

STEPPING UP TO SAGAMORE MIDDLE SCHOOL

2025-2026



Spring 2025

Dear Students and Parents,

In a few months the middle school experience will begin. There are plenty of new experiences such as changing classes, having a locker, and many opportunities to get involved in school activities. This is an exciting time for both parents and students.

It is our hope that this packet of information will help to answer questions and lower anxiety. We want to make the transition from elementary school to middle school exciting, easy and enjoyable.

We are looking forward to welcoming our 6th graders to Sagamore!!

Sincerely,

Mrs. Jargo, Mrs. Sorrentino and Mr. Zilberstein
Sagamore School Counselors

Sagamore Middle School

Bell Schedule

<u>PERIOD</u>	<u>TIME</u>
1	7:50-8:38
2	8:42-9:23
3	9:27-10:08
4	10:12-10:53
5	10:57-11:38
6	11:42-12:23
7	12:27-1:08
8	1:12-1:53
9	1:57-2:40

YOUR 1st LOCKER

All students will receive a locker to store their books, lunch, jackets and personal items. Most lockers are located near a student's homeroom. We encourage all students to learn how to open a locker **BEFORE** school begins so that they may use their lockers as soon as school starts.

**IT IS VERY IMPORTANT THAT YOU DO NOT SHARE YOUR COMBINATION WITH ANYONE-EVEN YOUR FRIENDS!!
SHARING LOCKERS IS NOT PERMITTED!!**

How to Open Your Locker:

1. Turn knob **RIGHT** three whole turns. You pass "0" three times. This resets the lock. Turn the dial to the first number in your combination and stop. (Stop when the first number of your combination lines up with the triangle)
2. Now, turn knob **LEFT** one whole turn—past the first number in the combination—and stop at the **SECOND** number in the combination.
3. Turn knob to the **RIGHT** and stop at the **THIRD** number in the combination the first time you see it and it lines up with the triangle. Go a little bit past the third number until you feel a click and resistance and then pull your locker open.

YOUR LOCKER SHOULD OPEN!!

If you have any trouble opening your locker, please ask any homeroom teacher or your School Counselor for help.



The 6th Grade Academic Program



THE 6th GRADE ACADEMIC PROGRAM:

Includes English Language Arts, Mathematics, Science, Social Studies, Physical Education, Family and Consumer Science (Modern Living), Technology, Art, and Exploratory Language. Students will also be enrolled in Chorus, Band, Orchestra or General Music. Some students may also be scheduled for Academic Intervention Services, Resource Room or Re-Teach.

BAND, CHORUS & ORCHESTRA:

These courses meet every other day. Students in Band and Orchestra also will be required to attend lessons that rotate throughout different periods. Students will be "pulled out" of classes on a rotating schedule .

HONOR ROLL:

All students must have an overall average of a 90 to be placed on the honor roll.
All subjects count in this calculation.

NYS Assessments- 6th Grade English Language Arts (ELA)
and the Math Assessment are typically administered in April and May each year.

FINAL EXAMS:

Final Exams are administered to all students. The final exam is worth 10% of a students final average.

EXTRA HELP:

Teachers are available for extra help. It is important for students to attend extra help when needed.

How to Read A Schedule

Student Schedule Sagamore Middle School

Description	Period	Days	MPS	Room	Teacher
ELA	1	AB	1234	17	Ms. A
ELA	2	A	1234	17	Ms. A
Mathematics 6	2	B	1234	16	Ms. B
Mathematics 6	3	AB	1234	16	Ms. B
Lunch	4	AB	1234	Cafe	Cafe
BOC or GM	5	A	1234	54	Mr. D
PE	5	B	1234	GYM	Mr. F
Science 6	6	AB	1234	7	Ms. G
Social Studies 6	7	AB	1234	12	Ms. H
Tech 6	8	A	1234	55	Ms. I
Art 6	8	B	1234	59	Mr. M
Modern Living (FACS)	9	A	1234	09	Mr. Z
Exploratory Language	9	B	1234	11	Ms. S

When reading a schedule like the one above, there are 6 areas that you should be looking at:

*Description	*MPS
*Period	*Room
*Days	*Teacher

1. **DESCRIPTION**—This is the title of the course that you are taking.
2. **PERIOD:** - This is the period that the class meets.
3. **DAYS:** - All secondary schools operate on an A day / B day schedule. The first day of school is an A day. The second day of school is a B day. The third day of school is an A day and so on. Most 6th grade classes meet every day (AB). Physical Education, Music, Band, Chorus and Orchestra, meet every other day (A OR B). Modern Living, Tech, Art, and Exploratory Language will also meet every other day.
4. **MPS**—Marking Period 1 = 1st Quarter, 2=2nd Quarter, 3=3rd Quarter, and 4=4th Quarter. All 6th grade classes meet all year (MPS—1234).
5. **ROOM**—This is the room number where the class is held.
6. **TEACHER**—The name of the teacher for the class.

Schedule Changes

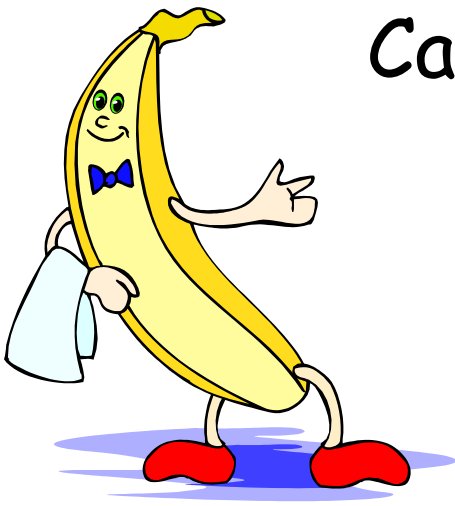
General guidelines for schedule changes are as follow:

~ Lunch Period - Lunch periods will be scheduled periods 3-8.
6th graders and 7th graders may be mixed in together in the cafeteria.
There will be no lunch period changes.

~ Teacher Change — This requires the approval of the Principal (except in cases with extenuating circumstances, these requests are generally NOT approved).

~ Chorus, Band & Orchestra — students wishing to add one of these classes, need permission from the respective teacher and/or an audition. Students wishing to drop one of these classes **must** bring their School Counselor a letter of permission from their parent or guardian by **Friday, September 19th**.
Verbal requests are **not** accommodated!





Cafeteria Information

The school cafeteria offers a full selection of meals as well as various snacks daily.

COST OF LUNCH = Free

The following are served everyday

Sandwiches

Assorted Boarshead
Cold cuts

Hot Menu of the Day

Hamburger
Cheeseburger

**A variety of hot lunches, including one hot sandwich, vary daily.*

Salads: assorted salads are made daily

Snacks: cookies, baked chips

Drinks: milk, Gatorade, Bottled Water and assorted flavored drinks

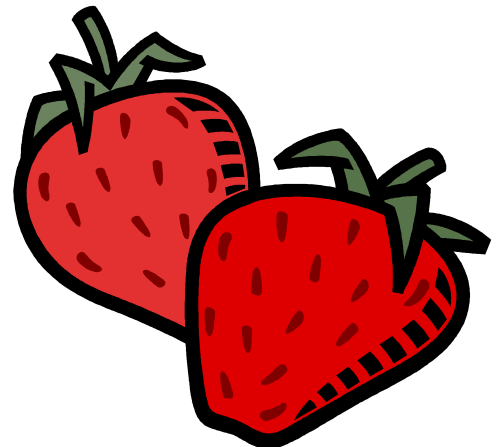
SNACK PRICES RANGE FROM:

\$1.00—\$2.50

****BREAKFAST IS ALSO SERVED
EVERY MORNING BEFORE
HOMEROOM:***

**Bagels & Cereal everyday / one hot choice daily
BREAKFAST PRICE Free**

**** menu items may change without notification.**



Get Involved at Sagamore!



CLUBS

Various clubs are offered in the Middle School. Clubs are open to all students. To find out about clubs, listen to the morning announcements for dates and times for club meetings and keep an eye out in the hallways for signs posted about clubs! Sometime in September, we will have a club fair during lunch periods where you will get a chance to learn about the clubs being offered.

