



## February 2020 Newsletter

### UPCOMING EVENTS

Tue 2/4 - 7:00 am Crisis Team Meeting  
Wed. 2/5 - 8:30 am Middle Grades Longitudinal Assessment  
Wed. 2/12 - 7:05 Faculty Meeting  
Wed. 2/12 - 3:30 pm Parent Teacher Conferences  
Thu. 2/13 - 7:30 am Parent Teacher Conferences  
Tue. 2/18 - 2:45 pm BLT Meeting  
Tue. 2/18 - 7:00 pm Orchestra Concert @ South HS  
Wed. 2/19 - 12:00 pm Site Council & PTO Meeting  
Wed. 2-19 - 2:45 pm - Paraprofessional Training  
Thu. 2-20 - 2:45 pm Dodgeball Tournament  
Fri. 2-21 - 2:45 pm Dodgeball Tournament  
Fri. 2-21 - 7:00 pm Cougars Night at The City  
Sat. 2-22 - 7:00 pm 305 Live @ Central HS  
Mon. 2-24 - 7:00 pm Band Concert @ South High  
Tue. 2-25 - 2:45 pm SEL Team Meeting

### PARENT TEACHER CONFERENCES

#### Salina South Middle School Parent - Teacher Conferences

Wednesday, February 12

3:30 pm - 7:30 pm

Thursday, February 13

7:30 am - 7:30 pm

6<sup>th</sup> Grade - Commons

7<sup>th</sup> / 8<sup>th</sup> Grade / Electives - Gym #2

Conferences will be scheduled by student teams



### 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.

## BOYS BASKETBALL

This has been a great year and the boys have been working hard both on the court and in the classroom. Heading into February, our 8th grade boys have an overall record of 7-6 at the varsity level and 2-11 overall at the junior varsity level. The 7th grade boys' team enters February with an overall 6-7 record at the varsity level and a 2-11 record at the junior varsity level. We have three games left in February, all on the road. We will play Concordia on February 3rd, Manhattan Anthony on February 6th and Hays on February 10th. The boys have done a tremendous job this year adjusting to a new offense and defense and are getting ready to transition to the demands of the next level. Thank you to everyone who has come out to support the boys basketball family.

## STUDENT COUNCIL

STUCO recently sold bracelets to help raise funds for a student at Lakewood Middle School who is battling cancer. STUCO is hosting COUGARS NIGHT OUT at The City on Friday, February 21st from 7:00PM to 9:00PM. **Tickets can be purchased in advance for \$3** during lunch on Thursday the 20th and Friday the 21st. **Tickets will be \$5 at the door.** Concession items can be purchased at the event for an additional cost. The City offers a wide variety of activities for students including dodgeball, basketball, video games, pool, arcade games, dancing, and more! We hope to see you there!

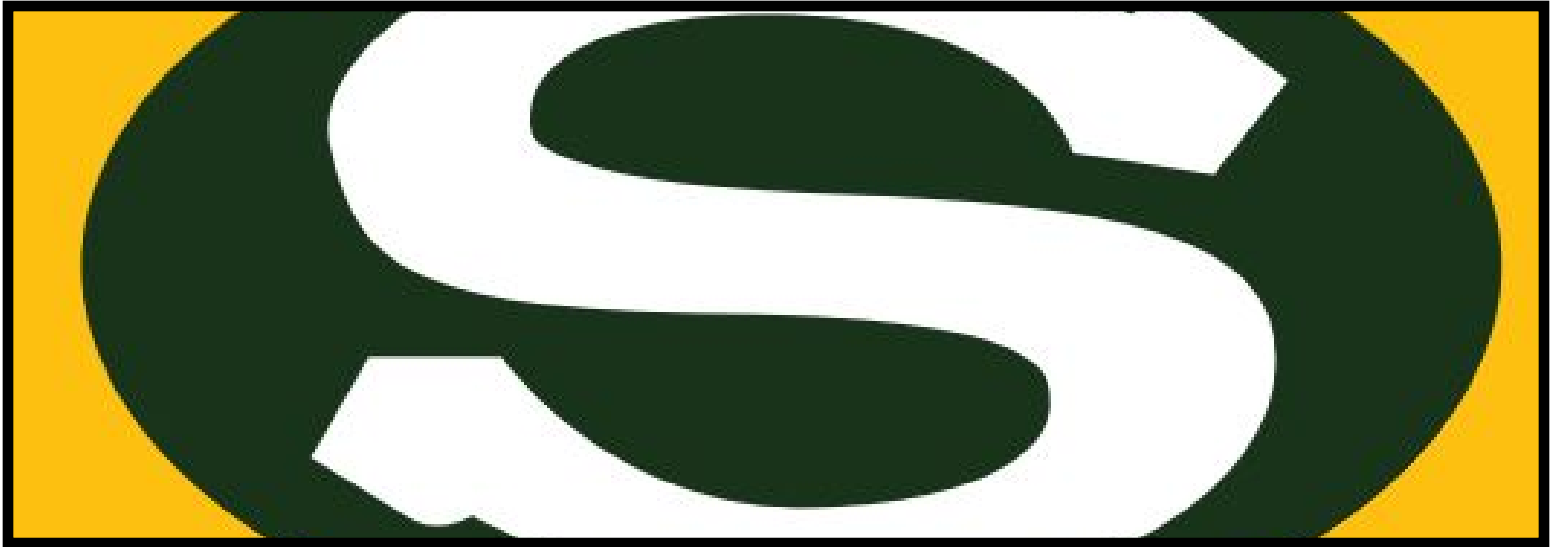
Student Council elections are coming up soon!!! Students can campaign for the following grade level positions: President, Vice President, Secretary and Treasurer. There will be a meeting on Thursday, March 19th during advisory, after MIRP for 6th–8th grade students interested in finding out more about these positions, the responsibilities that they hold, and what is all required to run for an office.

