

Seventh Grade Newsletter

January 19, 2026

News and Events

- January Pure Michigan Payments are past due \$75 students/ \$100 chaperones
- January 21 NWEA Math testing 8:30 - 11:00 am
- January 23 Report cards will be sent home
- January 28 NWEA Reading testing 8:30 - 11:00 am
- January 30 Classroom Spelling Bee. Study lists can be found in Google Classroom in ELA.

Curriculum Notes

ELA: This week, students are developing background knowledge about the Great Depression before we begin reading *Bud, Not Buddy*. This novel by Christopher Paul Curtis takes place in the Flint and Grand Rapids areas during the Depression.

Social Studies: Students are studying early empires, and learning about their geography and trade routes. They will develop an understanding of how geography can impact an empire's development.

Science: We will begin our unit on thermal energy transfer. Students will learn how heat transfers, then work to design, build, and test an insulated penguin dwelling to see which group's design limits heat transfer most effectively.

Second Step Lessons

In this week's lesson, your child will distinguish thoughts from emotions. They will also analyze how emotions affect their thoughts, and how their thoughts can influence the decisions they make.

Question: Ask your child to explain the difference between an emotion and a thought. Take turns expressing sentiments aloud and having the other person identify if the sentiments are thoughts or emotions. (For example, Emotion: "I'm so mad at the coach for not putting me in the game."

Thought: "That's it—I quit!")

In next week's lesson, your child will distinguish between helpful thoughts, which are thoughts that can help them make good decisions, and unhelpful thoughts, which are thoughts that can lead to negative decisions.

Question: Tell your child about a helpful thought you recently had and the decision you made because of it. Ask them to share a helpful thought they had as well. If they can't think of anything, point out something positive they did recently and help them identify the thought that went along with it.

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