



# ON THE ROAD TO IRVING MS

Family and School Partnerships  
Office of Professional Learning &  
Family Engagement





**Cindy Conley**  
*Principal*

# Course Selection Is Complete!

Irving MS Student Services

## Rising 7<sup>th</sup> Grade Student Presentation

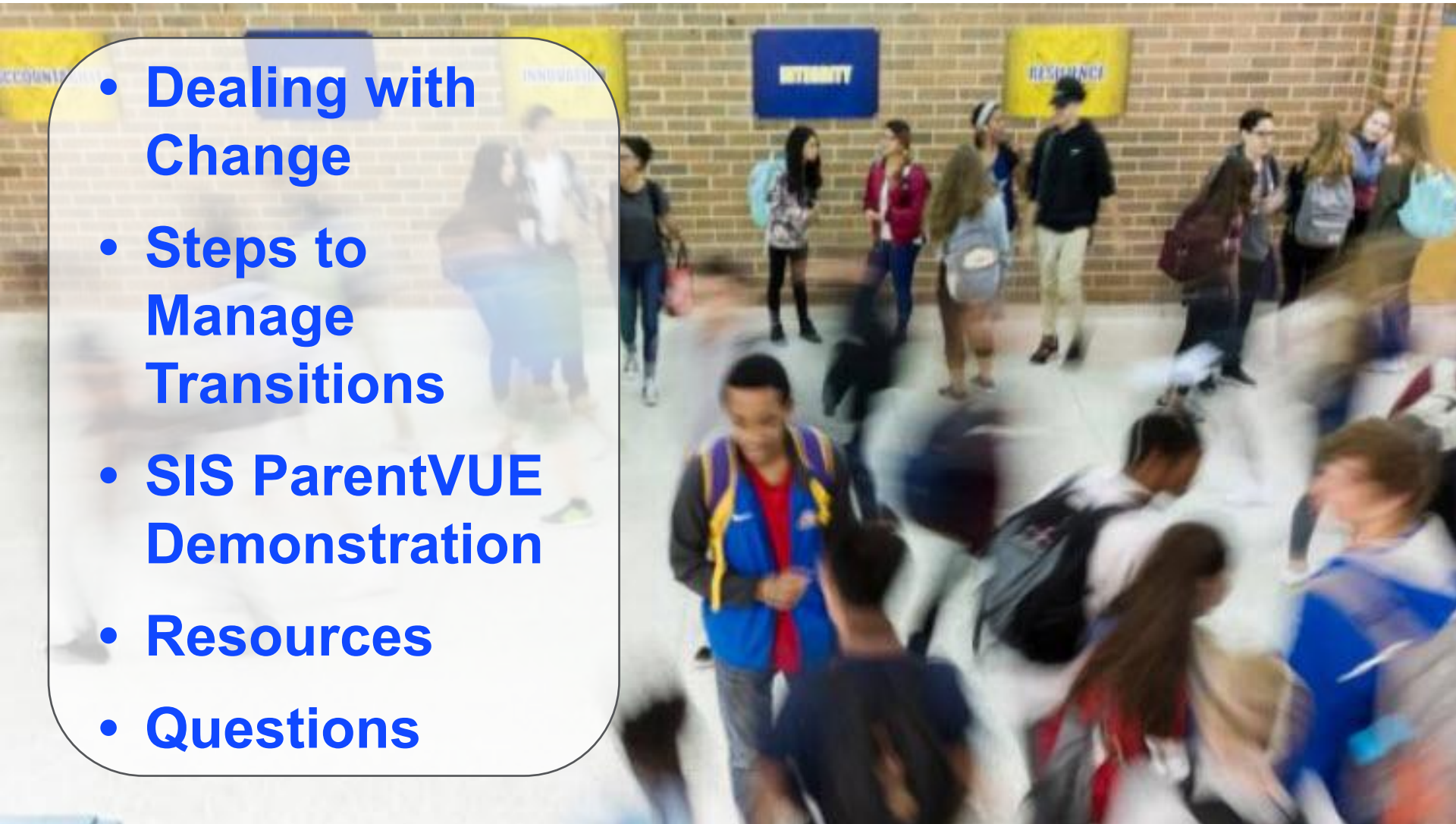
- If your 6<sup>th</sup> grader wishes to change a course that they selected during academic advising, they should contact their elementary school counselor
- **All requests for changes to course selections must be made prior to June 14, 2024**
- Some classes may be closed due to reaching maximum enrollment. Students can be added to the waitlist for closed classes



