Meeting Success In
Junior High School

A Guide for Sixth Graders
Making the Transition to Junior High School

Bedford Jr. High
Broncos

Central Jr. High
Spartans

Euless Jr. High
Stallions

Harwood Jr. High
Blackhawks

Hurst Jr. High
Red Raiders

A Publication of the Guidance and Counseling Department
Carla Docken, Coordinator
Hurst-Euless-Bedford Independent School District
1849 Central Drive
Bedford, TX 76022

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Where Do I Go From Here?
Junior High Schools
Hurst-Euless-Bedford Independent School District

Bedford Junior High
325 Carolyn Drive
Bedford, TX 76021
817-788-3101
School Mascot – Bronco
School Colors – Red, White, and Blue

Central Junior High
3191 West Pipeline Road
Euless, TX 76040
817-354-3350
School Mascot – Spartan
School Colors – Blue and White

Euless Junior High
306 W. Airport Freeway
Euless, TX 76039
817-354-3340
School Mascot – Stallion
School Colors – Red and Black

Harwood Junior High
3000 Martin Drive
Bedford, TX 76021
817-354-3360
School Mascot – Blackhawk
School Colors – Black, Orange, and White

Hurst Junior High
500 Harmon Road
Hurst, TX 76053
817-285-3220
School Mascot – Red Raider
School Colors – Red and White
Junior High V. I. P.’s

School Name __________________________________________
Principal _____________________________________________
Assistant Principal _____________________________________
Assistant Principal _____________________________________
Counselor(s) __________________________________________
Nurse ________________________________________________
SRO _________________________________________________
Attendance/Registrar __________________________________

Required Courses:
1. English
2. Math
3. Science
4. Texas History & Geography
5. P.E. or Athletics
6. Reading or elective – Based on STAAR score
7. STAAR Math or elective – Based on STAAR score
Junior High Expectations

Junior High Schools have high expectations for students’ conduct and academic achievement. It is very important that all students entering junior high know the following expectations:

1. **Learning** is very essential. Students must achieve an overall average of 70 to pass to the next grade level. This includes an average of 70 in Reading, Mathematics, Language Arts, Social Studies, and Science.

2. **No pass/No play** means that students who do not pass their classes with a grade of 70 each six weeks are not allowed to participate in campus activities.

3. **Self-control** is expected, and school rules must be followed by all students.

4. **Attendance** is a required element to being successful in junior high.

5. Students are expected to adhere to the school’s **dress code**.

Grading and Reporting to Parents

Report cards will be issued at the end of each six weeks and will be mailed to the parents. Three weeks unsatisfactory notices will be sent by the subject area teachers. Tutorials will be available to all students. Parents and students can review grades “on-line” at any time.

-----GRADE SCALE-----
Students earn numerical grades in all subject areas. Grades from 70-100 are passing and grades of 69 or below are failing. The current H-E-B grade scale may be found on the student’s report card as well as the district web page.

-----CONDUCT GRADES-----
In addition to six week grades, students will receive citizenship marks for each class. Student conduct grades are very important and may determine eligibility for participation in some extracurricular activities.

<table>
<thead>
<tr>
<th>E = Excellent</th>
<th>S = Satisfactory</th>
</tr>
</thead>
<tbody>
<tr>
<td>I = Needs Improvement</td>
<td>U = Unsatisfactory</td>
</tr>
</tbody>
</table>

-----PROMOTION AND RETENTION-----
In grades 7-8, promotion to the next grade level shall be based on an overall average of 70 or above on a scale of 100 based on course-level, grade-level standards (essential knowledge and skills) for all core academic areas (language arts, including reading if required, mathematics, science and social studies).

-----FINAL EXAM, ATTENDANCE AND EXEMPTIONS-----
It is possible to earn an exemption for a final exam with good attendance.

**Junior High**

<table>
<thead>
<tr>
<th>7th – 9th Grade</th>
<th>0 Absences</th>
<th>2 Exemptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1-2 Absences</td>
<td>1 Exemption</td>
</tr>
</tbody>
</table>

Make sure to read the specific rules about tardies, exemption eligibility and grading in the student handbook.
How to Use a Combination Lock

1. Hold your lock with the numbers facing you.

2. Twirl the knob clockwise two full circles going past the zero and stopping precisely at the first number of your combination.

3. Twirl the knob counter-clockwise one full circle going past the first number and stopping at the second number of your combination.

4. Twirl the knob clockwise again going directly to the third number of your combination. Do not make a full turn this time.

