

September 16, 2018

# Middle School Matters



## Schedule Updates

**Wednesday, Sept. 19:** Fall Picture Day (dress uniform)

**Thursday, Sept. 20:** Middle School Fall Overnight to Camp Hanes

**Friday, Sept. 21:** Middle School Fall Overnight to Camp Hanes

**Tuesday, Sept. 25:**  
Fifth grade to Reynolda Gardens and WFU Museum of Anthropology (bag lunch, everyday uniform)  
SA Family Night

**Wednesday, Sept. 26:** See You at the Pole, 8:05 a.m.

**Thursday, Sept. 27:** Grades 5-8 to Horizons, 10-11:30 a.m. (everyday uniform)

**Friday, Sept. 28:**  
Middle School Non-Uniform Day  
Eighth grade to Old Stone House 8 a.m.-1:30 p.m. (bag lunch)

**Monday, Oct. 1:** Progress reports go home

**Wednesday, Oct. 3:** Eighth grade to Timberlake Sanctuary (bag lunch, everyday uniform)

**Friday, Oct. 5:**  
Fall break for students  
Teacher workday

**Monday, Oct. 8:** Fall break for students and staff

## Teacher Help Days

Help sessions last until 4 p.m. unless otherwise noted.

**Monday** - Mrs. Current, Mrs. Overcash

**Wednesday** - Mrs. Goodman, Mrs. Starrett

**Thursday** - Mrs. Hattaway, Mrs. Coulter

## Spring Overnight Trips

Planning for our spring overnight trips has begun! The dates are 4/24-4/26. Please email [jgoodman@salisburyacademy.org](mailto:jgoodman@salisburyacademy.org) if you would be interested in chaperoning. Space for chaperones is limited.

## Growth Mindset in Middle School

Working to establish a growth mindset in middle school students helps them to believe that they can get better at difficult tasks, develop new talents, and improve their skills in and out of the classroom. Here are some tips for developing a growth mindset through conversations at home:

- Teach them that their brain is elastic and ever-changing.
- Share examples of your own experiences with growth and failure.
- Focus on the process of setting attainable goals, not only on the goals, themselves.
- Brainstorm solutions when things don't go as planned.
- Problem-solve areas where skills are lacking.
- Listen more than you talk.

## Community Offering

The Jr. Cotillion and Life Skills Program starts October 3rd for grades 6th, 7th, and 8th. Registration is now open! To register contact Fern Albracht by calling: (704) 633-0926 or email: [fern.albracht@gmail.com](mailto:fern.albracht@gmail.com).

## Battle of the Books

Students interested in BOB may join Mrs. Isenhour on Tuesday, 9/18 in the library from 8-8:30 a.m. for a program overview. Parents are encouraged to join their child. For more information, email [kisenhour@salisburyacademy.org](mailto:kisenhour@salisburyacademy.org).



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