



HEATHWOOD HALL

Middle School Curriculum Guide

Heathwood Hall | 2026-2027

The Heathwood Hall Middle School is a grade 5 through grade 8 Middle School program dedicated to adolescents' academic, physical, spiritual, and emotional growth. As an Episcopal School, we respect the dignity of every student. We emphasize every person's value as we build relationships and help students discover their God-given gifts and talents. We nurture the spirituality of students by providing time to balance body, mind, and spirit.

Heathwood Middle School is committed to the following goals:

- Creating Middle School experiences that balance the intensity of adolescent students with their natural energy and need for peaceful growth.
- Help students further develop empathy skills through service-learning opportunities.
- Inspiring Middle School students to embody greater awareness of themselves and those around them.
- Exposing students to experiences that uncover their skills and passions to create mentally nimble individuals.
- Providing weekly instruction and mindfulness strategies focusing on posture, breath, body awareness
- Preparing students for learning by teaching executive functioning strategies, time management, time estimation, organizational, and study skills
- Using daily advisory to develop relationships with students and set goals
- Creating tranquil spaces for learning to allow introspection and reflection
- Providing PEAK outdoor programs that are educational, connected to curriculum, and allow for leadership experiences

- Instilling confidence by creating a positive digital footprint and self-regulation with social media through our partnership with The Social Institute
- Encouraging professional development for teachers, specific to the needs of teaching Middle School students
- Offering parenting resources and strategies for navigating adolescence
- Consistently communicating with parents, students, and teachers through Plus Portals, student agendas, Google tools, and division and school-wide resources.

Signature Programming

Mindful in the Hall: Heathwood Hall's Middle School Mindfulness Program

National trends indicate students are stressed, anxious, and suffering in classrooms, all while trying to pay attention in school, get good grades, make and keep friends, have a presence on social media, and be perfect. It takes tremendous energy to be a middle schooler.

Mindfulness is being truly present at the moment - aware of what you are thinking, doing, and saying at any given moment - without judgment. The Mindful in the Hall program aims to teach students specific strategies to focus their minds, calm their bodies, acknowledge their feelings and thoughts, and affect their learning positively. Cultivating mindfulness in students promotes self-awareness, emotional intelligence, confidence, and resilience in the face of stress, busyness, and the pressure to perform.

Benefits of Teaching Mindfulness:

- Improves sustained attention, visuospatial memory, working memory, concentration, and sleep
- Increases emotional regulation, social tolerance, happiness, gratitude, empathy, grit, resilience, and perseverance
- Reduces stress, anxiety, depression, substance abuse, and hostility

Executive Functioning and Growth Mindset

Executive functioning skills and encouraging students to adopt a Growth Mindset are two essential layers of the work we do with our students. As a faculty, while we focus on content, we also want to focus on the learning process. Teachers reinforce Growth Mindset tenets of “the power of yet,” the value of preparation, and teaching students

how to demonstrate their knowledge by putting forth their best effort. We strive to help students develop the necessary skills to achieve their learning goals.

Knowing these executive functioning skills will help our students think about how they think, give us a common cognitive vocabulary to use with students and parents, and address our goal of building better brains, not just well-filled brains.

1:1 iPad Program

The Middle School has a one-to-one (1:1) iPad program with every student in grades 5 through 8 using an iPad in their classes for assignments, projects, and homework. Students use their iPads for a varied list of activities, including working collaboratively with teachers and classmates on documents and essays, interacting with mathematical equations and graphs, creating movies and presentations, and using the iPads in conjunction with their Logitech Crayon to take notes and highlight e-texts. By bringing iPads into the classroom, every student is given access to the Internet's limitless resources and can benefit from using these technologies as they learn and grow during these formative years. With these resources—and guided by their teachers—our students learn our curriculum content while developing 21st-century skills, including critical thinking, creativity, collaboration, and technology literacy.

The Middle School has been a 1:1 iPad school and a Google Workspace for Education school since 2011. Since that time, students and teachers have developed their skills, their curriculum, and their confidence in ways that have allowed the iPad to become a difference-maker for both teaching and learning. We have built the infrastructure and invested in the accompanying tools that maximize the iPad's effectiveness in our classrooms. We have covered the technical details, like building reliable wireless networking and giving students and teachers the ability to project their iPads wirelessly in the classroom. We have identified and encouraged the use of "evergreen" apps—apps we can use across all grade levels and classes—so that the students become highly capable with the tools used for note-taking, content creation, student and teacher collaboration, and classroom management. We have provided ongoing professional development for our faculty to integrate the iPad into their classrooms meaningfully. We have adopted the Google ecosystem to enable ease of access for content creation and data storage while providing the best platform for collaboration between our students and cooperation between our students and their teachers. We also provide each student with the Logitech Crayon, an advanced stylus that enables high-quality handwriting to increase student note-taking and content creation possibilities. This ongoing effort to invest in our students and faculty while providing

ongoing professional development has allowed our program to mature to a point where we cannot imagine our classrooms without these powerful devices.

