



## October 2019 Newsletter

### UPCOMING EVENTS

October 1 - STUCO Regional Conference @ Hays

October 2 - 6th Grade Field Trip to Salina Community Theater (1-2 pm)

October 4 - End of Quarter 1

October 7 - No School / Teacher In-Service

October 9 - Fundraiser Concludes

October 14 - Concussion Impact Testing for Winter Sports (8:00 am)

October 16 - Site Council Meeting (12:00 pm)

October 16 - Parent Teacher Conferences (3:30 - 7:30 pm)

October 17 - Parent Teacher Conferences (7:30 am - 7:30 pm)

October 18 - No School

October 22 - 7th Grade Field Trip - Cultural Crawl - Downtown Salina

October 23 - PTO Meeting (12:00 pm)

October 25 - Halloween Dance (7:00 - 9:00 pm) @ SMS

### DISTRICT OFFICE TEMPORARILY RELOCATES

Between September 30 – October 4 the USD 305 District Offices will be moving temporarily to a location at 501 W. Cloud Street, into the building known as Salina West. Offices are moving so that work on the building's infrastructure (asbestos remediation, electrical and technology) and other interior upgrades can begin. The asbestos remediation is a standard procedure that was slated to be done at the first opportunity of larger-scale maintenance in the building at 1511 Gypsum. Work is projected to be completed in March 2020. Details of the move include:

- District Offices will stagger their moves to 501 W. Cloud from September 30 - October 4.
- Phone numbers will remain the same.
- Board of Education meetings will be held at the Hageman Education Center, 409 W. Cloud during the relocation period.
- The District Office building, located at 1511 Gypsum, will be closed to the public on October 7.

District Office services will continue as usual during the moves and relocation. During the week of September 30 through October 4, please call the district (785-309-4700) before traveling to their offices.

### MISSION STATEMENT

The mission of South Middle School is to ensure a high quality education for all students in a safe, equitable, learning environment. This mission is best accomplished through a partnership including students, family, community, teachers and staff, preparing students to become life-long learners in an ever-changing world.

## ACCIDENT INSURANCE

USD #305 is pleased to announce the availability of a Student Accident Insurance Plan. The plan is underwritten by Student Assurance Services, Inc. and is designed to help cover medical expenses resulting from accidental injury to your child.

### **Participation is not**

**mandatory**; however, all parents are urged to consider this valuable protection for their school age children. A variety of coverage plans are available with the premium as low as \$16. If you would like additional information or have questions about the coverage, please visit their website at

[https://www.sas-mn.com/k12enronline/links/2019/ks/e1511\\_1513ks.html](https://www.sas-mn.com/k12enronline/links/2019/ks/e1511_1513ks.html)

## SMS BAND

The Salina South Middle School Band is starting off the year on a "positive note." The bands have spent the month of September focusing on fundamentals of breathing, rhythmic dictation, sight-reading skills, note accuracy, control of sound and leadership to improve on their skills as musicians. The sixth grade band recently completed a project in which each student composed their own piece of music, and some of the compositions will be chosen to be performed by the entire band during their winter concert. The seventh grade band has been working on their leadership skills by having students lead warm-ups or breathing exercises at the beginning of rehearsals. The eighth grade band has been working on controlling their sound to develop a mature sound across the entire group. We have also started Jazz Band rehearsals every Tuesday and Thursday mornings, and the Jazz Band will perform at the Winter Concert this year. This year the middle school bands also have the benefit of having the expertise of our student teacher, Ms. Emily Perkins from Bethany College, to use as a resource. This year we are also beginning the "Band HONOR Student of the Week." Each week a student from each group will be selected to write a short bio about themselves and then put on display outside of the band room so those who are not in the band room can meet the members of the bands. In November, we will have the Pioneer League Honor Band for the seventh and eighth grade band students. Mr. Andres will nominate students for the group, and then the students who are chosen to perform in the Honor Band will participate in the group on November 9, at Lakewood Middle School to perform with students in the Pioneer League. More information will be sent home as we get closer to the event. We are very excited about the direction that each band is going. The bands are working extremely hard and striving to build their skills and be the best musician that they can be.

## FLU SHOTS

The Saline County Health Department is providing flu shots on Wednesday, October 16th from 11 am to 6 pm at the 4H Building at Kenwood Park. This year's strand protects from 4 types of flu. The hi-dose flu shot is available for those 65 years of age and older. Please note that some health care plans are covered, those out of network or without insurance will be charged \$38.



