

Seventh Grade Newsletter

February 16, 2026

News and Events

- February 18- Tickets and permission slips are due for the middle school dance.
- Pure Michigan payments were due last week. Please ensure that your balance is current.
- The link for homeroom conferences was emailed last week. We look forward to meeting with you to discuss your child's progress.

Curriculum Notes

ELA: We will start mystery book clubs this week. Students have chosen a book to read and discuss in a small group. To wrap up our *Bud, Not Buddy* unit, students began a response to literature essay last Wednesday. It is due this Wednesday, February 18.

Social Studies: This week in social studies, students will be applying what they've learned by building their own empire. They may borrow ideas from Rome, Han China, Mauryan India, and Persia, but every decision they make must be justified using historical evidence.

Science: We will begin the designing step of the engineering process. Students have tested materials, and now they will design a penguin shelter that will reduce heat transfer via radiation, conduction, and convection.

Second Step Lessons

In this week's lesson, your child will learn ways to reframe a situation by turning unhelpful thoughts into helpful thoughts.

Question: Ask your child to explain the difference between helpful and unhelpful thoughts. Tell your child about an unhelpful thought you had today and how you were able to change it to a helpful thought. Ask your child if they had an unhelpful thought and how you can support them in changing it to a helpful thought.

Next week, your child will practice a strategy called *positive self-talk* to help them reframe challenging situations.

Question: Ask your child to explain what "negativity bias" is. Share with each other one or more good things that happened today.

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