Health and Wellness

We understand that talking about the changes that adolescence brings, including puberty and reproductive health, can feel overwhelming to families. Research indicates that early, accurate information presented to adolescents about their changing bodies can alleviate misinformation, as well as anxiety, that could come from a lack of knowledge or understanding of what is happening or will happen during puberty and beyond.

Girlology/Guyology is an age-appropriate, medically-accurate wellness and reproductive health curriculum designed by two physicians, who are also parents. The curriculum is used by Harvard and other leading health systems worldwide, and by many schools. Heathwood Middle School utilizes the Girlology/Guyology program to share information with students about puberty and the science of reproduction. Additionally, the program offers resources for parents, including a virtual parent portal and activity guides for families.

Content Areas by Grade-Level

The Middle School includes grades 5-8 because we believe that students benefit from an extra year to transition to the changes that middle school brings. We can scaffold student support to help students prepare for adolescence and gradually introduce student agency, independence, and responsibility. Student confidence grows as they learn how to be a Middle School student: changing classes, using an agenda, and developing self-advocacy skills are a few examples of opportunities that help develop the whole child. Our related arts semester-long rotations allow students to sample and explore many different options and introduce them to various disciplines. Our content-area, grade-level specific teachers are experts in the coursework they teach and how to address the unique needs of the children they teach.

FIFTH GRADE

English

5th Grade English builds the important cross-curricular skills of reading, writing, inquiry, and critical thinking. Students develop their reading skills as we read, annotate, and respond to texts in a variety of genres. Students also enjoy daily opportunities to read books of their choosing and to share their choice books with peers. Students write for a variety of purposes, with an emphasis on sentence fluency, style, and strengthening paragraphs with relevant details and precise vocabulary. The writing process (prewriting, drafting, revising, editing, and publishing) is our pathway to producing strong writing products. Spelling patterns and vocabulary are taught based on our study of Greek and Latin roots. Students also learn a variety of 5th Grade grammatical constructs and apply their knowledge strategically to the writing we do in class.

Math

Fifth Grade Math is designed to cultivate mathematical understanding and competency through the study of numeration, number operations, algebra, geometry, measurement, data analysis, probability, and problem-solving. This study includes estimation and calculation, fractions, decimals, percentages, and ratios. Students are also introduced to fractional multiplication, division, percentages, and rates. Problem-solving is used to develop higher-order thinking while showing an understanding of computation.

Science - Environmental Science

5th-grade Environmental science incorporates many different disciplines and supports science topics students will learn in future years. During the first semester, students are introduced to the properties of matter and the measurement of matter using quantitative (metric system) and qualitative descriptions. Students will conduct real-world investigations in the laboratory, honing 21st-century skills while learning how to use the laboratory equipment. Students will then learn about Earth's four spheres (atmosphere, hydrosphere, geosphere, and biosphere) and the interconnectedness of these spheres during the second semester. Students will apply knowledge relating to ecological processes within and between Earth's spheres. Environmental issues related to changes in each of Earth's spheres (water quality, air quality, and land use) will be studied, where students will have an opportunity to problem-solve. Classroom lessons are supported by lab and field experiences. Students will learn the basics of writing lab reports and preparing materials to be shared using technology.

History

The 5th Grade history course is a study of American history beginning in 1800 and ending with the Cold War and the Civil Rights Movement of the mid-20th century. Various resources are utilized as tools to guide the curriculum. Students employ critical thinking skills to analyze and evaluate evidence, understand concepts, make inferences, determine points of view, identify issues and purpose, and examine implications. The course of study begins with a unit on map skills with geographical vocabulary followed by a journey filled with the triumphs and tragedies of this period in our American story. The class is enriched by novels studied in English class that are closely connected to themes and topics. They make connections by examining perspective and point of view, studying the role of cause and effect, and relating the past's motivations and actions to the present. Students write throughout the curriculum and use interactive notebooks, creative projects, research activities, and various assessments to acquire knowledge and evaluate progress.

Spanish

Fifth-Graders continue to build their Spanish vocabulary and grammar. Students have the opportunity to become proficient in the oral aspects of the language by listening and speaking. Understanding the variety of Hispanic countries and their unique cultures is another focus of 5th Grade Spanish. Students learn about the traditions of these countries by doing projects and learning songs and dances.

