While You’re Waiting…

1. Make sure you have a name tag
   Write your name BIG

2. Find a seat in front of the boxlight where you feel comfortable.

3. Make sure you have a pencil and a worksheet.
Sign-O!

- Grab a pencil and a “Sign-O” Worksheet
- Introduce yourself to others and ask them if any of the statements apply to them
- Have them sign their name in the box
- Only one name per box
- The goal is to get Bingo!
Stand up if the statement applies to YOU!

**Ambassador Sign-O Review**

**IT’S ALL ABOUT YOU!**

---

**SIGN-O**

Find a match and make a new friend. Find a classmate who matches each category and have them sign the box. A student may sign only one box on your game board. Try to fill as many boxes as you can.

<table>
<thead>
<tr>
<th>I was born in another country</th>
<th>Science is my favorite subject</th>
<th>I have a brother/sister at Farquhar MS</th>
<th>I love Chipotle</th>
<th>I went to an amusement park this summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>I wear braces</td>
<td>I have blue eyes</td>
<td>I have gone to a music concert</td>
<td>Math is my favorite subject</td>
<td>My favorite food is pizza</td>
</tr>
<tr>
<td>I went to Stonegate ES</td>
<td>I speak another language</td>
<td>I have brown hair</td>
<td>I am afraid of spiders</td>
<td></td>
</tr>
<tr>
<td>I went to a sleepaway camp this summer</td>
<td>I will play in the band/orchestra</td>
<td>I am the youngest child in my family</td>
<td>I was born in another state</td>
<td></td>
</tr>
<tr>
<td>I listen to hip hop music</td>
<td>I play soccer</td>
<td>I’ve been on an airplane</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Welcome to Farquhar Middle School

6th-Grade Orientation
Our Agenda

Introductions
Important people you should know

Overview
Learn what to expect in 6th grade

Mindfulness
A moment to reflect

Building Tour
Lead by our ambassadors

Lockers
Practice makes perfect!

Closing
See you in August!
Farquhar's Administrative Team

Ms. Smith
Acting Principal

Ms. Councilman
Assistant Principal

Ms. Kress
Acting Assistant Principal
6th Grade Leadership Team

Mr. Eisenhower
Team Leader

Mr. Lichvar
Team Leader

Ms. Payne
School Counselor
# Shaping Our Future: ROCK Time

## Rock Time Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Wellness</td>
<td>Study Hall</td>
<td>Advisory</td>
<td>Study Hall</td>
<td>Open Wellness</td>
</tr>
</tbody>
</table>

**Goals:**
- Self-Awareness
- Social Emotional Learning
- Relationship Skills
- Responsible Decision-Making

**Logo:** MCPS Restorative Justice

**Slogan:** Study Hall
How to Use Connect Time and Lunch Time

**Connect Time**
- Ask teachers questions/make up missed work
- Go to your locker
- Get organized for the day
- Chat with friends

**Lunch Time (ROCK)**
- 6th grade
- Time to be social
- Work with a teacher
- Join a club
<table>
<thead>
<tr>
<th>Daily Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Connect Time</strong> (16 mins)</td>
</tr>
<tr>
<td><strong>Period 1</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Period 2</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Period 3</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Period 4</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Wellness &amp; Support Block</strong> (54 mins)</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Period 5</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Period 6</strong> (48 mins)</td>
</tr>
<tr>
<td><strong>Period 7</strong> (48 mins)</td>
</tr>
</tbody>
</table>

**KEEP CALM AND BE ON TIME TO CLASS**
Organization is Key!

- Use one 3 ring binder or 2 for AM/PM classes
- Use your agenda book
- Binder Help-sessions
Electives Are About Exploration

- Arts Rotation (Trimester)
  - Studio Art
  - Digital Art
  - Tech Class

- Music Classes
  - Orchestra (YEAR Long Class)
  - Band (YEAR Long Class)
School Supplies

Farquhar Science Supply List

For All Science Courses:
- Folder or Designated Section of Binder for Science
- Pencils/Pens
- Loose Leaf Paper
- Use Agenda Book to track assignments
- Colored pencils
- Calculator: 4 function or higher

Farquhar Math Supply List

For AMP6+ and AIM 6/IM 7:
- TI-34 Calculator (Scientific)
- Pencils
- Section in Binder
- Loose Leaf Paper OR Spiral Notebook
- Colored Pencils

Farquhar English Supply List

6th Grade Digital Literacy
- Highlighter
- Pencils
- Paper in binder
- Index Cards (4 packs)
- Section in binder

6th Grade English
- Spiral-bound notebook
- Red Pens/Pencils
- Highlighter
The Farquhar Building

Bottom Level: 6th Grade Neighborhood

Top Floor: 7th Grade Neighborhood

Main Floor: 8th Grade Neighborhood

You’ll see more during the guided tours!

Carpool Loop / Parent Drop-off

Bus Loop
What are Rock Values?

- Responsible
- Optimistic
- Courageous
- Kind

Student of the Quarter

When you ROCK, we all ROCK!
After School Activities

*Student Government
*Yearbook
*Leo Club
*Nature Club
*Minority Scholars
*Peer Connections
*Asian American Club

... and so much more!

6th Graders CAN NOT try out for competitive team sports but are able to do intramural sports after school. Buses take you home at 4:15.
6th Grade Overview

Outdoor Education

● Cabins
● Activities
● Campfire
● Dates: Nov. 13-17
● Skycroft - Middletown, MD
Fixed Mindset vs Growth Mindset

Avoid challenges
Refuse to receive criticism or feedback
Focus on proving yourself
Feel threatened by others' success
Can't accept failures or mistakes
Shy away from unfamiliar things
Believe that talent is static

View challenges as opportunities
Embrace constructive feedback
Focus on the process, not the end result
Be inspired by others' success
Learn and grow from failures
Always step out of the comfort zone
Believe that talent is ever-improving

TIPS FOR SUCCESS FROM A STUDENT & TEACHER PERSPECTIVE
What is Mindfulness?

Mindfulness is about self-awareness.

It means to pay full attention to what is happening in the present moment and to notice when distracting thoughts pull us away from where we are.

Staying in the present moment helps you reduce anxiety, stop worrying, and feel more connected to yourself and everything around you.
Mindful Minute: Bubble Breathing

 Blow 4

 WHY

 HOW

 WHAT
Let’s Practice Together

Sit up straight (quietly).
Focus all of your attention on each breath.
Blow your bubbles when you EXHALE.

Breathe In
(through your nose)
Expectations During Guided Tours

→ Please stay with your ambassador throughout the entire tour.

→ Use your INDOOR Voice

→ NO Running

All tours will end in the 6th grade neighborhood.
Please stay with your ambassador throughout the entire tour. All tours will end in the 6th grade neighborhood.

On your tour you will:

- Grade 6 hallway
- Elective Hall (Art Room, Music Room)
- Cafeteria
- Main Office
- Gyms
- Health Room
- Counselor / Main Office Suite
Locker Practice

1. Right x3
2. Left x2
3. Right x1
4. Tight!
Closing Activity: How you Doin’?

Finish the statement:
Orientation made me feel ________. I’m excited for ________.
Is there something you have a question about that we didn’t cover?

Any Questions?

Please be additive, not repetitive.
Save The Date!

- Take the bus!
- Receive your schedule for the year
- Meet your teachers
- See who’s going to be in your classes
- More locker practice
Have A Great Day!