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# Agenda

- Dealing with Change
- Steps to Manage Transitions
- SIS ParentVUE Demonstration
- Resources
- Questions





# The Challenge of Change



# Dealing with Change

## Change can cause stress

- Anxiety about the unknown
- Lack of control in a new environment
- Worry about the loss of important relationships



# How Will Middle School Be Different?

## Changes for Students:

- Larger building with many more students and many more rooms
- More teachers
- More course choices
- More extracurricular choices
- New school rules
- More independence & responsibility (ROCK)





# How Will Middle School Be Different?

## Changes for Parents:

- Losing the security of a smaller school with just one classroom teacher
- Dealing with emotional and physical changes as child goes through puberty
- Worries about negative influences from peers
- Changing role in monitoring studies as child assumes more responsibility





# Steps to Help Manage Transition

**PREPARE**

**ESTABLISH STRUCTURES  
& SUPPORTS**

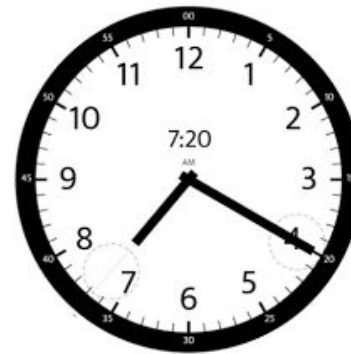
**MONITOR**

**EVALUATE & ADVOCATE**

# Step 1: Prepare

Learn about:

- School hours
- Block scheduling
- Lunch
- Team colors
- School mascot



# Step 1: Prepare

## Know the Key Staff at Irving MS:



Cindy Conley  
Principal



Sarah Padilla  
Assistant  
Principal



Meg Gollinger  
Director of Student  
Services



Cynthia Pareja  
Counselor



David Frenck  
Counselor



Fiorella Zeh  
Family Liaison



Traci Jamison  
Social Worker

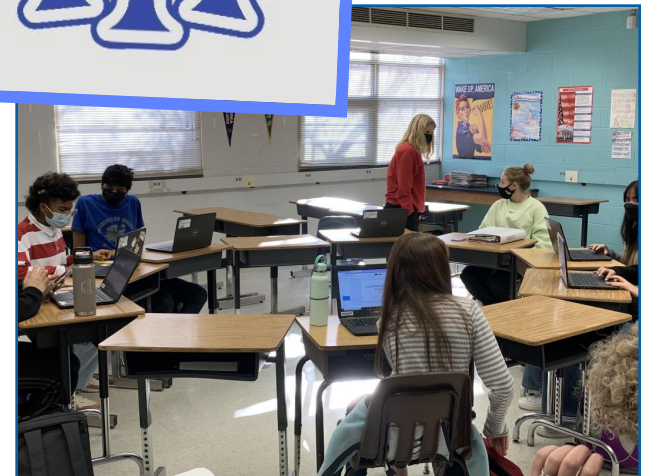


Elois Berry  
Psychologist

# Step 1: Prepare

## Visit the school (students)

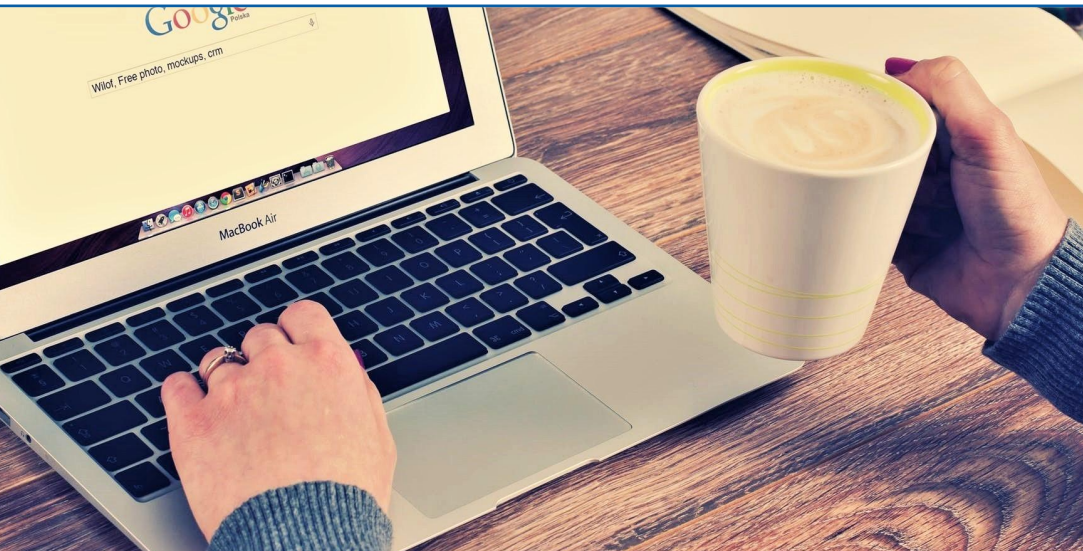
- 6th grade student visits in January
- 1-Day Irving Summer Academy (scheduled for early August between 8-12:30pm)
- Friday before first day of school students will be able to take bus/walk to school and participate in activities to become familiar with school
- Attend music and or theatre events that are open to the public
- Summer VIP program





