



Welcome

Rising 7th Grade Orientation
Cafeteria





Tonight's Working Agreements



✓ The questions which were submitted earlier will be answered throughout the presentation. We hope to have time at the end to answer questions which you submit throughout our time together.

- As we go over various topics, please consider things you want more information on that might be for the good of the group.



Frost Middle School

We Are

One Frost



Anthony Harris



Principal, Father, Husband, love basketball and I'm a dance dad!!

Graduate of Virginia Tech and George Mason University

Educating students in FCPS for over 20 years



Frost Middle School: Schoolwide Goals: 2023–24

Academic Goals:

By June 2024, the percentage of English Learners demonstrating growth on the SOL Reading test and/or displaying progress in language acquisition will increase approximately 5% from 40% to 45%.

By the end of the 2023–2024 school year, 7th grade Hispanic students will increase their enrollment in Algebra 1 for 8th grade by 5%.

Frost Middle School: Schoolwide Goals: 2023–24

Wellness Goal:

By the end of the 2023–2024 school year, Frost MS students will make progress in their sense of belonging within Frost Middle School, as measured by the percent of change from Fall 2023 to Spring 2024 SEL Screener data by increasing 6 percentage points responding favorably in this topic area.

Ms. Tharini Sathiamoorthy

PTA Vice President

Chris Lieu, PTA President

president@frostmspta.org



Frost PTA Website

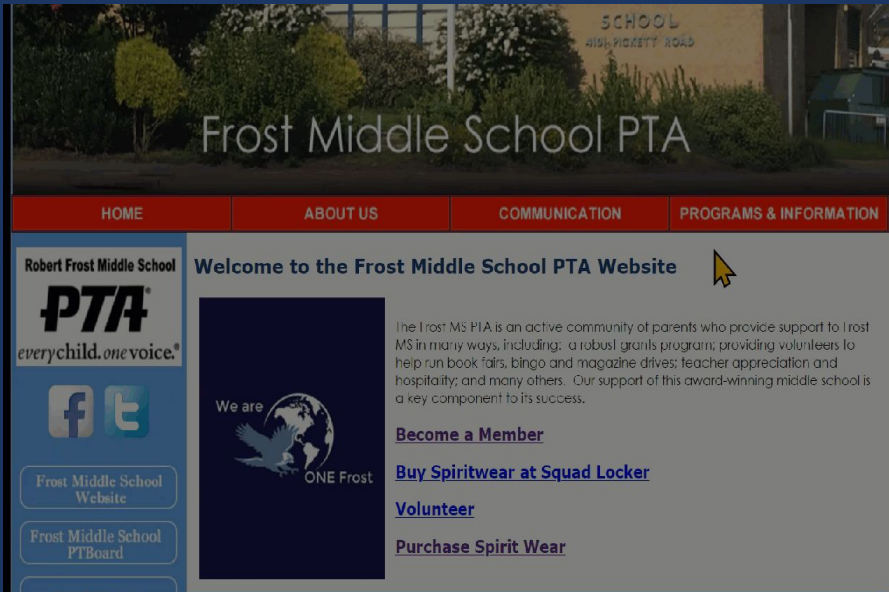
- purchase spirit wear [here!](#)



Frost PTA



Join the PTA



Frost Family Festival

School tours, classroom demos, table displays, and other activities will help provide an excellent glimpse into middle school life!

This event is also a fundraiser for the Frost PTA, which provides volunteer and financial support for many of the programs at Frost Middle School.



[Frost PTA Website](#)

[February 22nd | 5:30-7:30 pm](#)



Frost

Administration



We Are #OneFrost

Kenya Champ

- 🏫 Assistant Principal → 7th & 8th Grade
- 👩‍🏫 Former Elementary School Administrator & Teacher
- 👩‍👧 Mother of 1 daughter
- 🌍 Love to Travel
- 🍕 Foodie
- 📚 Department(s):
 - Social Studies → Civics, History
 - World Languages → French, Spanish
- 👩‍💼 Supervises
 - Equity Committee



Ellen Reed

🏫 Assistant Principal → 7th & 8th Grade

💜 Proud JMU Alum – Go Dukes!