Qualifications include:

- Semester grades of C's or above
- 0 or 1 minor office referrals this school year
- Good attendance

## DODGEBALL TOURNAMENT

The SMS annual dodgeball event will occur Thursday, February 20th and Friday, February 21st. 6th grade dodgeball will take place on the 20th at 3:00 pm, followed by 7th and 8th grade "Express" dodgeball. Regular 7th and 8th grade dodgeball will take place on the 21st at 3:00 pm. Registration information will be communicated to students and families.



## STRATEGIC PLAN

Your input is needed! Community conversations about what we want for our students and what we will emphasize will occur at four open meetings this winter. Everyone's voice and participation is vital as we determine areas for celebration and areas for continual growth. Please plan to join one of these important conversations that will inform and guide our work as we move forward.

- January 13, 5:30-6:45, Stewart Elementary Multipurpose Room\*
- January 30, 5:30-6:45, Central HS Cafeteria\*
- March 3, 5:30-6:45, Oakdale Elementary Multipurpose Room\*
- March 21, 10:00-11:15, South HS Commons\*

*\*Free, on-site childcare.*



## ART

Mrs. Morris and Mrs. Lee have had first semester student artwork displayed at the Salina Public Library in January. There was a terrific turnout for the reception on January 15th as several students and families came to view the show. Another gallery show will be during the month of March at the Salina Public Library in the Children's Section in the lower level of the library. Our visual arts program has been blessed to have such a terrific venue for student work. There is a field trip in the planning stages to attend the Salina Arts Center with second semester students in February. The show is called "Shattering the Void: Realms of Meaning in East Asian Art". Students will have the opportunity to view current and ancient artworks from Korea, Japan, and China. The funding for the field trip is courtesy of the Freeman Foundation, K-12 Educational Outreach Initiative and the art collection is from the Spencer Museum of Art's permanent collection.

## MUSIC CONCERT DATES

Concert season for our musical groups is upon us! Listed below are the remaining performances for the 2019-20 school year.

Tuesday, 2-18, 7:00 pm - Orchestra Concert  
@ South High School Auditorium

Monday, 2-24, 7:00 pm - Band Concert @  
South High School Auditorium

Wednesday, 2-26, Pioneer League Music  
Festival

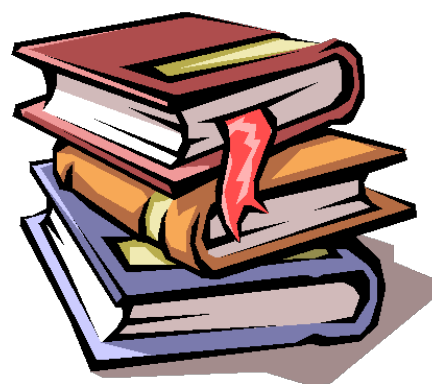
Monday, 5-4, 7:00 pm - Orchestra Concert  
@ South High School Auditorium

Tuesday, 5-5, 6:30 pm - Band Concert @  
South High School Auditorium

Thursday, 5-14, 5:30 pm - Night of the Arts -  
Choir and Guitar Performances

## MATH RESOURCES

Wondering what your child is doing in math? Go to the South Middle School webpage and click on PARENTS in the upper right hand corner to find Family Support Materials for each unit.



## 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 Science teacher Brea Campbell for earning February teacher of the month!



## 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

## 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)



# COUGAR HONOR

**Honesty   Ownership   CommuNication   Organization   Respect**

## GIRLS BASKETBALL

The Lady Cougars Basketball Teams wrapped up their seasons with games at their cross-town rivals, Lakewood.