# Step 1: Prepare

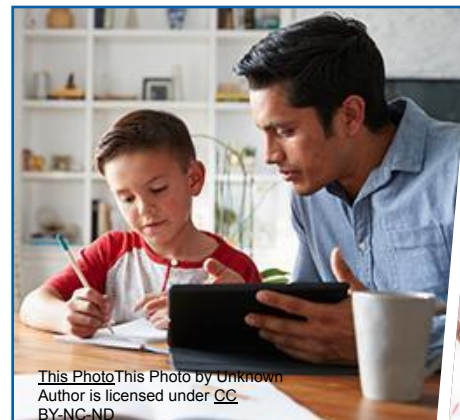
- Find out about sports, music, theater, afterschool, clubs, Special Education, and ESOL programs.



- Explore the Irving website.
- Follow the school on social media.
- Attend workshops and orientations.
- Talk with other Irving parents in your neighborhood.
- Parent Resource Center and other FCPS resources.

# Step 2: Establish Structures & Supports

- Set an after-school and evening schedule
- Designate a homework space
- Make a study plan
- Use supportive tools



# Step 2: Establish Structures & Supports

- Expect your teen to attend school every day, on time. (Last bell 7:30am)
- Review and reinforce school rules of conduct.
  - FCPS Student Rights and Responsibilities
  - School/teacher expectations
- Continue to be clear about your family's values regarding sexual behavior, smoking, drinking, and drugs.





# Step 2: Establish Structures & Supports



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- Set specific guidelines for the use of social media, video games, the internet, and cell phones
- Cell phones silenced and put away during the school day
- FCPS Lightspeed Technology Use Report for parents



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# Step 3: Monitor Progress and Mindset

Middle school parent role shift:

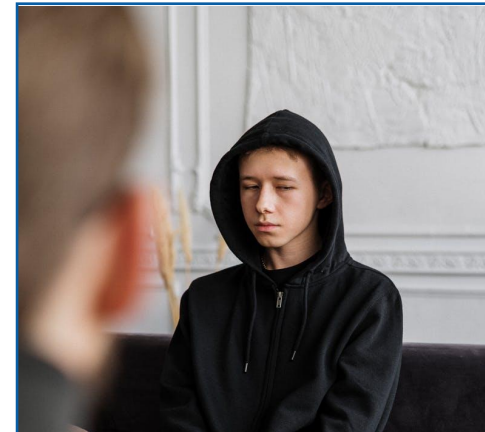
- Less management
- More support, guidance and encouragement
- Staying present and engaged
- Monitoring child's performance and behavior



# Step 3: Monitor Progress and Mindset

Strategies to strengthen the communication with your child:

- Listen without interrupting
- Take your child's perspective
- Show interest in your child's opinions, even when you disagree
- Avoid criticizing
- Notice and point-out the positive in your child's efforts and every-day wins
- Help your child develop their own solutions to situations by discussing ideas and offering suggestions



# Step 3: Monitor Progress and Mindset

## Monitoring tools:

- Schoology
  - Homework
- SIS ParentVue
  - Gradebook
  - Attendance
- Progress Reports
- Back to School Night
- Read school and teacher communications
- Talk and listen to your child frequently



# Step 4: Evaluate and Advocate

When serious questions or concerns arise:

- Talk with your child about the concern first.
- Encourage your child to advocate for themselves and talk with the teacher.
- Reach out yourself when needed to teachers or counselors.





## Step 4: Evaluate and Advocate

- Support a healthy balance between school and leisure.



- Keep teaching life skills they need to be independent: cooking, cleaning, and money management.