💕 Mother

📖 Bookworm

☕ Coffee lover

📚 Supports Specialized Programs:

- Comprehensive Site Services (CSS)
- Deaf and Hard of Hearing (DHH)
- Adapted Curriculum
- Reading Intervention



Danielle Hornbecker

- 🏫 Director of Student Services
 - 👩‍🏫 Former Math Teacher & Counselor
 - 👩‍👦🐕 Mother of 1 son and 1 pug
 - 🏈🏏 Live sports watcher
 - 🏖️ Beach lover
 - 📚 Departments
 - Art
 - English Language Learners (ELL)
 - Math
 - School Counseling
- Supervises the MTSS Core Team



Phil Hudson

- 🏠 Assistant Principal → 8th Grade
- 🏃 Former Health and PE teacher
- 😊 Father of two
- 🏈🏀🏒 Washington Sports Fan
- 🎵 Lover of Music
- 📁 Department(s):
 - Science
 - Physical Education
 - Career & Technical Education
 - Supervises building maintenance



Katy Kownacki

🏠 Assistant Principal → 7th&8th Grades

💙 UVA Alum – go 'Hoos!

👨👩👧 Mom of three (rising 10th, 8th, 6th)

🍌 Major sweet tooth 🤪

📖 Avid reader

📚 Department(s):

- Creative Writing
- English Language Arts (ELA)
- Performing Arts → Music & Theater
- Supervises Literacy Intervention
- MTSS Tier 1 Behavior System











Frost

Support Staff

We Are #OneFrost

Meghan Short

-  Instructional Coach
-  Avid reader, occasional amateur writer
-  Wanderer
-  UNC basketball fan
-  Penn State football fan
-  Coffee drinking early riser

Supports instruction in all areas across the school.



Sharena Downey

- 📖 Advanced Academic Resource Teacher
- 🐶 Dog Mom to a Chihuahua
- 🎬 Movie Lover
- 🏈 Football Fan Philadelphia Eagles 🦅
- 💻 Writer


I support teachers in integrating Advanced Academic strategies in their classrooms and Young Scholars.



Kristin Bretz

 Technology Support Specialist

 JMU Duke

 Former first grade teacher and school based technology specialist

 Avid Cruiser

Network

Equipment

Hardware/Software

Advanced Troubleshooting

Viruses



Emily Sweeney

 School-Based Technology Specialist

 Dessert Lover

 JMU Double Duke

 Professional Coffee Drinker

 Okay-ish Gardener

  Sneakerhead & Paper Crafter

Instructional Technology

Lesson Planning, Materials & Resources

SIS/Schoology/Google Apps for Education

FCPS Digital Ecosystem Library/ DRC Forms

Technology supporting Frost Community





Frost

After School Program

We Are #OneFrost

Deb Metzker

🏠 After-School Program Specialist
👩‍👧‍👦 Mom of 3, Gammy of 4
🐱 Cat mom of 6
🍫📖🌴 Loves Chocolate, books and the beach

Yearbook design and distribution
Testing Coordinator
Building Use



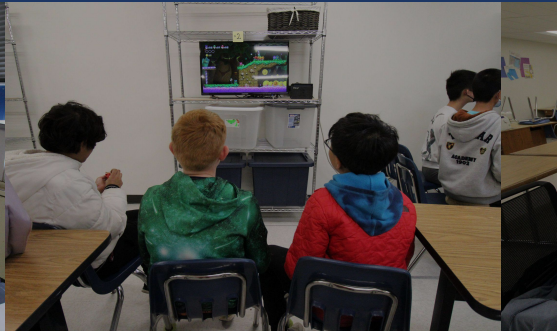
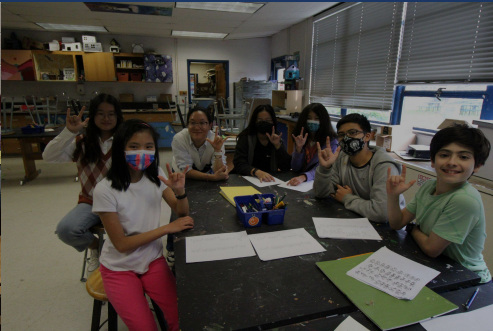
After School Clubs

Clubs for the 24-25 school year have not been finalized.



