

# La Vista Middle School Monarchs



## Handbook 6th Grade to 7th Grade Transition 2023-2024

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Dr. Jen Carson, Principal  
Ms. Allyson Judson, Asst. Principal  
Dr. Paige Gill, Lead Teacher



## **La Vista Middle School**

Phone: 402-898-0436  
Fax: 402-898-0442

**Dear Future Monarch,**

**Welcome to La Vista Middle School, home of Monarch Pride. This is an exciting time for you in your educational career! Moving from the elementary level to La Vista Middle School is your next step in pursuing your long-term life goals. We look forward to working with you as a middle school student.**

**Our school takes great pride in providing you many different opportunities to learn and grow in the classroom. We also have an amazing teaching staff. They are excited to meet you and get to know you. Becoming a middle school student is a big change: switching classes and classrooms every period, having classes with multiple different teachers and students throughout the day, and having your own locker. These are all fun changes but also come with independence and responsibility. We will help you navigate all the new experiences and continuously encourage you to be a good human.**

**Probably the biggest difference for you becoming a La Vista Monarch is the opportunity to participate in sports, clubs, and performances. Whatever your interests, it is important you get involved outside the classroom. Try something new and you may find a passion you did not know you have. We offer sports such as football, volleyball, cross country, basketball, wrestling, and track. We also have activities including band, choir, show choir, student council, national honors society, and other special interest clubs (knitting, D&D, games, drama, robotics, etc.) that meet the variety of interests of our students.**

**Our staff is excited for the opportunity to meet you when you come to visit the building. I think you will quickly learn that La Vista Middle School is a special place to be a student!**

**Sincerely,**

**Dr. Jen Carson  
Principal**

# La Vista Middle School

North Parking Lot



## **Grade Scale**

The grading scale at La Vista Middle School is as follows:

|    |   |          |
|----|---|----------|
| A+ | = | 97-100   |
| A  | = | 93-96    |
| A- | = | 90-92    |
| B+ | = | 87-89    |
| B  | = | 83-86    |
| B- | = | 80-82    |
| C+ | = | 77-79    |
| C  | = | 73-76    |
| C- | = | 70-72    |
| D+ | = | 67-69    |
| D  | = | 63-66    |
| D- | = | 60-62    |
| F  | = | below 60 |

## **MAKE UP WORK RECOMMENDATIONS**

If you are absent from school, you can reference the weekly Team email to find assignments due for each of your classes. All seventh grade teams use twitter to provide daily updates on assignments as well. Make sure you talk to your teachers upon your return about class notes, worksheets, etc. If you know ahead of time that you will be absent from school, please have your parents call to excuse you. Students absent are still required to complete materials assigned in class and should be checking Google Classroom, and should be emailing their teachers.

## SUPPLY LIST

Teachers may have specific items for their particular classes, which will be shared the first week of school. The general supplies listed below are recommended for all 7<sup>th</sup> graders. Please remember that supplies will need to be replenished throughout the year. Remember to only bring what is NEEDED and can fit in your backpack.

- 3 ring binder (for organization of all classes): Optional
- 6 2-pocket folders
- Supply of loose-leaf paper
- 1-3 spiral notebooks (needed throughout the year)
- 2 brown paper bags for book covers  
(book-socks/stretchy covers are not recommended)
- Supply of #2 pencils
- Blue or black ink pens
- 1 red pen for checking
- Pencil pouch
- Highlighter
- Package of markers
- Package of colored pencils
- PE clothes including tennis shoes appropriate for the gym surface
- Reading book-Teachers expect you to have a book to read at all times
- Backpack

Individual teams or teachers may recommend other useful supplies.

Backpacks with wheels DO NOT fit in our lockers. Please do not plan to use one.

Locker Dimensions: 12" wide by 10 7/8" deep

## DAILY PLANNER

The use of a daily planner is an important piece of being successful at La Vista Middle School. The planner will be handed out during the first week of school. All students are required to use a planner.

**If a student loses their planner, they must replace it at a cost of \$5.00.**

The planner is an excellent resource for students, teachers, and parents. It serves as a much-needed organizational tool for seventh grade students. Students will be expected to write down their assignments on a daily basis, and then take them home with them every day. The planner also serves as a means of communication between teacher and parents. We encourage parents to look at the planner on a daily basis, and write notes to teachers if they wish. It also incorporates other helpful information including restroom and locker passes, list of staff members, basic expectations, a calendar for the school year, and more.

# **Papillion La Vista Community Schools**

## *ONE TO ONE PROGRAM*

### **Section 1: Definition of Technology Resources**

The District's technology resources include but are not limited to the following resources: network, Internet, computer hardware, mobile devices, peripheral devices, software, printers, servers, stored text, data files, electronic mail, optical media, digital images, and new technologies as they become available. Students may have the opportunity to utilize individually assigned technology. In addition to the resources identified above, each student in grades 7-12 will be offered the use of an electronic technological device. A device includes all equipment and accessories associated with the device/machine, including cords, adapters, protective cases, and/or charging mechanism(s).

