

Skeena Middle School

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V8G - 3C1
Phone - 1-250-635-9136
Email: sms@cmsd.bc.ca
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,

January 14, 2019

Happy New Year and welcome back after what we all hope was a restful and pleasant Christmas break. We are in our second week of classes now and everyone appears to have settled back into a routine quite nicely. This is a perfect time to remind everyone that we are part way through the second of our three terms for the year. Which means that a second report card will be going home in early March (look for additional information about this in February's newsletter).

As per usual there is a lot going on at Skeena Middle School; our basketball teams are off to a great start, many classes have field trips planned to the ice arena and the ski hill, school clubs and groups such as our board games club, chess club, student council, guitar club, drumming group, and yearbook are also going strong. We are very grateful to the staff and volunteers who provide these opportunities for our students. Thank you for taking the time to read the information contained within this newsletter and please let us know if you have any questions.

Mr. P. Barron, Principal

Mr. C. Killoran, Vice-Principal

Mr. M. Newbery, Vice-Principal

Youth Mental Health and Wellness

Mental health and wellness are important parts of a students' academic success and everything they do. When you take care of yourself, it's easier to achieve your goals and feel good about yourself.

At Skeena Middle School, we strongly believe that the well-being of our students is our top priority and it is incumbent upon us to support students and families whenever possible. Immediate support is available on site with our two school counsellors, Ms. Eisner and Mr. Steele. Students can check in with our counsellors or schedule appointments to discuss concerns or issues. Parents/guardians are also welcome to contact counselling staff as a means of providing support to a student.

2019, Student Learning Survey

Help us plan for the future – tell us about your education experience. Students in Grades 4, 7, 10 and 12, their parents and all staff in B.C. public schools are invited to participate in an annual online Student Learning Survey, formally the Satisfaction Survey, about their school experience. The survey takes about 10 minutes to complete. If your school district or school has added questions, it may take longer. All responses are anonymous and confidential. Student and staff surveys are available in English and French. Parent surveys are available in 16 additional languages.

The survey is open from January to the end of April of each year. More information will be distributed once it is received from the Ministry of Education.

Attendance/Late Policy: Improving Attendance at Skeena Middle School

Regular attendance at school is one of the biggest predictors of school success. Increasing student responsibility and focus on attendance, with the support of parents/guardians and school staff will help our students be more successful. Regular attendance at school allows students direct contact with teachers, administration, and support staff in order to receive instruction, clarification, evaluation, hands-on skills and opportunities, personal support, work experience, extra-curricular activities, and other critical elements of their education.

Through an effective partnership and better communication with students, parents/guardians, and school staff about attendance, we believe we can improve student success and engagement in school.

Expectations

- Students are expected to be at school on time with all necessary supplies.
- Students are expected to be in classes on time.
- Parents are asked to call the school to report a child's absence.
- Students arriving late to school must sign in at the office and get a late slip to take to class. These students will receive a 10 minute detention at lunch. Further late arrivals will result in an increase in detention time and a phone call home.

For those with great attendance:

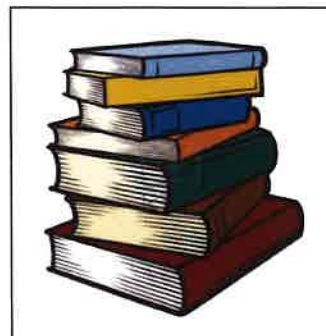
1. Students who have perfect attendance for a month (no lates, explained absences, or unexcused absences) will have their name entered in a draw for school clothing or a meal ticket.
2. Students who have perfect attendance for a semester will have their name entered in a draw for a school yearbook or comparable prize.

Battle of the Books

Battle of the Books is a voluntary reading incentive program for all students in grades 7, 8, and 9. The purpose is simply to encourage students to read good books and have fun while competing with their peers.

Students create their own teams of 3 – 5 players from any grade. Each team member is responsible for reading 3 to 4 of the books that have been selected. Each team must come up with a team name and/or mascot. Students begin reading the selected titles right away and will have approximately 6-8 weeks to read their chosen books.