Chat Club
Dungeons and Dragons
Library Homework Club
Movie Club
Robotics Club
Rubik's Cube Club
Academic Help Club

Sign Language Club
Baking Club
Chess Club
Makerspace Club
Soccer Club
Math Counts
Art Club & More!





What to Know

Frost Middle School



We Are #OneFrost

Student Schedule

BELL SCHEDULE



Blue Day (B DAY)	Time	Gray Day (C DAY)
1	7:30am-8:16am	1
3	8:21am-9:48am	2
4 Recess Advisory	9:53am-10:38am 9:53-10:08 10:08-10:38	4 Recess Office Hours
5	10:43am-12:43pm	6
7	12:48pm-2:15pm	8

Work Hard. Be Nice. Widen Your Circle.
We are #OneFrost

2023-2024 Blue/Gray School Calendar

August 2023							September 2023							October 2023							November 2023						
Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa
		1	2	3	4	5						H 2		1	2	3	4	5	6	7				O	ER	4	
6	7	8	9	10	11	12	3	H	5	6	7	8	9	8	SD	10	11	12	13	14	5	SP	TW	8	9	10	11
13	SP	TW	SD	TW	SP	19	10	11	12	13	14	O	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	H	H	H	25
27	28	29	30	31			24	H	26	27	28	29	30	29	30	31					26	27	28	29	30		
December 2023							January 2024							February 2024							March 2024						
M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	
					1	2	3	H	2	3	4	5	6				1	2	3								
3	4	5	6	JO	O	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	H	16	17	18	O	20	11	12	13	14	15	16	17	10	O	12	13	14	15	16
17	H	H	H	H	H	23	21	22	23	24	ER	TW	27	18	H	20	21	22	23	24	17	18	19	20	21	QE	23
24	H	H	H	H	H	30	28	29	30	31			25	26	27	28	29	24	H	H	H	H	H	30			
April 2024							May 2024							June 2024													
Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa	Su	M	Tu	W	Th	Fr	Sa							
31	TW	SD	3	4	5	6				1	2	TW	4							1							
7	8	JO	H	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8							
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	YE	SP	TW	15							
21	JO	JO	O	25	26	27	19	20	21	22	23	24	25	16	H	TW	H	20	21	22							
28	29	30					26	H	28	29	30	31	23	24	25	26	27	28	29								
Blue Days (Odd)							Time							Gray Days (Even)													
1 st							7:30-8:16 am (46 min)							1 st													
3 rd							8:21-9:48 am (87 min)							2 nd													
4 th							Recess: 9:53-10:08 am 9:53-10:38 am							4 th													
5 th							10:43-12:43 (90/30 min)							6 th													
7 th							12:48-2:15pm (87 min)							8 th													




Comment Codes	
ER	2 Hour Student Early Release/Quarter Ends
QE	End of Quarter, NO Early Release
YE	Year End/Early Release
O	Religious/Cultural Observance
JO	Evening Only Observance
SD	Staff Development Day
SP	School Planning Day
TW	Teacher Workday
TW	Teacher Workday, Option to work from an alternate location
H	Holiday (Staff & Students)

Quarter Duration		
Q	End Date	Duration
1	Nov 3	51 days
2	Jan 25	42 days
3	March 22	39 days
4	June 12	48 days

A Lunch	Lunch: 10:43-11:13 am Class: 11:13am-12:43 pm
B Lunch	Lunch: 11:13-11:43 am Class: 11:43am-12:43 pm
C Lunch	Lunch: 11:43am-12:43pm Class: 12:13-12:43 pm
D Lunch	Lunch: 12:13-12:43pm Class: 12:43pm-1:13pm



Embedded Student Support

BELL SCHEDULE		
Blue Day (B DAY)	Time	Gray Day (C DAY)
1	7:30am-8:16am	1
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4 Recess Advisory	9:53am-10:38am 9:53-10:08 10:08-10:38	4 Recess Office Hours
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Work Hard. Be Nice. Widen Your Circle.
We are #OneFrost

Falcon Focus | 4th Period

- School wide lessons
- Social-Emotional Learning (SEL)
- Student Rights and Responsibilities
- Digital Citizenship & more

- 🎯 Complete homework/read,
- 🎯 See teacher for academic support or enrichment
- 🎯 Collaborate with peers on assignments
- 🎯 Brain Break

Recess

- All students will be able to enjoy daily 15 minutes of indoor or outdoor recess!