### **Section 2: Receiving Your Equipment**

Devices will be distributed at a time and on a schedule determined by the District's Administration. Parents and students must sign and return the (1) Student Technology Acceptable Use Policy, (2) Technology Device Loan Agreement and (3) all applicable Student Handbooks before equipment can be issued. Students should understand that they will receive the same device each year and will be responsible for its condition.

Parents with concerns regarding taking technology devices home should contact a building administrator.

Upon leaving the district, students must return devices and accessories to the district in working order and free of damage. The individual will be expected to pay for any needed repairs or replacement of the device, cords, sleeves or equipment that are deemed negligent or intentional.

### **Section 3: Care of the Equipment**

Students are responsible for the general care of the district device. Devices that are broken or fail to work properly must be reported to the designated repair center in your building. Lost or stolen devices and other equipment should be reported immediately.

**You can find the full 1:1 district technology handbook here:**

<https://www.plcschools.org/Page/3212>



## Common Questions & Answers

**\* How do I get a pass to see Mr. Peterson?**

Fill out a referral form at Mr. Peterson's door, ask your teacher, or ask a secretary. Parents may also write a note in your planner or email Mr. Peterson at [eric.s.peterson@plcschools.org](mailto:eric.s.peterson@plcschools.org).

**\*What are the school hours?**

School starts at 8:00 and ends at 3:10. On Wednesdays, school starts at 8:20.

**\*What happens if I am late for a class?**

The first time you are tardy, teachers will report it with attendance. If it happens more, you may have a detention and parents will be notified.

**\*What happens if I do not get my assignments done?**

There are several programs to support students with classwork. For example, any student can attend Open Study to receive assistance with tutoring or homework completion. Teachers may collaborate with parents, counselors, and principals for additional measures if homework completion continues to be a concern.

**\*Can I share my locker with a friend?**

No. There are enough lockers for each student to have their own.

**\* When will I get my schedule, locker number, and combination?**

Early Check-In is planned for early August prior to the first day of school. You will receive more information at a later time.

**\*Do any classes or activities require students to pay a fee?**

Yes. Enrichment Block 2 has a fee of \$40.00 (\$10 – Art, \$10 – FCS, \$10 -STEM, \$10 -Robotics).

*If a student wants to participate in a sport or show choir, there is a one-time annual \$50 activity fee.*

**\*How will I learn to open my locker?**

There will be practice lockers available throughout the summer. Students can practice with their own locker on the day of Early Check-In. Teachers will also be available the first several days of school to help when needed.

**\*What should I do if I forget my locker combination?**

Ask Mrs. Kalal, the 7<sup>th</sup> grade secretary, or Mr. Peterson.

**\*What do I do if my locker gets jammed?**

Go to the teacher of your current or next class. They will give you a pass to someone who can help. An adult in the hall may also be able to help you.

**\*What should I do if I lose my class schedule?**

Go to Mrs. Kalal, the 7<sup>th</sup> grade secretary, or Mr. Peterson. Your schedule can also be accessed on the district app.

**\* What do I do if something goes missing?**

Check the lost and found. Our lost and found location is near the cafeteria.



**\*Are middle school lunches different from elementary lunches?**

Yes, we offer two different hot entrees. We also offer pizza, burgers, and cold lunch items every day, along with extras like baked chips and fruit drinks.

**\*Will I have a lunch account?**

Yes, you can access it with the PIN number you used in your elementary school, if you were in the PLCS district. New students to our district will be provided a PIN number and a student ID card.

**\*How much does breakfast/ lunch cost?**

Breakfast cost - \$1.95. Lunch cost - \$2.60.

**\*\*Prices are for the 2022-2023 school year and are subject to change.**

**\*Are the doors to the building locked? How do I get in?**

The front doors are unlocked before school begins each day. Teachers are present for supervision at 7:30 AM. During the school day, doors are locked and there is a buzzer to gain entrance.

**\*Who do I contact if a student is absent from school?**

Please call the front office (402-898-0436) prior to school starting to report an absence from school. If there is a medical reason, a doctor's note will excuse the absence.

**\*How long do I have to make up work if I am absent?**

Two days for each day of absence.

**\*When can a student go to the nurse's office?**

The health office is staffed during school hours. Students can visit at any time with a teacher's pass.

**\*When may I use the restroom?**

Students can use the restroom at lunch, in between classes, or during class with a pass.

**\*How long can we stay after school?**

Students should leave the campus by 3:30 PM. If students have practice, are supervised by a teacher, or attend a sporting event, they can stay longer.

**\*Where can students & parents access class grades?**

Grades can be accessed through the PLCS District App or through the Parent Web Portal:

<https://simsweb.esu3.org/login.cfm?sdist=plv>

**\*How do we get report cards?**

Report cards are online through the Parent Web or district app at the end of each quarter. If you do not have online access to report cards, they will be mailed.

**\*Are you allowed to use cell phones during the school day?**

No. They should be turned off and out of sight unless permission has been given by a teacher.



