

Skeena Middle School

3411 Munroe Street Terrace, B.C.
V8G – 3C1
Phone - 1-250-635-9136
Fax - 1-888-655-0523
Website - skeena.cmsd.bc.ca

School Starts at 8:45

Bell Schedule

8:40	Warning Bell
8:45	Classes Start
	1 st Block
9:53	2 nd Block
10:56	Break
11:11	3 rd Block
12:15	Lunch
12:56	End of Lunch
1:00	4 th Block
2:07	5 th Block
3:11	Dismiss

Student Absenteeism

Please remember to contact the school whenever your son or daughter is going to be away from school. If you send a note with your child, please have the note delivered to the main office first. If the absence is going to be for an extended period of time i.e. more than one day, we can put a homework request out to teachers.

Visitors and Guests to the School

All parents/guardians, visitors and guests are required to check in at the main office upon arrival. Thank you.

Students Leaving the School

In the interest of student safety, any students who need to leave the school for any reason, i.e. an appointment, home for lunch – are required to sign out at the main office and to sign back in upon return.

February

Newsletter – February 28, 2017

Dear SMS Families,

We are officially at the halfway mark of the school year. If we thought January felt as if things slowed down a bit, then from now until the end of June is when we really pick up speed.

Our second reporting period is upon us which means report cards will be going home with students on Tuesday, March 6th. Our two early dismissal days will see students dismissed at 2:11, one hour earlier than normal on both Wednesday, March 7th and Thursday, March 8th.

Parent / Teacher interviews are a wonderful opportunity to discuss your child's progress. As such, we are hoping to see all of our parents and guardians on Wednesday, March 7th from 5:30 until 7:30. If this date and time do not work for you, please contact your child's teacher(s) at your earliest convenience.

We would like to take this opportunity to wish everyone a safe and enjoyable Spring Break.

Mr. P. Barron, Principal

Mr. C. Killoran, Vice-Principal

Youth Mental Health and Wellness

The following was taken from an excellent web-based resource from the Ministry of Health here in B.C. It can be found at www.heretohelp.bc.ca

Ups and downs are a normal part of life. We all feel a bit stressed out or struggle to cope with a problem from time to time. We all get angry once in a while or find it hard to express our needs assertively. Most of us could use a little help finding balance, getting enough sleep, and getting active.

You may notice that these kinds of problems can take a toll on the way you feel. When you feel a lot of stress, it can be hard to feel optimistic about the future. When you feel overwhelmed by a problem, it's easy to feel like *nothing* ever works out. When you struggle to balance different needs and obligations, it's easy to feel overwhelmed and frustrated. These Wellness Modules aren't about managing a mental illness or other concern (though they can certainly help!) They are simply four short pages to help you maximize good mental health and well-being so you feel your best.

Each Wellness Module breaks down a different factor related to mental health and well-being. You'll explore different evidence-based skills to help you work through common problems. Don't be fooled—some of these skills aren't as simple as they appear! But if you're willing to dedicate a bit of time and effort, you'll find that good mental health is in everyone's reach. We encourage you to take advantage of the quizzes in some Wellness Modules to help you track your progress.

Calendar of Events

- Pink Shirt Day - Wednesday, February 28th
- Brad Marsden Session for Students - Monday, March 5th Thornhill Trades School
- Report Cards Sent Home with Students - Tuesday, March 6th
- Caledonia Course Selection for Grade 9 Students - Tuesday, March 6th and Wednesday, March 7th
- Early Dismissal - Wednesday, March 7th and Thursday, March 8th at 2:11 p.m.
- Parent/Teacher Interviews - Wednesday, March 7th
- Last Day Before Spring Break - Friday, March 9th
- Return to Classes - Monday, March 26th
- Good Friday (No Classes) - Friday, March 30th
- Easter Monday (Holiday) - Monday, April 2nd



PINK SHIRT DAY

Pink Shirt Day: When is it?

In 2018, Pink Shirt Day takes place on Wednesday, February 28.

What is the story behind Pink Shirt Day?

Pink Shirt Day began in 2007 with a grade 9 boy at Central Kings Rural High School, in the small community of Cambridge, Nova Scotia. On his first day of school he was badly bullied for wearing a pink polo shirt. When two grade twelve boys, Travis Price and David Shephard, heard about the bullying they decided to take action. They responded by emailing classmates asking them to wear pink the next day. The two boys even purchased 50 pink shirts for anyone who didn't own one. The next day there were dozens of students outfitted in pink creating a "sea of pink". Pink Shirt Day is all about STANDING TOGETHER to stop bullying.

