

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

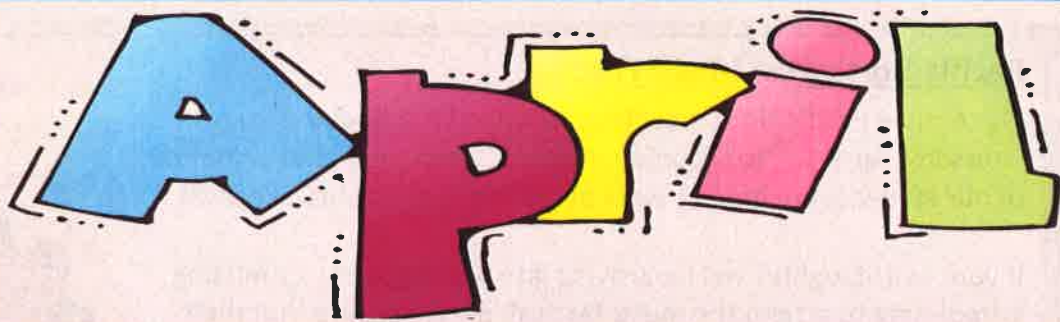
Please remember to contact the school whenever your son or daughter is going to be away from school. If you send a note with your child, please have the note delivered to the main office first. If the absence is going to be for an extended period of time i.e. more than one day, we can put a homework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



Dear SMS Families,

It is hard to believe that we are into the final few Months of the school year. This is indeed a very busy time as we continue with plans and programs for the current school year and are also looking ahead to the school year in September.

Our Grade 9 students who will be attending Caledonia in the Fall have completed their course selection process and we are in the midst of doing the same with our Grade 8 students who will be back with us in September. Plans are underway to hold transition meetings and an orientation session for incoming Grade 7 students from our connecting elementary schools.

Enclosed in this newsletter you will find information about many of the programs, activities and events students are presently involved in, proposed changes to our year-end awards as well as valuable information to support students with the Kids Help Line,. As always, if you have any questions or comments, please contact us. Thank you for your ongoing support.

Mr. P. Barron, Principal

Mr. C. Killoran, Vice-Principal

Tuesday, April 17, 2018



Changes to School Awards

As a staff, we have spent considerable time reflecting on the awards structures here at Skeena Middle School and feel it is time to make some necessary changes. Over the last number of years, we have followed the awards process that was established when Skeena was a junior high school and simply put, we don't feel that awards structure is consistent with our middle school philosophies. We value the strengths and diversity of all of our learners and recognize that every single person in the school has skills, talents and strengths and it is our job to bring these out.

Therefore, we are eliminating subject based awards and the majority of major awards. We will continue to recognize Citizenship and our Ryan Ridler Memorial Award. These would be presented at the year-end assembly which would take place here at the school. Honor Roll certificates will still go home with year-end report cards.

We will discuss this further at our school PAC at the April PAC Meeting which takes place on Wednesday, April 18th. We also welcome your opinions on this so please do not hesitate to contact either Mr. Killoran or Mr. Barron to share your thoughts and ideas. Thank you.

Pacific Northwest Music Festival

The Annual Pacific Northwest Music Festival is scheduled from Thursday, April 12th to Saturday, April 28th. We know that a number of our students are hard at work preparing for the Music Festival.

If your son/daughter will be arriving late, leaving early, or missing school time to attend the music festival, please ensure that their individual teacher(s) is/are aware as well as the office. As always, all students must sign in and sign out of the office if they are late or leaving during the day.



We would like to wish all our students well throughout the festival!

Elementary School Visits

We have now begun our transition work with our connecting elementary schools. We have begun our annual visits to meet and introduce our incoming Grade 7 students to Skeena Middle School. We will schedule our Student/Parent Orientation Nights soon. We are also in the process of finding a date to have all of the incoming Grade 7 students over to Skeena Middle School for a tour.