## **TIPS ON BEING** **A SUCCESSFUL STUDENT**

### **AT SCHOOL:**

- \* Attendance is key to your success in school.
- \* Keep all your papers in a notebook.
- \* Use colored pocket folders or notebooks that have dividers with tabs to keep each of your subjects separate.
- \* Use a pencil case to organize your pencils, pens, or rulers.
- \* Use the daily planner you are provided at the beginning of the school year.  
Be sure you take your planner to every class and write all of your assignments in it.  
Then take the planner home with you everyday.
- \* Do not let your computer be a distraction.
- \* Familiarize yourself with Google Classroom and use it appropriately.

### **AT YOUR LOCKER:**

- \* Do not share your locker combination with anyone.
- \* Do not be afraid to use your new locker—it gets easier with practice.
- \* Plan your trips to your locker. Go before school, after school, and as needed between classes.
- \* Clean out your locker and backpack once a week.
- \* Organize your locker and backpack. Put books in the same order as your schedule or line them up according to size so you can find them quickly.
- \* When you have an organized plan for your locker and backpack, put things back in the same place.  
It is a good habit to keep!

### **AT HOME:**

- \* Before studying, always have all your supplies ready at your study spot: paper, pencils, pens, erasers, and books.
- \* Set aside a regular time to study every night.
- \* Choose a quiet, well-lit spot—somewhere away from loud noises, the television, and distracting technology devices such as your phone.
- \* Make a habit of bringing your notebook, planner, and computer home every night.
- \* When you finish with homework and studying, make sure your homework and books are organized for the next day. Then you will be ready to go in the morning and will not have to rush.
- \* Check the weekly Team email to see upcoming assignments and assessments

# PROGRAM OF STUDIES

La Vista Middle School will offer the programs outlined below for the 7<sup>th</sup> grade curriculum.

| <u>CLASS</u>                                 | <u>LENGTH</u> |
|--|---------------|
| English Language Arts Silver                 | Year          |
| English Language Arts Gold                   | Year          |
| Math 7, Advanced Math 7, or Algebra I        | Year          |
| Science 7                                    | Year          |
| Social Studies 7                             | Year          |
| Advisory                                     | Year          |
| Enrichment Block #1                          | Year          |
| - Each Session lasts seven weeks             |               |
| Physical Education                           |               |
| Lifetime Fitness                             |               |
| Careers                                      |               |
| Media  |               |
| Word Processing                              |               |
| <b><u>Elective Options: (Choose two)</u></b> |               |
| Band   | Year          |
| Chorus                                       | Year          |
| Flex Time                                    | Year          |
| Enrichment Block #2:                         | Year          |
| - Each Session lasts seven weeks             |               |
| Health                                       |               |
| STEM   |               |
| Robotics                                     |               |
| Art  |               |
| FCS  |               |

## Example of a 7<sup>th</sup> grade schedule with Enrichment Block 1 & 2

LA VISTA MIDDLE SCHOOL  
7900 EDGEWOOD BLVD  
LA VISTA, NE 68128  
(402) 898-0436

2021-2022

YOUR ID#

YOUR NAME

YOUR ADDRESS

(402) PHONE NUMBER **Locker:** YOUR LOCKER NUMBER

Grade: 07

Homeroom

Team: YOUR TEAM

Teacher: YOUR ADVISORY TEACHER Birth Date: YOUR BIRTHDAY

| Course                        | Sem  | Per | Days            | Room | Instructor  |
|-------------------------------|------|-----|-----------------|------|-------------|
| 4700 - Y13 SOCIAL STUDIES 7   | YR   | 1   | 8:00-8:43       | 423  | WILKINSON   |
| 3700 - Y22 SCIENCE 7          | YR   | 2   | 8:47-9:30       | 212  | CHRISTENSEN |
| 1725 - Y33 ELA SILVER 7       | YR   | 3   | 9:34-10:17      | 426  | WILKINSON   |
| 7000 - 014 MONARCH ADVISORY   | YR   | 4   | 10:21-10:37     | 425  | VAN ROY     |
| 1726 - Y53 ELA GOLD 7         | YR   | 5   | 10:41-12:02     | 424  | KAUFMAN     |
| MA00 - Y62 ADV. MATH 7        | YR   | 6   | 12:06-12:49     | 425  | VAN ROY     |
| 7270 - Y71 FLEX 7             | YR   | 7   | 12:53-1:36      | 500  | WILKINSON   |
| 6762 - P83 ROBOTICS 7         | SES1 | 8   | 1:40-2:23 SES 1 | 119  | WACHTER     |
| 5710 - P85 HEALTH 7           | SES2 | 8   | 1:40-2:23 SES 2 | 317  | JORCZAK     |
| 6760 - P85 STEM 7             | SES3 | 8   | 1:40-2:23 SES 3 | 118  | TROFOLZ     |
| 6720 - P82 FCS 7              | SES4 | 8   | 1:40-2:23 SES 4 | 225  | LEPERT      |
| 6700 - P85 ART 7              | SES5 | 8   | 1:40-2:23 SES 5 | 318  | SWANSON     |
| 5700 - P91 PHYSICAL ED 7      | SES1 | 9   | 2:27-3:10 SES 1 | 113  | HURST       |
| 6733 - P93 WORD PROC 7        | SES2 | 9   | 2:27-3:10 SES 2 | 222  | OBERMIER    |
| 5740 - P91 LIFETIME FITNESS 7 | SES3 | 9   | 2:27-3:10 SES 3 | 113  | RYSER       |
| 6732 - P92 CAREERS 7          | SES4 | 9   | 2:27-3:10 SES 4 | 403  | O'DOWD      |
| 6741 - P93 MEDIA 7            | SES5 | 9   | 2:27-3:10 SES 5 | 234  | HERZBERG    |

