

WELCOME to SALK!

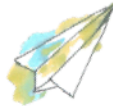


We love
Middle
School!

Welcome future 6th Graders!

We are so excited to welcome you to Salk! We have many resources and supports to help you transition smoothly. Please check out our website! www.salkcounseling.weebly.com

Have a question? We can help!



Who can you ask for help at Salk? The list is really long!

- Your TEACHERS of course!
- Mr. Zampaglione, our Principal
- Mrs. O'Grady, our Assistant Principal
- Mr. Agovino, our Dean
- Mrs. Steward, our 6th grade School Counselor
- Mrs. Miceli or Mrs. Williams, our Social Workers
- Our School Psychologists
- Mrs. Berkowitz or Mrs. Thomann, our Nurses
- Mrs. Anderson, our Librarian
- Any of our wonderful clerical staff in the Main Office, the Attendance Office, or the Guidance and Counseling Office
- Our Hall Monitors



How to Open A Locker



Step 1: Clear lock by turning the dial to the right 2 times, stopping at 0

Step 2: Turn the dial to the right stopping at the first assigned number

Step 3: Turn the dial to the left PASSING the first number and stopping at the second assigned number

Step 4: Turn the dial to the right stopping at the third number. Pull down on lock to release and open.

NICE WORK, YOU DID IT!!

At your orientation in August, you will spend a ton of time practicing your lock, don't worry you'll be an expert by the first day of school!

Friendships



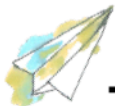
Middle School is a great place to make friends! Here are some tips!

- Let your friends and classmates get to know the real you
- Be a good listener
- Talk it out when you have a problem

Advice from Current 6th graders



Our entire 6th grade class took the time to tell us what they worried about before they started at Salk. They also wrote some great advice for you! Here's our "Top 8 Worries" with advice from 6th graders that just went through it!



Lockers

- "Opening a lock is easier than it looks"
- "Always have an organized locker and use a string bag"
- "If one of your classes is too far from your locker, bring your stuff to your prior class"
- "Write your combo on a piece of paper until you memorize it!"

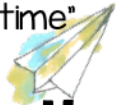


Getting Lost

- "Once you're in the hallway that most of your classes will be in (the 6th grade hallway) you'll be good to go"
- "The school may look big or scary, but it's very easy to find your way around"
- "If you think you got lost, ask a teacher to give you directions"

Getting to Class on Time

- "It may seem hard getting from class to locker to class again, but it's actually not so bad"
- "It's not that hard to get from class to class"
- "Trust me, there is more than enough time to get to class on time"



Homework & Tests

- "Don't stress tests or homework. Always pay attention in class, study for your tests and quizzes, it will be worth it!"
- "Don't stress... there is extra help and you get a while to study for tests"



Lunch

- "I was so worried about friends not being in my classes or lunch, but you will make new friends"
- "Sometimes you can go to the library during your lunch period"
- "Don't worry who is going to be in your classes or lunch, you will make more friends"

Friends

- "Be yourself! If you be yourself then you might make a friend and they will be friends for who you really are"
- "Talk to new people and be yourself"



Schedule

- "I was so worried about remembering my schedule and it wasn't a big deal!"
- "Go to Guidance if you lose your schedule, they'll print you a new one"



Getting Good Grades

- "Work as hard as you can, but don't stress yourself out! Always give yourself time to rest, no one is perfect"
- Believe in yourself and you'll be fine as long as you try your best"



Extra Advice

- "The teachers will love you they're amazing and super nice and funny"
- "All the teachers will take time to help you with anything you need"
- "Salk is more FUN than overwhelming!"