Falcons Fly!

Frost Falcons demonstrate
Accountability, show
Compassion, and value
Relationships throughout the
school day.





Technology

Supporting your child in
and out of the classroom

We Are #OneFrost

FCPS' Technology



Schoolology

- Learning Management System (LMS) for all FCPS students
- View your child's courses, groups, assignments, and calendar.
- Check messages, adjust their notification settings, and access additional groups or courses if they are enrolled as members.
- All-Student Course→ school-wide announcements, reminders, schedules, etc.
 - students automatically enrolled

SIS ParentVue

- Access to view student information→ attendance, report cards, class schedules, grade book, course history, discipline, health. etc
- Update Emergency Care Information through weCare @ school.
- Weekly progress reports sent throughout the year
- Parents must **register for a SIS Parent Account**
- More information about mobile app **here**

NOTE: You need to have an active **Student Information System (SIS) ParentVUE Account** to be able to login to your Schoolology Parent account. The same username and password are used to access both the SIS ParentVUE and Schoolology.

Supporting Your Child With Technology In & Out Of The Classroom

Screen Activity Reports

- FCPS parents who are interested in knowing more about their child's internet activity on an FCPS device can sign up to receive a weekly Parent Report from Lightspeed, our internet content filtering service.

Digital Resource Consent Form

- Completing the digital form provides permission for your child to use the FCPS-approved online tools that support instruction. More information coming spring '24

Tech Support for Families

- Resources for Parents and Students Using FCPS Technology

All Students Receive:

- FCPS Laptop & Charger- Learn more about [FCPSon](#)

All Students Are:

Automatically enrolled in all Schoology courses listed on their schedule, have a SIS StudentVue account, and are added to "All-Student" Frost Course



Communication School & Families



Announcements –
News You Choose &
Daily Announcements

Sign up for FCPS News
You Choose [here](#)

See Frost
Announcements [here](#)



Stay up to date on the
latest news, activities and
announcements at Frost!



Like us on [Facebook!](#)

[Frost Middle School](#)
**Official account of Frost
Middle School**
[@FrostsPrincipal](#)
**Official account of
Principal Anthony Harris**



Calendar reminders,
school events, an inside
look at all things Frost! We
Are #OneFrost



talkingpoints

Talking Points

[TalkingPoints](#) is an easy
and safe way families can
communicate in their
home languages with their
child's teachers for free.



There are two ways families
can use TalkingPoints.

1. Messages deliver directly
to the phone number
registered in SIS
2. Through the TalkingPoints
Parent App.



[@fcps.edu](mailto:fcps.edu)

Families should expect to
receive communication
from their child's teacher
via [email](#)



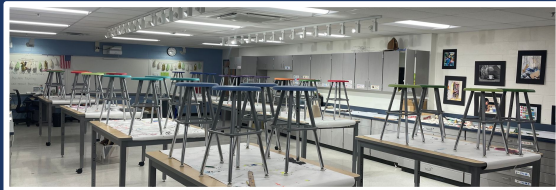
Note: Student Gmail
accounts are NOT able to
email outside FCPS.
Student accounts have
permission to only email
other students and staff.

Frost is Beautiful!



Spaces in the Building

Check out some of our amazing newly renovated spaces!





Welcome

Rising 7th Grade Orientation
Lecture Hall



During this Session:

- Student Services
- Middle School Teams
- Curriculum - Required and Elective
- Advanced Academic Programs
- The Course Selection Process
- Next Steps
- Questions



Student Services:

School Counselors 2024–2025:



7th Grade:

Kristin Avina
Larkin Gibas
Dan Joo

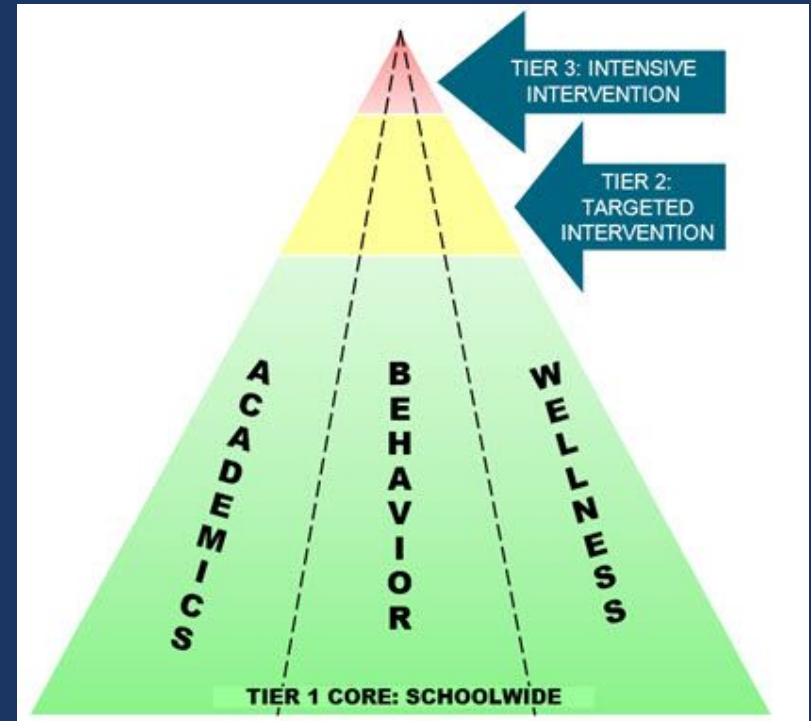
8th Grade:

Kate Balderston
Megan Dunn



Student Services Programming:


- **Tier 1** → Programming for ALL Students
- **Tier 2** → Targeted interventions for *SOME* students
- **Tier 3** → Individual Student Responsive Services



Middle School Teams:

Purpose: To provide a smaller learning community in the school

- Students in 7th grade are randomly placed on one of four teams.
- Each team has approximately 120–130 students.
- Each team has three core teachers – social studies, science, and English.
- One school counselor and administrator is attached to each team.
- Teachers have a common planning period & meet weekly to:
 - Identify student needs and/or student recognition
 - Hold parent conferences
 - Coordinate due dates of major assignments/exams
 - Make interdisciplinary curriculum connections

A young male student in a dark blue long-sleeved shirt is seen from the back, sitting at a desk in a classroom. He is holding a yellow pencil up in his right hand, as if participating in a class activity. The classroom is filled with other students at their desks, and a whiteboard is visible in the background. The image has a blue overlay.

What classes will your child have?

- **English**
- **Math**
- **Life Science**
- **History**
- **Health & PE**
- **Falcon Focus**
- **2 Additional Electives**

Course Selection: Required Courses

Students who qualify for Level IV Advanced Academics will be automatically enrolled in all three English, Science, and History AA courses

English English HN English AA	Science Science HN Science AA	History History HN History AA	Math 7 Math 7 HN
-------------------------------------	-------------------------------------	-------------------------------------	---------------------

Health and PE 7 (2 Semester Classes)

Core Classes

English

History

Science



Advanced Academic Programs (AAP) Continuum of Services

AAP offers a continuum of services to challenge and engage all students K-12. Our goals are:

- Provide deeper learning and talent development opportunities to all students
- Identify and build upon student strengths and abilities
- Provide multiple entry points to meet diverse student needs through the continuum of services



We believe talent can be nurtured and developed in all students. We want all students to engage in a “just right” number of advanced courses in middle and high school.

Advanced Academic Programs Overview

Young Scholars Model – All K-12 Students

Elementary School: K-6	Middle School	High School
Access to Rigor (Level I)	IB Middle Years Program –	Grades 6 -10 (selected schools)
Subject Specific Advanced Differentiation (Level II)	Honors Courses in areas of Academic Strength/Interest Grades 7-8	<ul style="list-style-type: none">• Honors Courses• Advanced Placement (AP)• International Baccalaureate (IB)• Dual Enrollment Courses• Thomas Jefferson High School for Science and Technology
Part-Time Services (Level III) Grades 3-6		
Full-Time Services – Grades 3-8 (Level IV)		

Adapted from the Integrated Continuum of Special Services by Sally Reis and Levels of Service by Donald Treffinger.

