



6th Grade Forecasting

Welcome Sailors!
“Class of 2026”

Carrie Trullinger

6th Grade Counselor

Education: High School Diploma- Kodiak, Alaska
BA in Psychology- Lewis and Clark College
MA in School Counseling- Lewis and Clark College

Career: 15 years at LOJ
Counselor
Coach
TAG Coordinator
NJHS Coordinator

Personal note: Daughter, Sonia- 9
Black



What is a School Counselor?

- Help with homework, grades and tests
- Concerns in classes
- Bullying or harassment
- Concerns about friends or other students
- Relationship issues
- Family issues, family changes
- Grief and adjustment
- 504 referrals
- Schedule changes



What to expect from Junior High

- FUN!
- Lockers
- More teachers
- Eating in a cafeteria
- Choosing your electives
- Meeting new people
- Activities- athletics/clubs
- Homework
- New schedule





Advisory

- Advisory Program
- 8th Period
- Regrouping
- Re-teaching
- Enrichment
- Tuesday, Wednesday, Friday
- Study Skills curriculum
- Relationship building
- Home room
- Announcements

Daily Bell Schedule



LAKE OSWEGO JUNIOR HIGH BELL SCHEDULE



| Monday | | | |
|----------------------------|-------------------|-------------------|------------------|
| Period | A | B | C |
| 1st | 9:00-9:51 | 9:00-9:51 | 9:00-9:51 |
| 2nd | 9:55-10:46 | 9:55-10:46 | 9:55-10:46 |
| 3rd | 10:50-11:41 | 10:50-11:41 | 10:50-11:41 |
| | Lunch 11:44-12:14 | 4th 11:45-12:36 | 4th 11:45-12:36 |
| | 4th 12:19-1:10 | Lunch 12:40-1:10 | 5th 12:40-1:31 |
| | 5th 1:14-2:05 | 5th 1:14-2:05 | Lunch 1:35-2:05 |
| 6th | 2:09-3:00 | 2:09-3:00 | 2:09-3:00 |
| 7th | 3:04-3:55 | 3:04-3:55 | 3:04-3:55 |
| Tuesday, Wednesday, Friday | | | |
| Period | A | B | C |
| 1st | 9:00-9:47 | 9:00-9:47 | 9:00-9:47 |
| 2nd | 9:51-10:38 | 9:51-10:38 | 9:51-10:38 |
| 3rd | 10:42-11:29 | 10:42-11:29 | 10:42-11:29 |
| | Lunch 11:29-11:59 | 4th 11:33-12:20 | 4th 11:33-12:20 |
| | 4th 12:03-12:50 | Lunch 12:20-12:50 | 5th 12:24-1:11 |
| | 5th 12:54-1:41 | 5th 12:54-1:41 | Lunch 1:11-1:41 |
| 6th | 1:45-2:32 | 1:45-2:32 | 1:45-2:32 |
| 7th | 2:36-3:23 | 2:36-3:23 | 2:36-3:23 |
| Advisory | 3:27-3:55 | 3:27-3:55 | 3:27-3:55 |
| Thursday | | | |
| Period | A | B | C |
| 1st | 9:00-9:43 | 9:00-9:43 | 9:00-9:43 |
| 2nd | 9:47-10:30 | 9:47-10:30 | 9:47-10:30 |
| 3rd | 10:34-11:17 | 10:34-11:17 | 10:34-11:17 |
| | Lunch 11:21-11:51 | 4th 11:21-12:04 | 4th 11:21-12:04 |
| | 4th 11:55-12:38 | Lunch 12:08-12:38 | 5th 12:08-12:51 |
| | 5th 12:42-1:25 | 5th 12:42-1:25 | Lunch 12:55-1:25 |
| 6th | 1:29-2:12 | 1:29-2:12 | 1:29-2:12 |
| 7th | 2:16-2:59 | 2:16-2:59 | 2:16-2:59 |

- Start Time: 9:00
- End Time: 3:55
 - Thursday: 2:59
- 3 Lunches
- Lunch is determined by 5th period teacher

Sample Schedule

| Per. | Trimester 1 | Trimester 2 | Trimester 3 |
|------|---|--------------|-------------|
| 1 | Language Arts | | |
| 2 | Social Studies | | |
| 3 | Math | | |
| 4 | Science | | |
| 5 | PE | Health | PE |
| 6 | Elective | Study Skills | Elective |
| 7 | Band/Orchestra/Choir (year-long) OR 3 Trimester Electives | | |
| 8 | Advisory 6 | | |

BEFORE

you sign up for classes.....

- 1) Go to the LOJ homepage and find the Curriculum Guide.
- 1) Link onto the Curriculum Guide and review our class offerings.
- 1) Talk as a family about class choices.