## LANGUAGE ARTS

6th, 7th, and 8th grade English students are embracing the adventure of delving into the literature in our new textbooks. Each unit is centered around an essential question. So far this year, students have used evidence logs to collect ideas about this concept throughout their unit reading, then reflected on their own personal experiences to write a narrative essay addressing the same prompt. Students also completed several grammar mini lessons and learned how to use Latin prefixes and suffixes to create and define new words. We look forward to lots of insightful perspectives as the students learn to expand their writing skills with each progressive unit!

## CHOCOLATE FUNDRAISER



**SCHOOL GOAL**  
**450 BOXES**

**Salina South MS**

SALE BEGINS **September 25**

SALE ENDS **October 9**

Our goal is to raise  
\$13,500 to fund our  
field trips and  
student incentives!

60 assorted \$1.00  
World's Finest  
Chocolate Bars



## PRIZES!

**Sell 1 box:** Attend the "Get out of Class Party"

**Sell 2 boxes:** Earn your choice of a Light Up Disco Ball or a 5" Money Basketball plus compete for a chance to win a 5lb. WFC Bar at the Party

**Sell 3 boxes:** Earn a Cash Scratch Card

**Sell 4 boxes:** Earn a 1lb. World's Finest Chocolate Bar

**Sell 5 boxes:** Earn a 2<sup>nd</sup> Cash Scratch Card

**Sell 10 boxes:** 5lb. World's Finest Chocolate Bar

**Sell 15 boxes:** Principal for a Day



Find a Golden  
Ticket in your  
box and you will  
receive a special  
surprise!





## PARENT TEACHER CONFERENCES

### Salina South Middle School



Please join us for

Parent Teacher Conferences

Wednesday, October 16 (3:30 — 7:30 pm)

Thursday, October 17 (7:30 am — 7:30 pm)



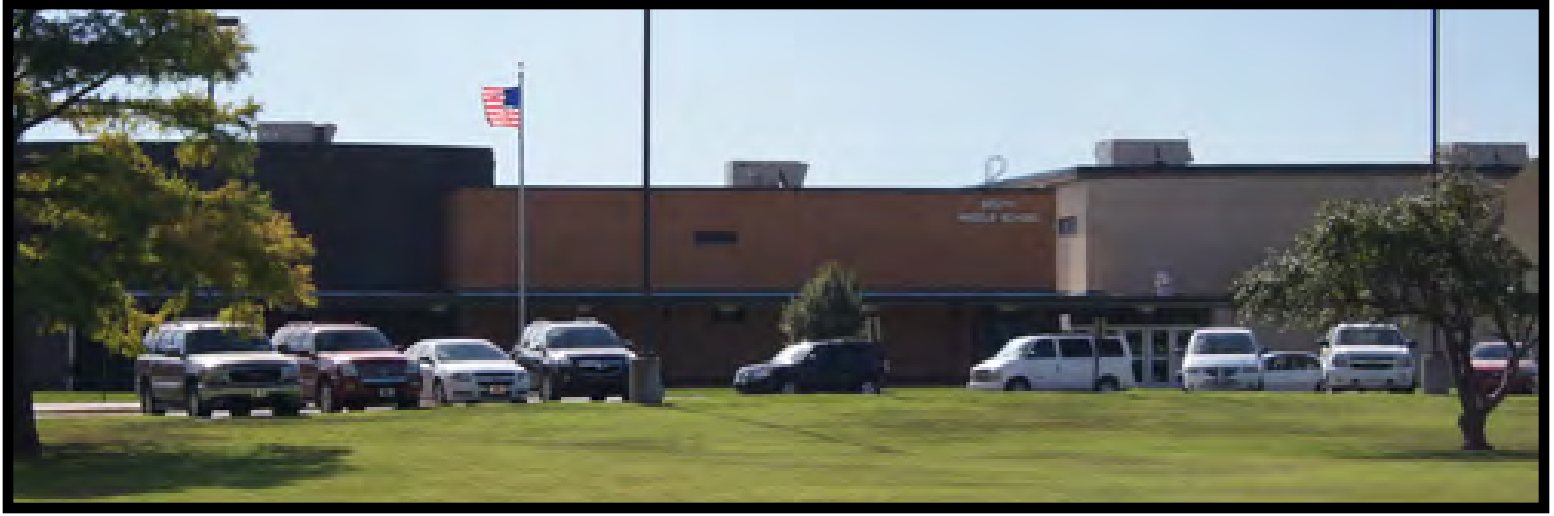
Grade level teams will schedule individual student conferences

## PICK UP AND DROP OFF

As you are aware student pick up and drop off can be a hassle at South Middle School. Our building is landlocked on four sides with city streets. While it is wonderful to be a true neighborhood school, it does present issues for dropping off and picking up students. As a school we will have administrators at crosswalks and we are constantly reminding our students to use crosswalks. As parents and guardians, you can help us by dropping off your student on the curbside, closest to the school sidewalk. It is dangerous to drop off opposite the curb and have your student walk across the street. If you do choose to drop off, opposite the curb, remind your student to walk to the cross walk to cross on to campus. Thank you for your help in this matter.