The sign-up for our Fourth Annual Battle of the Books will take place this month and battles will begin in early February.



January 2019 Clubs and Events

PAC Meeting

The next meeting of the Skeena Middle School Parent Advisory Committee (PAC) is on Wednesday, January 16th starting at 7:00 PM in our school library. All Parents/Guardians are welcome and encouraged to attend.

Yearbooks

Did you miss ordering your yearbook for \$20.00?

There is still time to order a yearbook. Only \$25.00. This is still a great price!

Pre-order your yearbook now. All pre-orders are due by March Break.

Leadership News

Just before the holidays, the Leadership Group had a door decorating contest in which classes decorated their doors with winter and Christmas themes. The leadership group would like to congratulate the following classes for winning the Winter Door Decorating Contest:

Grade 7 – Mrs. Klassen
Grade 8 – Mrs. Donnan
Grade 9 – Ms. Gill



Also a big congratulations to Ms. Horne's Grade 7 class for winning the Annual SMS Hamper Drive. Our school donated well over 500 food/toy items to our local Food Bank and that definitely helped make Christmas brighter for many in our community.

Thank you to all the classes who participated in both events.

And a special thank you to the Leadership Group for organizing both these events.

Ski Club

Over Spring Break, the ski club will go skiing on both Mondays, March 18 and March 25.

The first meeting will be this Thursday, January 17 in the Drama room.

Thank you to the sponsor teachers: Mrs. Donnan, Mr. Dando, Ms. Cleveland.



SMS HOCKEY ACADEMY – 2019 / 2020

Information on Skeena Middle School's Hockey Academy program for the 2019/2020 school-year will be shared on Wednesday, January 23rd at 6:00 p.m., in the Drama Theatre here at SMS. This meeting will outline the basics of the Hockey Academy at Skeena Middle School and provide answers to any questions people may have about the program.

This meeting is for students who will be new to the program in September, 2019



Art Club

The Skeena Art Club held a contest in December and the winners are:

Drawing: Annika Stevens, Kristina Zheleva, Kayden Porter

Photography: Brook Hansen and Morgan Watts.

Congratulations to our winners!

There will be another Art Contest soon. Skeena Art Club is looking forward to receiving everyone's submissions.



Hot Lunch Program

Skeena Middle School has a fantastic hot lunch program available to all our students. All forms and payments need to be submitted to the school no later than this Thursday, Jan 17th

Our Grade 7 and 8 students submit their forms and payments to their classroom Teacher and the Grade 9 students are to bring their forms and payments to the Office.





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 Lexi Hugon and Crispen Robinson who had their names drawn from the previous month's newsletter draw! Lexi and Crispen each receive SMS apparel!



Middle Years

Working Together for School Success



Short Stops

Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

Worth quoting

"There is nothing like a dream to create the future." *Victor Hugo*

Just for fun

Q: When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

A: A mirror.



Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.



Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he

could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in *.edu*), government agencies (*.gov*), and nonprofit organizations (*.org*), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 👍

Mindfulness for middle graders

Tweens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar—much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 👍



Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

Be aware of “silent bullying.” Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student’s belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

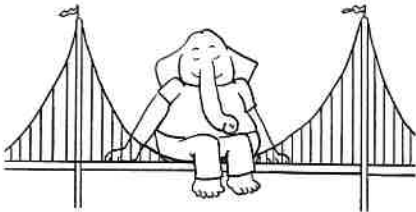
Know when behavior crosses the line.

Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that’s a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she’s being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). 👍

Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you’re on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! 👍



Q & A

Pleasant chats with tweens

Q Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

A There are several reasons your son may become easily irritated. At this age, he wants to be more independent—yet he knows he still needs your guidance, which may feel annoying to him. Plus, he’s dealing with changing hormones.

You might find that you have nicer conversations when you’re doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you’re sitting on the porch.

Finally, you’re more likely to keep the conversation upbeat if you ask about things he’s interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. 👍



Parent to Parent

Foreign language: Learn together

My daughter Kelsey is taking French this year. While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

apple and *l’oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I’d remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. 👍



OUR PURPOSE

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

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