

December, 2018



Bell Schedule

8:40 – Warning Bell
8:45 to 9:49 – Period 1
9:53 to 10:56 – Period 2
10:56 to 11:07 – Break
11:11 to 12:15 – Period 3
12:15 to 12:56 – Lunch
1:00 to 2:03 – Period 4
2:07 to 3:11 – Period 5
3:11 - Dismissal



Sports

Basketball season is in full swing. We have male and female teams for all our grades. And every team has tournaments lined up on the weekends. We would like to say a special thank you to all our teachers and parent volunteers who give up their time to coach and transport our students. Their support of the sports program at Skeena is extremely valuable for the success of our students.

Intramurals

California Kick Ball—our first intramural activity — will be wrapping up soon. It has been a very competitive few weeks. The grade 7 and grade 8 classes are all very close. In the last week of school before the holidays we will see who the winner of each grade will be and celebratory parties will follow. A Special thank you to Mr. Barron for his time in organizing and running this set of intramurals.

Dec. Dates

Dec.3-14
SMS Art Contest
Dec. 14
Craft Sale from 2:00-4:00
at Skeena Middle School.
Open to parents at 3:15
Dec. 17
X-block –10:15-12:15
Dec.21
Winners of the Art Con-
test announced
Dec. 24—Jan. 4
Winter Break
Jan.23
6:00pm.
Hockey Academy
General Information
meeting



From all of us at Skeena Middle School:

Happy Holidays! Holidays from December 24—January 4



Self-Care Strategies : We hope you find time to relax this holiday.

1. **Eat regular, healthy, and balanced meals** including breakfast and a variety of fruits and vegetables.
2. **Get adequate sleep.** Getting enough sleep is as important as nutritious food or water. When developing regular sleep habits, consider including the following guidelines: don't nap during the day; get exercise every day; reduce evening activities that disturb your sleep (caffeine, watching TV, using electronics); develop a bedtime routine (calming drink, face washing, teeth brushing); go to bed at the same time every night (before 11pm) and wake up at the same time every morning;
3. **Rhythmic physical activities and movements to support self-regulation.** Music, movement, singing, and use of rhythm have been noted to help with regulation of internal physiological rhythms. In addition, regular, safe aerobic movement increases the 'feel-good' natural endorphins.
4. **Spend Time with family and Friends.** Time with family and friends does not cost a cent but the reward is great. We know that this is one of the best ways to combat stress.
5. **Make time for solitude.** This means find time to be by yourself. When you have made time for solitude you have made time for your brain to rest and your body to relax. Solitude also enhances your creativity.

<p>Kids Help Phone: www.kidshelpphone.ca or 1 - 800 - 668 - 6868</p> <ul style="list-style-type: none"> ○ Mode: Chat (IM) and Phone ○ Age Range: Under 20 ○ Hours: 24/7 Phone. Chat is Wednesday - Sunday and is 3pm - 11pm PST 	<p>Woods Homes: http://www.woodshomes.ca/site/PageNavigator/home/contact_crisis_services.html</p> <ul style="list-style-type: none"> ○ Text: 587 - 315 - 5000 Phone: 1 - 800 - 563 - 6106 ○ Mode: Chat (IM), text and phone ○ Age Range: Any ○ Hours: 24/7 Phone. Chat/text 9am - 10pm MST every day
<p>Crisis Center: http://crisiscentrechat.ca/</p> <ul style="list-style-type: none"> ○ Mode: Chat (IM) ○ Age Range: 25+ ○ Hours: 12pm - 1am PST 	<p>Youth in BC: http://youthinbc.com/</p> <ul style="list-style-type: none"> ○ Mode: Chat (IM) ○ Age Range: Under 25 ○ Hours: 12pm - 1am PST

Activities and Events



Drumming Group

We are very excited to have a partnership with Suwilaawks Community School to begin a Drumming Group. Mr. George Peale has visited our Grade 7 classes to introduce this opportunity. Our Drumming Group will meet on Wednesdays at lunchtime. All students are welcome to join the group. We hope to have an opportunity for students from both schools to perform together.



