

Guidance and Student Services

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From the desk of the 8th Grade Counselor: **SOUTHWEST MIDDLE SCHOOL**

Character Trait of the Month

The Character Trait for the Month of November is **HONESTY**.

Honesty means being truthful in word and action.

Talk about:

Integrity

Trustworthiness

Reliability

What's Inside

- Advice from your 8th Grade Counselor
- Students of the Month, and Honor Roll
- Important Dates
- Much, Much More

Help Wanted

We need parents and community members to volunteer to assist us with our School-Wide Incentives, Career/College Week, and many more activities.

If you are interested, please call Mrs. Barber @980-343-5006 or send an email to: Karen.barber@cms.k12.nc.us

WELCOME to 8th GRADE

We are glad you are here!

Hopefully, by now you have faced your fears. Hopefully, you realize several things:

- YOU passed 7th grade and you can/will pass 8th grade.
- Hard work does pay off.
- At the end of the day, the only opinion that really matters is the opinion that you have of yourself.
- If you want friends, you must be a friend and show self friendly.

"Now, what's next?" I am glad you asked. Listen carefully. First, **"Run Your Race."** Everybody in life has been given special talents, gifts, abilities, and/or qualities that will not be exactly like someone else. Don't waste time wishing you were someone else, or you should be doing what someone else is doing, or you should have what someone else has. Everyone has a specific course in life. You are to assess where you are, set goals, implement an action plan and become the champion you were created to be. Think about it. We aren't all sprinters. Personally, if anyone ever placed me in a 50 yard dash or 100 yard dash, the outcome would be very predictable. I would no doubt place last every single time; however, I realize that while I am not

a very good sprinter. I am a pretty decent long-distance runner or I use to be. Anyway, if I'm a runner in an event like the 800 or 1 mile run, go ahead and begin cheering. I believe I could very possibly come in first place. Why? My endurance is better and I understand the importance of pacing myself. Maybe, you're still lost, and you don't have a clue what I'm talking about. Okay, here's another example. Think about Michael Jordan. He became a great basketball player (He wasn't at first); however, later he tried his hand at baseball, and he quickly discovered that he wasn't very good at all. My point is this. Take time to find out what makes you special. Focus on you. If you spend too much time trying to run someone else's race, you will become distracted and fail to successfully complete your own race. Secondly, **Set Goals**. Then, focus on the best course of action for you, and celebrate yourself. Here at Southwest, we have Common Core classes, and Honor classes. Don't worry about where you have been placed. Understand your placement, and challenge yourself to get better by identifying your strengths and addressing your weaknesses. Let's face it. No one knows everything. There will always be someone prettier, smarter, taller, and more talented. Be the best you-you can be.

At Southwest, you aren't being compared to anyone. All of our students are great. Our job is to take you where you are, and help you to get where you desire to be. Relax and "Run Your Race!"

Important Dates:

- **Application period for the first lottery: November 30, 2018 - January 7, 2019**
- **November 12th-16th College/Career Week**
- **CAREER DAY- Nov. 14th**
- **1st Quarter Honor Roll Celebration- November 16, 2018 @ 1:30**
- **CLASS OF 2023 Portfolio Two Canvas assignments must be completed by the end of each quarter**
- **School Assignment Letters arrive home late November**

Did you Know?

Sharing meals is more than just fun- it's educational. Students who take part in family mealtime conversation become better readers. They also score higher on tests of



Getting Ready For High School



Future Ready Core Plus Graduation Requirements

4 Credits of English

4 Credits of Math (4th math aligned with the student's post high school plans)

3 Credits of Science (Earth, Environmental, Biology, Physical Science -Can be Physical Science, Chemistry or Physics)

4 Credits of Social Studies (World History, Civics/Economics, American History I, and American History II or AP US History and 1 additional social studies credit)

1 Credit of Health/PE

8 Electives

Total of 24 Credits

CPR Requirement (Completed in 8th Grade) and Graduation Project completed in 11th and 12th Grade)

A foreign language is not required for graduation; however, 2 years is a minimum requirement for application to a North Carolina College/University.

Please note:

High school credits earned in middle school do not count towards credits that must be earned each year in order to be promoted to the next grade. However, credits earned in middle school do count towards the total number of credits necessary to satisfy graduation requirements.



HELPFUL TIPS TO IMPROVING

1. Make sure your child attends school every day.
2. Check your child's planner or Google Classroom Accounts to see what assignments students are working on and what assignments are due the following day. Be sure you see a completed assignment.
1. Look for mid-quarter progress reports December 3rd-4th. Report cards were issued to all students on November 6th.
2. Sign up for Parent Assistant, and monitor your child's progress. Contact Nancy Needham if you need help.
3. Call and/or e-mail your child's teachers directly or contact the grade level counselor to set up a conference.
4. Let your child see you reading.
5. Let your child see you setting and accomplishing short and long-term goals.

A list of teachers with email addresses can be located at our website:

Go to www.cms.k12.nc.us

Click on: Schools

Click on: Middle Schools

Click on: Southwest Middle School

Click on: School Website: Southwest

Click on: Faculty and Staff



Students of the Month

Monthly, twelve students per grade-level will be recognized for exhibiting exemplary character. They will be recognized based on four categories:

- Academics
- Citizenship/Character
- Team Player
- Most Improved

These students will receive a n incentive. We will also announce their names and post their pictures on the hallway.