Technology

When students enter Middle School as fifth graders, they are given an iPad, a digital stylus, and a keyboard case, three powerful tools that will facilitate students' learning while they're in Middle School. Content is delivered and stored digitally; students work collaboratively online; homework can be distributed and collected through online platforms; and so much more. With this reality in mind, we have designed the fifth-grade technology class as a space for students to learn and understand how technology serves as a part of their everyday lives. A key aspect is learning to use the iPad as a productivity tool. Class begins with students learning to type, a skill they will use for the rest of their lives. Students will also spend time using the vast array of Google Workspace applications and learning how they can be used for educational purposes, all building a foundation for the rest of their Middle School educational experiences.

Physical Education

Heathwood Hall Episcopal School believes in a robust physical education curriculum that allows all students to participate in physical activities that will help them develop physically through the psychomotor, cognitive, and affective domains. The program consists of the following six strands of activities: Net/Racquet Activities, Target Activities, Team Activities, Individual Activities, Fitness for Life Activities, and Outdoor Pursuits/Leisure Activities. All students will be encouraged to be proficient movers and develop an understanding of sportsmanship and appreciation of athletic participation. All activities will progress from a basic level to a more advanced level of sequencing and strategizing. The program encourages a balance of both teacher-directed and student-centered education.

Chorus

Fifth grade chorus students will work on simple rhythm counting techniques, solfège singing, and identification, breath control techniques, work in groups to develop team-building skills and learn to create and stabilize harmony. Students should bring a pencil and full bottle of water to class each day. Students will not be permitted to leave class to get water from the fountain.

Art

Fifth Grade Visual Arts supports a transition from elementary art to middle school, emphasizing the exploration of materials and techniques. The Middle School Visual Arts program fosters our students' skills to express themselves creatively and become lifelong inquisitors. Through studio-based classes, students will work with various media in both two and three dimensions as they build and hone their perceptual, creative, and technical skills. Media may include painting, printmaking, drawing, collage, and 3-D. Using connections from their subject-area classes, students will be encouraged to express ideas and viewpoints about personal experiences and the world.

School Counseling and Skills

All 5th and 6th-grade students participate in the Skills for Adolescence curriculum, which offers a developmentally appropriate and systematic approach for sharing and applying the information to help students succeed academically, socially, emotionally, and vocationally. The class also focuses on what young people need to know to make their preadolescence an understandable and positive time. The intention is to foster an environment where positive social behaviors like kindness, self-discipline, responsibility, good judgment, and getting along with others can be taught.

Additionally, we hope that students develop an appreciation of others, and also focus on practicing problem-solving and cooperation within the class. The acquisition of these skills and attitudes contributes to Middle School students' social, emotional, and cognitive growth and helps them reach their potential today and in the years to come.

Executive Functioning Skills

5th Grade students will embark on a semester-long adventure exploring executive functioning skills. In this course, which meets three times per seven-day rotation, students will be introduced to what executive functioning skills are, learn their profile of strengths and weaknesses, actively work on strategies to bolster their weak areas, understand how these skills impact their academic and personal life, and build good habits to ensure current and future success. Some highlighted skill focuses will include organization, planning, and time management skills. Part of the course will include parent communication to ensure the students are able to practice and transfer these important life-skills both in and out of the classroom setting. Together we will work to build great habits that last a lifetime.

Drama

Whether in class, on stage, or behind the scenes, every Middle School student participates in the Heathwood Drama Program. Fifth-grade drama teaches the fundamentals of stage performance, developing skills in movement and voice, beginning improvisation, reader's theater, self-reflection and observation, and basic stagecraft.

Outdoor Education

Students have a unique opportunity to experience the benefits of our PEAK outdoor program, located on campus. A small group of students rotates every quarter to the outdoor education program to be engaged in an active and experiential learning setting. Students will develop basic skills and knowledge in various adventure activities, including archery, backpacking, mountain biking, canoeing, and climbing. Students will also explore a few topics on the wilderness, environmental issues, and leadership development.

Page Turners

Page Turners is a semester-long 5th grade related arts course designed to celebrate the joy of reading while developing students' unique reading identities. Through independent reading time, book discussions, reading challenges, and creative projects, students explore a variety of genres, authors, and styles that match their interests and strengths. The course encourages students to reflect on their reading preferences, set

personal reading goals, and build confidence as readers. By fostering a positive and supportive reading community, Page Turners aims to increase students' enthusiasm for reading, strengthen lifelong reading habits, and acclimate 5th graders to our culture of reading in the Nord. Here, we embrace the ethos that "Highlanders are Readers," inviting each student to explore and define their personal connection to literature.

Religion

Throughout Middle School religion classes will concentrate on various areas of the Christian faith. In 5th grade, students begin with a basic overview of the Bible. Everything we do going forward will be based on this foundation, and students will have the opportunity to explore the lives of the men and women who found strength and support in those scriptures.