Advanced Academic Programs Overview

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Adapted from the Integrated Continuum of Special Services by Sally Reis and Levels of Service by Donald Treffinger.

Honors Classes

- **Open enrollment: students and families self-select classes in areas of strength or interest**
- **Increased depth and complexity in specific subject areas**
- **Students learn with other students who have chosen to be challenged academically in that subject area**
- **Students may enroll in 1, 2, 3, or 4 Honors courses**
- **Offered in all middle schools**

Full-Time AAP Services

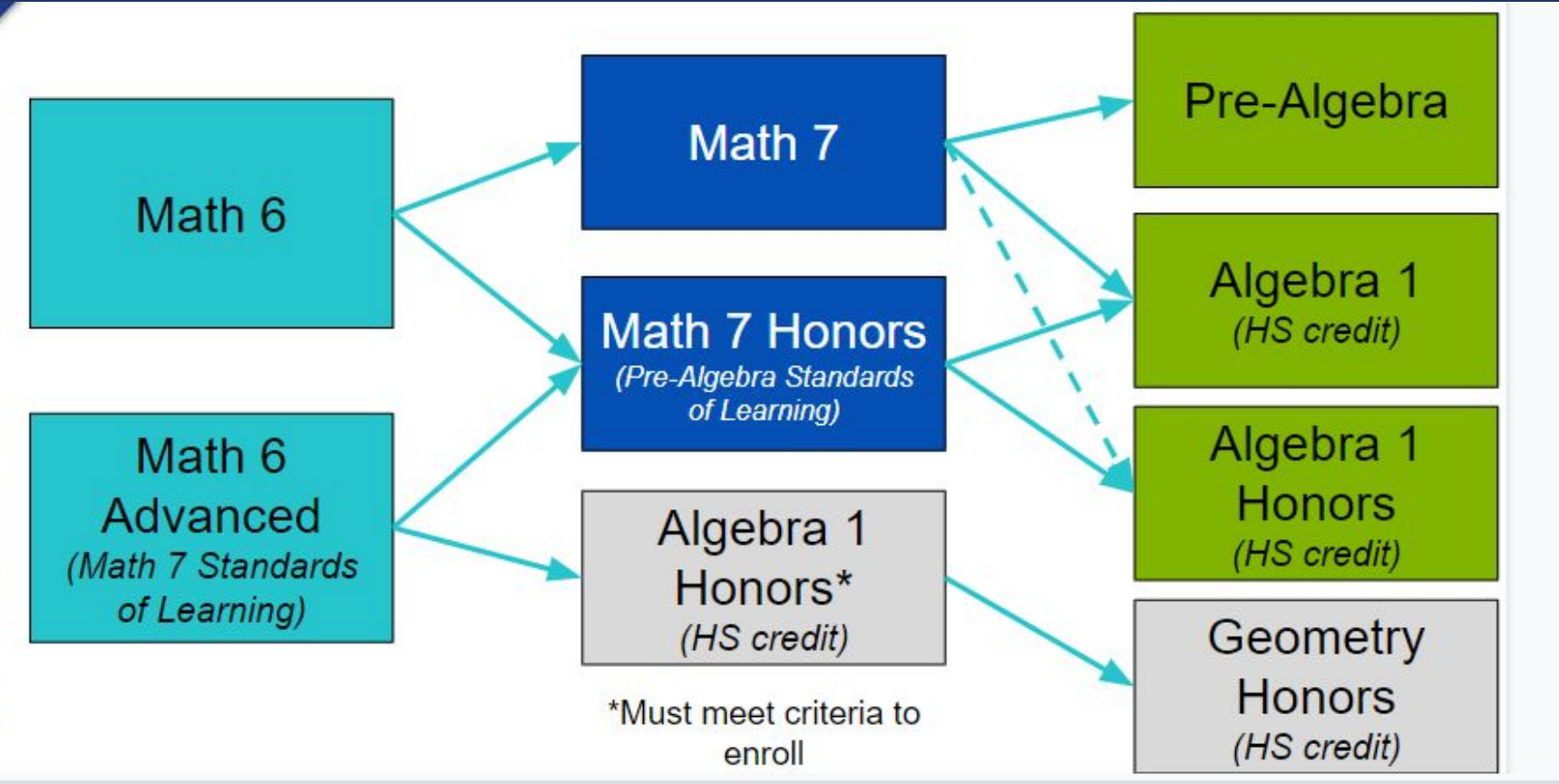
- **Students are found eligible through central screening process**
- **Increased depth, complexity, and pace in all subjects**
- **Students identified as having high intellectual ability are clustered in classes with peers**
- **Students are in advanced classes for all 4 core subject areas (math class is based on readiness)**
- **14 schools are designated as centers**