Helpful Tip



There are many things that we can do to make learning relevant for children. Here are some examples: Show them how math and reading relate to:

- reading a newspaper, or magazine
- cooking
- shopping
- buying, or leasing a car
- building a house
- decorating a home
- maintain a saving or checking account
- managing time, and managing a budget

SWMS' Criteria for Honor Roll: Students must make at least a "B" in all classes.

GPA



GRADE POINT AVERAGE

How to Calculate GPA on a 4.0 Scale

In the academic world, when it comes to getting admitted into graduate school programs and colleges, the number which can further your prospects is a good Grade Point Average (GPA). I don't mean to imply that grade point average is the only thing that matters when your case is evaluated by admission boards, but it does have a large weightage. Good recommendations, project research experience and extracurricular activities are also big contributing factors. The moral of the story is that it's essential to keep an eye on your grade point average, throughout each one of your academic semesters.

About Grade Point Average (GPA)

One of the oft repeated questions of students on online forums is - 'How do I calculate my GPA?'. Some are not even clear about what exactly is grade point average. So let me briefly explain what we mean by a GPA and why is it important that you track it regularly.

For every course that you take up during college education or graduate school, you need to appear for a semester end exam. Besides this, you are tested throughout the semester through other quizzes and tests. Based on your performance, you are awarded grades for each course, which come with associated grade points. The average of all the grade points, that you manage to score in all courses, is the grade point average. In the following section, you will find the formula for calculating GPA for high school and college.

Formula to Calculate GPA on a 4.0 Scale

Grade	Grade Points
A	4
B	3
C	2
D	1
F	0

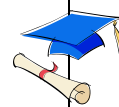
By [Omkar Phatak](#)

Published: 12/31/2010

College Foundation of North Carolina, Helping You Plan, Apply, and Pay for College.

Discover Your Dream Job and How to Get There ...

www.cfnc.org/



The formula for calculating GPA for high school or college on the 4.0 scale is as follows:

Grade Point Average (GPA) = (Sum of Grade Points For Each Course) / (Number of Courses)

The formula is simple enough to follow and within a minute, you can calculate your GPA using it.

How to Calculate GPA Easily?

So here is the procedure explaining the calculation on a 4.0 scale.

- Note down the grade scores for each one of the courses you opted for.
- Refer to the chart provided above and note down the corresponding grade point values for each of the grades you scored.
- As the above formula demonstrates, sum up all the grade points and divide the total, by the number of courses. The end result will be your grade point average.



September and
October's

Students of the Month



HOW TO RESOLVE CONFLICTS

Congratulations to :

Nafir Pagett Gabriel Jugan
Aailyah Perez-Ramos Lyric Brown
Sheil Patel Nhu Loi



They were chosen for their outstanding academic performance.

Justina Walker Trahn Bell
Connor Forloine Madeline Kline
Taylor Hammond Aryan Patel

They were recognized for citizenship and character.

Cinthia Chinchilla-Gutierrez Lea Lynn
Myria Meyers Alana Pierro
Gianfranco Mendigana Andrade
Rafael Alvavez



They were recognized for being Team Players.

Sanquis Pegues Dayanarit Valle Sanchez
Clifford Richardson Izzy Merritt
Taylor Hammond Brooklin Ingram
They were chosen as Most Improved.

Again, congratulations to all of these students.



Parents Helping Parents

—Advice Column—

Dear Parents,

I am a single parent, and I love my daughter dearly. She has everything she needs and more. However, she is not doing well academically. I know that she can do the work, but she chooses not to... I have grounded her, taken away almost everything she has and nothing seems to help. What else can I do? Should I just allow her to learn the "hard way?"

Sincerely,
-Concerned

Conflicts are bound to happen anywhere, and students must be equipped with the necessary skills to resolve conflicts in school and in life.

Discuss what might happen if you (the parent) are unable to resolve your problems on your job.

Below are some suggestions to help your child understand how to better communicate when trying to resolve conflicts.

1. Agree to meet privately with the person with whom you are having the conflict or ask your counselor to mediate.
2. Identify a purpose. The purpose of the meeting isn't to escalate the conflict, but to solve the conflict.
3. Establish some ground rules such as:
You agree to be honest, accept responsibility for what you did wrong. Why? It takes at least two people to have a conflict. Don't blame or accuse. Ask questions.
4. Give information stating your feelings first. Example: I felt hurt or angry when....
5. Listen. Don't interrupt. Don't get defensive just relax and listen.
6. Show the person that you are listening and that you want to resolve the conflict. Example: Say, "I apologize for making you feel _____. I wasn't trying to make you feel _____. I only wanted _____."
7. Work out a solution. Each person should state what they are willing to say or do to prevent future conflicts.
8. Seal the deal with a handshake or hug.

Don't Worry, BE HAPPY!



Dear Parents,

I am a proud mother of two children. I am married. However, I am currently considering a divorce. My children know that their father and I are considering a separation, and they are very disturbed by our family situation. I don't want our family issues to affect our children's school performance, but it is. I don't know what to do. Help.

Sincerely,
-Confused

**Parents who are interested in offering some helpful advice or asking for advice should forward their information to:

Southwest Middle School
Attn: Guidance and Student Services' Newsletter
13624 Steele Creek Rd.
Charlotte, North Carolina 28273