Trades Information for Gr. 9 Students

All Grade 9 students interested in the Trades 10 program next year at Caledonia are invited, with their parents/guardians, to an information session on **Thursday, April 19, 2018 from 7:00 to 9:00 pm at the Northwest Trades & Employment Training Centre (NTETC) in Thornhill.**

The purpose of this evening is to inform **students and parents/guardians** about opportunities to participate in the Trades and Academic Programs as part of their high-school course selection this coming school year (2018/19). In particular, we will cover the following topics:

- (1) Dual-Credit Trades Programs
- (2) Dual-Credit Academic Programs
- (3) Work Experience Programs
- (4) NWCC Summer Field Schools



Caledonia Course Selection for Sept. 2018/2019

The administration and counselors from Caledonia were at SMS on **Tuesday, March 6 and Wednesday, March 7** to discuss course selection for the 2018-2019 school-year.

At this time, all Grade 9 students were given a course selection sheet and an information booklet from Caledonia to bring home and share/discuss with their parents/guardians.

These course selection forms must be completed and returned to the Skeena Middle School office as soon as possible. If your son/daughter has lost this form, more are available in the office.

Grade 8 to Grade 9 Student Course Selection

On Friday, April 6th, all our current Grade 8 students were given information about their Course Selections for Grade 9. All Grade 8 students attended a Course Selection session on April 6th. Students were given some information on the Grade 9 courses and had an opportunity to ask questions. All students were given a course outline booklet and a course selection form to take home and discuss with their parents/guardians. This course selection form, signed by a parent/guardian, needs to be returned to the school as soon as possible to allow us to begin to plan for the 2018/2019 school year.

Hot Lunch

The next session of our Hot Lunch will begin on Tuesday, April 24th and go until the end of May. All students should have brought home a Hot Lunch form last week.

All forms and payment were due to the school no later than Monday, April 16th. Grade 7 and Grade 8 students can return their form and payment to their CORE teacher. Grade 9 students can bring their form and payment to the office. If you are paying by cheque, please make it out to Skeena Middle School.

Are You Moving?

As we begin our planning for September, we encourage all our families to let us know as soon as possible if they are moving and will not be returning to Skeena Middle School in September.

We also ask that if you know of new students moving into Terrace, you encourage them to register at SMS as soon as they can so that we can ensure that they are placed in classes for September.



Bus Forms

School bus registration forms have been sent home with all students who require bus transportation for the 2018/2019 school year.

If your child will be riding the bus next year, please ensure that you have completed and returned the signed registration form as soon as possible. If you have any questions about the Bus Registration Form, please contact the office.



Emergency Procedures

Throughout the year, all the students and staff at Skeena Middle School have continued to practice our emergency procedures with each class and the school. We practice Fire Drills, School Lock Downs, Intruder Alerts, and Earthquake Drills. We have involved our local Fire Department and the local detachment of the RCMP as we do a yearly review of these procedures.

We take the development and practice of these school safety procedures very seriously and practice all our procedures multiple times throughout the year. **As part of our safety efforts, all parents, guardians, and guests to the school are required to check in at the office before going elsewhere in the school.**

We encourage all of our parents and guardians to speak to their son/daughter about our emergency procedures and discuss these procedures at home. If you have any questions/concerns about any of our Emergency Procedures, please contact the school.

ENERGY DRINKS

While at this time Skeena Middle School does not have an official policy specific to Energy Drinks at school, we strongly discourage students from having these types of drinks at school. Health Canada recommends that children and teenagers **not use** energy drinks. The best way for children and teenagers to improve energy is through a balanced diet. Getting enough sleep also can help keep energy levels up. One reason that Energy Drinks are not recommended for students is that the main ingredient in energy drinks is caffeine.



All students are encouraged to bring a water bottle to school and use our new water bottle fill stations located throughout the school.

More information is available at <http://www.healthlinkbc.ca/healthfiles/hfile109.stm> and <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=abo4575>



Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.

Our service is completely anonymous and confidential - we don't trace calls, we don't have call display. You don't even have to tell us your name if you don't want to.