## Example of a 7<sup>th</sup> grade schedule with Enrichment Block 1 & Band

LA VISTA MIDDLE SCHOOL  
7900 EDGEWOOD BLVD  
LA VISTA, NE 68128  
(402) 898-0436

2020-2021

YOUR ID#

YOUR NAME

YOUR ADDRESS

(402) PHONE NUMBER **Locker:** YOUR LOCKER NUMBER

Grade: 07

Homeroom

Team: YOUR TEAM

Teacher: YOUR ADVISORY TEACHER Birth Date: YOUR BIRTHDAY

| Course                        | Sem  | Per | Days            | Room | Instructor  |
|-------------------------------|------|-----|-----------------|------|-------------|
| 1726 - Y13 ELA GOLD 7         | YR   | 1   | 8:00-8:43       | 424  | KAUFMAN     |
| 1725 - Y23 ELA SILVER 7       | YR   | 2   | 8:47-9:30       | 426  | WILKINSON   |
| MA07 - Y33 MATH 7             | YR   | 3   | 9:34-10:17      | 425  | VAN ROY     |
| 7000 - 013 MONARCH ADVISORY   | YR   | 4   | 10:21-10:37     | 423  | WILKINSON   |
| 3700 - Y52 SCIENCE 7          | YR   | 5   | 10:41-12:02     | 212  | CHRISTENSEN |
| 4700 - Y63 SOCIAL STUDIES 7   | YR   | 6   | 12:06-12:49     | 423  | WILKINSON   |
| 7270 - Y71 FLEX 7             | YR   | 7   | 12:53-1:36      | 500  | WILKINSON   |
| 6710 - Y81 CADET BAND 7       | YR   | 8   | 1:40-2:23       | 111  | ROMERO      |
| 6733 - P94 WORD PROC 7        | SES1 | 9   | 2:27-3:10 SES 1 | 222  | OBERMIER    |
| 6732 - P94 CAREERS 7          | SES2 | 9   | 2:27-3:10 SES 2 | 403  | O'DOWD      |
| 6741 - P95 MEDIA 7            | SES3 | 9   | 2:27-3:10 SES 3 | 234  | HERZBERG    |
| 5700 - P93 PHYSICAL ED 7      | SES4 | 9   | 2:27-3:10 SES 4 | 113  | HURST       |
| 5740 - P94 LIFETIME FITNESS 7 | SES5 | 9   | 2:27-3:10 SES 5 | 113  | RYSER       |

## 2022-2023

### Regular School Days - Monday, Tuesday, Thursday, Friday

#### 7th Grade Bell Schedule

|                    |   |
|--------------------|---|
| Period 1           | 8:00-8:43   |
| Period 2           | 8:46-9:29   |
| Period 3           | 9:32-10:15  |
| Period 4(Advisory) | 10:18-10:44   |
| Period 5           | 10:47-12:06   |
| 1st Lunch          | 10:47-11:17 (Eat)<br>11:19-12:06 (Class)                        |
| 2nd Lunch          | 10:47-11:20 (Class)<br>11:20-11:50 (Eat)<br>11:52-12:06 (Class) |
| Period 6           | 12:09-12:52   |
| Period 7           | 12:55-1:38  |
| Period 8           | 1:41-2:24   |
| Period 9           | 2:27-3:10   |

#### 8th Grade Bell Schedule

|                    |   |
|--------------------|---|
| Period 1           | 8:00-8:43   |
| Period 2           | 8:46-9:29   |
| Period 3           | 9:32-10:15  |
| Period 4(Advisory) | 10:18-10:44   |
| Period 5           | 10:47-11:30   |
| Period 6           | 11:33-12:52   |
| 3rd Lunch          | 11:33-11:50 (Class)<br>11:50-12:20 (Eat)<br>12:22-12:52 (Class) |
| 4th Lunch          | 11:33-12:22 (Class)<br>12:22-12:52 (Eat)                        |
| Period 7           | 12:55-1:38  |
| Period 8           | 1:41-2:24   |
| Period 9           | 2:27-3:10   |

