



Transition



Day in the Life

The 5/6 grade band is the introduction to middle school at Helios. Middle school is distinguished by:

- A firm, compassionate culture that treats students as young adults.
- Greater subject-matter specialization in theme.
- Increased student agency and accountability.

Day in the Life

Middle school students' schedules look much more like a “traditional” middle school schedule, with different teachers and rooms for different subjects, and they have many more transitions than in the 3/4 grade band.

A Condor or Osprey will have humanities and science nearly every day, with explorations, Helios hour, LARP PE, and other specials.

Many alums reflect on their middle school experience at Helios as a more “grown up” version of the lower school experience.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM	Morning Movement				
8:30 AM	Passion Projects	Novel Study / Library	Passion Projects / Work Time	I-Lab	Community
9:30 AM	Math (schedule 8:30-10:30 depends on math placement)				9:05: Math Circle 10:00: Recess
10:30 AM	Recess				Humanities (Mike) Crew
11:00 AM	Science (Hudson)	Science (Hudson)	Science (Hudson)	Science (Hudson)	
11:30 AM	Lunch				
12:00 PM	Lunch				
12:45 PM	Crew	Humanities (Mike)	Humanities (Mike)		12:45 - 2:00 LARP/PE
1:15 PM	Humanities (Mike)	Crew - SEL	Crew - SEL		
1:45 PM	Explorations				2-3 Elective
2:15 PM	Closing Circle / Cleanup				
3:00 PM	Dismissal				Closing
3:15 PM	Dismissal				Dismissal

Essential Skills

Students moving into the Condors and Ospreys should anticipate:

An openness to reflecting on their own learning.

For example, middle school students participate in all of their ILP and semester-end conferences, and will frequently be asked to self-assess before a teacher meets with them to discuss their work.

Essential Skills

Students moving into the Condors and Ospreys should anticipate:

Greater responsibility for tending to their own personal needs.

There is a higher expectation of executive functioning in middle school; for example, each week, students are given a lit groups homework that is due in seven days, and expected to manage their own time within those seven days for the 2-3 hours that it will take to complete that assignment.

Essential Skills

Students moving into the Condors and Ospreys should anticipate:

Higher academic expectations, a larger volume of work, and tighter deadlines.

Students are shown professional-level examples and asked to reach for the highest quality level work they can produce.

Essential Skills

Students moving into the Condors and Ospreys should anticipate:

An expectation of greater personal maturity and self-advocacy.

In middle school, we begin the process of treating students as true partners in their own education. Teachers support students who need it, but we continually encourage them to ask for help first before it's offered.

How We Prepare Students

When students exit the 5/6 grade band, they have developed the following skills:

- The capacity to work for longer periods of time on more focused assignments, with a higher degree of executive functioning.
- A more discrete and specialized understanding of the different disciplines of science and humanities, and will have created work products that reflect this.
- The ability to read and understand literature from an analytical perspective, not just as an appreciative reader.

EVERY DAY
IS A GOOD
DAY TO
LEARN.



Navigation