Honors Courses

- When deciding on whether to take honors versus grade level classes we emphasize the importance of:
 - balance
 - student strengths
 - interest in the content
 - feedback from teachers
- In middle school there is no prerequisite or tracking from 7th to 8th grade. A student taking a grade level class in 7th grade may sign up for honors in 8th grade.



Math Options: Grades 6–8



All students will have opportunities to develop:

Problem solving

Reasoning

Collaborating with others

Mathematical communication with words, pictures, numbers, and symbols

Perseverance when engaging in rigorous work



Math Options – Comparison

Math 7 (Math 7 SOL)

- Practical Problems
 - Word problems with integers, fractions, decimals, percents, ratios and proportions
- Equations and Inequalities
 - Solving with 1 and 2 steps, including word problems
- Functions
 - Represent relationships that have 1 operation as word sentences, tables, graph and equations

Math 7 Honors (Math 8 SOL)

- Practical Problems
 - Multi-step word problems with integers, fractions, decimals, percents, ratios and proportions
- Equations and Inequalities
 - Solving with 2-4 steps, including word problems
- Functions
 - Represent relationships that have 2 operations as word sentences, tables, graph and equations

Algebra Honors

Qualification Process

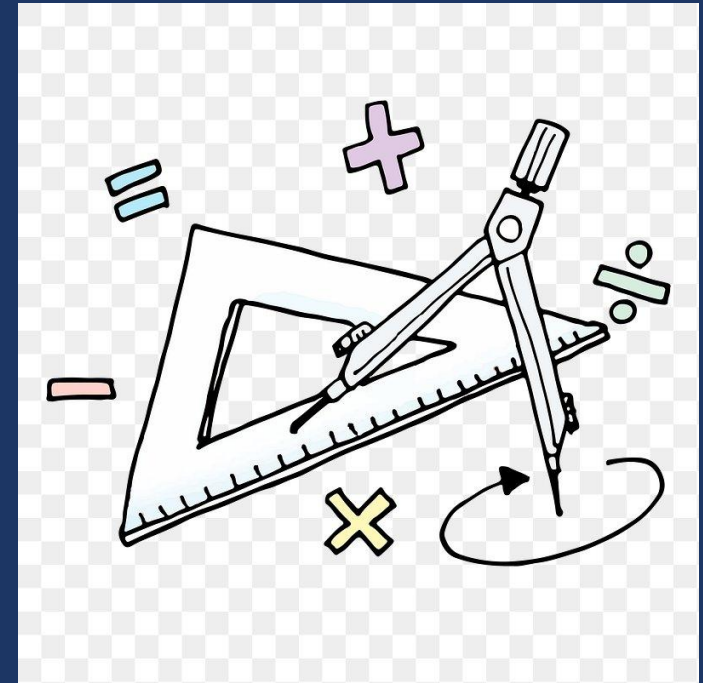
- Students must be in Advanced Math 6 currently
- 91% percentile or higher on IAAT, 500 or higher on Math 7 SOL
- Contact made by Frost in June after SOL
- Automatic enrollment in the course if criteria is met

The final grade earned in this class will be part of your child's high school transcript.



As you think about which course is best for your child think about if your child...