Whether by phone, mobile app or through our websites, you can connect with us whenever you want, however you want. Read more about the services we offer below!

What happens when I call?

First, you'll hear a message that goes: "Hi! Welcome to Kids Help Phone." You will then be asked to choose for service in either English or French.

Next comes a message about prank calls. Some teens are just curious about what will happen if they call. Try to remember that the counsellors are here to help, but we need to keep the lines free for teens that need us.

Once you get through, a counsellor will ask how they can help you. Don't sweat it if you don't know what to say. Relax. The counsellor will ask you a couple of questions to get the conversation going. **Call a counsellor – 1-800-668-6868.**



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 Ethan Biggs and Jade Azak who won last month's monthly draw! Ethan and Jade both received new SMS water bottles!



Middle Years

Working Together for School Success



Short Stops

Finish strong

As your child thinks ahead to summer, he may be tempted to relax his efforts in school. Explain that staying focused in every class will help him learn and prepare him for end-of-year tests. And by keeping on top of final projects, he'll prevent a last-minute scramble.

Spring clothes

Now is a good time to review the school dress code with your tween so you're on the same page about what to wear. For instance, maybe bike shorts, tank tops, or flip-flops aren't allowed. Suggest that your child keep school clothes and shoes separate from those for working out or wearing around the house. This will make choosing outfits easier.

Publish a book review

Have your middle schooler think more deeply about her reading with this idea. After she finishes a novel, she might enjoy writing a review that will give others a good idea of what the book is about. Let her publish her review at an online bookstore for others to read. *Note:* Be sure she doesn't use her real name.

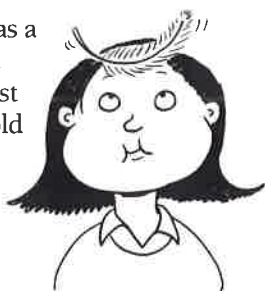
Worth quoting

"A good laugh is sunshine in the house." *William Makepeace Thackeray*

Just for fun

Q: I'm as light as a feather, but the world's strongest person can't hold me for long. What am I?

A: A breath.



Electronics: Creating a balance

Technology lets middle graders do research with the touch of a button or video-chat with relatives who live far away. Too much technology, however, might cause your tween to feel isolated and to sit still much longer than is good for her. Consider these ways to keep her usage in check.

Set the stage

Encourage face-to-face interaction by putting away devices (including yours) at established times, such as during meals, family outings, or a sibling's lacrosse game. When you're using a device and your child interrupts, switch your attention to her. She'll see that the person in front of you is more important than what's on the screen.

Wait for social media

Most social media sites require users to be 13 or older, yet some children are using fake birth dates to create accounts. Let your middle schooler know she must be old enough *and* get your okay to join. Consider setting up a family account, but



keep the password to yourself. She can send you photos or links to post.

Harness the good

Suggest that your tween take advantage of technology to connect with family members or to do research. She might play an electronic version of a board game with a cousin in another town. Or if she's stumped on a craft project, she could look up instructions online. Also, let her use the internet to research extracurricular activities or summer programs. 👍

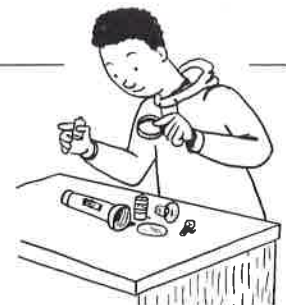
Tinker with engineering

STEM activities are popular with tweens these days. Encourage your child to explore the "E" in STEM with these engineering ideas.

■ **Take apart.** Have him disassemble—and then reassemble—simple mechanical objects like a pen or flashlight. In the process, he can figure out what each part is used for and how it works.

■ **Design.** Let your middle grader draw an invention to solve an engineering problem. He might sketch a more efficient system for delivering clean water to areas that lack it, for instance.

■ **Build.** Suggest that your tween use household materials to engineer projects related to what he's studying in class. If he's learning about thermal energy, he could make a pizza-box solar oven. 👍



Funny—or not?