The Lady Cougars final records were:

8th Grade "A" team 8 - 8

8th Grade "B" team 15 - 1

7th Grade "A" team 9 - 7

7th Grade "B" team 8 - 8

The Lady Cougars worked hard and demonstrated improvement throughout the season, and have every reason to be proud of their season, as they represented the South Middle community very well both on and off the court.

The coaches would like to thank each of the Lady Cougars for their effort and commitment throughout the season, and the Lady Cougar parents for their support! The future is bright for the Lady Cougar Basketball program!

## SCHOLARS BOWL

It has been a fast and furious season for the SMS Scholars Bowl teams. They have competed well and represented South Middle during the month of January at four meets within our league. Our league meet is Tuesday February 4th in Hutchinson.

## TRACK AND FIELD

The 2020 Cougar Track season is quickly approaching. We welcome all 7th and 8th grade students that like to compete and strive to get better on a daily basis. There will be two track informational meetings for students in February during Advisory. The boys will meet February 20th and the girls will meet on February 27th. The first track practice will be held Monday, March 16th from 2:50 to 4:35. The parent meeting will also be Monday, March 16th at 5:15 in the SMS commons. Please see Coaches Heckethorn, Wittman, and VanDeCreek if you have any questions. We hope to see students at one of the meetings to learn more about SMS Cougar track.

## ART GALLERY



## AFTER SCHOOL PROGRAM

We would like to remind all of our parents, guardians and students that the after school program is available for all students from 2:45 to 3:30 pm, Monday through Thursday in the SMS library. Students who need any additional help with homework in any subject area are encouraged to attend. The after school program is staffed with employees from each content area. As we progress through the semester, students who are failing multiple classes will be required to attend. If you have questions regarding the after school program, please contact our counselor, Mrs. Amy Usher ([amy.usher@usd305.com](mailto:amy.usher@usd305.com)).

## COUGARS DINE OUT

The South Middle PTO is sponsoring the February "Cougars Dine Out" at Bogey's on **Tuesday, February 4th** from 3:00 pm - 10:00 pm. Simply mention SMS when you order and Bogey's will donate 15% of your ticket to our SMS PTO group.



## THE CITY

The third annual "Cougars Night Out" at The City will occur Friday, February 21st at 7:00 pm. The City is located at 129 North 7th St. in Salina. Students can participate in various activities which include: video games, basketball, dodgeball, dancing, and hanging out with friends. Concessions are available for cost. Students can purchase tickets at lunch on the 20th and 21st for \$3 or at the door for \$5. The event will conclude at 9:00 pm.

# February 2020

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>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>Chocolate Chip Oatmeal Bar (150 Cal)</li> <li>String Cheese (80 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Mini Cinnamon Rolls (240 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Muffin (179 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Egg Breakfast Burrito (155 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Grape Filled Crescent (220 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>Cocoa Cherry Bar (200 Cal)</li> <li>String Cheese (80 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Chip Mini French Toast (210 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin (170 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	No School for all grades	No School for all grades
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>Fudge Pop Tart (180 Cal)</li> <li>Fruited Yogurt (90 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Apple Frudel (210 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Banana Muffin (170 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Bacon &amp; Egg Pizza (200 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Donuts (280 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<ul style="list-style-type: none"> <li>Chocolate Chip Oatmeal Bar (150 Cal)</li> <li>String Cheese (80 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Mini Cinnamon Rolls (240 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Muffin (179 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Egg Breakfast Burrito (155 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fresh Fruit (55 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Grape Filled Crescent (220 Cal)</li> <li>Wholegrain Cereal (100 Cal)</li> <li>Fruit Choice (80 Cal)</li> <li>Assorted Juices (65 Cal)</li> </ul>

Breakfast Milk Choices Daily:

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

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# February 2020

## 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>BBQ Rib Patty on a Hoagie Bun</b> (344 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Baked Beans (151 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Mandarin Oranges (90 Cal)</li> <li>Tropical Fruit (70 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Popcorn Chicken</b> (240 Cal)</li> <li>Biscuit (110 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Seasoned Potato Chunks (120 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Strawberry Applesauce (39 Cal)</li> <li>Banana (110 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Beef &amp; Bean Burrito</b> (280 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Chuckwagon Corn (80 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Frozen Horchata Juice Cup (90 Cal)</li> <li>Fresh Orange Wedges (63 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Pepperoni &amp; Cheese Calzone</b> (310 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Green Beans (19 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Diced Peaches (60 Cal)</li> <li>Fresh Apple Slices (30 Cal)</li> <li>Snickerdoodle Cookie (119 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Egg Roll</b> (160 Cal) <b>Vegetable Fried Rice</b> (270 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Steamed Broccoli (12 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Pineapple Chunks (70 Cal)</li> <li>Frozen Lemon Berry Swirl Juice Cup (80 Cal)</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Garlic French Bread Pizza</b> (320 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Green Beans (19 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Mandarin Oranges (90 Cal)</li> <li>Tropical Fruit (70 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Grilled Chicken Sandwich</b> (350 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Peas (60 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Strawberry Applesauce (39 Cal)</li> <li>Banana (110 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Turkey &amp; Noodles</b> (190 Cal)</li> <li>Dinner Roll/Margarine (97 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Mashed Potatoes (65 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Diced Pears (80 Cal)</li> <li>Fresh Orange Wedges (63 Cal)</li> </ul>	No School for all grades	No School for all grades
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Hamburger On A Bun</b> (332 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Baked Beans (151 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Mandarin Oranges (90 Cal)</li> <li>Tropical Fruit (70 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Chicken Fried Steak</b> (350 Cal)</li> <li>Dinner Roll/Margarine (97 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Salad Bar (73 Cal)</li> <li>Mashed Potatoes (65 Cal) w/Gravy (50 Cal)</li> <li>Strawberry Applesauce (39 Cal)</li> <li>Banana (110 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Chili</b> (227 Cal) <b>Corn Chips</b> (114 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Corn (75 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Diced Pears (80 Cal)</li> <li>Fresh Orange Wedges (63 Cal)</li> <li>Cinnamon Twist (80 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Dutch Waffle</b> (300 Cal) <b>Turkey Sausage Patty</b> (80 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Potato Triangles (103 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Diced Peaches (60 Cal)</li> <li>Fresh Kiwi (51 Cal)</li> </ul>	<ul style="list-style-type: none"> <li>Choose one entree'</li> <li><b>Macaroni &amp; Cheese</b> (280 Cal)</li> <li><b>Little Smokies</b> (158 Cal)</li> <li><b>Deli Sandwich Choice</b> (390 Cal)</li> <li>Sides</li> <li>Green Beans (19 Cal)</li> <li>Salad Bar (73 Cal)</li> <li>Pineapple Chunks (70 Cal)</li> <li>Frozen Lemon Berry Swirl Juice Cup (80 Cal)</li> </ul>
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Milk:

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

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## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> North Central Kansas Music Education Association 6 <sup>th</sup> Grade Honor Choir
<b>2</b>	<b>3</b> 4:30 BBB @ Concordia	<b>4</b> 7:00 Crisis Meeting  4:00 League Scholar's Bowl @ Hutchinson	<b>5</b> 7:05 Faculty Meeting	<b>6</b> 4:00 8BB @ Manhattan Anthony  4:00 7BBB vs. Manhattan Anthony	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> 3:30 BBB @ Hays	<b>11</b>	<b>12</b> 3:30 Parent Teacher Conferences	<b>13</b> 7:30 Parent Teacher Conferences	<b>14</b> <b>NO SCHOOL</b>  <i>Valentine's Day</i>	<b>15</b>
<b>16</b>	<b>17</b>  <i>President's Day</i>	<b>18</b> 7:00 Orchestra Concert @ South High School	<b>19</b> 12:00 Site Council Meeting  2:45 Leadership Team Meeting	<b>20</b> 2:45 6 <sup>th</sup> Grade Dodgeball Tournament  4:15 7 <sup>th</sup> & 8 <sup>th</sup> Grade Express Dodgeball Tournament	<b>21</b> 3:00 7 <sup>th</sup> & 8 <sup>th</sup> Grade Dodgeball Tournament  7:00 Cougars Night Out at "The City"	<b>22</b>
<b>23</b>	<b>24</b> 7:00 Band Concert @ South High School	<b>25</b> 2:45 SEL Team Meeting	<b>26</b> 9:00 Pioneer League Music Festival @ KWU  12:00 PTO Meeting	<b>27</b>	<b>28</b>	<b>29</b>
						

# Middle Years

Working Together for School Success



## Short Stops

### Stay informed

Want to connect with your child's school on social media? Make sure to select the official page so you'll know the information is trustworthy. Click on social media icons on the school district's website, or contact the office to ask for links.

### Special siblings

A youngster with disabilities can require extra time and energy from parents. To help your other children feel important, too, try to give them some undivided attention each day. For example, you might play a board game in the evening or have a one-on-one talk before bed.

### A taste of learning

Encourage your middle grader to "chew on" information he learns—just like he would a tasty snack! For instance, rather than simply memorizing the First Amendment to the Constitution, he could mull over ways he has used his right to free speech or to "peaceably assemble." Perhaps he wrote a letter to the editor or went with you to a rally.