What is Bullying and What Can We Do?

Bullying is a relationship problem that involves a student or group of students repeatedly using power to cause distress to another student. Bullying can be physical, verbal, social, or online. Bullying requires relationship solutions. Research has shown that the majority of the time, bullying stops within 10 seconds when a bystander STANDS UP for a child who is being bullied, instead of standing by. Please visit the website PREVNet.ca for more resources.

Middle Years

Working Together for School Success



Short Stops

No skipping allowed

Middle graders may think it's cool to roam the halls or hang out in the bathroom instead of going to class. Make sure your child knows you expect him to be in all of his classes every day—and explain ahead of time what consequences he would face from school, and from you, if he skips.

Shifting moods

Tweens often go through ups and downs because of changing hormones. When your child seems out of sorts, that's when she most needs you to remain calm. Showing you have control will comfort her and make her feel secure, even if she doesn't realize it at the time.

Where's my glove?

Are family members constantly looking for missing gloves? Make it easier to get out the door to school and to work by giving each person his own bin for winter gear (mittens, hats, scarves). Stack them by the door, or place in a closet. *Tip:* Designate a spot for gloves without matches in case the mates show up.

Worth quoting

"We cannot change the cards we are dealt, just how we play the hand."
Randy Pausch

Just for fun

Q: Why do dogs wag their tails?

A: Because nobody else will do it for them.



Happy to collaborate

You may have heard your middle schooler talk about group assignments—perhaps a paper she's writing with a partner or a slide presentation she's creating with classmates. Learning to collaborate will help her succeed in these projects *and* teach her an important skill for the future. Share these strategies.



Look for themes

Collaborating is about using everyone's thoughts and opinions to find a solution.

First, group members need to brainstorm and keep track of suggestions. Then, they can look for ways to combine their ideas. For example, they might realize most of their concepts fit into three main categories and work together to divide their paper into three parts.

Learn to compromise

Help your tween use language that encourages others to participate and shows she is considering their recommendations. For instance, she could ask, "What's your reaction to this?" Or she can paraphrase someone's comments with "It sounds like

you're saying..." To disagree politely, she might reply, "I see what you're saying. I also see it another way."

Figure out roles

Another key to collaboration is using everyone's strengths. Say your middle grader's group is making a slide show. One person might use her organizational skills to schedule meetings and decide how to arrange the slides. Another can use technology know-how to create the slides and add special effects. 👍

"I care about you"

Caring about others can make your child feel good about himself and even help him make new friends. Inspire compassion with these ideas.

Trade places. Suggest that he put himself in someone else's shoes. Say his friend is disappointed because he didn't make a sports team. Your tween could think about how he would feel if he worked hard for something and didn't get it. Seeing things from his friend's perspective will help him understand his friend's feelings—and empathize.

Take action. Encourage him to find a way to support others who are going through a rough time. If a classmate loses his grandfather, he might visit the friend and invite him to tell stories about his grandpa. Or he can make a sympathy card and have other students sign it. 👍



Grow by the rules

Setting rules during the tween years can be puzzling, since middle graders aren't little kids anymore, but they aren't teenagers either. Try these tips.

Consider new freedoms

Think of ways to adapt rules for your child's age and maturity level. Ask for his input, and decide which suggestions make sense. Say he wants you to start dropping him off at the mall with his friends. You might agree to read in the mall's coffee shop while they walk around. Once you see how he handles it, you can choose whether to drop him off in the future.



Encourage problem solving

Parents want to protect their children—but your tween will often be better off experiencing the natural consequences of his actions. Perhaps your rule is that he needs to remember his own items for school. If he forgets a book for class, let him work out a solution instead of dropping it off for him. He'll learn to problem solve, and chances are he'll try harder to remember next time. 👍

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Chores without complaints

Does your child pitch in around the house? Having her do chores helps her develop a good work ethic that will benefit her at home and in school. Here are ways to foster this quality.