SIXTH GRADE

English

Students in 6th Grade English work to become more proficient in many language arts skills. Writing focuses on the long paragraph and essay structure as students immerse themselves into a year-long writing project, *Roots*, that culminates in an exhibition of narrative, descriptive, and expository work in the spring. Reading focuses on novels, non-fiction texts, and short stories, and poetry. Emphasis is placed on comprehension, annotation, character, settings, and other literary components. Parts of speech, punctuation, and capitalization are emphasized through the editing of writing, daily warm-ups, and more in-depth analysis. The vocabulary study focuses on Greek and Latin roots along with prefixes and suffixes.

Math

Sixth Grade students take either Math 6 or Pre-Algebra. Students will take a midterm and final exam at the end of each semester.

Math 6

Math 6 introduces students to all operations with whole numbers, fractions, decimals, and integers. This is a year to review and master math facts, and concepts related to decimals and fractions, and introduce algebraic concepts and exposure to problems that encourage higher-order thinking skills. Students learn measurement with standard and metric systems, perimeter, area, surface area, volume, angles, and angle

relationships. Students cover probability, ratios and percentages, statistics, and graphing.

Pre-Algebra

Pre-Algebra is a course designed to provide the transition from arithmetic to algebra and geometry. Problem-solving is emphasized throughout the course. Heavy emphasis is placed on patterns, relationships, and functions, and working with algebraic expressions, equations, and inequalities. Students are also exposed to problems that encourage higher-order thinking skills and develop quantitative reasoning skills.

Science - Earth and Space Science

Sixth-grade science introduces students to Earth and Space Science. The course expands upon the elements of scientific inquiry, scientific concepts and terminology, and the Scientific Process. The skills are developed through an interdisciplinary study of Space that includes Galaxies, our Solar System, objects in our Solar System, and the Earth, Moon, and Sun System. Students will explore moon phases, tides, eclipses, and seasons before starting their journey that includes the structure of the Earth and how that structure shapes the surface of the Earth. Creative and critical thinking skills are further developed through project-based learning. Technology is utilized for research and assessments. Experiential activities and fieldwork are incorporated throughout investigations and topics of study.

Geography 6

Students will critically explore the history, geography, and culture of the Earth's citizens by asking Who, What, Where, Why, and When. The course is 95%-paperless through the daily use of our iPads, and our ever-current techbook through Discovery Education. Over two semesters, the focus will be the Five Themes of Geography, the regions of the world, globalization, interdependence, world geographical skills, water and climate, the people of the world and the ways they live. Sixth graders will master many maps and understand how geography affects history and how people live. Class activities include reading selected articles from websites such as PBS.org, current events discussions, research, and group collaboration. This course assists students in the development of college-preparatory skills including note-taking, critical reading, writing, and research.

World Language

In the 6th Grade World Language course, Heathwood Hall students will be introduced to French, Latin, and Spanish; the languages offered at Heathwood Hall. For three quarters, students will rotate through French, Latin, and Spanish. In each language,

they will study basic grammar, reading, speaking, and writing skills. Students will learn in a culturally immersive environment. Students' fourth quarter of language studies is our Language Passport class. Language Passport investigates human geography, cognition, and sociology with language as a common backdrop.

Physical Education

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Outdoor Education

Students have a unique opportunity to experience the benefits of our PEAK outdoor program, located on campus. A small group of students rotates every quarter to the outdoor education program to be engaged in an active and experiential learning setting. Students will develop basic skills and knowledge in various adventure activities, including archery, backpacking, mountain biking, canoeing, and climbing. Students will also explore a few topics on the wilderness, environmental issues, and leadership development.

Band

This semester-long class begins with an introduction to rhythmic music literacy, composition, and ensemble skills. Through the use of school-provided wind instruments, students will work together to interpret, create, and perform rhythms together. Students will then further their understanding of the elements of music through active listening and analysis of songs, applying all of these lessons to their own performance skills.

Chorus

Sixth grade chorus students will work on simple rhythm counting techniques, solfège singing, and identification, breath control techniques, work in groups to develop team-building skills and learn to create and stabilize harmony. Students should bring a

pencil and full bottle of water to class each day. Students will not be permitted to leave class to get water from the fountain.

School Counseling and Skills

All 5th and 6th-grade students participate in the Skills for Adolescence curriculum, which offers a developmentally appropriate and systematic approach for sharing and applying the information to help students succeed academically, socially, emotionally, and vocationally. The class also focuses on what young people need to know to make their preadolescence an understandable and positive time. The intention is to foster an environment where positive social behaviors like kindness, self-discipline, responsibility, good judgment, and getting along with others can be taught. Additionally, we hope that students develop an appreciation of others, and also focus on practicing problem-solving and cooperation within the class. The acquisition of these skills and attitudes contributes to Middle School students' social, emotional, and cognitive growth and helps them reach their potential today and in the years to come.