## TEACHER OF THE MONTH

Congratulations to 8th Grade History teacher, Mike Rasette for earning October teacher of the month!



## STUDENT COUNCIL

September was a busy month with many activities planned by Student Council including Spirit Week and a Pep Assembly to recognize all fall sport and activity participants. October is looking to be just as busy! On October 1st, STUCO will attend the Regional Student Council Conference in Hay, Kansas, where they will listen to a motivational speaker and meet with other Student Councils across Kansas to exchange ideas. STUCO has begun preparation for Unity Day on October 23 which promotes being united for kindness, acceptance and inclusion. Finally STUCO is planning a Halloween Dance scheduled for Friday, October 25th at South Middle School. School appropriate costumes are encouraged. More information will be released to students as it the date nears.

## FERPA

In accordance with Family Educational Rights and Privacy Act (FERPA), USD 305 has designated certain information as directory information. This information is considered public information which may be released from the school district without your prior consent. Please inform your school building in writing that any or all of the directory information should not be released without your prior consent (by August 31, 2019 to ensure it is not included in a parent directory). The following information is considered directory information:

- A. The student's name, address, telephone number, date of birth, picture
- B. Parent's name, address, and telephone number
- C. The student's major field of study and class designation (i.e. first grade, tenth grade)
- D. The student's participation in officially recognized activities or sports
- E. The weight and height of members of athletic teams
- F. Dates of attendance (period of time during which a student was enrolled in an educational agency or institution, i.e. academic year, spring semester)

## DILLONS REWARDS

SMS Families, you can support the South Middle PTO by using your Dillon's Plus Shopper's card. A percentage of all purchases are allotted to our PTO. Here's how to enroll in the Dillon's Community Rewards program:

- o Visit [www.dillons.com/communityrewards](http://www.dillons.com/communityrewards)

- o **SIGN IN** to your existing online account or **CREATE AN ACCOUNT**

- o Find and select **SOUTH MIDDLE SCHOOL PTO** or **ORGANIZATION #VN011** and click **SAVE**

- o **SHOP** at Dillon's and scan your existing Plus Shopper's Card

## SCHOLASTIC BOOK FAIR



Drop by the Scholastic Book Fair while you are at Parent Teacher Conferences, October 16th or 17th! South Middle students will learn about some of the great books that will be at the Book Fair during their library time over the next two weeks. Ask your students about their favorite books from the video and brochure. Books make great rewards for good grades!

## PARENT SCHOOL CLIMATE SURVEY

South Middle School will administer a 15 question parent survey to gather feedback regarding our educational and school environment. This survey will be administered at parent teacher conferences and should take no longer than 5 minutes. The survey will be conducted on-line before or after your student's regularly scheduled conference.





## HEALTH SCREENINGS

South Middle School will work with our community partners to screen students throughout the school year for dental, hearing, and vision. Vision screenings will occur November 4th through November 15th. 7th grade students and any new students to USD 305 will be screened. Dental screenings will occur December 11th and December 12th. All SMS students will receive a free fluoride treatment and will have their teeth checked, unless a family opts out. Hearing screenings will occur March 30th and March 31st. 7th grade students, special education students and all students new to USD 305 will be screened.

## GUITAR CLASSES

**GUITAR** class has gotten off to a great start this semester! Keep encouraging your student to practice, practice, practice. I would like to remind you about three things – practice sheets, tests, and our concert below. – Mr. Gerry

**PRACTICE SHEETS:** Practice sheets are due the first day of every week. The top part is reviewing what we learned in class for the week. This section of the paper is worth 10 points. The bottom section is the practice log. Every day a student practices at home they put an "X" down for that day. At the end of the week, it requires a parent signature. Four days of practicing at home are required for full credit. 10 points.

The practice sheet and log account for 10% of the student's overall grade. Nearly every student who ended up with a grade lower than an A was due to practice sheets not being turned in. Remember, they are due EVERY MONDAY (or the first day of the week).

**TESTS:** There are tests every week in guitar class over the skills we are learning in class. Tests have been GREAT this year! Tests are 50% of the student's grade in class.

Don't forget, that students can retake ANY guitar test as many times as they would like before or after school. If you are not happy with your grade in class, please take advantage of retakes to raise your grade. I truly don't care how long it takes a student to learn – as long as they learn it.