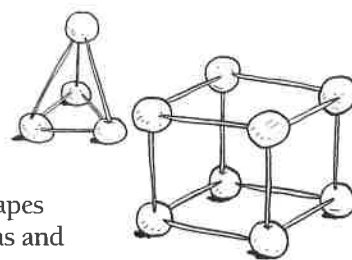
■ **Think “we.”** Have her regularly help with chores that benefit the whole household, such as doing dishes or cleaning out closets. That way, she'll learn to work hard even if it won't benefit her directly.

■ **Make it snappy.** Set a timer for 2 or 3 minutes, and challenge everyone to do a specific chore before time is up. Your tween might straighten up the family room while you wipe down kitchen counters. Keeping it short and fun makes it more likely she'll pitch in willingly—and be more open to helping out next time. 👍

Parent to Parent

Math night at school...and at home

My daughter and I recently attended family math night at her school. Marissa found the activities fun, so when her teacher sent home more ideas to try, we decided to hold a math night at home.



First, we rolled play dough into little balls and connected them with toothpicks to create 3-D shapes like cubes and cones. Marissa measured their areas and showed me how to do it.

Next, we played “secret function.” I wrote numbers on slips of paper. Marissa picked one at a time, performed a “function,” like adding 8 or dividing by 3, and wrote the answer on the flip side. I had to figure out the function she used. For “4,” she had written 16, and I said she had squared the number. She said that was right, but added, “It could have been $x \cdot 4$ or $+ 12$.” That led to a great discussion about how many different functions may have been right!

I enjoyed seeing math in a new light. And I'm glad Marissa is enjoying playing with math. 👍

Q & A Work that's mine

Q My son recently received a zero on a paper because it was too similar to an online article he used as a source. He had simply rearranged the information, and he didn't understand this was plagiarism! What should I do?

A In today's online world, students may pass off someone else's work as their own without realizing it. They might believe that just rewording or rearranging material makes it theirs. Or they may

even forget which part is a direct quote from a source and fail to give credit.

Your son can avoid unintentional plagiarism by taking careful notes as he researches. Encourage him to put quotation marks around direct quotes and to keep a running list of sources.

Also, suggest that he jot down his own thoughts and reactions while researching. That will give him a good place to start when he writes so he is sure to use his own words. 👍



OUR PURPOSE

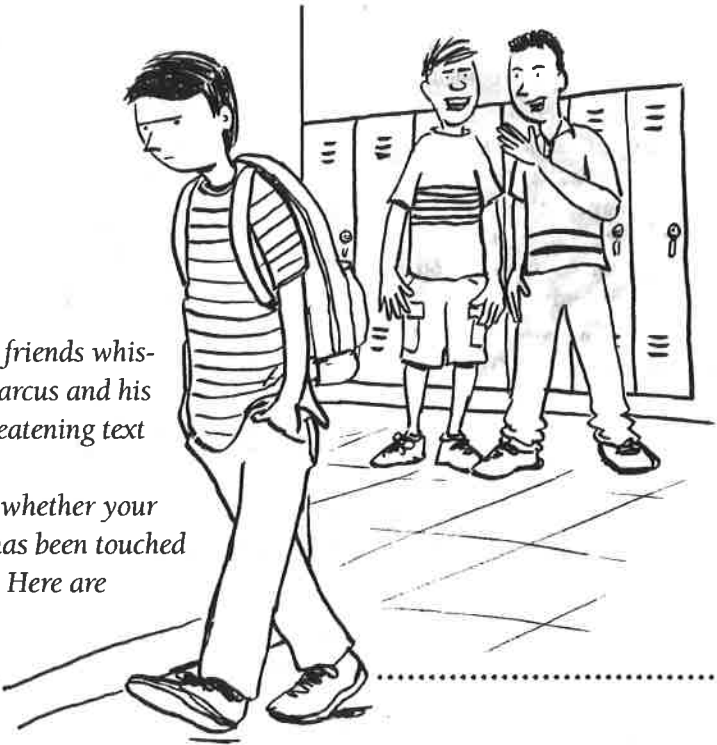
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Bullying Q&As

Lisa sits quietly at the “popular” lunch table while her friends whisper about an overweight classmate. On the school bus, Marcus and his buddies push a younger boy off his seat. Ellie receives threatening text messages from her ex-boyfriend.

These middle graders are all affected by bullying. And whether your child is a witness, a bully, or a victim, it's likely that she has been touched by the problem at some point, too. What can a parent do? Here are answers to common questions about bullying.