Art Contest

All students have been invited to enter our SMS Art Contest. The contest is running from December 3rd to December 14th.

Winners will be announced and receive their awards on December 21.

Categories include:

- Sketches
- photos
- paintings
- Sculptures

Craft Sale

The Grade 8 Careers Classes will be holding a holiday craft sale on Friday, December 14th. All products will be made by the students, and this will help to support class field trips in the new year. The craft sale will be open to students in the afternoon, and will be open to the public from 3:15-4:00.



2019/2020 Hockey Academy

General Information Meeting

On Tuesday, January 23 at 6:00pm in the Drama Room we will be hosting a general information meeting for the 2019/2020 Hockey Academy.

This meeting will outline the basics of the Academy at Skeena Middle School and answers questions people have about the program.

Activities and Events

Year books



Dear Families of Skeena Middle School,

It's hard to believe that the year is in full swing! The SMS yearbook is a great way to remember all the great things that have and will happen this year!

This year's book will include **45+ pages in FULL COLOUR**, tons of photos of this year's school events, clubs and activities as well as class specific content pages.

Don't miss out on this great price and pre-order your Yearbook now!

Order BEFORE DECEMBER 1st and be entered into a draw for great SMS Swag!

Price per yearbook: \$20..that's right! \$20!!

RESERVE YOUR COPY TODAY!!

To ensure that we have a sufficient quantity printed, we are asking families to pre-order their yearbooks. One order form per child, please. Payment may be made together.

All pre-orders are due by: December 1st.

Note: Christmas gift cards are also available! If you have any questions about the yearbook or would like to order it as gift (with a great card included!), please contact Mrs Donnan or Mme Carter.

Congratulations

Winners of the November News Letter draw:

Robert Cuthbert

Achilles Watts

Mikayla Chataway



THANK YOU for all you who have ordered your yearbook! Stay tuned for the prize winner announced at the monthly assembly.

Middle Years

Working Together for School Success



Short Stops

Getting the message

Let your tween know you're counting on her to keep you in the loop about school news. During morning announcements, she might jot down reminders ("Ask for a ride to basketball tryouts, Saturday 9 a.m."). Or have her post flyers on the refrigerator where you'll see them.

Mealtime manners

Encourage your child to be polite when he's offered food. If he doesn't like something, he could take a small portion to try—maybe he'll enjoy it after all! If he has a food allergy or eats a vegetarian diet, he can mention it and say, "Thank you anyway."

Turning in assignments

Your middle grader's homework isn't finished until she hands it in. Suggest that she take it out of her backpack as soon as she sits down in each class so it's ready to be collected. Or perhaps she'll keep homework in one folder to carry to every class so she doesn't leave any assignments in her locker.

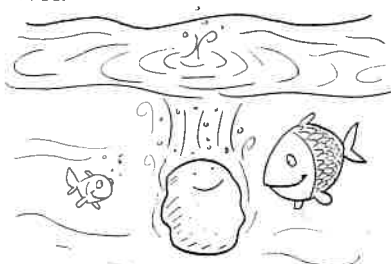
Worth quoting

"Happiness often sneaks in through a door you didn't know you left open."
John Barrymore

Just for fun

Q: If you throw a blue rock into the Red Sea, what will it become?

A: Wet!



Growing responsibility

Picture your middle grader as a responsible young adult. How do you help him get there? Consider these ideas for planting the seeds of responsibility now so he'll grow into the dependable person you're trying to raise.

Promote consistency

Sticking to routines makes handling responsibilities a natural part of your tween's day. For instance, if he needs a tablet for school, he might charge it on the kitchen counter every night. Or suggest that he bring his PE uniform home on Fridays so he can wash it.

Pass the "baton"

Imagine you're in a relay race and you're passing the "responsibility baton" to your child. Make the handoff by switching from giving instructions to asking questions. Say he's getting ready for a chorus concert. Instead of telling



him to put on his dress shoes and find his sheet music, try saying, "What do you need to do to get ready?"