### CONCERT—DECEMBER 11th – 6pm

Our winter concert for guitar is Dec. 11th at 6pm in GYM #1 at SMS. 3 level one guitar classes will perform for around 15 minutes each, and our advanced guitar class will conclude the program. Students are required to attend with the concert being 20% of their grade.

Everyone is invited to come watch! We are excited to show you what we've been working so hard on this semester. Please put it on your calendar!

### Guitar at South Middle is celebrating 10 Years of rocking!

This school year is the 10th anniversary of the guitar program at South Middle! We would like to thank everyone who has helped to make our program a success, especially the Salina Education Foundation who helped us get started with a grant for a classroom set of guitars.

Follow us on social media - @gerrysguitars on Facebook, Instagram, and Twitter to see a look back at the last ten years as well as photos and video footage of what we do in class every day!

### Guitar Class Apparel

We will be selling guitar class shirts and hoodies for anyone who would like to help support our guitar class here at SMS. The store will be open for orders until Oct. 18th at midnight.

[www.shirtsbyfrancis.com/southguitar](http://www.shirtsbyfrancis.com/southguitar)

## **GIRLS BASKETBALL**

With the 1st Quarter wrapping up, the Lady Cougar Basketball season is just around the corner.

The first game for the Lady Cougars will be on November 5 against Manhattan Anthony.

With the beginning of the season so early, the Lady Cougar Basketball tryouts will be immediately following the end of the Fall sports season.

Tryouts are scheduled:

Wednesday, October 16

Thursday, October 17

Friday, October 18

All paperwork must be turned in to the South Middle School office before a student-athlete may participate in tryouts for the Lady Cougar Basketball team.

We are looking forward to a great season of Lady Cougar Basketball!

## **FOOTBALL**

By working together as a whole middle school unit this season we have accomplished many of our goals and have had a very successful season. Our players have learned the fundamentals of football, demonstrated the importance of teamwork, and showed amazing character skills both on and off the field. The coaches have stressed self-discipline, concentration, friendship, leadership, and good sportsmanship in the classroom, hallways, and practice/game fields. The growth of these young men has been truly amazing to witness this season. Cougar football is in very good hands with this group of young men. The future is very bright.

## **VOLLEYBALL**

Volleyball season is fast approaching the end. The teams have had a great season and enjoyed growing as volleyball players and athletes. Eighth graders A team record is 5 – 13, the B team holds the same record. These girls are working hard every day and improving! Eighth grade A Team has three more games scheduled: Tuesday, October 1st in Hutchinson at 5:00 PM, the league tournament on Saturday, October 5th in McPherson, and Hays on October 7th. The B team has an additional game at Lakewood Middle School on October 10th at 5:00 PM. The 7th grade A Team has a 16 – 4 record. It has been a fun season watching the girls grow as volleyball players. Seventh grade A team has two dates left for competition. Tuesday, October 1st in Hutchinson at 5:00 PM against Hutchinson and Eisenhower Middle School and our league tournament on Saturday, October 5th in Newton. The 7th grade B Team's record is 15 – 4; what a great accomplishment for these girls. These girls have two dates left as well, Tuesday, October 1st in Hutchinson at 5:00 PM and Thursday, October 12th at 5:00 PM in Salina at Lakewood Middle School. Please come out and support your Cougars!

## **CROSS COUNTRY**

Our cross country season has been a bit of a struggle this year due to the heat. I am very proud of our athletes for the continued motivation that they bring to practice every day even when it is extremely hot. Luckily, we are finally starting to get some cooler temperatures that will allow us to run longer distances. We are on the downhill slide of our season with only 3 meets left. Thanks for the continued support of our students athletes.





## 7TH GRADE READING

There are a few items that parents need to know about 7th grade reading. Every class starts with a bell work assignment. Students have time to complete this daily in class before it is due on Friday. If a student is gone, it is the students' responsibility to get it completed. Students are expected to bring their personal reading book and planner with them daily. We use Google Classroom for nearly everything, so almost any assignment or needed material will be posted there; students can access this any place they have internet—even their phones! Vocabulary quizzes happen every other week and are a significant part of students' grades. Students should be studying nightly because any of the quarter's words can be on the quiz. Students should also be reading 30 minutes nightly to keep up their reading skills. Please let us know if you have any questions.

## ORCHESTRA



New this year:

Scale Tests- 50 points each. Students will be given 2 scale tests each quarter. They will have a corresponding worksheet to go with them. Students must have 4 adult signatures before the test day that certify that they have practiced the scale outside of class, this can be from the teacher before or after school as well. Also on their test sheet students will go over as a class how to play the scale, what is in the key signature, write out a fingering chart, and also write out the scale. To get all the points students must present their test sheet the day of the test with all the signatures, the test sheet completed and play the scale proficiently.