5. Pull down on your lock. It should open. If not, twirl the knob a couple of time and repeat the entire process. Make sure you stop precisely on your combination numbers. If you should turn too far or not quite far enough on any number, you will need to start again.

6. When the lock is open, get the things you need from your locker and replace the lock. Make sure the numbers are facing you before the lock is closed.

7. Always make sure the lock is completely closed. To ensure that it is locked pull down on the lock to make sure it is secure. Do not leave the lock set to open.

8. Never give your locker combination out to anyone.
How to Have a Good Day at School

Come Prepared
- Don’t forget
  Book
  Paper
  Pencils and pens
  Homework

Be on Time
- Students who are on time to class don’t:
  Disturb teachers
  Disrupt class
  Miss important instructions

Listen to Your Teachers
- In Junior High
  Take notes
  Write down each assignment
  Have a special place for each subject in your notebook

Be Organized
- Remember MOOSE!
  Save time…do it right the first time
  Put your work away in the proper place
  MAKE IT A HABIT!

Adults Love Kids Who Have Good Manners or Show Respect in a Courteous Way
- Follow rules
- Smile – It takes fewer muscles to smile than to frown!
Ways to Study...That Work

1. Make and keep a study schedule.
2. Study in a suitable place – the same place each day.
3. Collect all the materials you will need before you begin.
4. Do not wait for inspiration to strike: It probably won’t!
5. A well-kept notebook can help raise your grades.
6. Make a careful record of your assignments.
7. Study the hardest subjects first.
8. Plan to take short breaks.
9. Review the assignment before you read.
10. Read in small chunks.
11. Write things out.
12. Study what you do not know.
13. Make study index cards for new words and ideas each night.
14. Review material three times – that night, two days later, and the night before the test.
Steps in the Right Direction

Test Tips

Review notes and books daily to avoid “cramming” the night before the test.

Read all directions carefully before starting the test.

Look over a test briefly to see what type of questions are included. Questions with the highest point value should be answered first.

Read all questions first when taking essay exams, and jot down phrases that relate to answers.

Look for key words such as many, never, and all on multiple choice questions.

Start with the easiest answers.

Outline answers to an essay question.

Check your answers and add more information where needed.

Skip Questions you do not know on objective tests. Place a mark next to them so that you can go back to them.

If there is not penalty for guessing, nothing should be left blank. Try to make educated guesses when unsure of an answer.

Look over graded test papers for an additional learning opportunity.

Positive Thinking

Positive thinking is one of the most important parts of any successful venture or plan. Remember to think and say positive self-statements about yourself such as:

- I know my math because I studied hard.
- I will do well in science.
- I am a capable person.
- I will try to find a solution.

Ways to Relax

Everyone can benefit from learning ways to relax before taking a test or dealing with any stressful event. Some techniques to consider are:

1. progressive muscle relaxation
2. taking a deep breath
3. having a support system

Look over graded test papers for an additional learning opportunity.
Believing in Me

If you think you are beaten, you are
If you think you dare not, you don’t.
If you like to win – but you think you can’t
   It’s almost certain you won’t.

If you think you’ll lose, you’ve lost,
   For out in this world we find
Success begins with a person’s will.
   It’s all in the state of mind.

If you think you’re outclassed, you are,
   You’ve got to think high to rise.
You’ve got to be sure of yourself,
   Before you can win the prize.

Life’s battles don’t always go
To the stronger or faster human,
But sooner or later the one who wins
Is the one who thinks he can.

Author Unknown
What Will I Get?
“Learning to Walk”

What you get depends mainly on you. Decide what is best for you and set goals to get there.

Goal setting skills are easy to learn. They can help create a clear path to accomplishing one’s purpose. Goals are either short or long range. A short range one is accomplished quickly. Likewise, a long-range goal takes a longer time. Studying each night for a weekly math test is a short-range goal. A long-range goal would be making an “A” in math for the six weeks or for a semester. Long-range goals are accomplished by setting many short-range goals.

Think back to when you were a baby and learning to walk. Your long-range goal was being able to walk. Each time you stood up without holding on to anything you accomplished a short-range goal. Pretty soon you were taking a step at a time, and before long you were taking several steps. Finally, you were able to walk! You kept trying and trying. You were setting goals even at a very young age. Life is a series of “learning to walk” experiences for everyone! So, remember, if you set short and long range goals you will know your direction.

