



You're on Your Way to 7th Grade

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Meet a few of your future educators.

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Insight to new responsibilities.

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You can describe the topic of the section here

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Setting goals is always helpful.

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You can describe the topic of the section here



**The choices you make today
shape the opportunities you'll
have tomorrow. Choose wisely,
and don't be afraid to ask for
guidance along the way.**



– Dr. Ralita Cheeks



01

**Welcome to the
next step!**



Middle school is where you begin to explore your interests, make new friends, and build habits that will help you succeed in high school and beyond!

New teachers, subjects, and schedules.

Time to start exploring your interests!



**Marianne
Lenkiewicz**
English Teacher



Marty Wendel
Middle / High School
Physical Education
Teacher



Chris McClure
MS/HS Principal



Mallory Dowell
Vocal Music



Hannah Kochevar
FACS/ART Teacher,
FCCLA Advisor, Junior
Sponsor





BELL SCHEDULE

1st Hour

8:15 - 9:12

MS Breakfast: 8:15 - 8:25

HS Breakfast: 9:02 - 9:12

2nd Hour

9:15 - 10:02

3rd Hour

10:05 - 10:52

4th Hour

10:55 - 11:42

Intervention

11:45 - 12:39

MS Lunch: 11:42 - 12:07

HS Lunch: 12:14 - 12:39

5th Hour

12:42 - 1:29

6th Hour

1:32 - 2:19

Homeroom/Seminar

2:22 - 2:50

7th Hour

2:53 - 3:40





02

You're

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Growing Up

New Responsibilities and Choices



New Responsibilities and Choices

Middle school is different from elementary school. You'll have more subjects, more teachers, and more responsibility!

- More teachers and different subjects.
- You're responsible for your own homework and assignments.
- Starting to manage your own time!





**School counselors help students
turn their dreams into plans—one
class, one choice, and one goal at
a time.**



– Dr. Ralita Cheeks



Exp	Trm	Crs-Sec	Course Name	Teacher	Room	Enroll	Leave
1(A)	24-25	0201-1	7th Gd. Math	Werner, Michelle	210	08/21/2024	06/01/2025
2(A)	24-25	0401-2	7th Gd. Social Studies	Bremerman, Stephanie	212	08/21/2024	06/01/2025
3(A)	24-25	0101-1	7th Gd. English	Lenkiewicz, Marianne	209	08/21/2024	06/01/2025
4(A)	24-25	0301-2	7th Gd. Science	Werner, Morgan	202	08/21/2024	06/01/2025
INT(A)	24-25	72003-2	Intervention - MS Study Skills	Bremerman, Stephanie	212	08/21/2024	06/01/2025
5(A)	S1	0913-1	M. S. Choir S1	Dowell, Mallory	128	08/21/2024	01/07/2025
5(A)	S2	0902-1	M. S. Art S2	Kochevar, Hannah	133	01/07/2025	06/01/2025
6(A)	S1	0320-1	STEM (MS)	Goodwin, David Lee	134	10/22/2024	01/07/2025
6(A)	Q3	1031-3	M.S. FACS	Kochevar, Hannah	132	01/07/2025	03/24/2025
HR(A)	24-25	99999-15	Activity Period	Werner, Morgan	202	08/21/2024	06/01/2025
7(A)	Q2	02015-1	Math Enrichment (MS)	Goodwin, David Lee		10/21/2024	01/07/2025
7(A)	Q3	01015-6	English Enrichment (MS)	Scuitte, Lorene		01/07/2025	03/24/2025






Every class you choose is a step toward your future. Plan with purpose, explore with curiosity, and remember—I'm here to guide you every step of the way.



– Dr. Ralita Cheeks



03 Staying Organized

Get Ready To Stay Organized!

Get Ready to Stay Organized!

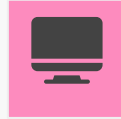
Staying organized is the key to success!



Google Classroom

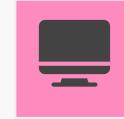
...is a tool where teachers can share assignments, announcements, and resources with students.

- It helps you stay organized by keeping all your classwork in one place. You can also submit homework, ask questions, and get feedback from your teacher all online!



Xello

...is an online tool that helps you explore careers, plan for high school, and think about your future.



PowerSchool

...is an online system where you can check your grades, assignments, and attendance.

- It helps you stay on top of your progress in school.



Google Classroom

 Classroom > Class of 2031

Stream

Classwork

People

Grades

Class of 2031



Meet



[Generate link](#)

Class code



mfbcf66 

Upcoming

No work due soon

[View all](#)



Announce something to your class



This is where you can talk to your class

Use the stream to share announcements, post assignments, and respond to student questions

 [Stream settings](#)

Xello

xello



Home ▾



About Me ▾



Explore ▾



Plans ▾



Hey, Dr. Ralita!

Manage topics to update your feed.

[View topics](#)



Lessons

Review your list of lessons.

[View lessons](#)



Portfolios

Showcase your skills, creativity, and learning.

[View portfolios](#)



Surveys

No surveys to take yet!