Concert Dress:

White on Top black on bottom. Make sure you have this in time for the concert, if you have any questions you can consult the orchestra handbook or send me an email.

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> STUCO Conference @ Hays 7:00 Crisis Meeting 9:00 GTN @ Hutchinson Tournament 4:00 CC @ Bill Burke 5:00 7/8VB @ Hutchinson (Goddard-Eisenhower)	<b>2</b> 7:05 Faculty Meeting 1:00 6 <sup>th</sup> Grade Community Theatre Play	<b>3</b> 3:30 GTN @ Hutchinson 4:00 7FB vs. McPherson 4:00 8FB @ McPherson	<b>4</b> <b>END OF QUARTER 1</b>	<b>5</b> 9:00 7VB League Tournament @ Newton 9:00 8VB League Tournament @ McPherson
<b>6</b>	<b>7</b> <b>TEACHER IN-SERVICE</b> <b>NO SCHOOL</b> 3:30 8VB @ Hays (TMP, Great Bend)	<b>8</b> 3:30 GTN vs. McPherson 3:30 CC @ Newton	<b>9</b> Fundraiser Concludes	<b>10</b> 2:00 GTN @ Lakewood 4:00 8FB vs. Hutchinson 5:00 7FB @ Hutchinson 5:00 7/8VB @ Lakewood (Sacred Heart, B Only)	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> 7:45 Impact Testing  <b>COLUMBUS DAY</b>	<b>15</b> 1:30 GTN @ Hutchinson (Pioneer League Tournament) 4:00 CC @ McPherson (Pioneer League Tournament)	<b>16 - PICTURE RE-TAKES</b> 7:45 STUCO Pictures 12:00 Site Council Meeting 3:30-7:30 Parent Teacher Conferences GBB Tryout	<b>17</b> 7:30-7:30 Parent Teacher Conferences GBB Tryouts	<b>18</b> <b>NO SCHOOL</b> GBB Tryouts	<b>19</b>
<b>20</b>	<b>21</b> First Day of GBB Practice	<b>22</b> 8:00 7 <sup>th</sup> Grade Cultural Crawl First Day of WR Practice	<b>23</b> 12:00 PTO Meeting 2:45 Leadership Team Meeting	<b>24</b>	<b>25</b> 7:00 Halloween Dance @ SMS	<b>26</b>
<b>27</b>	<b>28</b> 2:45 GBB Pictures Advanced Guitar Pictures	<b>29</b> 2:45 WR Pictures	<b>30</b> 2:45 SEL Team Meeting 5 Star Leader - Rassette	<b>31</b>  <b>HALLOWEEN</b>		
						

# October 2019

## South Middle Breakfast

**Breakfast Prices** Elementary Breakfast: \$1.70 Secondary Breakfast: \$1.85 Reduced Breakfast: \$0.30 Adult Breakfast: \$2.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<ul style="list-style-type: none"> <li>• Apple Nutrigrain Bar</li> <li>• Fruited Yogurt</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cherry Frudel</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Bread Slice</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon &amp; Egg Pizza</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Powdered Donuts</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
No School/ Teacher Inservice/ Workday	<ul style="list-style-type: none"> <li>• Mini Cinnamon French Toast Syrup</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Muffin</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Breakfast Burrito Salsa</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffin</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<ul style="list-style-type: none"> <li>• Cocoa Cherry Bar</li> <li>• String Cheese</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cinnamon Rolls</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffin</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	No School for all grades	No School for all grades
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Apple Nutrigrain Bar</li> <li>• Fruited Yogurt</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cherry Frudel</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Bread Slice</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon &amp; Egg Pizza</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Powdered Donuts</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
<ul style="list-style-type: none"> <li>• Strawberry Pop Tart</li> <li>• String Cheese</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cinnamon French Toast Syrup</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Muffin</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Breakfast Burrito Salsa</li> <li>• Wholegrain Cereal</li> <li>• Fresh Fruit</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffin</li> <li>• Wholegrain Cereal</li> <li>• Fruit Choice</li> <li>• Assorted Juices</li> <li>• Milk</li> </ul>

Breakfast Milk Choices Daily:

More Details: [usd305.nutrislice.com/menu/south-middle/breakfast/](http://usd305.nutrislice.com/menu/south-middle/breakfast/)

Layout, design & code & copy; Nutrislice, Inc. Private and non-commercial uses permitted.  
This institution is an equal opportunity provider.



