Welcome to Rachel Carson Middle School! Parent Coffee 9/26/23



- Meet RCMS Staff Members
- Learn about a variety of resources available to students and families
- Answer questions you still may have about RCMS



School **Administrators Counselors**

School

School Social Worker & **Psychologist**

Family Liaison

School Based **Technology Specialist**

After School **Specialist**

Our theme for the 2023-2024 School Year:

A Foundation for the Future



School Administrative Team



Gordon Stokes, Principal



Chris Powell,
Assistant Principa



Jennifer Miley, Director of Student Services



Sybil Terry,
Assistant Principal



Kelly Cosgrove, Assistant Principal



Riley Barrows,
After School/Building Use
Coordinator

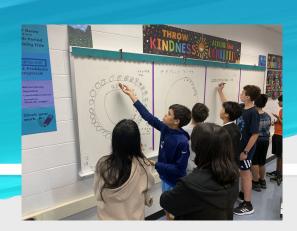














Panthers are Ready, Responsible, and Respectful

 Ready: On time to the start of the school day and all classes; prepared with the necessary materials

• **Responsible:** Making a positive contribution to the learning environment; actions that maintain or elevate the school community

Respectful: Mindful of our words and actions peers and staff members; treating one another positive manner

School Counseling Team





Ms. Chustz	7th: Legacy 8th: Voyagers	kmchustz@fcps.edu	703.925.3619
Ms. Copeland	7th: Trailblazers 8: Wolves	rpcopeland@fcps.edu	703.925.3617
Ms. Ghafori	7th: Majestics 8th: Dolphins & Dream	nghafori1@fcps.edu	703.925.3620
Ms. Ryder	7th: All Stars 8th: Explorers	clryder@fcps.edu	703.925.3618
Ms. Schires	7th: Champions & Dream 8th: Discovery	epschires@fcps.edu	703.925.3616

ROLE OF MIDDLE SCHOOL COUNSELORS

- Provide academic, career and social-emotional counseling support
 - Help students with organization & study skills

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- Facilitate communication between parents, student and teachers; Participate in team meetings & parent conferences
- Meet individually and/or as a group with students
- Monthly classroom lessons (September April): counselor introduction, Social Emotional Learning (SEL) activities, Student Learning Plan (SLP), and academic advising



*A **GROWTH** mindset is when children believe that they are able to find ways to improve and mature.

*A FIXED mindset is when children believe that their success depends on things they can't control or have a hard time controlling: intelligence, emotions, final grades.

Practical Ideas to help students transition using GROWTH Mindset

- *Encourage your child to set personal and academic goals
- *Help your child to build and maintain positive social connections
- *Give specific, genuine, and positive feedback about effort as often as possible
- *Encourage opportunities for self-discovery (i.e. talents, new activities, etc)
- *Accept that growth comes with challenge & struggle

Helpful School Counseling Resources

Student Services Schoology

Student Services Google Website

Carson Student Central (Schoology)