Assignments 2

Keep track of your assigned work.

[View assignments](#)

Grade 7 lessons

0 / 5

Exploring Career Interests

Get started

EI

[View all lessons](#)



Keep it coming!

Quick links

[College Planning](#)

[Matchmaker](#)

[Personality Style](#) 🔒

[Mission Complete](#) 🔒

[Learning Style](#)

[Portfolios](#)

[Advisement notes](#)

Resources

[Explore Careers in Kansas!](#)

[Kansas Post Secondary Explorat..](#)

[Kansas Can CTE](#)

[Kansas DegreeStats - Kansas Bo..](#)

PowerSchool



PowerSchool SIS

Search



MBA
Support



You and your parents can easily see how you're doing in each class and where you might need to improve.

Don't Forget to Check the Ell-Saline Website On a regular basis!!!

This is where Dr. Cheeks communicates best with parents, teachers and students.

The screenshot shows the Ell-Saline USD 307 website. The top navigation bar includes links for News, Admin, Content, Help Center, and Test Accessibility. The main header features the school logo, the name "Ell-Saline USD 307", and a weather widget showing 57 degrees. Below the header is a secondary navigation bar with links for District Office, Elementary, MS/HS, Parents, Crisis Help Center, Resources, Calendar, Contact Us, Staff Directory, and Archives. A dropdown menu is open under "MS/HS", listing MS/HS Staff, Contact Information, Booster Club, Resources, Athletics, News, Counselor, Organizations, and Library. The "Counselor" dropdown is further expanded to show 7th Grade, 8th Grade, Freshman, Sophomores, Juniors, and Seniors. The main content area displays "MS/HS" and "Athletics" sections. The footer contains links for "MS/HS Home Page", "Sweetheart Ceremony", and "Ell-Saline FBLA performs well at".

https://www.ellsaline.org/vnews/display.v/SEC/MS/HS/7CCounselor>>7th Grade



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MS/HS

🏠 / MS/HS / Counselor / 7th Grade



Headlines

[Incoming 7th Graders](#)

[7th Grade Pre-enrollment Form](#)

[MS Course Catalog](#)

EII-Saline USD 307

EII-Saline District Office

412 E Anderson
PO Box 157
Brookville, KS 67425-0157

PH: 785.944.5602

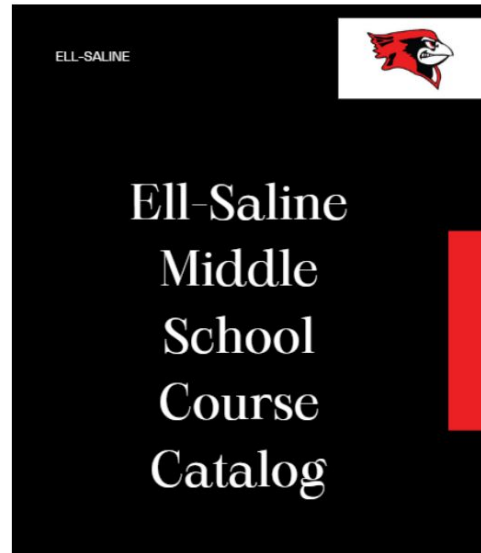


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MS Course Catalog

This is the proposed [2025-2026 Enrollment Guide](#). Please note that this document is pending board approval and is subject to revisions. We will update the guide as necessary once finalized.



MORE HEADLINES

[Eighth Grade Pre-enrollment Form](#)

[HS Course Catalog](#)

[Xello- Explore Your Future with Xello](#)

[Transcript Request for College Admissions](#)

[Understanding Cyberbullying: A Guide for Parents](#)

[2028 Graduation Requirements](#)





04

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Setting Goals For Middle School

Set Your Goals Big Or Small





Set Your Goals – Big or Small!

- Set academic goals: e.g., improving in math.
- Set personal goals: e.g., making new friends or joining a club.
- Keep track of progress and celebrate achievements!





05

Get Involved

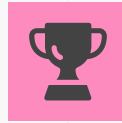
Find Your Passion!!



Find Your Passion



**Look for
sports, clubs,
or music that
interests you.**



**Join a school
team or a
group that
matches your
passions.**



**It's a great
way to make
friends and
build your
skills!**



06

Respecting

★ ★ ★ Youself and ★ ★ ★

Others

Be Respectful, Be Responsible

Be Respectful, Be Responsible

Respect for yourself and others is important to make middle school a great experience!

- Be kind to your classmates and teachers.
- Learn how to resolve conflicts peacefully.
- Take responsibility for your actions.

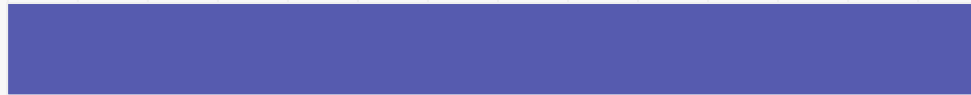
Be Kind!!





Thanks!

Do you have any questions?





Thanks!

Do you have any questions?

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yourwebsite.com



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