
Hi, my name is Mrs. Susov, and I am the new School Psychology-Intern. I'm very excited to be here at Sunset Ridge Middle School, and look forward to making a difference!

Coming SOON:

Anxiety & Stress Reduction classes

Homework /Study Skills Group

Friendshipping Group

Grief Group

Middle School Homework Tips

As Middle School students you are busy people. You will start to see long-range assignments that require more organization and planning - skills that will be crucial in high school. Here are some tips that can help with this transition.

Organize First -Plan each evening's studying carefully. Tackle assignments due tomorrow first. Then work on the project due next Monday. Use your planner.

Don't procrastinate - Leaving a large assignment until the last minute can be tempting. **START PROJECTS EARLY.**

Enforce a routine - You have more distractions, activities, and friends. These are all important, but **homework is essential.** Homework first; friends, computers, and hobbies later.

Take it with you! - Middle school students tend to have LOTS of distractions. Be sure everything is packed up for tomorrow before you go to bed.

Keys to Success

- Attend school every day, unless you're sick.
- Be on time.
- Get 8-10 hours of sleep each night.
- Eat a healthy breakfast.
- Use your planner, and write down all assignments.
- Start projects when you get them.
- Complete your homework on time.
- READ for pleasure each day!

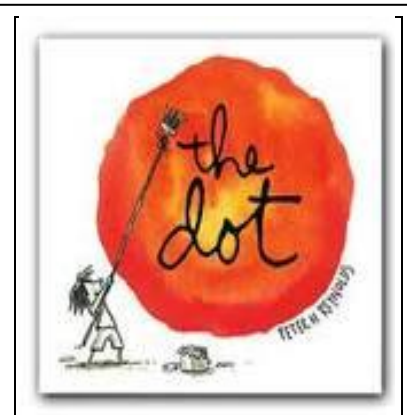


This year our school-wide theme is "DO OUTSTANDING THINGS" D.O.T.

Based on the book by Peter. H. Reynolds. Watch for upcoming activities!!

Student Body Office

If you are interested in running for 7th Grade Representative, pick up an application in the Main Office. Sign it and return it to Mrs. Richmond, Rm 1112, by 3:10 on September 9th.



Reminder: Please sign in to Skyward under parent login and update personal information.

What do I do if I am being cyberbullied?

1. Do not respond to the email or text.
2. Block the person's texts.
3. Print out email/Save Text
4. Report to an adult.