Art

In Sixth Grade Visual Arts, students explore various media as they continue to build their skills in drawing, painting, printmaking, mixed media, and 3-D. Theory is introduced to further elaborate upon ideas about color, perspective, and design. The middle school visual arts program fosters students' skills to express themselves creatively with the goal to become lifelong critical thinkers. Through studio-based classes, students work with various media in both two and three dimensions as they build and hone their perceptual, creative, and technical skills. Using connections from their subject-area classes, students will be encouraged to express ideas and viewpoints about personal experiences and the world.

Drama

Whether in class, on stage, or behind the scenes, sixth-grade students participate in the Heathwood Theater Program. Sixth-grade drama continues to teach the fundamentals of stage performance, developing skills in movement and voice, intermediate improvisation, reader's theater, self-reflection and observation, and basic stagecraft. During the semester, sixth graders will rehearse monologues from the play *10 Ways to Survive Life in a Quarantine*.

Religion/Liturgy

Throughout Middle School will concentrate on various areas of the Christian faith. In 5th grade, students began with a basic overview of the Bible and looked at the men and women who found strength and support from those scriptures. In the 6th grade,

students will study the Episcopal Church and see how its brand of Christianity is similar and different from other churches.

SEVENTH GRADE

English

Seventh Grade English focuses on developing students' reading and writing proficiency. Seventh graders will continue practicing reading comprehension and recognizing and understanding literary components through short stories, poetry, non-fiction, and novels. Students will read three class-study novels, and four choice novels throughout the year. Using writers' notebooks and workshops, students will practice many modes of writing including literary analysis and in-text citations. Seventh graders begin a college-preparatory vocabulary study program that extends through the Upper School. Students will continue their grammar study through the lens of writing using mentor sentences to learn grammar and writing concepts, sentence structure, and punctuation rules. Throughout the year, students will participate in collaborative and project-based learning.

Math

Seventh-graders take Pre-Algebra or Algebra 1. Students will take a midterm and final exam in their respective math classes at the end of each semester.

Pre-Algebra

The goal of Pre-Algebra 7 is to prepare students for algebra and geometry while reviewing the basic math skills taught in Fifth and Sixth Grades. Students transition from concrete to abstract mathematical operations through games, lectures, group work, word problems, drills, and practice. Communicating mathematically is a focus of the class, as students work in groups, explaining solutions verbally to classmates, showing detailed work for problems, writing explanations for answers, and writing reflections.

Algebra I

In Algebra 1, students learn traditional algebra topics, including number systems, linear and quadratic equations, polynomial, rational, and radical expressions, factoring, equations, inequalities, and methods of equations and inequalities. Emphasis is placed on solving word problems and the development of problem-solving skills. Technology, including the TI-84 Plus CE graphing calculator, will be used to enhance students' understanding of these concepts, and students will become proficient in its use.

Science - Life Science

Seventh-grade science exposes students to a wide variety of topics in life science, including cells, heredity, genetics, evolution, classifications, simple organisms, animals, plants, and ecology. Students practice the scientific method, generate meaningful questions, perform research, data collection, and analysis, and follow laboratory procedures and safety. During the year, students work to improve their proficiency in organization and attention to detail while wrestling with unfamiliar ideas and concepts. Material is primarily presented through classroom discussions and activities, collaborative labs, student-led projects, current event articles, and assignments. The overarching goals of 7th-grade science are to achieve a deeper understanding of the scientific method and grasp the fact that science is truly everywhere.

Civics 7 - please note that in 2026-2027, both 7th and 8th-grade students will take a developmentally-appropriate version of the same Civics class as a second phase of a realignment of the Middle School Social Studies Department's scope and sequence of courses. Students will then take World History in 8th Grade as we complete the three-year phased shift in our curriculum.

Seventh Grade Social Studies is the study of Civics -- the rights and duties of citizens. In this course, students investigate the foundation of the American citizenry, the workings of our national government, and various aspects of law, economics, and government. Throughout the course, current events stimulate discussion and relate concepts learned in class with events happening around the world. During the second semester, students participate in the Stock Market Game, which allows them to learn about investing and personal finance and compete with other schools across the state in a simulated stock exchange. Throughout the year, we will hold both formal and informal debates to promote confident public speaking and respectful dialogue.

World Language

Seventh-grade students begin their Upper School language study of Spanish, French, or Latin, and world language is now considered a core academic class.

One high school credit is given for the two-year sequence in 7th, and 8th grade, and students will take a mid-year and a final exam at the end of each semester.