### Wednesday - Late Start (No P. 4 Advisory) - PLC/Team Meeting Day

|             |   |
|-------------|---|
| PLC meeting | 7:30-8:10   |
| Period 1    | 8:20-9:04   |
| Period 2    | 9:07-9:51   |
| Period 3    | 9:54-10:38  |
| Period 5    | 10:41-12:02   |
| 1st Lunch   | 10:41-11:11 (Eat)<br>11:13-12:02 (Class)                        |
| 2nd Lunch   | 10:41-11:14 (Class)<br>11:14-11:44 (Eat)<br>11:46-12:02 (Class) |
| Period 6    | 12:05-12:49   |
| Period 7    | 12:52-1:36  |
| Period 8    | 1:39-2:23   |
| Period 9    | 2:26-3:10   |

|             |   |
|-------------|---|
| PLC Meeting | 7:30-8:10   |
| Period 1    | 8:20-9:04   |
| Period 2    | 9:07-9:51   |
| Period 3    | 9:54-10:38  |
| Period 5    | 10:41-11:25   |
| Period 6    | 11:28-12:49   |
| 3rd Lunch   | 11:28-11:47 (Class)<br>11:47-12:17 (Eat)<br>12:19-12:49 (Class) |
| 4th Lunch   | 11:28-12:19 (Class)<br>12:19-12:49 (Eat)                        |
| Period 7    | 12:52-1:36  |
| Period 8    | 1:39-2:23   |
| Period 9    | 2:26-3:10   |

# SEVENTH GRADE REQUIRED CLASSES

## ENGLISH LANGUAGE ARTS (GOLD & SILVER)

Seventh grade English Language Arts encompasses two year-long courses that students are enrolled in simultaneously titled ELA Silver and ELA Gold. Courses are designed to work together to strengthen students' reading, researching, and writing skills. Grammar and vocabulary will be integrated throughout the curriculum. Students will focus on various reading selections including fiction, non-fiction, and poetry. Students will participate in multiple modes and genres of writing including essays, evidence-based argumentative, reflective, analytical, and narrative. Students will collaborate, problem-solve, create, and think critically to build strong communication skills to ensure life-long learning.

## MATH 7

The content of this course includes rational and irrational numbers, integers, geometric and algebraic concepts, probability, and data analysis. This course is aligned with NE Grade 7 Math Standards.

## ADVANCED MATH 7

Prerequisite: (mastery demonstrated on math placement test)

The content of this course includes an in-depth study of the concepts addressed in Math 7, plus preparation for Algebra I in 8th grade, which includes real numbers, geometric concepts and properties, and more in-depth algebraic concepts. This course is aligned with NE Grade 7 and 8 Math Standards.

## ALGEBRA I

Prerequisite: (mastery demonstrated on math placement test)

This course is designed to include an in-depth study of the concepts which includes computation with real numbers, solving linear equations and inequalities, adding and subtracting polynomials, solving systems of equations and inequalities, spatial and logical reasoning and applications of geometric principles, proportional reasoning, direct and indirect variation, basic probability concepts, and statistical literacy.

## SCIENCE 7

Science 7 exposes students to the life and physical strands of science. Students will learn to use the scientific method to solve problems and find answers. The labs and activities allow students to experience science and not just observe it.

The Science program in the Papillion La Vista Public Schools has been selected to give students exposure to a wide range of topics. At the middle school level, students will learn a variety of topics about Physical Science and Life Science. The basic units of our program includes:

- Cells
- Heredity
- Human Body
- Sound and Light

## SOCIAL STUDIES 7

World Civilizations 7 focuses on a regional examination of geography, civics, economics, and history of post-classical societies. Students will study different regions and eras to develop an understanding of major factors influencing our world today. Students will engage in inquiry to gather and analyze evidence in order to draw conclusions and communicate them effectively. The curriculum for this course is aligned with the Nebraska Social Studies Standards for this grade level.

## **Enrichment Block #1 (required)**

### **LIFETIME FITNESS 7 (7 weeks)**

### **PHYSICAL EDUCATION 7 (7 weeks)**

This program is designed to expose the students to a variety of team and individual activities with the intent of developing an appreciation of them as a spectator and /or player. The main consideration of the program is fundamental skills development and the promotion of physical activity and fitness toward a healthy lifestyle. Students may participate in the following:

|  |                    |                |            |              |          |
|--|--------------------|----------------|------------|--------------|----------|
| Flag Football                                | Fitness Activities | Broomball      | Basketball | Softball     | Soccer   |
| Volleyball                                   | Pickleball         | Paddleball     | Speedball  | Mass Games   | LaCrosse |
| Fitness Testing                              | Track              | Cross Training | Ping Pong  | Badminton    |          |
| Heart Rate Monitor-Fitness                   |                    | Hockey         | Yukiball   | Frisbee Golf |          |
| HOPS (Interactive physical activity program) |                    |                |            |              |          |

### **MEDIA 7 (7 weeks)**

This class is an introduction to utilizing all the features of the library. We will explore the digital and print resources available. Students will learn how to utilize their Microsoft 365 account to organize and complete assignments. We will also build research skills and discuss the elements of digital citizenship.

### **WORD PROCESSING 7 (7 weeks)**

Students will review touch techniques and proper key stroking while continuing to develop composition and proofreading skills as well as speed and accuracy. Students will develop skills in the different features in Microsoft Word and Outlook 365 while creating emails, memos, tables, outlines and reports with citations.