# Step 4: Evaluate and Advocate

Advocate for your child's future success:

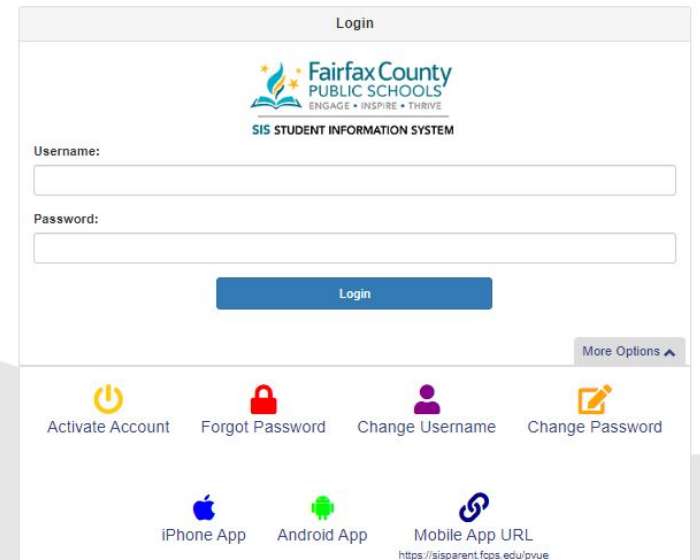
- Encourage your student to explore career ideas.
- State your wishes for post-high school plans.
- Help your child develop goals and plans for how they will meet them.



# SIS ParentVUE Demonstration

1. Log into [SIS ParentVue](#)
2. If you do not have an account, contact the registrar at your child's elementary school
3. Subscribe to updates if needed

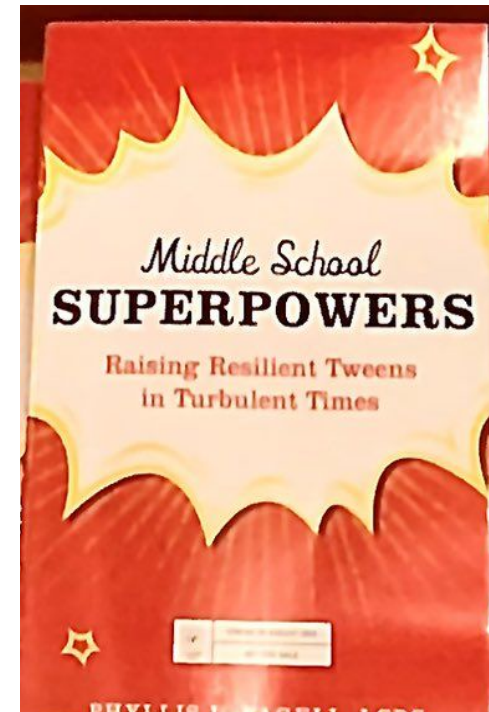
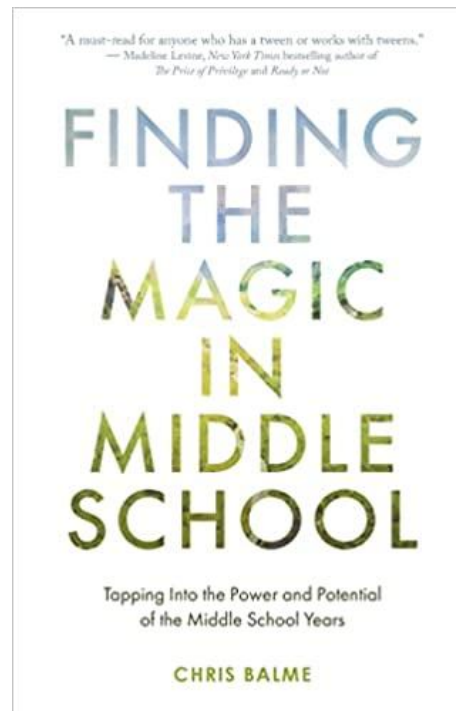
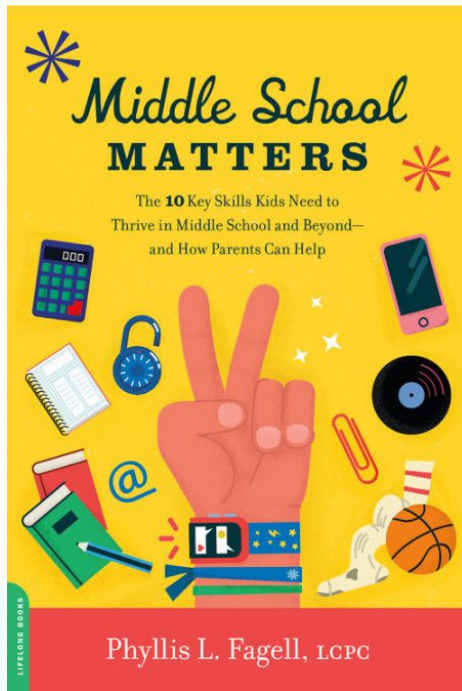
## ParentVUE Account Access