Latin 1A

Working from *Wheelock's Latin*, 7th edition, Latin students cover the grammar, vocabulary, and derivatives from chapters 1-8. They study verbs from the first three conjugations in the present, imperfect, and future tenses, nouns in the first three declensions in six cases, adjective agreement with nouns, and prepositional phrases.

They apply their knowledge of grammar and vocabulary by translating sentences and longer passages, utilizing text from ancient authors.

Spanish 1A

In 7th grade, students will develop language skills through comprehension-based teaching methods directed toward proficiency. Beginning with short stories and dialogues and working up to novels written for language learners, students will develop language skills and cultural competency. The course will also incorporate music, film, and other authentic resources to foster listening, reading, and speaking skills in the target language. As much as possible, the course will be conducted in Spanish so that students become comfortable hearing and using basic forms of the language.

French 1A

Students study the French language and culture through various thematic units, including vocabulary and structures, basic grammatical concepts, and communicative competence. With an emphasis on listening, speaking, reading, writing, and culture, students work towards effective comprehension and comprehensibility. As much as possible, the course will be conducted in French so that students become comfortable hearing and using basic forms of the language.

Seventh-grade French focuses on communicative skills with an emphasis on speaking and listening through a variety of thematic units that include chapters on greetings, numbers, how to read and tell time, friends and family, a comparison between the French and the American school system, French cuisine and culinary traditions, leisure activities and sports.

MakerSpace

Seventh Grade MakerSpace will be a course focused on Digital Design. Students will learn to use their iPads to create digital artwork. They will learn the individual elements of visual design and work towards a final project which will have a lasting impact on the Middle School. The students will also explore the technical side of digital art and how digital design has impacted their own, everyday lives.

Art

In Seventh Grade Visual Arts, students will focus on an artist of choice, and create an artwork inspired by their chosen artist. They will also continue to explore various media as they continue to build their skills in drawing, painting, mixed media, and 3-D. The middle school visual arts program fosters students' skills to express themselves creatively with the goal to become lifelong critical thinkers. Through studio-based

classes, students work with various media in both two and three dimensions as they build and hone their perceptual, creative, and technical skills. Using connections from their subject-area classes, students will be encouraged to express ideas and viewpoints about personal experiences and the world.

Outdoor Leadership

The 7th/8th Grade students get to practice their past knowledge of outdoor education and leadership and gain a new perspective. By learning certain techniques like belaying on the Alpine Tower, students gain a sense of trust and leadership. Students have an opportunity that promotes leadership qualities and characteristics through personal challenges and team-building activities. We hope to take this class further than the typical Outdoor Education classes and help students understand what Outdoor Leadership is about.

Physical Education

Heathwood Hall Episcopal School believes in a robust physical education curriculum that allows all students to participate in physical activities that will help them develop physically through the psychomotor, cognitive, and affective domains. The program consists of the following six activities: Net/Racquet Activities, Target Activities, Team Activities, Individual Activities, Fitness for Life Activities, and Outdoor Pursuits/Leisure Activities. All students will be encouraged to be proficient movers and develop an understanding of sportsmanship and appreciation of athletic participation. All activities will progress from a basic level to a more advanced level of sequencing and strategizing. The program encourages a balance of both teacher-directed and student-centered education.

Performing Arts

Each 7th grade student elects to take a yearlong course in one of the three performing arts classes introduced during their 5th and 6th grade years. While beginning to specialize and increase their skill in a performing art as they approach Upper School is the goal of 7th and 8th Grade Performing Arts classes, students may choose a different performing art course in 8th Grade.

Band

This semester-long class begins with an introduction to rhythmic music literacy, composition, and ensemble skills. Through the use of several percussion instruments, students will work together to interpret, create, and perform rhythms together. Students will then further their understanding of the elements of music through active

listening and analysis of songs, applying all of these lessons to their discussions and performance skills.

Chorus

Seventh grade chorus students will work on intermediate rhythm counting techniques, solfège singing and identification, breath control techniques, work in groups to develop team building skills, and learn to create and stabilize challenging harmony. Students should bring a pencil and full bottle of water to class each day. Students will not be permitted to leave class to get water from the fountain.

Drama

Whether in class, on stage, or behind the scenes, every Middle School student participates in the Heathwood Theater Program. Seventh-grade drama builds on previous years by exploring improvisation, subtext & script analysis, Shakespeare, theater history and appreciation, monologues, and small-group student projects. During the semester, seventh graders will rehearse paired scenes and a 15-minute version of *Hamlet*.

EIGHTH GRADE

English

English 8 primarily focuses on American Literature, including short stories, drama, poetry, nonfiction, and novels. Students explore grammar, vocabulary, writing, collaborative learning, and research and have various assignments and projects incorporating technology. A focal point of the final quarter is the Eighth Grade Exhibition Research Project, which connects to the class trip to Washington, DC and examines the life of someone who has made a significant impact on American society through important contributions. Students work through the research process: outline, notecards, rough draft, edit, final draft, and presentation.