# October 2019

## South Middle Lunch

**Lunch Prices** Elementary Lunch: \$2.80 Middle School Lunch: \$3.05 High School Lunch: \$3.15 Reduced Lunch: \$0.40 Adult Lunch: \$3.80

### MONDAY

**30**

- Choose one entree'
- Hamburger On A Bun
- Deli Sandwich Choice
- Sides
- Baked Beans
- Salad Bar
- Mandarin Oranges
- Tropical Fruit
- Ketchup & Mustard
- Pickles
- Milk

### TUESDAY

**1**

- Choose one entree'
- Chicken Fried Steak Dinner
- Roll/Margarine
- Deli Sandwich Choice
- Sides
- Mashed Potatoes w/Gravy
- Salad Bar
- Applesauce
- Fresh Grapes
- Milk

### WEDNESDAY

**2**

- Choose one entree'
- Frito Taco Pie Salsa
- Deli Sandwich Choice
- Sides
- Corn
- Salad Bar
- Diced Pears
- Fresh Orange Wedges
- Milk

### THURSDAY

**3**

- Choose one entree'
- Sausage & Cheese Biscuit
- Deli Sandwich Choice
- Sides
- Potato Triangles
- Salad Bar
- Diced Peaches
- Banana
- Ketchup
- Milk

### FRIDAY

**4**

- Choose one entree'
- Crispy Chicken Sandwich
- Deli Sandwich Choice
- Sides
- Coleslaw
- Salad Bar
- Pineapple Chunks
- Frozen Cherry Juice Cup
- Snickerdoodle Cookie
- BBQ Sauce
- Milk

**7**

No School/ Teacher Inservice/  
Workday

**8**

- Choose one entree'
- Chicken Nuggets Dinner
- Roll/Margarine
- Deli Sandwich Choice
- Sides
- Cheesy Mashed Potatoes
- Salad Bar
- Applesauce
- Fresh Grapes
- BBQ Sauce
- Milk

**9**

- Choose one entree'
- Beef Fiestada Pizza
- Deli Sandwich Choice
- Sides
- Refried Beans
- Salad Bar
- Diced Pears
- Fresh Orange Wedges
- Milk

**10**

- Choose one entree'
- Beef Hot Dog On A Bun
- Deli Sandwich Choice
- Sides
- Spudsters
- Salad Bar
- Diced Peaches
- Fresh Apple Slices
- Chocolate Chip Cookie
- Ketchup & Mustard
- Milk

**11**

- Choose one entree'
- Orange Chicken Savory Brown
- Rice
- Deli Sandwich Choice
- Sides
- Salad Bar
- Steamed Broccoli
- Pineapple Chunks
- Frozen Cherry Juice Cup
- Milk

**14**

- Choose one entree'
- Pepperoni Pizza
- Deli Sandwich Choice
- Sides
- Corn
- Salad Bar
- Mandarin Oranges
- Tropical Fruit
- Milk

**15**

- Choose one entree'
- Baked Chicken Drumstick Biscuit
- Deli Sandwich Choice
- Sides
- Scalloped Potatoes
- Salad Bar
- Applesauce
- Fresh Grapes
- Grape Jelly
- Milk

**16**

- Choose one entree'
- Breaded Ravioli Marinara Sauce
- Bosco Stick
- Deli Sandwich Choice
- Sides
- Green Beans
- Salad Bar
- Diced Pears
- Fresh Orange Wedges
- Chocolate Brownie
- Milk

**17**

No School for all grades

**18**

No School for all grades

**21**

- Choose one entree'
- Hamburger On A Bun
- Deli Sandwich Choice
- Sides
- Baked Beans
- Salad Bar
- Mandarin Oranges
- Tropical Fruit
- Ketchup & Pickle Slices
- Milk

**22**

- Choose one entree'
- Chicken Fried Steak Dinner
- Roll/Margarine
- Deli Sandwich Choice
- Sides
- Mashed Potatoes w/Gravy
- Salad Bar
- Applesauce
- Fresh Grapes
- Milk

**23**

- Choose one entree'
- Frito Taco Pie Salsa
- Deli Sandwich Choice
- Sides
- Corn
- Salad Bar
- Diced Pears
- Fresh Orange Wedges
- Milk

**24**

- Choose one entree'
- Sausage & Cheese Biscuit
- Deli Sandwich Choice
- Sides
- Potato Triangles
- Salad Bar
- Diced Peaches
- Banana
- Ketchup
- Milk

**25**

- Choose one entree'
- Crispy Chicken Sandwich
- Deli Sandwich Choice
- Sides
- Coleslaw
- Salad Bar
- Pineapple Chunks
- Frozen Cherry Juice Cup
- Snickerdoodle Cookie
- BBQ Sauce
- Milk