- Learns new concepts without needing additional time for mastery
 - If not, are they willing to take initiative in rigorous work?
- Shows their work when solving problems
- Is enthusiastic for challenging math problems and eager to solve them in multiple ways
- Is excited to explain thinking and ask others about their thinking
- is willing to demonstrate fluency of mathematical ideas without a calculator



Considerations Recap

- ANY student can access Algebra 1 in 8th grade, regardless of the course they are in during 6th grade.
- If a student is seeking Algebra 1 Honors for 8th grade, consider Math 7 Honors in 7th grade.
- A student who qualifies for Algebra 1 HN in 7th grade still has a choice between Math 7 HN and Algebra 1 HN.
- Long-term planning (next slide)



Math Options – Long Term Planning:

MATHEMATICS ACADEMIC SEQUENCE OF COURSES K-12 -- AP PYRAMIDS

ELEMENTARY SCHOOL	MIDDLE SCHOOL		HIGH SCHOOL			
Grades K -6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Curriculum defined by: <ul style="list-style-type: none"> • Program of Studies (POS) of Fairfax County Public Schools • Standards of Learning (SOL) of Commonwealth of Virginia 	Mathematics 7	Prealgebra	Algebra 1	Geometry	AFDA ⁵ or Algebra 2	Algebra 2 or Precalculus or Mathematics Elective ⁶
Content includes: <ul style="list-style-type: none"> • Numerical Relationships • Operations • Measurement • Geometry • Data Analysis, Statistics and Probability • Patterns, Functions, and Algebra 	Mathematics 7 Honors or Mathematics 7	Algebra 1 or Algebra 1 Honors	Geometry or Geometry Honors	Algebra 2 or Algebra 2 Honors	Precalculus ² or Precalculus Honors ²	AP Calculus AB or AP Calculus BC ⁴
Advanced Math Curriculum	Algebra 1 Honors ¹	Geometry Honors	Algebra 2 Honors	Precalculus Honors ²	AP Calculus BC	Multivariable Calculus ³

Course Selection: Electives

SEMESTER Length Electives

Art Foundations*
Art Extensions
3D Art

Computers in Art

Computer Solutions*
Coding and Innovation

Engineering and
Design Modeling

Family and Consumer
Science (FACS 1)

Theatre Arts
Technical Theatre

Chorus
Piano Lab

Creative Writing
Literary Arts/Journalism

Strategies for Success

YEAR Long Electives

Band
Orchestra
Chorus

Spanish 1 Part A

French 1 Part A

Elective Courses

- Elective courses are exploratory and should be selected based on student interest
- Students can take a number of combinations:
 - Two full-year electives
 - 1 full-year, 2 semester electives
 - 4 semester electives
- All students will need to select 6 total elective choices, with the first selected as their top choice.
- After staffing in March, elective request changes may not be honored.

Next Steps:

- Please refer to the [Frost Website](#) for information
- Elementary School visits to Frost
- 7th grade counselors will be presenting to all feeder schools and will provide each student with a physical course selection sheet.
- Attend Frost Family Festival on February 22nd for school tours and to visit elective classes
- Special Services Parent Night on February 26th
- Please review the website and collaborate with your child's teachers/counselors as you make decisions.

Next Steps:

- An email will be sent in March to check ParentVue to review the specific classes your child selected that are entered in SIS.
- If you would like to request any changes through the end of the school year, please contact Frost directly (dshornbecker@fcps.edu)
 - Core course changes
 - Elective changes (based on availability)
- In June, families who are in consideration for Algebra 1 Honors will be contacted directly.
- Lift Off and Summer Orientation Programs!

Questions for the team?

- Please make sure your questions are for the good of the group.
 - If you have a specific question for an individual member of team, please contact them directly.
- If you have a follow up to something we've covered tonight, please scan the QR code or use the link in the chat to submit a question.
- Many of you who submitted them earlier either received an email or had it covered tonight. We will see if there are common trends to discuss.



**Scan the QR
code above to
submit your
question
digitally**

Questions for the team?

Mr. Harris: apharris@fcps.edu

Ms. Hornbecker: dshornbecker@fcps.edu (Student Services, Math, Fine Arts)

Ms. Champ: kschamp@fcps.edu (Social Studies, World Languages)

Ms. Reed: evreed@fcps.edu (Special Education)

Mr. Hudson: pahudson@fcps.edu (Science, Health & PE, Career & Tech Ed)

Ms. Kownacki: kkownacki@fcps.edu (English, Reading, Performing Arts)

Ms. Metzker: dlmetzker@fcps.edu (After School Programs)

Ms. Sweeney: easweeney@fcps.edu (Technology)

Ms. Bretz: kabretz@fcps.edu (Technology)