ACTIVITIES

There are plenty of opportunities for 6th graders to participate in various school activities. Some of the activities held each year are:

- **Spring Musical Production**
 - **School Dance**
 - **Field Trips**
 - **Sagamore Day**
 - **Assemblies**
 - **and more!**



National Junior Honor Society

During the 8th grade, students are invited to apply for membership into the National Junior Honor Society. Students inducted into the National Junior Honor Society are those students who have displayed academic excellence, involvement and service in both school and community and outstanding character traits.

The CURRENT minimum requirements listed below are needed to apply for membership into the National Junior Honor Society in the 8th grade:

- A 92.5 overall average in all subject areas throughout middle school
- Involvement in two or more clubs or sports during the middle school years
- No discipline referrals
- Outstanding character
- 10 hours of school or community service performed in total by September of 8th grade
- No failing courses during any year

Please keep in mind that these are the CURRENT minimum requirements.



Sagamore Health Office

Welcome to Sagamore! We want to take this opportunity to inform you of important health requirements for the upcoming school year. If your child has a special health need or concern, please feel free to call us anytime this spring to discuss your concerns. We will also be available during 6th Grade Orientation in August.

Health Examinations (physicals): New York State law requires a health examination for:

All new entrants and students in grades Pre-K or K, 1, 3, 5, 7, 9 & 11.

Every year for students participating in sports; including Arrowettes and Cheer

For working papers as needed; or

When required by the Committee on Special Education (CSE) or Committee on Pre-School Special Education (CPSE).

*All physicals must be completed on the **New York State Required Health Examination Form**.

Immunizations (shots/vaccines): New York State law requires all students entering or attending any New York State school to receive all doses of immunizations required for their grade level to attend school. This includes:

Students **11 years or older entering grade 6** are required to have one dose of **Tdap, PRIOR TO THE FIRST DAY OF SCHOOL**. Students who are 10 years old entering 6th grade are expected to be immunized when they turn 11 years old. Please provide a doctor's note with the date the Tdap immunization will be given.

Prescribed & Over-The-Counter Medications

If your student requires medications during the school day, the school must have the Sachem medication form completed and returned to the health office. Please make sure the form is completed with the following information:

A written healthcare provider order, signature, and stamp.

Signed parent/guardian consent.

The medication **must be brought to the school by an adult. The medications must be in their original labeled prescription or over-the-counter bottles/packaging**. Any special supplies or equipment for the nurse to administer the medication must also be provided to the school.

Students are not permitted to carry any medication with them in school unless their doctor gives permission for self-carry/self-administer status. Written attestation is needed from your doctor on the medication form. **Student playing sports need permission to self-carry/self-administer.**

If you have any questions, please don't hesitate to contact us: (P) 631-696-8600, (F) 631-696-8647.

A-L Students: Jennifer DiGregorio, RN Ext. 3949, jdigregorio@sachem.edu

M-Z Students:— Tara Mattimore, RN Ext. 3950, tmattimore@sachem.edu

Sachem Central Schools
Provider and Parent Permission to Administer Medication

To Be Completed By Parent

Student Name: _____ DOB: _____

Grade: _____ School: _____

I give permission for the above medication to be administered to my child as ordered by my health care provider. I will provide the medication in the original pharmacy or over the counter container with my child's name on it.

Additional Permission for Self-Administer/Self Carry (Requires Health Care Provider Consent Below): Parent permission and provider consent is required for students to self-administer and self-carry medication. Students with this designation are considered independent in taking their medication at school and require no supervision by the nurse. Parents assume responsibility for ensuring that their child is carrying and taking their medication as ordered, and the expiration date. Schools may revoke the self-carry/self-administer privilege if the student proves to be irresponsible to incapable.

Parent/Guardian Signature

Date

Email

Phone Where We Can Reach You

To Be Completed By Health Care Provider-Valid for 1 Year

Diagnosis _____ Medication _____

Dose _____ Route _____ Time(s) _____

Note: Medication will be given as close to the prescribed time as possible, however may be given up to one hour before or after the prescribed time. Please advise if there is a time-specific concern regarding administration.