**28**

- Choose one entree'
- Bosco Stick Marinara Sauce
- Deli Sandwich Choice
- Sides
- Peas
- Salad Bar
- Mandarin Oranges
- Tropical Fruit
- Milk

**29**

- Choose one entree'
- Chicken Nuggets Dinner
- Roll/Margarine
- Deli Sandwich Choice
- Sides
- Cheesy Mashed Potatoes
- Salad Bar
- Applesauce
- Fresh Grapes
- BBQ Sauce
- Milk

**30**

- Choose one entree'
- Beef Fiestada Pizza
- Deli Sandwich Choice
- Sides
- Refried Beans
- Salad Bar
- Diced Pears
- Fresh Orange Wedges
- Milk

**31**

- Choose one entree'
- Beef Hot Dog On A Bun
- Deli Sandwich Choice
- Sides
- Spudsters
- Salad Bar
- Diced Peaches
- Fresh Apple Slices
- Pumpkin Bar
- Ketchup & Mustard
- Milk

**1**

- Choose one entree'
- Orange Chicken Savory Brown
- Rice
- Deli Sandwich Choice
- Sides
- Salad Bar
- Steamed Broccoli
- Pineapple Chunks
- Frozen Cherry Juice Cup
- Milk

Milk:

More Details: [usd305.nutrislice.com/menu/south-middle/lunch/](http://usd305.nutrislice.com/menu/south-middle/lunch/)

Layout, design & code & copy; Nutrislice, Inc. Private and non-commercial uses permitted.

This institution is an equal opportunity provider.

# Middle Years

Working Together for School Success



## Short Stops

### Making an entrance

Teach your child to enter a room confidently. Have

him practice walking into the kitchen or living room with his back straight and head high, then greeting you while looking you in the eye. He'll make a good impression on others and feel more self-confident.

### Count on counselors

Remind your middle grader that her school counselor is there to help her in all kinds of ways. She might ask the counselor about opportunities that match her interests, such as an engineering competition or a writing workshop. Her counselor can also listen if your tween needs help with issues like stress or relationships.

### Proofing around town

Here's an easy way to show your child why proofreading is important. Together, look for signs on highways or buildings that contain punctuation or spelling errors or confusing wording. *Examples:* "Sport's Store." "Tables for eating customers only." Who can find the funniest example—and then tell how to fix it?

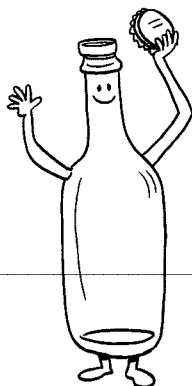
### Worth quoting

"We will be known by the tracks we leave behind." *Dakotan proverb*

### Just for fun

**Q:** I have a neck but no head, and I wear a cap. What am I?

**A:** A bottle.



## Brain-friendly studying

Active study strategies like drawing, moving around, and teaching information to others help to cement material in your tween's brain. They also make studying more fun! Share these techniques.

### Make a meme

Encourage your middle grader to create memes inspired by topics she's studying. For Newton's laws of motion, she could draw herself as a soccer goalie blocking a shot. This shows that an object in motion (the ball) stops when a force (the goalie) acts upon it. Her caption? "Thanks for the win, Newton!"



### Get moving

Combine fitness with studying. Have your tween list six movements, such as lunges, burpees, and toe touches, and number them 1–6. As she finishes studying each page or section, she can roll a die and review out loud while doing the matching exercises (describe the three branches of government as she does three lunges).

### Record a podcast

If your child can teach a concept to someone else, that means she really understands it. Suggest that she record a podcast explaining an algebraic formula and share it with a classmate, for example. *Idea:* She and her friends might make a group podcast interviewing each other about a historical event or science lab. 🍌

## A successful juggling act

Middle graders juggle classes, responsibilities at home, and activities. Help your tween keep all those balls in the air with this system.

**Sort tasks.** Each week, have your child create a three-column chart for School, Activities, and Home. Then, he could list obligations: "French essay due Thursday" under School, "Get supplies for cross-country car wash Saturday" under Activities, and "Do laundry" under Home.