Resources | Rachel Carson Middle School





RCMS_Counselors

School Social Worker and Psychologist



Sarah Diaz

Full-time School Psychologist

703-925-3677

sediaz@fcps.edu

Courtney Krsmanovic

Part-time School
Social Worker

703-925-3656

cnkrsmanovic@fcps.edu

Social/Emotional Supports & Resources

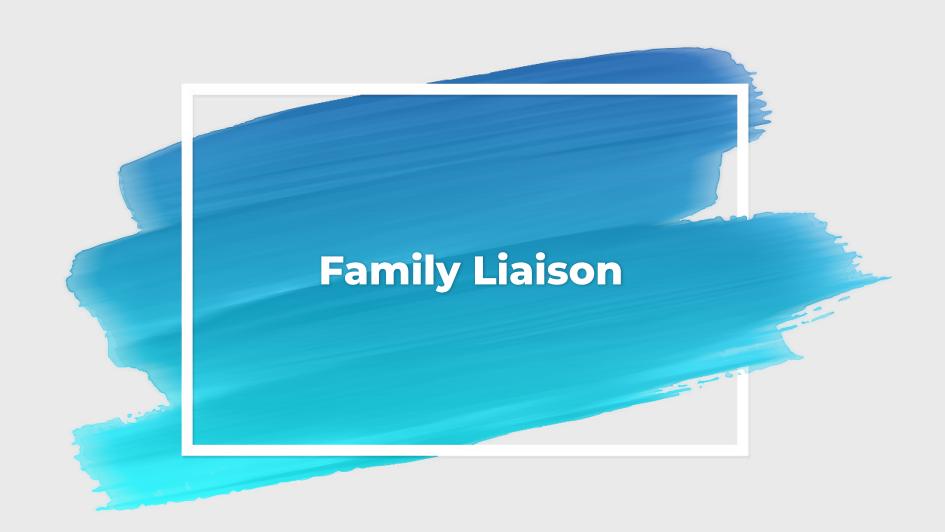
- -Crisis Intervention & Response
- -Suicide Risk Assessment
- -Bullying Prevention & Intervention
- -Emergency Community Resources
- -FCPS Mental Health and Resiliency site



Acknowledge, Care, Tell (ACT)
Awareness/Prevention Program
& Wellness Screening Survey

*Week of 10/23 for all 7th grade students through Health/PE classes

Detailed information was sent out to families including this link and a parent video linked here.

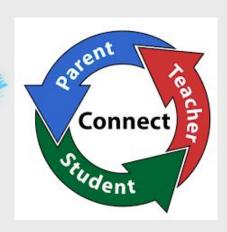


Who are Family Liaisons?

Parents - Staff

- FCPS System
- Academics
- SIS
- Schoology
- Parent Center
- Adult Programs
- Communication
- Language Interpreters

Parents \longleftarrow Community



- Clothing
- Food
- Childcare
- English & Parenting Classes
- Heath services
- Job Hunting
- Housing



To use the parent information phone lines please call:

Amharic (አማርኛ): 571-423-4957

Arabic (العربية): 571-423-4952

Chinese (中文): 571-423-4953

Farsi (فارسی): 571-423-4954

Korean (한국어): 571-423-4951

Spanish (español): 571-423-4950

Urdu (اردو): 571-423-4955

Vietnamese (Tiéng Việt): 571-423-4956



RCMS TECH SUPPORT



Megan Carr, School Based Technology Specialist mgcarr@fcps.edu

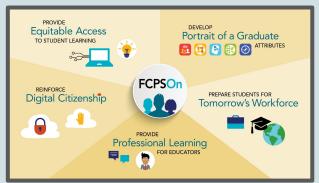
(Tech Coach, help teachers and students integrate meaningful technology into their learning)

Mike Hale, Technology Support Specialist mihale@fcps.edu

Philip Magill, Technology Support Specialist pamagill@fcps.edu

(Hardware experts, FCPSOn laptop support, Installation of software)

Technology Integration



- Staff & student curriculum support
- FCPSOn laptop distribution and tech support
- Schoology support
- Testing support
- Digital Citizenship
- Carson MS Website curator

Student and Family Tech Support



- Utilize <u>Parent Vue</u> and <u>Student Vue</u> and <u>Schoology</u>.
- If a technology issue arises, please submit a tech ticket here: https://itweb.fcps.edu/itsupport/

Thank you for your patience and flexibility when technology issues arise!



Ensuring that students learn to use technology safely, responsibly and ethically is a shared responsibility.