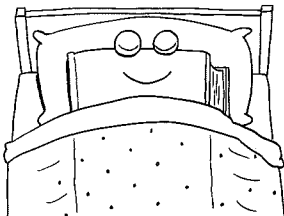
### Worth quoting

"It takes as much energy to wish as it does to plan." *Eleanor Roosevelt*

### Just for fun

**Q:** Where do books sleep?

**A:** Under their covers.



## Ways to manage stress

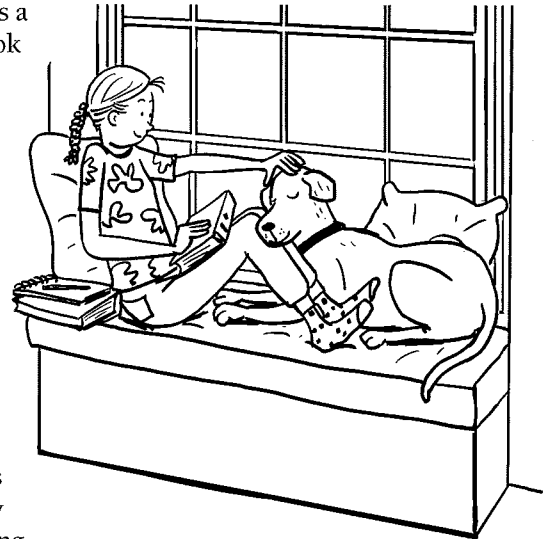
Anna, a typical middle grader, has a lot on her plate: schoolwork, yearbook committee, and sports. While she gets stressed from time to time, she uses strategies like these to cope—and your tween can, too.

### Reduce triggers

Encourage your child to make a list of what stressed her out this week. *Examples:* "taking a pop quiz," "preparing for the student council meeting." Suggest that she identify what's behind the stressors (being unprepared, leaving things until the last minute) and plan ways to overcome them. She could review her notes each evening or start getting ready for meetings sooner, for instance.

### Offer ideas

Share ways you deal with stressors such as a train delay or a computer problem. Maybe you look at a photo of a loved one or picture a peaceful scene like falling snow. Then ask your tween to name ways she could work through her stress, like taking deep breaths or snuggling with her dog.



### Turn to others

Let your middle grader know that she can come to you when she's stressed. Also have her think of other people she could turn to, such as friends, her school counselor, or her coach. She can talk about what's bothering her and learn strategies for dealing with it.

*Note:* If stress seems to be interfering with your child's daily life, talk to her pediatrician. 👍

## A+ attendance

The first step toward doing well in school is to show up! As the school year continues, encourage your child to keep up good attendance with these tips.

■ **Set expectations.** Weave comments into your conversations that make it clear how important you consider attendance. ("I scheduled your dentist appointment for 3:30 p.m. so you won't miss anything in 7th-period science.")

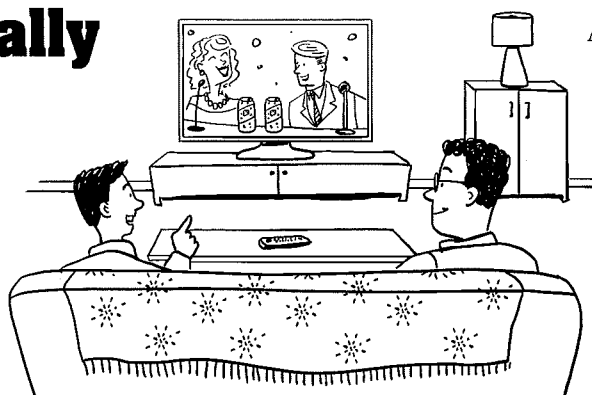
■ **Know school policy.** If your middle grader misses school because he's sick, use the policy to help you decide when he can return. For instance, if he has been fever-free for the required amount of time and feels better, he could go back to school. 👍



# Think critically about ads

Evaluating advertisements is an important part of being a critical thinker and a savvy consumer. Share this advice with your middle grader.

**Product placement.** When you and your child watch TV or movies, try to spot brand names. Maybe the judges on his favorite talent show always drink a certain brand of soda.



Ask why he thinks that is. Do all the judges just happen to like it? Maybe—but the soda company pays the show to feature the product. Can your tween figure out the unstated message? (If famous people drink it, maybe he should, too!) He'll learn that ads aren't always obvious and start to think more critically about them.

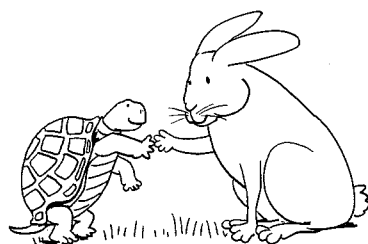
**Targeted advertising.** Did your tween ever look up a sports team online, then see an ad for game tickets on another site? Web browsers use "cookies" to determine who gets which ads. Your middle grader should consider who the advertiser is (perhaps a ticket reseller), why he's seeing the ad (he's a fan of the team), and what isn't stated (how much tickets are marked up). 👍

Q & A

## Changing friendships

**Q** My daughter seems to have a different best friend every week. Is that normal for this age?

**A** Friendships can change frequently in middle school. It's typical for kids to outgrow relationships and to feel closer to one friend than to another as their interests and maturity levels change.