Math

In the Eighth Grade, students take one of three levels of mathematics, Math 8, Algebra 1, or Geometry, depending upon their developmental proficiency with mathematical concepts, computational ability, work ethic, and maturity. Both Algebra 1 and Geometry provide high school credit based on a student's ability to pass the class with a B average or better.

Math 8 introduces students to fundamental algebraic concepts, covering the first part of a high school Algebra curriculum. The course focuses on building a strong mathematical foundation through the study of basic math concepts, functions, real numbers, exponents, equations, inequalities, and writing linear equations. Emphasis is placed on developing problem-solving skills, mathematical reasoning, and procedural fluency. Upon completion, students will be well-prepared to transition into Algebra 1 in the ninth grade with the confidence and skills necessary for success. Students will also become proficient in using a TI-84 Plus CE graphing calculator.

Algebra I is designed for students who have mastered the fundamentals of arithmetic and are ready for a more in-depth study of algebraic concepts. The course explores a variety of topics, including real numbers, solving and graphing linear equations and inequalities, writing linear functions, solving systems of equations, exponent properties, exponential functions, polynomials, factoring, quadratic functions, solving and graphing quadratics, and rational equations. Technology, including the TI-84 Plus CE graphing calculator, will be used to enhance students' understanding of these concepts, and students will become proficient in its use.

Geometry covers a wide range of topics, including the study of parallel and perpendicular lines, transformations, triangle congruence, polygons and quadrilaterals, similarity, right triangles and basic trigonometry, circles, area, and volume. Additionally, students will be introduced to probability and statistical reasoning, including measures of center and spread, graphs, sampling, and the probability of independent and compound events. Both one-variable and two-variable analysis will be included. A TI-84 Plus CE graphing calculator will be used to support learning and exploring these concepts. Prerequisite completion of Algebra I.

Science - Physical Science

Eighth Grade students take Physical Science. In the fall, students focus on physics while studying forces and motion: energy, work, and machines. During the spring semester, students explore chemistry topics which include properties of matter, atoms, the periodic table, types of chemical reactions. The inquiry approach and collaborative laboratory work are essential components of the Physical Science course. In addition, students work on writing, problem-solving, public speaking, and peer review of their classmates' work throughout the year. Students will build on skills from 7th grade in utilizing the scientific method to write formal lab reports for both physics and chemistry.

Civics - please note that in 2026-2027, both 7th and 8th-grade students will take a developmentally-appropriate version of the same Civics class as a second phase of a realignment of the Middle School Social Studies Department's scope and sequence of courses. Students will then take World History in 8th Grade as we complete the three-year phased shift in our curriculum.

Eighth Grade Social Studies is the study of Civics -- the rights and duties of citizens. In this course, students investigate the foundation of the American citizenry, the workings of our national government, and various aspects of law, economics, and government. Throughout the course, current events stimulate discussion and relate concepts learned in class with events happening around the world. During the second semester, students participate in the Stock Market Game, which allows them to learn about investing and personal finance and compete with other schools across the state in a simulated stock exchange. Throughout the year, we will hold both formal and informal debates to promote confident public speaking and respectful dialogue.

World Language

Eighth Grade students continue with the language they began in the Seventh Grade, French, Latin, or Spanish. One high school credit is given for the sequence in 7th and 8th grade, as a World Language is an academic core class beginning in the 7th grade.

Latin 1B

Continuing from their seventh-grade language course of study, Latin students continue working from *Wheelock's Latin*, 7th edition, covering the grammar, vocabulary, and derivatives from chapters 9-16. They study verbs from the fourth conjugation; demonstrative pronouns and adjectives; personal, reflexive, and intensive pronouns; perfect active system of all verbs; third declension adjectives; and further uses of the ablative and genitive cases. They continue to apply their knowledge of grammar and vocabulary by translating sentences and longer passages, including work from ancient authors.

Spanish 1B

In 8th grade, students will continue on their path to proficiency through the comprehension-based methods that were introduced in Spanish 1A. Language and culture will be taught simultaneously through novels, short stories, music, and film, allowing students to develop a deep cultural understanding. As in Spanish 1A, the class will be conducted in Spanish primarily, so students will become comfortable hearing and using different forms of the language.

French 1B

Building on material and skills from French 1A, this course emphasizes listening, speaking, reading, and writing skills, guiding students towards the ultimate goal of effective comprehension and comprehensibility. Vocabulary and cultural comparisons are centered around air and rail travel units, sports, winter and summer activities, visual and performing arts, daily routines, and health and medicine. This class follows the National Standards for Foreign Language Learning which emphasize communication, culture, connections with other subject areas, communities, and comparing different languages and customs.

