

ALTA SIERRA INTERMEDIATE

Coffee with the Counselors

October 7th, 2022 | Topic: The Transition to Secondary

Tips for Academic Success at Alta Sierra

1. Review your students' grades and Google Classrooms with them once a week.
2. Review your student's planner with them. Map out dates, break projects into smaller parts, & monitor progress.
3. Designate a specific distraction-free space at home for your student to complete work.
4. Reach out to teachers directly if you or your student have questions.
5. Your student should aim for 8-10 hours of sleep. Create a routine to set aside technology at a certain time.

When to contact your student's counselor...

- If your concern applies to all students' classes
- If your student's behavior has changed or they're struggling socially or emotionally

Our team:

Pat Gilbert (S1 substitute for Meghan Tenney)
Mackenzie Mennucci
Alyssa Merritt

Dates to Calendar: Grading Periods	Term Ends	Grades Viewable
<i>S1 6-week Progress Report: View online</i>	Sept. 30th	Oct. 10th
<i>S1 12-week Progress Report: View online</i>	Nov. 11th	Nov. 21st
<i>Final Fall Semester Grades: Report card mailed home</i>	Dec. 23rd	Jan. 16th
<i>S2 6-week Progress Report: View online</i>	Feb. 24th	March 6th
<i>S2 12-week Progress Report: View online</i>	April 21st	May 1st
<i>Final Spring Semester Grades: Report card mailed home</i>	June 9th	June 9th

Academic support is available!

For additional academic support, we offer after-school labs from 3:30 p.m. - 5:30 p.m.

Tuesday: AB Lab
7th Grade: Room 209
8th Grade: Room 303

Wednesday: Math Lab
7th Grade: Room 112
8th Grade: Room 109

Thursday: Science Lab
7th Grade: Room 404
8th Grade: Room 101