Let your daughter know that no matter who her "best" friend is, she can remain friends with many people. Mention the various social circles in your own life, such as your book club friends, work buddies, and college roommates.

Also, remind your child to treat everyone kindly, including classmates she may have grown apart from. Remaining friendly will leave the door open for spending more time together in the future. 👍

## 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  
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## Practical writing

Writing isn't just something your tween does in school—it's important in daily life, too. Encourage her to practice different types of writing at home with these activities.

### To inform

Your child could interview relatives about their jobs. What does a typical day on the job look like? What do they like best about their work? She can write and share a "Who's Who" to help family members learn more about each other. *Example:* "Aunt Cora is an optometric assistant, which means she works alongside eye doctors. Her favorite part of her job is helping patients pick out glasses."

### To entertain

Suggest that your middle grader write a script for a silly skit. She can include dialogue and stage directions (notes that tell actors what to do). Encourage her to consider her audience—if her skit is for younger siblings, what will they find funny? Then, she and her friends could practice the skit and perform it for their audience. 👍



## Parent to Parent

## Take pride in your work

This year, my son Aidan started rushing through his assignments and making careless mistakes. I wanted him to take pride in his work like he did when he was younger, so I had an idea.

I pulled out a storage bin full of papers and projects we'd saved from Aidan's elementary school years. We took a nice trip down memory lane as we

admired stories he'd written, pictures he'd drawn, and tests he'd done well on. Seeing his old papers made Aidan realize how nice it feels to be proud of your work.

Now Aidan has started saving his middle school work, too. I'm not seeing as many careless errors—I can tell he's trying harder. I know we'll enjoy looking through his collection when he's in high school! 👍

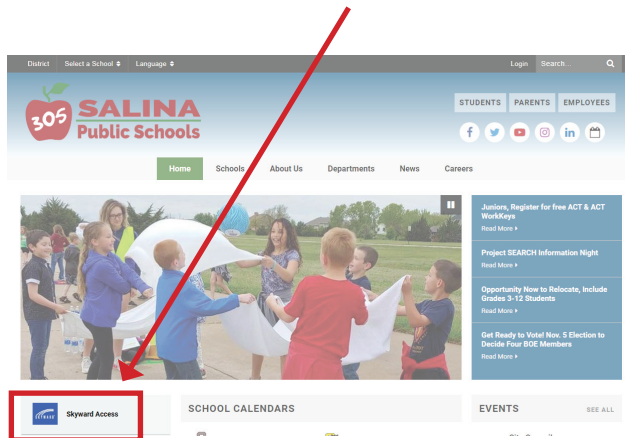




## Receive School messages! Update your contact information in Skyward.

To update your contact information and message notification preferences, you must login to Skyward using a web browser.

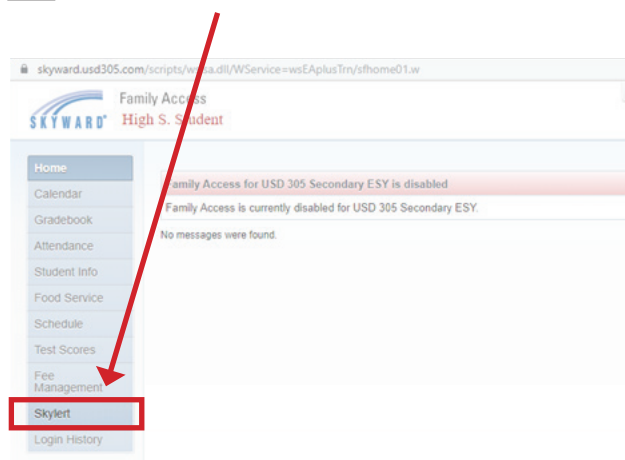
**1** Find the the Skyward Access link on the usd305.com homepage and click on it.