Q What is bullying?

A Bullying ranges from rejection (“This table isn’t for geeks”) to physical attacks like pushing and punching. It also includes spreading rumors, threats, name calling, and sexual harassment. When bullies use technology (say, by posting rumors on Facebook or sending hurtful text messages), it’s called *cyberbullying*. Usually, bullying is an ongoing problem rather than a one-time thing. Also, a bully typically has an advantage over his victim. For example, he might be more popular or physically stronger. Any form of bullying—verbal or physical—should be taken seriously.



Q I’ve been hearing a lot about bullying lately. Is it more common these days?

A Technology like text messaging and social networking has made it easier for tweens to continue harassing each other outside of school. Also, the problem is getting more attention as we learn about its serious consequences

for both bullies and victims. For instance, a child who bullies is more likely to get into trouble with the law as an adult. And being a victim can lead to increased school absences, falling grades, depression, low self-esteem, and dropping out. In some tragic cases, bullying has been tied to school violence and even suicide.

Q What motivates a bully?

A Experts used to believe that most bullies had low self-esteem and that they hurt others to feel better about themselves. While

this does happen, popular children can also be bullies. They’re motivated by social power, and they take advantage of less popular children to gain even more power. For example, a well-liked middle schooler might decide who gets invited to parties or where other kids can sit at lunch. If a classmate doesn’t do what she says, she might push or threaten the other child or call her names.

Q Now that my son is in middle school, he doesn’t confide in me very often. How will I know if he is bullied?

A It’s not unusual for children to keep bullying a secret. That’s because they’re afraid the bully will punish them for telling or because they’re ashamed of themselves for being picked on. Try bringing up the subject with your son. You might show him a newspaper or magazine article about bullying. Mention that it’s a common problem, and ask if it’s going on at his school and whether he feels safe. Also, know the risk factors—children are bullied for being overweight, having a disability, or seeming different, or because of their sexual orientation. Finally, be aware of warning signs. A victim might begin to spend more time alone, ask to stay home from school, or even experiment with dangerous behaviors (drinking alcohol, using drugs, having sex). If you suspect your youngster is being picked on, talk to the school counselor for advice.



continued

Middle Years

Q What should my child do if she sees someone being bullied?

A Bullies love a crowd, so the best thing your middle grader can do is to pay attention to the victim and ignore the bully. If someone is being physically attacked, your youngster should tell the nearest adult. If a classmate is being teased, she might walk up and give the victim an excuse to escape (“Hey, we gotta go” or “Mrs. Jackson needs to see you in her office”). Keep in mind that it’s normal to be afraid to step in. It’s important for your youngster to remember that a child who is being bullied is probably scared and upset and wants help.

Q My son’s school counselor called and said he’s part of a group that’s bullying a boy in the cafeteria. We have a meeting at school this week. How should we react?

A First, get your son’s side of the story. Tell him about the phone call, and ask for an explanation. If he admits to participating in bullying, let him know that his behavior is unacceptable, and tell him what the consequence will be at home (the school will likely have its own consequence). Also, help your child become more empathetic. Talk regularly about others’ feelings (“Your sister is disappointed that she didn’t make the drill team, so let’s try to cheer her up”), and consider getting involved in community service as a family.

Q My daughter has been unhappy lately. She finally told me it’s because some of her friends have become more popular, and now they say she isn’t “cool enough” for them. Is there anything I can do?



she can seek out other friends. For instance, she might join an after-school activity (yearbook, field hockey) where she can find classmates who share her interests. In the meantime, ask a librarian to help you find books about tweens who struggle

A You can explain to your daughter that friendships change as kids get older. But let her know that you understand it doesn’t make things easier now. Although she might not be able to change these girls’ behavior,



to make friends. Knowing that other middle schoolers go through the same thing can help her feel less alone, and she might learn about strategies for building friendships.

Q My son doesn’t want to go to school because kids tease him about his learning disability. And he doesn’t want me to talk to his teachers or school counselor about it. How can I help him?

A Let your son know this isn’t something he should have to handle alone. Perhaps he’ll let you write an email to his school counselor that doesn’t name the bullies but asks for help. (“What resources do you have for children who are bullied?”) The counselor’s reply might help him feel comfortable sharing. Also, since most bullying takes place when adults aren’t looking, encourage your son to stay with a friend or a group in “hot spots” like the bus, bathroom, cafeteria, or hallways. *Tip:* Have him practice assertive body language (standing up straight, looking others in the eye). This can send the message to the bullies that he isn’t an easy target.