### **CAREERS 7 (7 weeks)**

Career Exploration is a course designed to help students investigate their interests and strengths, and then use the knowledge to aid them in selecting possible career choices. Career decision making, goal setting and vocational trends will be discussed. The curriculum focuses on the unique academic, personal, and social needs of middle school students. It will provide them with opportunities to explore career clusters while developing knowledge and skills that are applicable to all career fields.

# SEVENTH GRADE ELECTIVE CLASSES

## Enrichment Block # 2

### **ART 7 (7 weeks)**

**FEE:** There is a \$10.00 lab fee, which will cover the cost of take-home projects

Aligned to the most current Nebraska Fine Arts Standards and the National Art Education (NAEF) Standards, Art 7 is an exploratory course designed to expand students' artistic knowledge and skill. Students will engage in units of study around a variety of art mediums and processes: ceramics, tempera, watercolors, and mixed media. Students will learn through direct instruction and hands-on application.

### **STEM 7 (7 weeks)**

**(Science, Technology, Engineering, Math)**

**FEE:** There is a \$10.00 lab fee, which will cover the cost of take-home projects

Students will learn and use the Engineering Design Process incorporating problem-solving skills through hands-on project learning. Students will practice learning through trial and error, not just a finished product. Experiences and projects will range from communication through using 3D CAD, construction/manufacturing, transportation while using a variety of technologies.

### **FAMILY CONSUMER SCIENCE 7 (7 weeks)**

**FEE:** There is a \$10.00 lab fee, which will cover the cost of consumables

Family and Consumer Science provides opportunities for students to acquire the knowledge, attitude, and skills essential to balance home, family, and workplace roles and responsibilities. Topics may include the following:

#### **Foods and Nutrition**

Healthy Food Choices

Basic Food Preparation Skills

Safety and Sanitation in the kitchen

#### **Teen Issues**

Self Esteem

Goal Setting

#### **Textile Construction and Care**

### **ROBOTICS 7 (7 weeks)**

**FEE:** There is a \$10.00 lab fee, which will cover the cost of take-home projects. (Scribble bots, etc.)

From the invention of the wheel to telephones to space travel, humans have continuously created new inventions to solve problems and make life easier. In this course, students will experience hands-on designing, building, and programming robots. Students will be exploring the history of robotics and using brainstorming strategies while learning and applying the basic principles of Science, Technology, Engineering, and Mathematics involving the Engineering Design Process. Robot projects will be used to understand and apply the engineering design process. Students will be working in partnerships using a variety of resources/tools.

### **HEALTH 7 (7 weeks)**

The purpose of this course is to help seventh graders acquire the knowledge and skills necessary to function as an informed adolescent in today's society. It is designed to help students develop healthy attitudes and to apply these to their daily living. The students will study the basics of hygiene, bullying, substance abuse (tobacco & alcohol), and nutrition.



# OTHER ELECTIVE CLASSES

## CADET BAND 7

**Duration:** Year

**The 7th grade concert band is comprised of students that have had at least one year of instrumental training.**

Beginners are also welcome but need to speak with the directors about taking lessons before officially joining the class. The concert band will continue to develop and expand on the students' skills learned in 6th grade. The group performs diverse selections of music at least three times each year. There are also opportunities to perform solos or in small ensembles. Concert band members will be using their method books from 6th grade. If they do not have a method book, one will be provided. Students will need to provide their own instrument and accessories. If families need assistance with this, please email one of the band directors. There is no fee for the class but students will be required to wear black dressy clothes and shoes for concerts (concert black). This requirement falls in line with expectations at the high school level.

## CHORUS 7

**Duration:** Year

**Recommendation:** None & No audition

Aligned to the most current Nebraska Standards for Visual Arts and NAFME (National Association for Music Education) standards, Chorus 7 is a course developed to expand musical knowledge and skills for all students. Topics studied will include the following: singing in parts, score navigation, listening and evaluating, basic composition, musical vocabulary, expressive elements, sight reading and rhythm reading. Students will learn through direct instruction and authentic practice and implementation through the performance of newly-acquired knowledge and skill. Students will participate in several vocal music concerts throughout the year. The singers' participation in performances are a major part of the learning targets and so participation at all performances is mandatory.

## MONARCH FLEX TIME

Flex time is a structured, independent work period designated to specific teams. Interventions, specialized instruction, and small groups generally meet during this time. Core teachers are available during flex time to answer questions and assist with homework.

# *Welcome to the Media Center*

The Media Center provides books and other materials for class assignments and leisure reading. The Librarian teaches information literacy skills and is available to help students find books and information, as well as assist students and teachers with technology.

The Media Center is open from 7:50 A.M. to 3:30 P.M. Students may come to the Media Center before and after school, as well as during the school day with a pass from their classroom teacher. A variety of electronic resources, such as the online catalog, online databases, and encyclopedia can be accessed within the Media Center, as well as from home on the students' laptops.