**Use time wisely.** Your tween can choose tasks to match his pockets of time. For instance, if you say you'll take him to buy car-wash supplies in 10 minutes, he might sort his laundry in that small time slot. Then, maybe he'll start on his essay when he gets home and has an hour before dinner. 🍌

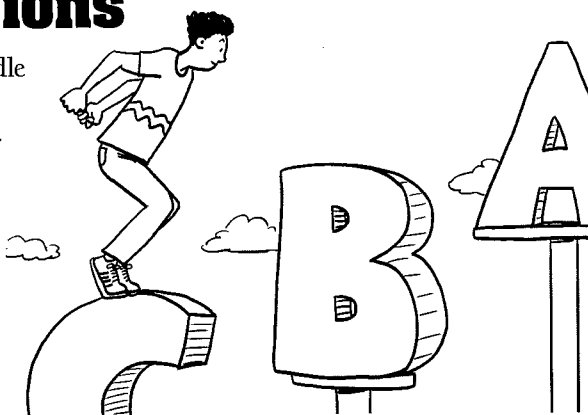


# Effective expectations

Setting a high achievement bar for your middle schooler will inspire him to leap high. Follow these steps to put realistic expectations in place.

**1. Decide what's doable.** Perhaps your child got a C in English last year. Rather than expecting him to earn an A this year, tell him you expect him to bring up his grade.

**2. Focus on what matters.** Keep communication clear by saying exactly what you mean. If your middle grader wants to quit the debate team, you might say, "I expect you to stick to your commitments" rather than "You have to do debate." That means he'll need to finish the competition



then make a plan to raise it. Or he could plan to spend extra time practicing for his next debate. 👍

season, but he can switch activities next semester if he still feels the same way.

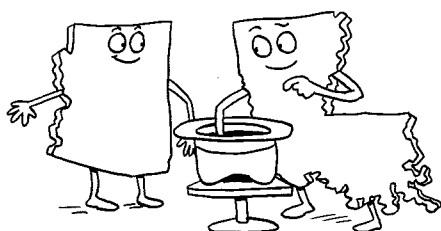
## 3. Handle setbacks.

Part of meeting expectations involves making adjustments. Let your tween know not to be discouraged by one low grade or one challenging debate. Have him ask his teacher how a low score will affect his average,

## Are we there yet?

Arizona, Missouri, Louisiana... does your child know where each state is located? Help her explore geography by playing this game.

**Materials:** large U.S. map, paper, pencil, scissors, hat, game tokens, die



Ask your middle grader to list all the states' names on a sheet of paper (she can refer to the map) and cut them apart to make 50 slips. Put the slips in a hat, and let each family member pick one.

Place the U.S. map on the floor, and have each person put a token on the state you live in. Then, take turns rolling a die and moving that number of states—with the goal of reaching the state she drew. The first player to land on her state wins. 👍



## Q & A

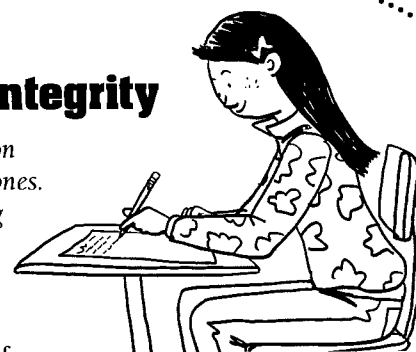
## The importance of integrity

**Q** I've heard that some students cheat on tests by looking up answers on their phones. How can I keep my daughter from doing something like this?

**A** Tweens may not consider "e-cheating" to be as serious as copying from a classmate's paper. Explain to your daughter that any type of cheating is wrong and that you consider honesty more important than high grades.

Role-play what to say if a classmate asks her to cheat, perhaps by texting answers. For instance, she could say, "I like to do my own thing" or simply "No thanks." She'll feel good about doing what's right.

Also, remind her to obey school rules for technology use like leaving her phone at home or in her locker. This will help her avoid the temptation to cheat and make it easier to resist pressure from others. 👍



## Parent to Parent

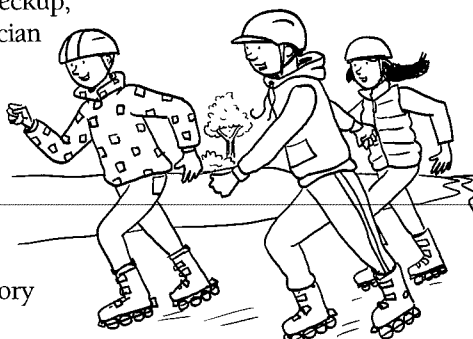
## On the move

When my son Rory was younger, he'd spend hours playing outside with his friends. Now that he's older, he and his buddies would rather play video games.

At his annual checkup, I asked the pediatrician how much exercise Rory needs. The doctor said children—and adults—should be active at least an hour a day. He suggested that when Rory has a friend over, I

encourage them to do something active. And he recommended that we stay active as a family, maybe by going for walks or bike rides.

Rory must have been paying attention to the doctor, because he recently invited some friends to go Rollerblading. And this Sunday after dinner, we're going to ride our bikes around the neighborhood. I'm looking forward to being more active, too! 👍



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5540