

Skeena Middle School, February, 2019



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



Leadership Spirti Activities

The SMS Leadership Group is organizing a number of School Spirit activities in the month of February.

Feb. 14 – Students and staff are encouraged to wear Red, Pink, or White on Feb. 14th.

Feb. 14 – The Heart Game – Students can see Ms. Sousa in the Open Area between 8:15 and 8:40 and will receive ½ of a heart with a famous couple written on it. Participating students are to make the heart visible and try to find the match. Students can bring their match to the Open Area at Lunchtime to receive prizes.

February 25 to March 1 – Random Act of Kindness Week – students and staff are encouraged to demonstrate a Random Act of Kindness to a student or staff member throughout the week.

Intramurals

The grade seven and grade 8 classes have started to play European Handball. It has been a very competitive few weeks. The grade 7 and grade 8 classes are all very close. Classes earn points three ways. They receive a point for every class member who participates. They receive five points if their teacher participates. They receive sportsmanship points and of course, points for every goal scored. Celebratory parties will follow. A special thank you to Mr. Killoran for his time in organizing and running this set of intramurals.

February Dates

Feb. 15

NO SCHOOL. This is a Curriculum Implementation Day

Feb. 14

Valentines Day

Feb. 18

NO SCHOOL. This is Family Day

Feb. 20

PAC Meeting.

7:00 - 8:00 pm.

All parents are welcome.

Feb. 27

Pink Shirt Day



From all of us at Skeena Middle School: Happy February!
We are adding approximately 3 minutes of daylight each day!

Pink Shirt Day – Wed., Feb. 27

The true story of Pink Shirt Day comes from two incredible Nova Scotia high school students in 2007. When a fellow student was being bullied for wearing a pink shirt, they decided to take a stand. They went out and bought pink shirts to give to fellow students to show their support for a boy who was being bullied simply for wearing a pink shirt.

Please join the students and staff of Skeena Middle School as we recognize **Pink Shirt Day on Wednesday, February 27th** by wearing a PINK Shirt to show that we are all working together to prevent bullying in our schools, in our communities, and online.

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 is 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.

Vaping

Nicotine & Non-nicotine Delivery Systems (also called vaporizers, vapes, or e-cigarettes) are considered to be cigarettes – and, as such, are not permitted to be used at anytime in or on the grounds of SMS. Students who are found to be vaping or smoking on grounds or in the school will face serious consequences.

The use of vapour products has been on the rise with youth. A recent Health Canada survey showed that 23% of students in grades 7 to 12 have tried an e-cigarette or vape. "Vaping" is the act of inhaling and exhaling an aerosol, often called vapour, which is produced by heating a liquid with a battery-powered device known as a vape, electronic-cigarette or vapour product. The liquid is often referred to as e-juice, and comes in a variety of flavours which youth may find appealing.

Vapour products do not produce smoke or steam, but rather an aerosol consisting of fine particles, containing varying amounts of propylene glycol, glycerin, flavourings and other chemicals. Some of these have been linked to cancer, respiratory and heart disease. People who use vapour products may be reassured by "nicotine-free" labels on the liquids. Tests performed by Health Canada found that about half of e-juices that were labelled "nicotine-free" actually contained nicotine. It can be difficult for parents to know if their child is vaping. Some liquids are odourless and devices can mimic the look of common objects such as USB flash drives, pens and flashlights.

 *Happy Valentines Day* 

Questions to Ask Your Kids After School Instead of “How was your day?”

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class away today?
- Tell me something you know today that you didn't know yesterday?
- Did you like your lunch?
- What was the hardest rule to follow today?
- If you could change one thing about your day, what would it be?
- What made your teacher smile today?
- What made your teacher frown?
- If you could switch seats with anyone in your class, who would it be?
And why?
- What made you smile today?





February 2019 SMS Band News

After School Band needs you!

Gr. 7 Mondays 3:10-4:15pm

Gr. 8-9 TUESDAYS 3:10-4:15pm

Students practice together and listen/learn from peers. A very important time to get ready for concerts, festival, and **MAKE OUR BAND AMAZING!!!** All students should attend.



Dare to Dream Band Retreat February 19-23

Band students at Skeena will work with visiting clinicians in band classes **Feb. 19-23** as part of the annual band retreat. The **Band 7** students will participate in the Dare to Dream Band Retreat Feb. 22-24. Events include a Friday night concert by the Caledonia Band with special guests, massed band rehearsals, pizza lunch, a dance and a final massed band concert on the Saturday evening at the R.E.M. Lee Theatre. This is a fun opportunity for our students to learn new skills, make friends and great music!

Watch for permission forms coming home soon with Grade 7's. Please contact Ms. Brouwer if you can be a parent volunteer!

25th Annual School Band Telethon Sunday, March 3rd

R.E.M. Lee Theatre 4:00-8:00pm

This event will be broadcast live on Cable 10 and streamed online. Skeena Band students will perform and must be at the R.E.M. Lee Theatre in uniform with their instrument and music by 3:20pm. Band students will be collecting telethon pledges before the telethon which are due Wed. Feb. 27. There is a five pound chocolate bar for the top pledging Skeena student! Please note: Lost pledge tickets result in \$25 fine; please return any unused pledge tickets.



54th Annual Pacific Northwest Music Festival March 28 – April 13, 2019

All of our Skeena Bands will perform in the festival at the R.E.M. Lee Theatre April 5-6. Times TBA. Please mark your calendars. Watch for more info coming soon!

Ms. Brouwer is happy to be back with the Skeena Band kids and thrilled to have Ms. Thomas co-teaching in the band room!

HUGE congratulations and THANK YOU to Ms. Thomas for directing the Skeena Bands since September! You are AWESOME!!!!

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

Sincerely,

Ms. Susan Brouwer

Ms. Crystal Thomas

SMS Band Directors



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: _____

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").

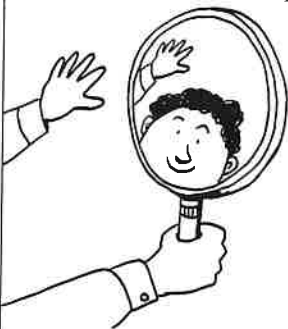
Worth quoting

"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



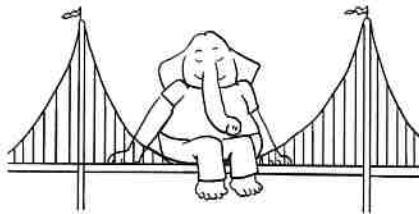
“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

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! 👍

OUR PURPOSE

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

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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. 👍