Students are expected to make good use of their time in the Media Center and respect the rights of others by conducting themselves in an appropriate manner. We are fortunate to have a wide selection of fiction and nonfiction books, in addition to games, puzzles, and other makerspace items. Students are welcome to come to the Media Center to peruse and use all the materials set out for them throughout the year. Any student who does not follow the expectations set forth within the space, will be asked to leave the Media Center.

Books and magazines may be checked out for 2 weeks with an option for renewal. Students may check out 5 items at a time, in addition to their assigned classroom novel. Fines for overdue materials are charged at the rate of 5 cents per school day (up to a maximum fee of \$3.00). If a student is absent due to illness, the fine will be adjusted. If materials are damaged or lost, the student must pay for the item so it can be replaced or substituted with a similar title.

Students at LVMS love to read so the Media Center is a busy place! Book clubs are available for students to join to discuss the latest books. Various reading promotions will occur throughout the year to help students discover new titles and genres. I look forward to seeing you in the Media Center. Stop by and let me help you find a good book to read.

Ms. Herzberg  
Librarian

# EXTRA CURRICULAR ACTIVITIES

The following activities are available this year for all seventh grade students. Announcements will always contain information prior to the start of each activity.

## CLUBS / ACTIVITIES

- |                   |                      |                         |
|-------------------|----------------------|-------------------------|
| *Math Club        | *Solo Singers Club   | *4-H/Science Club       |
| *Spanish Club     | *LVMS Drug Free Club | * Elevate Club          |
| *Reading Club     | *Yearbook            | *National Honor Society |
| *Games Club       | *Intramurals         | *Student Council        |
| *History Day Club | *Weight Club         | *HAL Program            |
| *Debate Club      | *GSA                 | *Show Choir             |

## ATHLETICS

### Boys

Cross-Country - 1<sup>st</sup> quarter  
\*Football – 1<sup>st</sup> quarter  
Basketball – 2<sup>nd</sup> quarter  
\*Wrestling – 3<sup>rd</sup> quarter  
Track – 4<sup>th</sup> quarter

### Girls

Cross Country -1<sup>st</sup> quarter  
Volleyball – 1<sup>st</sup> quarter  
Basketball – 3<sup>rd</sup> quarter  
Track – 4<sup>th</sup> quarter

\*Girls may also participate in these sports.

**Any middle school student who participates in show choir or a sport will be required to pay a \$50.00 activity fee. This is a ONE-TIME fee (not per activity or sport) that covers the entire school year.**

# Extra Curricular Clubs & Activities Descriptions

## **Math Club**

Math Club is a group of students who enjoy working on challenging word problems, learning new math games and solving math problems. Any seventh or eighth grade student may join.

## **Spanish Club**

Spanish Club meets every 1<sup>st</sup> and 3<sup>rd</sup> Monday from 3:15-4:00 p.m. Any 7<sup>th</sup> or 8<sup>th</sup> grader is welcome to join. Members focus on learning basic Spanish. Members also discuss Spanish culture, including music, movies, games, and holidays. The club has several fiestas during the year to celebrate Spanish holidays.

## **Writing Club**

Writing club is for any 7<sup>th</sup> or 8<sup>th</sup> grade student that enjoys creative writing of any kind. This club meets every two weeks to share writing and to try different styles and modes of writing.

## **Games Club**

Games Club is a club for students who enjoy playing games and meeting new people. The club meets once a week after school and is open at any time for someone to join. Some members enjoy playing chess, checkers or other games like Yahtzee, Clue, and Battleship. There are many games available for your enjoyment. Come and join us!

## **History Club**

History Club starts during the 2nd quarter and runs until April. We make projects to present at National History Day in March and then at the state competition in April. The club is for any student with an interest in history.

## **LVMS Drug Free Club**

This is a group that promotes a drug free lifestyle. Members focus on living a drug free lifestyle and doing activities to help others who are less fortunate. As a group we participate and organize many activities and fundraisers. We are one of the sponsors of the fall dance in October that advocates living a drug free life. We advocate RED RIBBON WEEK (a nationally recognized week promoting staying drug free). All of the above fund raisers and profits go solely to adopting families during the Holiday season.

## **Yearbook**

Yearbook members are responsible for taking photos, yearbook sales, creating yearbook pages, and delivering yearbooks at the end of the year. This year-long activity allows students to work as teams to create the yearbook and meet deadlines.

## **Science Club**

This club is for any La Vista Middle School student interested in doing projects, helping the community, and having fun! The club focuses on projects related to science and leadership, including the following: veterinary science, wildlife biology, chick embryology, gardening and horticulture, rocketry, speech, and many others. All of the projects students create are eligible for the Sarpy/Douglas county fair, as well as the Nebraska State Fair. Club members also participate in numerous field trips.

### **Intramurals**

Intramurals have a variety of activities throughout the year. In the Fall: Coed Volleyball; Winter 1: Coed Basketball; Winter 2: Dodgeball; Spring: Kickball.