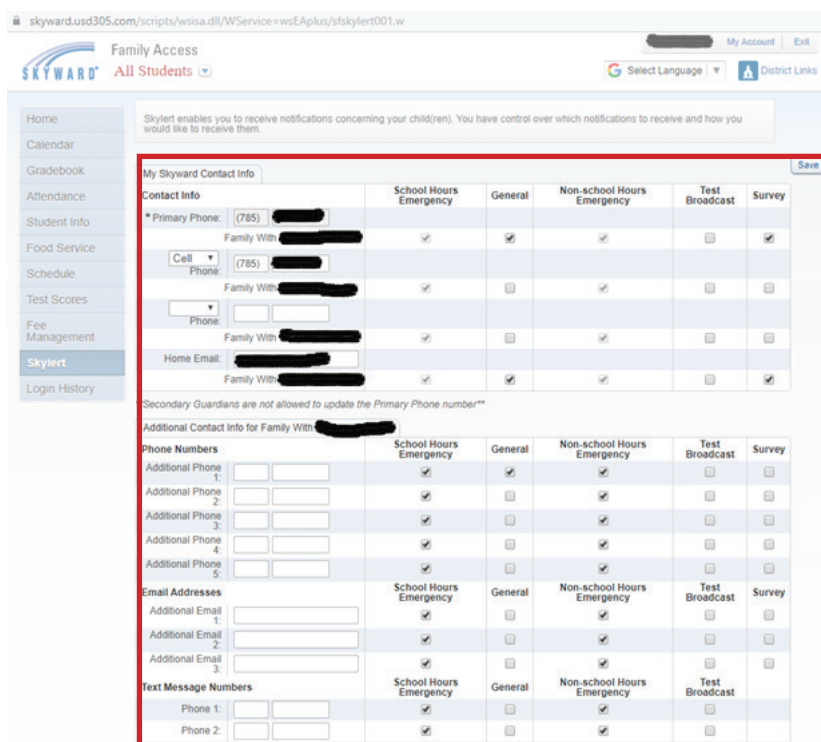
**2** Login with the ID and Password you received at enrollment. Contact your school if you don't have it.



**3** Click on the Skylert link in the left hand vertical menu.



**4** Update phone numbers and email as necessary. Check the box to select which type of messages each will receive.



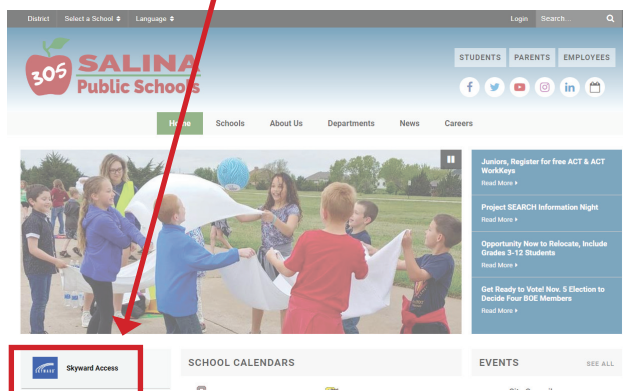
My Skyward Contact Info		School Hours Emergency	General	Non-school Hours Emergency	Test Broadcast	Survey
* Primary Phone: (785) [REDACTED]		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cell Phone	(785) [REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home Email	[REDACTED]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Additional Contact Info for Family With [REDACTED]						
Phone Numbers						
Additional Phone 1:	[REDACTED]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 2:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 3:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 4:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 5:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email Addresses						
Additional Email 1:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Email 2:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Email 3:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Text Message Numbers						
Phone 1:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone 2:	[REDACTED]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5** Be sure to click the Save button once you have updated your contact information!

## *¡Recibe mensajes de la escuela!* *¡Actualiza tu información de contacto en Skyward!*

Para actualizar tu información de contacto y las preferencias de notificación de mensaje, debes iniciar una sesión en Skyward en un navegador de web.

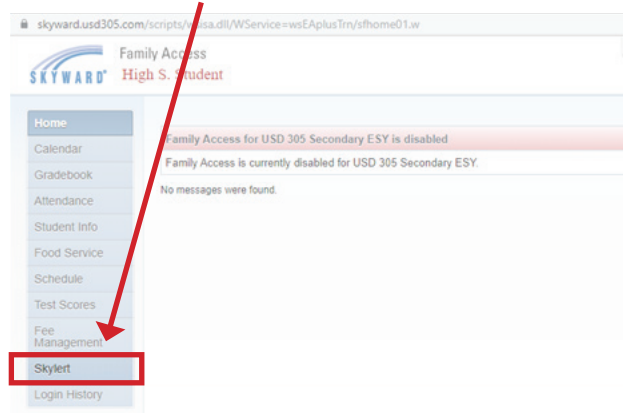
- Encuentra el enlace de Skyward Access en la página principal de [usd305.com](http://usd305.com) y haga clic en ella.



