards, learning objectives and success criteria:**

- What am I doing in class today? Which standard(s) am I working on?
- Why am I doing this work? What is today's learning objective?
- How will I get there? What success criteria will show my learning?
- Do I know what I need to do? – What are my next steps or questions?
- What do I need to do this? – Resources (technology/books)? Support Group? Notes?

### **Understanding my work:**

- I read carefully, and then re-read the task, problem or prompt
- I highlight, underline or make note of important words, clues and phrases
- I ask myself –
  - “What am I being asked to solve, answer or explain?”
  - “What do I already know about this and what have I studied about this?”
  - “How can what I already know help me?”
- I come up with a plan to complete this task, problem or prompt
- I work through my plan carefully, checking my work as I go
- I review my completed work and ask myself –
  - “Did I answer the original task, problem or prompt?”
  - “Is my answer my best thinking?”
  - “Does my answer make sense?”

### **Practicing to be successful:**

- I understand how to take excellent notes
- I take notes regularly in class and review them every week at home
- I rewrite what I don't understand and I study it till I do
- I ask questions in class when I am stuck
- I do my homework every time
- I stay for extra help and come to study sessions with classmates
- I help others when I understand my learning to help them understand their learning
- I do not get upset or give up when I get stuck, I know this is part of learning

### **Believing in my education:**

- I believe the harder I work, the more I will learn
- I believe in asking questions when I am stuck and trying until I understand
- I believe I am part of a learning community
- I believe I am a learner and I believe in myself

## STRATEGIES FOR HANDLING CONFLICT

- 1. Negotiate.** Sometimes just talking things out face to face can resolve a conflict. Rumors hurt feelings and insults are best dealt with directly. Be sure to leave your friends out of this conversation. Sometimes bringing your friends along to talk about a problem with a peer makes matters worse.
- 2. Postpone.** Wait until everyone has cooled down enough to talk about things productively. Postponing is not the same as avoiding. Postponing means setting a better time; avoiding means not coming back to it.
- 3. Find a third party.** When it seems like a problem cannot be solved, ask another person to give their opinion. Find someone who won't take sides, such as a mediator, counselor, or teacher.
- 4. Use humor.** Conflicts can get stuck when people take things too seriously. Use humor appropriately to diffuse a situation. (This is not the same as making fun of someone, so be appropriate!)
- 5. Gather information.** Sometimes we do not have enough information or even the correct information. Make sure you know your stuff before you slide into a conflict.
- 6. Write.** Take a sheet of paper and start writing! Write about your needs and feelings. This often can get you ready to problem-solve.
- 7. Apologize.** Apologizing doesn't necessarily mean you are wrong. It can mean that you are taking responsibility for your actions and can help de-escalate a situation to a point where the other person is more likely to hear you.
- 8. Compromise.** If possible, try flipping a coin, taking turns, or splitting things with the other person. Compromising is fast and restores the relationship easily.
- 9. Talk about your feelings.** Many conflicts occur because people let their feelings about another person stay inside too long before dealing with them. Honest feedback from a friend can be a sign of a healthy relationship.
- 10. Actively listening.** Reflect the other person's feelings and listen to their needs. You can use words like, "*What I'm hearing you say is...*" "*You said...*" Listening takes energy and time, but it usually pays off.

From: Colorado School Mediation Project.



# Mrachek Middle School Athletics




Middle School students have the opportunity to explore a wide variety of activities which include interscholastic athletics, intramurals, clubs and school sponsored activities. At this time, only 7<sup>th</sup> and 8<sup>th</sup> grade students are able to participate in interscholastic competitive sports.

Middle School is a time for students to explore their interests, thus all interested 7<sup>th</sup> and 8<sup>th</sup> grade students may participate in athletics regardless of athletic ability or experience.

Below you will find the Sports Schedule for the 2016-2017 school year. We encourage all interested 7<sup>th</sup> and 8<sup>th</sup> grade students to participate and give sports a try!

## Middle School 2016-2017 Sports Schedule

	Girls Swimming: August – September
	Boys & Girls Track: August – September 
	Boys Wrestling: September – November
	Girls Soccer: September – November 
	Girls Volleyball: November – January
	Boys Basketball: January – March 
	Girls Basketball: March – May
	Boys Soccer: March – May 

**Student athletes must meet eligibility requirements to participate in games. A student is ineligible if he/she received two or more weekly work habit scores of 0, 1 or 2 or if he/she has been suspended from games/practice due to behavior. Please see the student handbook for more detailed information regarding eligibility.**

In addition to paying a \$33 fee, students participating in competitive sports must complete and turn in the following forms:

- Mrachek Middle School Athletic Packet
- Two-sided Physical Form

All forms can be found online at <http://mrachek.aurorak12.org/student-page/athletics/> or in the school's main office. Students must have a physical form and insurance information on file with the school before beginning practice. There are no exceptions to this requirement. **Please note that Track and Girls Swimming start the first week of school in August.**

You can find more detailed information regarding athletics in the student handbook including fee requirements and sports physical resources. Please feel free to contact Mrachek Middle School at 303-750-2836 if you have further questions.

### Go Knights!