### **Weight Club**

Weight Club is designed for all male and female student athletes, grades 7 and 8. There are two sessions offered per school year. **First Session** is in the fall beginning around November 1 and continuing until the end of December. **Second Session** begins in January and runs until the end of February. This program is designed to introduce the student athlete to physical conditioning with weights to enhance his/her performance in sports. It is also designed to improve the interested student's physical strength and appearance.

It is hoped that after the student has been involved with this program that he/she will realize the importance of maintaining good physical conditioning as a part of a healthy lifestyle.

### **National Junior Honor Society**

National Junior Honor Society is an organization with membership limited to selected individuals. Students are able to apply after the first semester of school if their GPA is 3.5 or higher. Students are admitted based on Citizenship, Character, Leadership, Scholarship, and Service.

### **Student Council**

Student Council is a leadership and service organization. Student Council members are instrumental in building school morale through the planning and execution of a variety of schoolwide endeavors.

### **Book Club**

Book Club meets twice a month after school in the Media Center. The purpose of Book Club is to celebrate books through thoughtful and lively discussions. All students are welcome to join. The only requirement is a love of reading!

### **GSA (Gay-Straight Alliance)**

The LVMS GSA meets the 1<sup>st</sup> Wednesday of each month after school in the FCS Room. The purpose of the GSA club is to create a safe and accepting environment for all students. We promote pride and leadership in the community. We are a fun and accepting group for all.

### **Elevate Club**

We will provide a fun and safe place for girls to come together and grow as we work on loving ourselves, supporting each other, and becoming the best women we can be. Girls participate in group discussions and activities designed to boost self-esteem and create a sense of sisterhood and support. This club is only for the 2<sup>nd</sup> and 3<sup>rd</sup> Quarter.

### **Show Choir**

**Recommendation:** Selection via audition

**Rehearsals:** Before school and occasional weekends, September through April

**Performances:** Multiple throughout the season; they may include competitions

**Activity Fee (One-time fee for athletics and show choir):** \$50.00 **Costume Fee:** Up to \$150.00

**Expectation:** Students pay for their own show choir costume if they are selected for Show Choir participation. Show choir is an extra-curricular auditioned group that combines choral singing and dance. Through costumes, songs, and choreography, students perform in a show which may be entered into various competitions.

### **High Ability Learners**

In the fall of the new school year, identified seventh grade students are offered an introduction to the Middle School HAL Program. This introduction includes information about the HAL program at the middle level and a survey, completed by HAL students, indicating their interest in HAL activities and workshops that will be offered during the upcoming school year. **At the middle school level participation is voluntary and students can sign up throughout the year for a variety of exploratory enrichment workshops, based on student interest.**

In addition, HAL may offer enrichment opportunities that could require students to meet periodically throughout the school year. These may include:

- \* Geography Bee
- \* Math Contests
- \* Writing Contests
- \* National History Day
- \* Other Curricular Related Opportunities

**This is a sampling of clubs offered this year. The offerings may change based on student interest and staff availability.**

## Child Find Notice

The Papillion-La Vista Community Schools has an ongoing goal of locating and identifying all children, from birth through age 21, who have special needs. The district will provide any child or youth who have a disability an appropriate public education at no cost to the parents of the child. Children or youth with disabilities are those who have hearing impairments, vision impairments, behavioral disorders, both deafness and blindness, health impairments, specific learning disabilities, mental disabilities, multiple disabilities, speech and language impairments, physical disabilities, autism or traumatic brain injuries. In addition, children and youth with any disability which substantially limits a major life activity may receive modifications to allow them access to an appropriate education (Section 504 of the Rehabilitation Act, as amended).

The Papillion-La Vista Community Schools request your help in locating children and youth with disabilities who are eligible to benefit from Special Education. If you know of a child or youth who is a resident of the District, who may have a disability and is not receiving needed services, please contact: Dr. Tammy Voisin, Director of Special Services, 420 South Washington St., Papillion, NE 68046. Dr. Voisin should also be contacted if you know of someone who may need this notice translated to another language, given orally, or delivered in some other manner.

## NON-DISCRIMINATION

Papillion La Vista Community Schools does not discriminate on the basis of race, color, national origin, sex, disability, religion, age or other protected status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

Students: Dr. Trent Steele, Director of Secondary Student Services, 420 South Washington Street, Papillion, NE 68046 (402) 537-6214 ([trent.steele@plcschools.org](mailto:trent.steele@plcschools.org))

Employees and Others: Dr. Kati Settles, Assistant Superintendent Human Resources, 420 South Washington Street, Papillion, NE 68046 (402) 537-6206 ([kati.settles@plcschools.org](mailto:kati.settles@plcschools.org))

Complaints or concerns involving discrimination or needs for accommodation or access should be addressed to the appropriate Coordinator. For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination Office for Civil Rights in the U.S. Department of Education (OCR), please contact OCR at One Petticoat Lane, 1010 Walnut Street #320, Kansas City, Missouri 64106, (816) 268-0550 (voice), or (877) 521-2172 (telecommunications device for the deaf), or [ocr.kansascity@ed.gov](mailto:ocr.kansascity@ed.gov).

## U.S.D.A. Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.