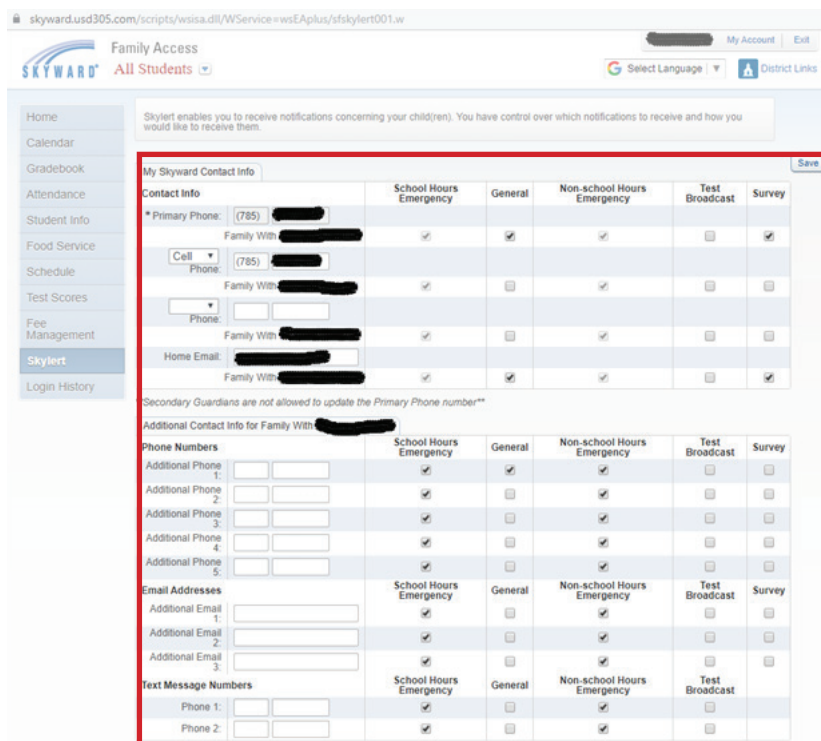
- Inicie una sesión con su nombre de usuario y la contraseña que recibió en las inscripciones. Si no lo tiene, contáctese con la escuela.



- Haga clic en el enlace Skylert en el menú vertical que está a mano izquierda de la página.



- Actualice sus números de teléfono y correo electrónico según sea necesario. Haga clic en los cuadros para seleccionar que tipo de mensajes recibirá cada persona.



Contact Info	School Hours Emergency	General	Non-school Hours Emergency	Test Broadcast	Survey
* Primary Phone: (785) [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Family With [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cell Phone (785) [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Family With [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Phone [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Home Email [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Family With [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Secondary Guardians are not allowed to update the Primary Phone number\*\*

Additional Contact Info for Family With [redacted]	School Hours Emergency	General	Non-school Hours Emergency	Test Broadcast	Survey
Phone Numbers					
Additional Phone 1: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 2: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 3: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 4: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Phone 5: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email Addresses					
Additional Email 1: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Email 2: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional Email 3: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Text Message Numbers					
Phone 1: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone 2: [redacted]	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Asegúrese de hacer clic en el botón de **Salvar** una vez que haya actualizado su información de contacto!



# You Have a Say!!!

1. What are the characteristics of a successful high school graduate?
2. What is USD 305 doing well?
3. What are some areas where USD 305 can continue to grow?
4. What is the best way to communicate with you?



## Join us at a Community Meeting

- **January 30, Central HS Cafeteria, 5:30-6:45**  
(translator available)
- **March 3, Oakdale Elementary, 5:30-6:45**
- **March 21, South HS Commons, 10-11:15**  
*Free childcare at all meetings!*

**-- OR --**

**Fill out a 4  
question survey**



English

**Complete una encuesta  
de 4 preguntas**



Español

## Timeline

Spring 2020: Collect Input and Set Direction  
Summer/Fall 2020: Focus Action

Spring 2021: Implement Plans  
Fall 2021: Report Progress



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Public Schools

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# Tu Tienes un Dicho!!!

1. ¿Cuáles son las características de un graduado de preparatoria exitoso?
2. ¿Qué está haciendo bien USD 305?
3. ¿Cuáles son algunas áreas donde USD 305 puede continuar creciendo?
4. ¿Cuál es la mejor manera de comunicarse con usted?



## Únete con Nosotros en una Reunión Comunitaria

### PLANIFICACIÓN ESTRATÉGICA

- **enero 30, Cafetería de la Preparatoria Central, 5:30-6:45**  
(traductora disponible)
- **3 de marzo, Primaria Oakdale, 5:30-6:45**
- **21 de marzo, Area Comun de la Preparatoria South, 10-11:15**  
¡Cuidado de niños gratis en todas las reuniones!

-- O --

### Fill out a 4 question survey



English

### Complete una encuesta de 4 preguntas



Español

### Linea de Tiempo

Primavera 2020: Recopilar Información y  
Establecer Dirección  
Verano / Otoño 2020: Acción de Enfoque

Primavera 2021: Implementar Planes  
Otoño 2021: Informe de Progreso



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