You are now ready to develop a picture of what you would like to become and what you would like to accomplish. Your picture will include some type of career. In developing skills to pursue a career, you must begin by making certain educational choices. As a junior high student, you are making choices that will begin to affect the type of career you will have as an adult.
Goal Setting

DIRECTIONS: Use the following definitions to help you when completing the activity.

GOAL: the result toward which an effort is directed

SHORT RANGE GOAL: a goal that is accomplished quickly

LONG RANGE GOAL: a goal that is accomplished over a period of time

OBSTACLES: those things that sometime keep a person from reaching a goal

SET SOME GOALS

I. A SHORT RANGE GOAL for the summer before seventh grade is…

________________________________________________________________________

________________________________________________________________________

What will keep me from reaching this goal (OBSTACLES)?

________________________________________________________________________

________________________________________________________________________

What will I gain if I reach this goal?

________________________________________________________________________

________________________________________________________________________

II. A LONG RANGE GOAL for summer before seventh grade is…

________________________________________________________________________

________________________________________________________________________
How many SHORT RANGE GOALS will I need to accomplish this goal? _______

What are they?
1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________

What will keep me from my long range goal (OBSTACLES)?
________________________________________________________________
________________________________________________________________

What will I gain if I reach my long range goal?
________________________________________________________________
________________________________________________________________

You may meet obstacles…don’t give up
Don’t Quit

When things go wrong, as they sometimes will,
When the road you’re trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must – but don’t you quit.

Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don’t give up, though the pace seems slow –
You might succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up
When he might have captured the victor’s cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out –
The silver tint of the clouds of doubt –
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you’re hardest hit –
It’s when things seem worse that you mustn’t quit.

Author Unknown
How Do I Choose?
Making Decisions Step-By-Step

In junior high, and as you get older, you will have more choices to make on your own. The following steps will help you when you have to make tough decisions or solve problems that you might face. Think of a decision you have made recently or a problem you are facing now.

STEP 1. Identify the problem or the situation:

What I have to decide about is ________________________________

STEP 2. Name each of your choices or alternatives:

a. I can decide to __________________________________________
   _________________________________________________________
   OR

b. I can decide to __________________________________________
   _________________________________________________________
   OR

c. I can decide to __________________________________________
   _________________________________________________________

STEP 3. Gather the information you need to make an “informed” decision.

a. My parents or another trusted adult might advise me to _________
   _________________________________________________________

b. My friends might advise me to _____________________________
   _________________________________________________________

c. Additional facts I need to keep in mind are ___________________
   _________________________________________________________

d. Additional resources that I might want to explore are _________
   _________________________________________________________
STEP 4. Examine your alternatives in terms of advantages, disadvantages, possible outcomes, and risks involved. Choose the one that will be best for you.

a. Alternative #1: _______________________________
   
   Advantages ________________________________
   
   Disadvantages: ____________________________
   
   Possible outcomes __________________________
   
   Risks ________________________________

b. Alternative #2: _______________________________
   
   Advantages ________________________________
   
   Disadvantages: ____________________________
   
   Possible outcomes __________________________
   
   Risks ________________________________

c. Alternative #3: _______________________________
   
   Advantages ________________________________
   
   Disadvantages: ____________________________
   
   Possible outcomes __________________________
   
   Risks ________________________________

After implementing your decision, make sure that you can evaluate it so you can make better decisions in the future.
What's Special?

- Science
- Band
- Honors
- PE
- Language Arts
- Athletics
- Music
- Art
- Geography
Clubs and Activities

Each junior high school will have some of these opportunities for students:

**Annual staff:** Chosen by sponsor after application process for 8th and 9th grade years.

**Art Club:** The only requirement is a desire to make the school a more attractive place in which to learn.

**Athletics:** Available for all students interested in competitive team sports.

**Band:** Beginning band classes as 7th grade students leads to performing band during 8th and 9th grades.

**Cheerleaders:** Elected by the student body and responsible for encouraging school spirit by leading cheers at games and pep rallies.

**Choir:** Beginning choir classes as 7th grade students leads to performing choirs during the 8th and 9th grade years.

**Creative Writing Club:** Open to any student who is interested in composing, sharing, and publishing original work.

**F.C.A. (Fellowship of Christian Athletes):** F.C.A. is a group of student athletes coming together for fellowship and the sharing of Christian beliefs. It is a national organization with thousands of huddles throughout the United States.

**Gymnastics:** Available for students interested in competitive gymnastics.

**International Club:** Open to student of all cultures – students either born in another country or with relatives born in another country.

**Just Say No:** Open to students who wish to promote a drug and alcohol free campus. Members participate in activities such as Red Ribbon Week and civic activities.