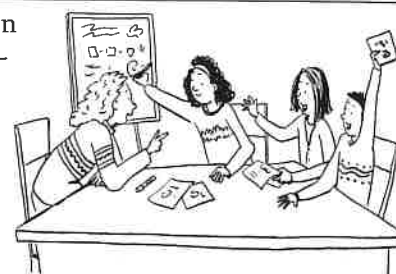
Discuss accountability

Experience is an excellent teacher—and it can make your middle grader more responsible. Share an example from your own life ("I forgot about my doctor's appointment, so now I have to pay a no-show fee"). Then, explain what you learned ("I need to put appointments on my calendar right away"). 👍

Brainstorm for project success

Your tween may have heard the expression "Two heads are better than one." That's especially true when it comes to brainstorming! Share these tips she can use the next time she works on a group project.

- **Get organized.** Decide what the group will accomplish (say, picking a topic for a class presentation). Review the assignment guidelines, and appoint one person to record ideas.
- **Consider all possibilities.** Encourage your middle grader to call out any idea that comes to mind, even if she's not sure it'll work. An off-topic or half-formed suggestion may lead others to think of ideas that *will* work.
- **Read and evaluate.** At the end of the brainstorming session, look over all the contributions. Think of ways to combine or tweak everyone's favorites. 👍



Writing is fun!

Motivate your tween to write more often with these activities. She'll practice using parts of speech and descriptive language.

Make up Mad Libs. Your middle grader could create a silly story by leaving blanks for you to fill in. Encourage her to think carefully about where to put blanks and label each with the part of speech needed (noun, verb, adjective). For example, will



she leave out a noun so you can choose the character? ("I looked up to see a giant _____ walking down the street.") Or will she pick the character and let you supply an adjective to describe it? ("There was a _____ wildebeest on the loose.")

Write shape poetry. Can your child write a poem in the shape of her topic? With *concrete poetry*, she'll do just that. First, have her select an object to write about, such as an apple, and think about what it brings

to mind (baking apple pies with Grandma, visiting an apple orchard). She should draw an outline of an apple in pencil, write lines of poetry in pen to fit the shape, and erase the outline. 🍏

Parent to Parent Peaceful co-parenting

After our divorce, my ex-wife and I used a co-parenting app to communicate because talking in person was awkward.



When I mentioned the app to my counselor, he suggested that it would be good for our son, Aiden, to see his parents getting along—in person.

I realized he was right, so lately I've started going to my ex-wife's door to pick up Aiden rather than waiting in the car. I caught my son smiling when he saw me talking to his mother about how he's doing in school and about our plans for the weekend.

We still use the app, but it's getting easier to set aside our emotions for Aiden's sake. He's realizing that we can work together even though we have our differences. 🍏



Q & A Avoid the gossip scene

Q I recently heard my daughter talking with her friends about a rumor that's going around at school. How can I encourage her not to gossip?

A First, talk to your daughter when her friends aren't around. You could suggest that she always assume rumors are false. Point out that people who start or share them often don't even know if they're true. They may gossip because they want attention or to get revenge, for example.

Then, have your tween think about how the person being talked about would feel if he overheard the gossip. Instead of staying silent, your middle grader might speak up and say, "That sounds like a rumor." She should also avoid spreading the rumor.

Finally, explain that sharing rumors can cause friends not to trust her. After all, if they know she's willing to gossip, they may wonder if she'll gossip about them one day, too. 🍏



Creative tweens

Ever wonder what happened to your singing, doodling, spontaneous child? He's still there! Since middle graders are usually more self-conscious, they might need a little coaxing to express their creativity. Try these strategies.

1. Put an inexpensive art easel and supplies (drawing paper, paints, brushes, markers, colored pencils) in a corner of your home. When you're not looking, your tween may



decide to sketch a pet, paint a sunset, or try his hand at abstract art.

2. Put your middle grader in charge of making signs on the computer or on poster board for family members' birthdays. He can download pictures specific to the person (favorite food or movie star) and write a clever greeting. *Example:* "Happy birthday from the whole bunch" with a picture of bananas. 🍌

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 • rfcustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5340



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: _____

Entry # 2

Student Name: _____

Parent / Guardian Name: _____

Winter Holidays: December 24—January 4

