



# What to Expect During the First Week at Valley Catholic Middle School

*Starting at 7:45 a.m., staff members will be in front of the middle school homerooms to help direct students and answer questions. If you arrive before this time, please wait in the school cafeteria or lobby.*

## **First Week of School:**

**Tuesday, September 1st**

**8:00 a.m. – 11:42 p.m.**

This is the first official school day but all VCMS students begin their orientation program (not classes). Students need to come to school in their uniforms and with all their supplies (as listed on the supply list).

**Wednesday, September 2nd**

**8:00 a.m. – 11:42 p.m. for 7<sup>th</sup> grade**

**8:00 a.m. - 3:10 p.m. for 8<sup>th</sup> grade**

Eighth grade will begin academic classes while seventh grade will begin their **math class** and continue their orientation program (not classes). Students need to come to school in their uniforms, with their textbooks, and with all their supplies (as listed on the supply list). Eighth grade needs to bring a lunch and/or lunch money.

**Thursday, September 3rd**

**8:00 a.m. - 3:10 p.m. for 7<sup>th</sup> grade and 8<sup>th</sup> grade**

Eighth grade will continue academic classes while seventh grade will begin their academic classes. Students need to come to school in their uniforms, with their textbooks, and with all their supplies (as listed on the supply list). All students needs to bring a lunch and/or lunch money.

**Friday, September 4<sup>th</sup>**

**8:00 a.m. – 3:10 p.m.**

All VCMS students will attend classes during the time they are not at the field trip (Approx. 1:00 – 2:30). Students should wear spirit dress.

*Chaperones and drivers are needed for this field trip. Please contact Mrs. G if you are available to help (must have current background check.)*

---

# Frequently Asked Questions

**May my parent escort me to class the first day? Do parents do this at middle school?** The answer to this question varies depending on the individual parent and child. Usually half of the parents escort their children to their homerooms (where their lockers are located).

I would recommend that if you are nervous (or maybe mom and dad are nervous), ask your parents to escort you to your locker first thing in the morning. The room where your locker is located (302, 303, 304, or 305) will be where you start your day on Tuesday, September 1st.

**What is the procedure for dropping off/picking up?** Parents should park in the gravel parking lot and students should walk to the middle school modular classrooms. At the end of the day, parent should park and wait in the gravel lot until your child is dismissed at either 11:40 a.m. or 3:10 p.m.

It is acceptable to drop off/pick up in the gym parking lot (and park if you can find a spot) but this area is often very congested as high school students and middle school parents all try to share the space.

You may also ask your child to meet you in the front of the school, by the office doors. Again, it is a congested area but it is acceptable to pick up your child there.

## **What time may I drop off my child?**

The school building opens at 7:20 a.m. and the middle school classrooms/homerooms open at 7:45 a.m. If students arrive before 7:45 a.m. they must wait in the cafeteria, lobby, or library until the middle school homerooms open.

**What happens if I do not pick up my child until 3:20 or later?** All students will be asked to go to one of two locations after 3:20. Those locations include:

Library – The library is open for students wishing to work in a structured environment. The library is loosely supervised by the librarian and supervision includes basic library etiquette and rules. There is no checking of how much, if any, work is finished by each child. Hours of availability: Monday – Friday 3:10 – 3:45.

Cafeteria/lobby – The cafeteria and lobby are officially open to students until the front office closes at 4:30. Students are not directly supervised and most students use this space for purely social activity. Students may work on their homework but there will be noise and socialization.

### **What time does school start and end?**

School starts at 8:00 a.m. everyday, starting on the first day of school Tuesday, September 1st. Most days, school dismisses at 3:010. Please check the schedule for specific dismissal times for September 1st – September 4<sup>th</sup>.

### **Where do I go on the first day of school?**

You should go to your homeroom class. This is the classroom where your locker is located.

### **What should I wear on the first day?**

Uniforms are required the first day of school. You may choose any combination of uniform items but all items, including jackets (worn during the school day – including lunch), socks, shoes, hair, make-up, etc. must follow the uniform dress code.

### **What should I bring on the first day? In General:** You should bring:

- Items from your supply list
- Emergency packet
- Textbooks
- Snacks or money to purchase a snack
- Items to decorate your locker (optional)

All items should have your name written on them in permanent marker. **Please label all uniform clothing as well!**

Music: If you are in band or orchestra, you will not need your instrument on the first day but plan to bring it on Wednesday, September 2<sup>nd</sup>. If you have not yet rented an instrument, please contact Sr. Juliana Monti or Laurie Litmir in the SSMO Music Center for details (503-644-9181).

PE Clothes: You will not need your PE clothes the first day. You may choose to bring them and place them in your PE locker/basket. However, you will not need them until at least the second day of school. **BE SURE TO MAKE ALL ITEMS - SHOES INCLUDED!!**

### **Are snacks and lunch sold?**

The cafeteria staff prepares well balanced foods for both the morning break and for lunch. Vending machines in the cafeteria and athletic center are also available at all times of the day. Many students use the vending machines, as they are a novelty to the new students. We do not supervise the students eating choices. I would encourage families to make a “meal plan” in which the student and parent discuss fun food vs. healthy food. I would also encourage families to limit spending on the vending machines.

Morning Break: Middle school has a 15-minute break period after their third class of the day (10:15 a.m. on regular schedule). This break period is shared by both the middle and high school students. During this time the cafeteria staff sells breakfast items such

as bagels, muffins, juice, and fruit. Other items vary and a menu is available in the front office.

Lunch: Middle school lunch is 30 minutes long and occurs after the fourth class (3<sup>rd</sup> period) of the day (11:15 a.m. on a regular schedule). The cafeteria staff sells a main item, listed on the monthly menu, along with daily staples such as salad, white rice, soup and chili, fruit, dessert, juice, soda, and water.

Afternoon break: Middle school has a five-minute break after the sixth class (5<sup>th</sup> period) of the day (1:20 p.m. on a regular schedule). There is no cafeteria food available.

**How to buy lunch tickets:**

Lunch tickets and Tri-Met bus passes are sold in the front office. Lunch tickets are punch cards that are sold for \$20.00 each. Children may also pay cash in the cafeteria.

---

*I look forward to seeing each of you on Tuesday, September 1st and I hope I have answered a few of your first-day questions. If you have any others, please do not hesitate to ask. I check my e-mail daily: [JGfroerer@valleycatholic.org](mailto:JGfroerer@valleycatholic.org).*

*If I do not hear from you, I hope you enjoy the rest of the summer, and I will see you on Thursday, August 27<sup>th</sup>.*

*Sincerely,  
Mrs. "G"  
(Jennifer Gfroerer)*