**New Student Club:** Open to all students new to the school with the purpose of making the transition to a new school easier by becoming involved in school projects and traditions.
National Junior Honor Society: An organization to recognize the outstanding achievement of students. Membership is by invitation only after meeting honor society criteria.

School Newspaper: The newspaper is published by the reading and English classes. Students will have the opportunity to join if they are interested.

Science Club: This club is for students interested in inventing, discovering how the world works, experimenting, and seeking adventure.

Speech and Drama Club: Organization created for students who are interested in all aspects of the performing arts. Students participate in individual and small group presentations and attend speech contests.

Student Council: Elected representatives meet together to plan activities for the students and teachers.

S.T.A.R. Students (Students Taking an Active Role on Campus): Service organization that does community service projects (examples: visiting nursing homes, canned food drives, “adopting” children at Christmas, etc.). Students are nominated by teachers.

Tennis Club: Students learn basic skills and rules and etiquette of the game and practice on basic skills. They compete against other junior highs in the district.
Friends are Treasures...
Keys to Being a Friend

Be pleasant. Introduce yourself.

Ask questions. Be interested.

Let me help you with those books.

Be helpful.

Gee, I’m glad you’re here.

Let them know you care!!

Leslie, meet Joyce.

Share your friendship!!
Making Friends

Take a minute to complete this survey to see if you can be a good friend. Consider each statement carefully before circling the rating that best describes you. Then add up your points and check your rating.

<table>
<thead>
<tr>
<th>Statement</th>
<th>3 points</th>
<th>2 points</th>
<th>1 point</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I listen when my friend is talking.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>2. I try to be helpful when my friend has a problem.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>3. I share ideas for new projects and activities.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>4. I try to be cheerful and agreeable even when I feel irritable.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>5. I share my things.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>6. I laugh with, not at, my friend.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>7. I allow my friend to have other friends without my being jealous.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>8. I am honest with my friend.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>9. I do not hold grudges.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>10. I take time to think about what my friend really likes to do.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>11. I keep secrets my friend shares with me.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>12. I talk to my friend when I need help.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
<tr>
<td>13. I remember my friend’s birthday or other special days.</td>
<td>yes</td>
<td>sometimes</td>
<td>not often</td>
</tr>
</tbody>
</table>

Check your rating:

33 to 39 – True Friend
24 to 32 – Good Friend
Below 24 – Improvement Needed
Communication..."What are You Saying!?

Boy, John, today's been so tough! I thought I was never going to eat...  Did I tell you the one about the...

...Oh well, John, I'll talk to you later.  Well, I wonder why she didn't want to hear my joke.

Communication is more than talking...it's also unselfish listening!!  Have you listened today?
Peer Pressure

What if a friend...

...wants me to do something I don't think is right?
...wants me to try drugs?
...wants me to lie to get him out of trouble?
...wants me to steal?

What is Peer Pressure!!??

Let's go home. This is a bad idea.

Yeah, lets go.

Uh...

Here, try some drugs. Everybody does!!

Both are Peer Pressure. Sometimes it helps you to do the right thing...sometimes it creates a bad situation for you!!
Pathways for Handling Negative Peer Pressure

Use Humor
Be Direct. Don’t apologize.
Be positive about your plans.
Don’t act like you are suffering immensely in turning down any offer, but rather like you have so many OTHER activities that you don’t want to be bothered or slowed down by drug use.
Have lots of alternatives.

Try These on!

No thanks. I don’t want to get into trouble with (mom, dad, teacher, etc.)
No thanks, it’s not for me.
I’ve got to study…see ya!
I don’t like the taste. No thanks!

Ask Yourself

Do I really want to be friends with these guys???
Is the “price” too much for this friendship?
Does this friendship make me feel good about myself?
Would a real friend want me to do something harmful or against the law?

Make your own tracks.

Remember, the best way to avoid negative peer pressure is to choose your friends wisely. Being with friends who are making good decisions will help you do the same.
What are the Real Answers?

What is the Dress Code?
What are the school hours?
What about absences?
What happens when you Get bad grades?
Can I eat candy or chew Gum?
What about lockers?
Facts vs. Rumors

Sometimes making a change from one school to another is a little scary. The following questions about junior high school were asked by sixth graders. The answers to their questions, hopefully, are answers to any questions you might have.

1. Are there restrictions against how you do your hair, make-up, or what you wear?
   The dress code should be described in the information you will receive from the junior high counselors at the start of the school year. Your hair, make-up, or dress should never interfere with the learning process of yourself or fellow students.