Scheduling process...

- Forecasting is done by filling out a Forecasting Form (paper)
- The Counselor has passed out the forms to all the elementary schools.
- Forms are due to your elementary school teacher **MARCH 1st!**

Required Classes

(Will be scheduled for you)

- Math, Science, Language Arts and Social Studies
- Math placement information will be provided to LOJ by 5th grade teachers.
- 2 Trimesters - PE
- 1 Trimesters - Health
- 1 Trimester- Study Skills

Forecasting for 6th
grade

CHOICES!

Elective Class Choices

Learn more about these in the Curriculum Guide!

Trimester-long

Modern Communication
Architectural Design
Website Development
Stem X
Stem X2
Robotics
Advanced Robotics
Space Exploration
Extreme Engineering
Environmental Research
World Language

Exploration

Trimester-long

Drama
Studio Art
2D Art
3D Art
Animation
Leadership
Civics
Writer's Workshop
Speech and Debate
Yearbook

Year-long

6th Grade Choir
Band
Orchestra

The Form

The Form will be Yellow!

Click form to print



Lake Oswego Junior High 6th Grade Registration Worksheet 2019-2020

Student's Last, First, M.I. (Please Print) _____

_____ Forest Hills _____ Lake Grove _____ Oak Creek Other _____

LOSD Student ID number _____

DIRECTIONS: Please select one of the option below and follow the instructions:

- Option 1:** 5 trimester electives marked 1 – 5 **and** list 4 Alternates
- Option 2:** 1 year-long elective and 2 trimester electives **and** list 4 alternates

All course descriptions may be found at the LOJ Curriculum Guide

| Year-long Electives | |
|--------------------------|-----------------------------|
| <input type="checkbox"/> | 6 th Grade Choir |
| <input type="checkbox"/> | Beginning Band |
| <input type="checkbox"/> | Orchestra |

| Trimester-Long Electives | |
|--------------------------|---|
| <input type="checkbox"/> | 2D Art |
| <input type="checkbox"/> | 3D Art |
| <input type="checkbox"/> | Studio Art |
| <input type="checkbox"/> | Architectural Design |
| <input type="checkbox"/> | Civics |
| <input type="checkbox"/> | Drama |
| <input type="checkbox"/> | Animation |
| <input type="checkbox"/> | Environmental Research and Experimental Design (SEED) |
| <input type="checkbox"/> | Extreme Engineering |
| <input type="checkbox"/> | Robotic Engineering |
| <input type="checkbox"/> | Advanced Robotics |
| <input type="checkbox"/> | Space Exploration, Engineering and Design (ERED) |
| <input type="checkbox"/> | Speech and Debate |
| <input type="checkbox"/> | Website Development |
| <input type="checkbox"/> | Writer's Workshop |
| <input type="checkbox"/> | Yearbook |
| <input type="checkbox"/> | Modern Communications |
| <input type="checkbox"/> | Stem Exploration |
| <input type="checkbox"/> | Stem Exploration 2 |
| <input type="checkbox"/> | World Language Exploration |
| <input type="checkbox"/> | Leadership |

Select 4 alternate courses

Write the name of class on the line provided.

1. _____
2. _____
3. _____
4. _____

If you have additional questions, please call LOJ 6th grade counselor: **Carrie Trullinger**
503 534-2456
trullinc@loswego.k12.or.us

Option 1:
5 trimester-long electives
(+ 4 alternates)

Option 2:
1 year-long music class
+
2 trimester-long electives
(+ 4 alternates)

KEEP THIS IN MIND!

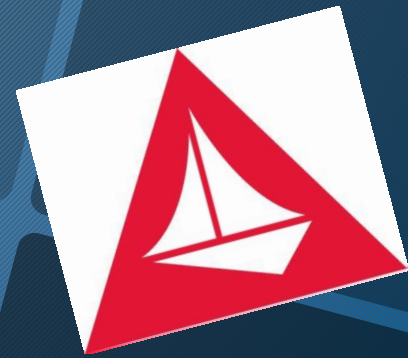
- Choose classes based on what YOU are interested in. This is a wonderful way to meet new friends!
- This slideshow are available on the LOJ and elementary websites.

Need to make a change?

Contact Mrs. Trullinger (your Counselor) at LOJ to discuss a change.

What's next:

- Counselor visit at each elementary school.
- Parent nite next week.
- Forms due March 1st.
- 5th graders will visit LOJ in the spring!
- Question during the summer? Call or drop by the office, we are here to help!
- First day of school is Grade 6 only



Any questions?

Email or call:

Carrie Trullinger

trullinc@loswego.k12.or.us

503-534-2335



Thank you

and

Welcome to Lake Oswego
Junior High