Q A classmate has been spreading rumors about my daughter on Facebook. What can we do?

A The first step is to help your daughter block the student from her account. Although this won’t stop the bully from posting rumors on other people’s pages, knowing that your child is ignoring her might encourage her to stop. That’s because cyberbullies enjoy the drama of posting and getting reactions. If the problem continues, you might consider contacting the bully’s parents if you feel comfortable doing so. Or the school counselor might suggest peer mediation. In the meantime, keeping an eye on your daughter’s online activities can help protect her. Try putting your computer in a common area so you can see what she’s doing. Some parents insist that their child “friend” them as a condition of joining a social networking site. Finally, remind your daughter never to share her password with anyone.

Middle Years



Skeena Middle School Music News

February 2018



24th Annual Band Telethon this Sunday, March 4th 4:00-8:00pm at the R.E.M. Lee Theatre

Skeena Band students in **grades 7, 8, 9 will perform** and must be at the R.E.M. Lee Theatre in uniform with their instrument and music by **3:20pm**. Band students are **collecting telethon pledges** before the telethon which are **due Thurs. March 1**. The band class that collects the most pledges will have a **pizza lunch!** There is a **five pound chocolate bar** for the top pledging student! Lots of draw prizes to win! This event will be broadcast live on Cable 10 and www.cwcommunitytv.ca

Please note: Lost pledge tickets result in \$25 fine; please return any unused pledge tickets.

Dare to Dream Band Retreat Success!

Band students at Skeena worked with visiting clinicians Feb. 19-23 as part of the annual Dare to Dream Band Retreat. The Band 7 students enjoyed a concert by the Caledonia Band with special guests, massed band rehearsals, pizza lunch, a dance and a final massed band concert last Saturday night at the R.E.M. Lee Theatre. It was a great opportunity to learn new skills, make friends and great music!

Thanks to parents, Skeena Staff, Dare to Dream Foundation and band students for a very successful retreat!

After School Band Rehearsals

Grade 7 Concert Band every Monday 3:10-4:15pm

Grade 8-9 Concert Band every Thursday 3:10-4:15pm

These rehearsals are the only time our band classes get together to practice for Concerts like the Music Festival, Telethon, Band Trip, local school concerts, etc. This is an important time to listen and learn from each other and hear the awesome-ness of our band! With everyone at rehearsals, our band is all powerful! Congratulations to the many, many students who get to these rehearsals on time and ready to play every week! **SMS Bands ROCK!**

53rd Annual Pacific Northwest Music Festival April 12- 28, 2018

All of our Skeena Bands will perform in the festival at the R.E.M. Lee Theatre April 12-14. Performance times to be announced. Please mark your calendars. Watch for more info coming soon!

SMS Band Tour 2018

We have almost 70 band students and volunteer chaperones touring Alberta from May 28- June 2, 2018.

If they haven't already, **students will receive fundraising/payment updates this week.**

Parents please discuss these with your child. Final payment for the Alberta Band Trip is due May 2.

Please contact Ms. Brouwer with any questions. It is shaping up to be a stellar trip!

Thank you for supporting music at Skeena. See you at our next event!

Sincerely,

Susan Brouwer

SMS Band Director



Presented by the Terrace & Thornhill Parents for Music Society

24th Annual School

Band Telethon

Sunday March 4, 2018

4:00 - 8:00 pm

REM LEE Theatre

**Free
Admission**

**Door
Prizes**

**Support our school
band programs with your
donation or pledge**

Broadcast **LIVE** on

Citywest Ch 10 and online at

www.cwcommunitytv.ca

**Amazing
Music**

Pledge Line

250-635-9777





Return one or both draw slips to win SMS clothing or free hot lunch! Remember, a parent/guardian needs to read the newsletter in order to enter the draw.

Entry # 1

Student Name: _____

Parent / Guardian Name: _____

Signature: _____

Comment: _____

Entry # 2

Student Name: _____

Parent / Guardian Name: _____

Signature: _____

Comment: _____

Congratulations to Nathan Whitford and Jaden Lockhart who won last month's monthly draw!

Nathan and Jaden both received new SMS clothing!