*Eighth-grade students will take midterm and final exams at the end of each semester in each of their core academic subjects: English, math, civics, science, and world language.

Technology/MakerSpace

The MakerSpace is a place where creativity and technology come together. Students will learn to use software to design vinyl stickers, 3D objects, t-shirts, and more. They will also learn to solve real-world problems as engineers and designers. If a student likes to create their own designs instead of borrowing images from the internet, this is the class! The MakerSpace has four 3D printers, two vinyl cutters, a special printer for t-shirt transfers, a heat press, and a laser cutter. In this class, students will get time to use all of these devices to create one-of-a-kind objects that may even impact the Heathwood community.

Outdoor Leadership

The 7th/8th Grade students get to practice their past knowledge of outdoor education and leadership and gain a new perspective. By learning certain techniques like belaying on the Alpine Tower, students gain a sense of trust and leadership. Students have an opportunity that promotes leadership qualities and characteristics through personal challenges and team-building activities. We hope to take this class further than the typical Outdoor Education classes and help students understand what Outdoor Leadership is about.

Physical Education

Heathwood Hall Episcopal School believes in a robust physical education curriculum that allows all students to participate in physical activities that will help them develop physically through the psychomotor, cognitive, and affective domains. The program consists of the following six strands of activities: Net/Racquet Activities, Target Activities, Team Activities, Individual Activities, Fitness for Life Activities, and Outdoor

Pursuits/Leisure Activities. All students will be encouraged to be proficient movers and develop an understanding of sportsmanship and appreciation of athletic participation. All activities will progress from a basic level to a more advanced level of sequencing and strategizing. The program encourages a balance of both teacher-directed and student-centered education.

Strength and Conditioning

The field of strength and conditioning is a gateway to allow students to step into their purpose and help students expand their minds and passions, beyond athletics. Each student has the ability to get better and to work beyond their current limitations, by applying specific principles. These principles include: believing in growth, seeking a purpose for passions, committing to necessary tasks, giving 100% effort, consistently applying effort, and continuing to evaluate personal performance. Within the Strength and Conditioning curriculum, the focus is to build all individuals from the ground up by using principles based on scientific knowledge and practical experiences. The foundation upon which the curriculum is built includes: Ensuring safety, moving efficiently, moving strong, moving fast, adjusting and adapting, and continuing to thrive. Our unified model allows situational modifications within the program. With a unified approach, we can continue to develop students while working to minimize the risk of injury.

Art

In Eighth Grade Visual Arts, students will work to develop and make art that reflects personal narrative. Each student will be introduced to methodologies and practices of professional artists: idea generation and research, form, and content, goal setting, planning, execution of work, high-quality craftsmanship, and critique. The Middle School visual arts program is designed to build the foundation for self-expression and art appreciation through the use and understanding of the elements and principles of art and design. In addition, the curriculum is designed to allow understanding of artistic heritage by introducing students to the work of many artists and indigenous artwork of different cultures around the globe and across time. Through this study, our HHES students are challenged to develop art vocabulary and observational skills to evaluate art critically. Development of aesthetics will be gained through a sense of play and ingenuity and the study of nature and 2D design principles. Their artistry will guide each student to create unique artwork that contains a strong sense of authorship.

Performing Arts

Each 8th grade student elects to take a yearlong course in one of the three performing arts classes introduced during their 5th and 6th grade years. While beginning to

specialize and increase their skill in a performing art as they approach Upper School is the goal of 7th and 8th Grade Performing Arts classes and students are encouraged to advance their study of one particular discipline, students may choose a different performing art course in 9th Grade.

Drama

Whether in class, on stage, or behind the scenes, every Middle School student participates in the Heathwood Theater Program. Eighth-grade drama builds on previous years by exploring improvisation, sketch comedy, character analysis, theater history and appreciation, choreography, and small-group student projects. Over the course of the semester, eighth graders will select, stage, and rehearse small group scenes.

Band

This year-long class allows students the opportunity to join our band program and get their own instruments. Students are encouraged to rent/own their band instruments for the school year. 8th grade students will get the chance to perform with our Upper School band/strings program at various events throughout the school year. They will have two major performances, our Winter Concert, and our Spring Concert, at the end of each semester. The course will cover all the fundamentals needed for their instrument to set them up to join our Upper School Band where they can continue to find performance opportunities.

Chorus

Eighth grade chorus students will work on intermediate rhythm counting techniques, solfège singing and identification, breath control techniques, work in groups to develop team building skills, and learn to create and stabilize challenging harmony. Students should bring a pencil and full bottle of water to class each day. Students will not be permitted to leave class to get water from the fountain.