Social Media

The Positives of Social Media	The Negatives of Social Media
Stay connected with friends and family	Cyberbullying
Volunteer or get involved with a campaign, nonprofit, or charity	Students participating in questionable activities
Enhance their creativity by sharing ideas, music, and art	Students sharing more online than they should Ex: posting photos of themselves, revealing names/birthdates/address, etc
Meet and interact with others who share similar interests	
Communicate with educators and fellow students	

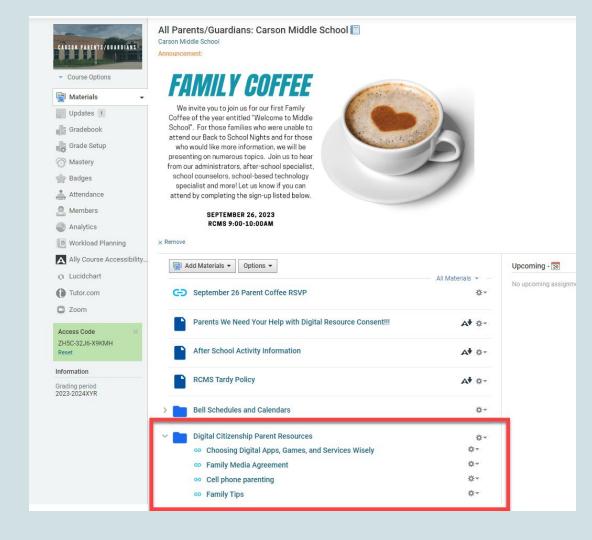
Encourage your kids to...

- Be nice. Mean behavior is not OK. Make it clear that you expect your kids to treat others with respect, and to never post hurtful or embarrassing messages. And ask them to always tell you about any harassing or bullying messages that others post.
- Think twice before hitting "enter." Remind teens that what they post can be used against them.
- Follow the "WWGS?" (What Would Grandma Say?) rule. Teach kids not to share anything on social media that they wouldn't want their teachers, college admissions officers, future bosses — and yes, grandma — to see.

Tips for Parents to Cultivate Social Media Wellness

- Check your kid's phone
- Be app-savvy
- Set clear ground rules
- Enable screen time limits and/or parental controls
- Create opportunites for digital detox

More Resources Available on Parent Course in Schoology



Ims.fcps.edu



Teachers, Staff and Students, use your FCPS credentials to login

FCPS username

Password

Sign in

Reminder: Parents use their Student Information System (SIS) Parent account to log into Schoology.

For Schoology help, click here

Your Schoology Account

Having a Parent account in Schoology is actually like having two accounts.

Your personal account, with your own name and information.



A view into your child's account.



You can view Schoology from your child's perspective, and see some of what they see, and receive updates about their activity.

Parent vs. Student Accounts

(chart)

Learn along with your with your child.

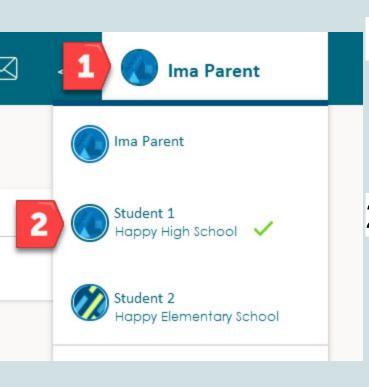




Tasks	Students Can	Parents Can	
Submit assignments	V	X	
View submitted assignments	V	V	
Post in discussions	V	X	
View discussions	sometimes		
Submit assessments	V	see results	
Post to media albums	V	view pictures	

Switching Accounts

Parent → **Student Account**



Click on your name. You will see your children listed below you.

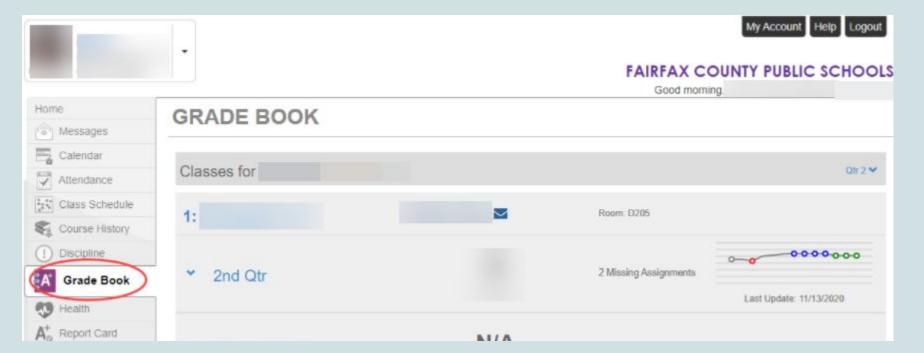
2. Click on your child's name.