The screenshot shows the login interface for the SIS Student Information System. At the top, it says "Login" and features the Fairfax County Public Schools logo with the tagline "ENGAGE • INSPIRE • THRIVE" and "SIS STUDENT INFORMATION SYSTEM". Below the logo are two input fields: "Username:" and "Password:". A blue "Login" button is positioned below the password field. To the right of the button is a "More Options" link with a downward arrow. At the bottom of the page, there are four links with icons: "Activate Account" (power icon), "Forgot Password" (lock icon), "Change Username" (person icon), and "Change Password" (pencil icon). Below these are three mobile app links: "iPhone App" (Apple logo), "Android App" (Android logo), and "Mobile App URL" (chain link icon) with the URL "https://sisparent.fcps.edu/ovue".

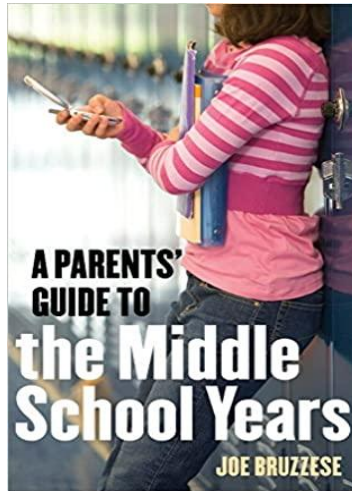
# Recommended Readings - Parents

- ✓ Middle School Matters by Phyllis Fagell
- ✓ Finding the Magic in Middle School by Chris Balme
- ✓ Middle School Superpowers by Phyllis Fagell

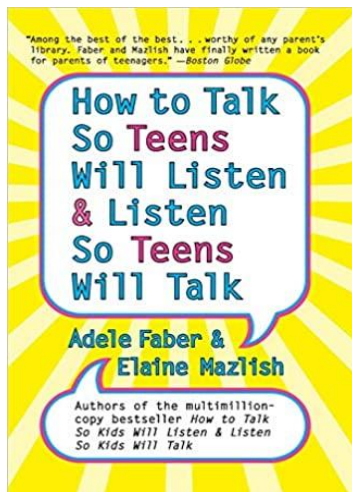




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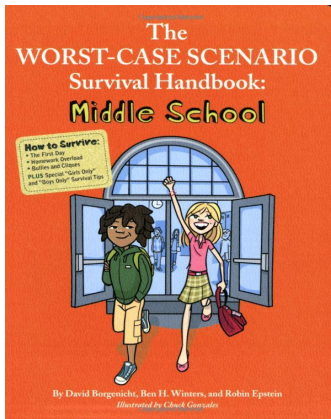


**A Parents' Guide to the Middle School Years**  
by Joe Bruzzese, MA



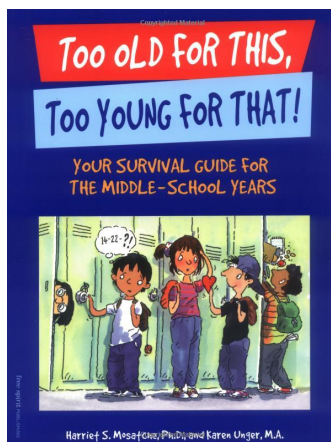
**How to Talk So Teens Will Listen & Listen So Teens Will Talk**  
by Adele Faber & Elaine Mazlish

# Recommended Readings - Students



## The Worst-Case Scenario Survival Handbook: Middle School

by David Borgenicht, Ben H. Winters and Robin Epstein



## To Old for This, Too Young for That! Your Survival Guide for the Middle School Years

by Harriet Mosatche and Karen Unger



## **Join the Irving MS PTA Next Year!**

- Irving MS PTA is in need of a Vice President and Committee Chairs for next school year!
- If you are interested in serving our school community and the PTA in one of these positions, please email [irvingmspta@gmail.com](mailto:irvingmspta@gmail.com).
- To learn more about the Irving MS PTA - please visit the website or Facebook page!

<https://irvingms.memberhub.com/w/>

<https://www.facebook.com/WIMSPTA/>

# Family and School Partnerships

Office of Professional Learning and Family Engagement

[www.fcps.edu](http://www.fcps.edu)

Search “family engagement”