Joking around is a good way for tweens to let off steam and bring people together. But humor may also hurt people's feelings—or even be considered bullying if it's done repeatedly to make someone feel bad. Here's how to help your child draw the line.



they don't (like practical jokes) on another. Then, share lists. Your tween may be surprised if what appears in his "funny" category falls into another person's "not funny" one.

Demonstrate differences. Show your middle grader that a joke that's funny to one person might not be funny to someone else. Let him and friends or family members list types of jokes they think are humorous (such as knock-knock jokes) on one piece of paper and those

Think it through. Before your child tells a joke, suggest that he consider how it will affect those around him. Is the topic one that somebody might be sensitive about, such as weight? Could the joke come across as a put-down? If so, he should avoid it. *Tip:* If he'll feel the need to say "Just kidding" or "No offense" afterward, that's a sign the joke may be hurtful. 👍



Parent to Parent Still in touch with school

Recently, I started feeling bogged down with the school-year routine. I wasn't keeping up with papers my daughter Molly brought home. When another parent mentioned a meeting I didn't know about, I realized I had to get back to being more involved.

Thanks to the other parent, Molly and I attended a meeting for next fall's cross country team. We



learned about summer conditioning and signed up for coaches' updates. Had we skipped the meeting, Molly might have missed out on participating altogether.

Now I've started opening school emails right away. I also have Molly put papers on my nightstand so I'm reminded to read them before bed. Staying in touch has made me more enthusiastic about her school and activities. And I think it makes Molly feel good in knowing I care. 👍

Facts about opioids

The opioid epidemic is making headlines everywhere. Take steps now to protect your tween from these highly addictive, and potentially deadly, drugs.

Be informed

Opioids include prescription pain relievers such as Vicodin, oxycodone, and fentanyl. Heroin is also an opioid.

Be cautious

Middle graders may be prescribed painkillers after a sports injury or a wisdom tooth extraction, for example. Ask the doctor or dentist about alternatives to opioids. If your child is given medicine, dispense each dose to her. Keep it locked up between doses, and discard any leftovers.

Be observant

If you notice that your tween has mood swings, withdraws from family and friends, or loses interest in favorite activities, talk to her pediatrician. 👍



Q & A A successful IEP meeting

Q My son was just diagnosed with a learning disability. What can I expect at our first IEP meeting?

A An IEP (Individualized Education Program) meeting lets you talk with an entire team about how everyone can help your son learn.

Before the meeting, write down questions and concerns. Get your son's input, too. What does he feel he's doing well? What is hard for him? What goals would he like to set?

This meeting can be emotional for you as a parent, since you'll hear about what your child struggles with. There will also be a lot of information to absorb. Consider taking along a spouse, friend, or relative to provide support and to help you remember what was said.

Also, remember that you're a key part of the IEP team. If there's an accommodation you think could boost your son's success, such as keeping one set of textbooks in his locker and another at home, it's important to speak up. 👍



OUR PURPOSE

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

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(250) 635-7944 Toll-Free: 1-800-663-3865 Fax: 1-888-546-0027
Geoffery McKay – Principal

April 04, 2018

To: Parents & Guardians of Grades 9-12 students

Re: Dual-Credit Program Information Night

Dear Parents & Guardians,

We would like to invite you to an information session on

Thursday, April 19, 2018 from 7:00 to 9:00 pm

Northwest Trades & Employment Training Centre (NTETC), Thornhill

The purpose of this evening is to inform you about opportunities for your son/daughter to participate in Trades and Academic Programs as part of their high-school course selection this coming school year (2018/19). In particular, we will cover the following topics:

- (1) Dual-Credit Trades Programs
- (2) Dual-Credit Academic Programs
- (3) Work Experience Programs
- (4) NWCC Summer Field Schools

(Funding is available for graduated students as well!)

We hope that you will be able to attend!

Yours sincerely,

Geoff McKay
(District Technical Skills Administrator)