Prescriber, please check all that apply:

☐ If morning dose is not given at home, nurse may administer morning dose of _____ after verbal or written notification is received from parent. Please advise parent to send in additional medication.

☐ Medication is **NOT** required on bus to and from school and will be needed during normal school hours.

☐ I assess the student to be **self-directed*** regarding this medication.

* They understand the purpose, name, amount, dose, timing, and effect of taking or not taking the medication; can recognize the medication and refuse to take it inappropriately; can ingest, inhale, apply or calculate and administer the correct dose of the medication independently.

☐ I have determined this student is consistent and responsible in taking their own medications (Self-Directed) and in addition, **give them permission to self-carry and self-administer this medication.** They will be considered independent in medication delivery and need intervention only during emergencies.

Stamp

Name/Title of Prescriber (Please Print)

Prescriber's Signature

Email

Date

How to Succeed in Middle School

SAGAMORE STUDENTS OFFER THEIR THOUGHTS

1. Attend school every day
2. Be a positive thinker
3. Be nice to your peers
4. Respect others
5. Get involved in clubs and activities
6. Be prepared for your classes
7. Get organized
8. Ask for help if you need it
9. Do all your homework
10. Study for all your exams
11. Pay attention in class
12. Set goals for yourself
13. Follow the school rules
14. Don't be afraid to make new friends
15. Try your best everyday

Study Skills

Success in school requires students to use good study skills. Study skills are used both in school and outside of school when doing your homework or studying for tests.

TIPS FOR EFFECTIVE STUDYING

Study Environment

- Find a good place to study. A good workplace is one that is spread out, has lots of light, has no distractions and has all the supplies you need. Make sure you are limiting distractions. It can be difficult to concentrate on your work when you are watching T.V. or listening to the radio.

Time Management

- How much time do you spend studying? You need to work at home for two reasons: completing homework assignments and studying for tests. You should figure out how much time you will need to learn a section of material and then make sure you leave enough time to study and review.
- Make a daily and weekly schedule... it is important to plan ahead.

Study Strategies

BEGIN EARLY:

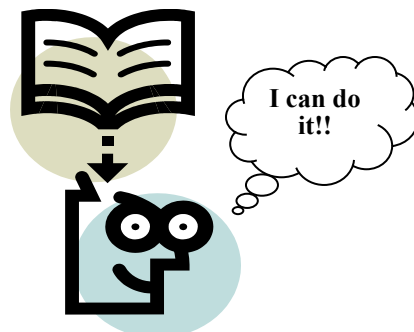
- Learning takes time. Do not wait until the night before a test to study. Start studying days before a test.

STUDY OFTEN:

- Studying a little every night is the best way to do well on tests. The more you study the more you learn and the longer you will retain the information.

MAKE IT MEANINGFUL:

- You will remember things if you can relate them to other ideas. If you are given pictures, graphs and charts, make sure you review them while you study.



Getting Organized

Getting and staying organized is a big key to being successful in a middle school. Here are some tips to help you get started:

1. USE YOUR AGENDA BOOK EVERY DAY

Use it to keep track of when things are due. Write your homework in it every day. Use it to keep track of afterschool activities including extra help.

2. USE YOUR LOCKER

Each student will get a locker. Use your locker instead of carrying everything with you. Try to keep your locker neat. A messy locker can slow you down and make you late to class. **Sharing lockers is not permitted.**

3. MAKE REMINDERS

Use a different section in your notebooks or binders for each class or use different notebooks and binders for each class.

4. MAKE SURE YOU UNDERSTAND ASSIGNMENTS

If you have questions, ASK!! Other students will likely have the same questions.

5. DO YOUR HOMEWORK EVERY NIGHT

You will have homework almost every night. If you do not keep up with your homework, your grade can suffer and you will get discouraged.

6. BREAK BIG PROJECTS INTO SMALLER ONES

This can make a heavy caseload easier to manage. For example, for a research project, collect research one week, take notes the next week and begin writing your report the following week.

7. PREPARE THE NIGHT BEFORE

This will save you time in the morning. You should:

- *Check your agenda book to make sure all your work is done.
- *Pack your school bag after you finish your homework.
- *Get your clothes ready before you go to bed.