You will see a green check mark next to the account you are viewing.

SIS Gradebook/ParentVue

SIS and Schoology grades books might not match.

The SIS gradebook is the gradebook of record.



Need to register for or activate a SIS/ParentVue account?

http://bit.ly/FCPSSIS





After School Specialist Mr. Riley Barrows

After School Activities

After school activities began on Wednesday September 13th. We are offering a number of different activities including Debate, Futsal, Basketball, Chess, Homework Club, and many more. There will be two separate blocks. Please see the schedule below. For the majority of clubs, students do not need to sign up, they can simply attend any club or activity of their choice. Some clubs such as Debate and Science Olympiad require testing and tryouts to join.

The official Quarter 1 schedule and registration form is located on the RCMS website linked here.

AFTER-SCHOOL BELL SCHEDULE							
	MON	TUE	WED	THUR	FRI		
2:23-3:23	A Block	A Block	A Block	A Block	Open Gym and HW Club are the only 2 options from 2:23-4:28		
3:28-4:28	B Block	B Block	B Block	B Block			

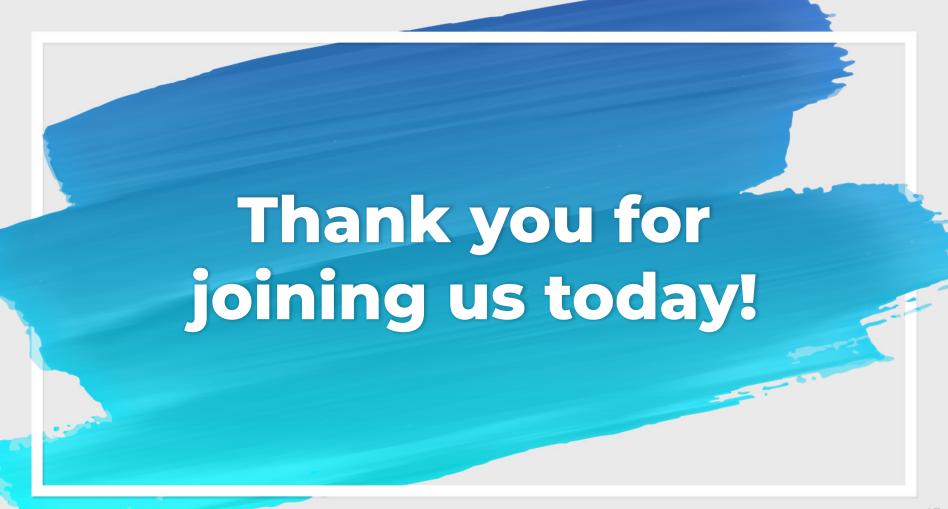
Late Bus Information

Late buses began on September 13th and are provided on Monday, Tuesday,
 Wednesday, and Thursday.

Information regarding routes and stops was released earlier this month. Late bus runs differ from the morning and afternoon runs. There are fewer buses and stops.

- Parent Pick up is required on Fridays and when a student is staying past the late bus departure time on late bus days. The only club offered on Friday is basketball an students need to be picked up by 3:30.
- Late buses depart from Carson between 4:30-4:50.
- If you are picking your child up, please utilize the "Kiss and Ride" area near the cafeteria.
- If your child is not taking a late bus home, please be sure to pick them up by 4:30.
- Questions regarding after school activities? Please contact Riley Barrows, rtbarrowsl@fcps.edu





Welcome Week