2. How long is a school day?
   The junior high school day begins at 8:05 a.m. and ends at 3:15 p.m. You should arrive at school early enough to prepare for the day without being tardy to first period.

3. If you are absent, how many days do you have to make up your Work?
   The Secondary School Code of Conduct states that students having excused absences may make up classwork within a reasonable length of time. This may be decided school-wide (such as: one-day absence = one-day make-up) or at the discretion of the teacher.

4. What are the consequences for not following the rules at junior high?
   Consequences may include, but are not limited to, the following discipline techniques:
   - private conference with the student
   - verbal correction
   - special duties
   - behavioral contracts
   - withdrawal of privileges
   - time-out
   - after school D-Halls (usually 30 minutes)
   - Saturday D-Halls (2-3 hours in length)
   - individualized behavior modification
   - parent telephone call, letter, and/or conference
   - rewards or demerits
   - temporary confiscation of items that disrupt the educational process.

(Code of Conduct)
5. After P.E., do we take showers?
   Taking showers is optional in junior high. Showers are available in the gym locker room for your use after athletics, gymnastics, and P.E. classes.

6. What happens if you are in a club but have bad grades?
   State law prevents students from participating in extra-curricular activities if their grades are below 70. These activities include clubs as well as sports, band, choir, etc. However, you may still attend meetings, but not participate in any outside club activities.

7. Will they make you carry binders (MOOSE)?
   MOOSE binders are not used in the junior high setting. Instead, you may keep an agenda or planner as you move from class to class each day, or your teacher might allow you to use a phone or mobile device to keep track of assignments. Check with your teachers first before using this method. Some campuses require a student planner, available for a small fee.

8. If I am late, what happens?
   Students tardy to first period class go the office to be admitted. Tardies between classes are recorded by the teachers. All tardies are reported on your report card.

9. How much is food?
   Lunches are a little more expensive in junior high. You have more choices, too. The prices will be made available to you at the beginning of each year.

10. Do we have to share lockers?
   All students have their own locker with a combination lock provided on some campuses. It is very important that you do not give out your locker combination to friends. Students who take PE/Athletics may share a locker with a classmate in the gym locker room. You will want to be especially careful with personal belongings. You don’t need to worry about your locker being searched as long as you follow school rules.

11. Is it fun?
   School is what you make it. There are many opportunities to have fun as well as opportunities to gain knowledge. You are the person who decides how much fun you have and how much wisdom you acquire. A good balance makes you a well rounded person.
12. Do older students bully or haze younger students?

Bullying means engaging in written or verbal expression, expression through electronic means, or physical conduct that occurs on school property, at a school-sponsored or school-related activity, or in a vehicle operated by the District, and that: (1) has the effect of, or will have the effect of, physically harming another student, damaging a student’s property, or placing a student in reasonable fear of harm to the student’s person or property; or (2) is sufficiently severe, persistent, or pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student. Bullying involving either element is strictly prohibited and is subject to disciplinary actions. This conduct is considered bullying if it exploits an imbalance of power between the student perpetrator and the student victim through written or verbal expression or physical conduct, and interferes with a student’s education or substantially disrupts the operation of the school.

The District prohibits bullying as defined above. Prohibited bullying of a student may include, but is not limited to, hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possession, name-calling, rumor spreading, or ostracism.

13. Can you eat candy or chew gum?

Candy can be eaten in designated eating areas. Students may not chew gum. It is very messy. The school atmosphere is reflected by how neat and clean your campus is. Everyone is part of the team that builds and promotes school pride.

14. What happens if I get lost between classes?

Hopefully, you won’t. Special effort and advanced planning by the junior high staffs help eliminate the possibility at the start of the school year. Volunteers and student council members are in the halls to direct students to their classes. Look for someone you recognize in your class to follow or ask for help. Teachers standing by their doors are there to help. Extra time may be given the first week.
15. Are there drugs, alcohol, weapons, or cigarettes on campus?
Since all of these are against the law, they are rarely found on campus. Every junior high campus has a Student Resource Officer (SRO) on staff as well as a team of administrators and counselors who look after the well being of each student. The SRO is always visible in the halls and in the cafeteria so students can feel safe and have someone to turn to in case of problems. Concentrate your efforts on doing your best and on becoming involved in clubs and other organizations. Choose friends who will influence you to make good decisions. Read pp. 27-30 for more information.
Take Pride In How Far You Have Come And Have Faith In How Far You Will Go!

Your Future is In Your Hands!