

Skeena Middle School, April, 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

This Month at Skeena Middle School

Earth Day, April 18

We are recognizing Earth Day at Skeena Middle School on April 18. We ask that all students and staff bring a litter free bag lunch on that day.

Grade 8 to Grade 9 Student Course Selection

On Wednesday April 17th, all Grade 8 students will attend a Course Selection session. Students will be given information the on Grade 9 courses and have an opportunity to ask questions.

All students will be 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 2019/2020 school year.

Bussing

Bus registration forms for the 2019-2020 school year have been sent home with students. If your child will be riding the bus next year, please ensure that you complete and return the signed registration form as soon as possible. If you have any questions about the Bus Registration Form, please contact the office.

Please ensure that these forms are filled out and returned to the office as soon as possible

April Dates

April 17

Grade 8 to Grade 9 course selections for 2019/2020 school year.

PAC meeting at 7:00pm in the Skeena Middle School Library. All parents and guardians are welcome.

April 18

Skeena Middle School recognizes Earth Day - ***Pack it in, Pack it out***

April 19 - 22

Easter Long Weekend

April 22

Earth Day



Child and Youth Mental Health

CYMH provides mental health prevention, assessment, treatment and consultation for youth age 0-18.5 years. We are a free service to the community. Youth can be seen at our office, in the school...we are flexible. CYMH offers a walk-in (no appointment needed) intake clinic for new clients every Tuesday 9-noon, 1-3 and Wednesday 1-3 at our location at #400 4545 Lazelle. Other intakes may be scheduled by appointment if those dates and times do not work. We invite anyone in our community to contact us for consultation, to request resources, or just to connect.

The Connect Parent program: Starting March 27, CYMH will be offering the Connect Parent program for parents with children around the middle school age. This fantastic 10 week, educational program, invites parents and caregivers to understand the behaviour of their teen from an attachment lens; examining confusing behaviours, and finding different ways to interact with conflict and difficulties that may exist in the parent-child relationship. This program is great for parents who value their relationship with their teen and want to strengthen it as they navigate these adolescent years together.



Spirit Week

During the week of April 29—May 3 we will have a fun spirit week at Skeena Middle School. Watch the dates coming up and be sure to dress as your favourite book character or to wear a crazy hat.

April 29 - Western Day

April 30 - Crazy Hat Day

May 1 - Plaid Day

May 2 - Book Character Day

May 3 - Canada Day



Sports and Music

Rugby

Rugby practices have started. Every Tuesday and Thursday girls' practice begins at 3:30 and boys' practice begins at 4:30. All practices are on the Caledonia field.

Track and Field

A big thank you to Ms. Cleveland and Ms. Hisanaga who will be coaching Track and Field this year. Practices will be on Tuesday, Wednesday and Thursday group practice from 3:30-4:30. Meets have been set in Prince Rupert May 10-11 and Smithers for Zones May 16-17.

Band Sign-Up for the 2019/2020 School Year

All current Grade 7 Band students will be given a sign-up form for Grade 8 Band in the 2019/2020 school year. This form is due back to the office by Friday, April 26th. Only those students with completed forms returned to the office by Friday, April 26th will be placed in Band 8 for September. Additional forms are available in the office or from Ms. Brouwer.

54th Annual Pacific Northwest Music Festival Update

Congratulations to our Skeena Band students for excellent performances at Festival on April 5-6. Our Grade 7 Concert Band, Grade 8-9 Concert Band and SMS Jazz Band learned a lot and impressed the visiting adjudicators. *The SMS Jazz Band received the McDaniel Trophy for Junior Stage Band!* The Grade 8-9 Concert Band and Jazz Band received invitations to MusicFest Canada, The Nationals in Calgary May 2020! SMS Bands will be there! Many SMS students performed in other parts of the festival March 28 to April 13 including speech arts, instrumental, vocal, music theatre, piano, and dance. Thanks to everyone for supporting our young musicians and performers!

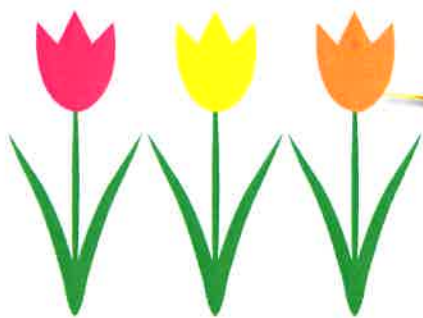
Skeena Year End Concert

Wed. June 12th 7:30pm R.E.M Lee Theatre. All SMS Bands will perform!

Hot Lunch

The next session of our Hot Lunch will begin on Tuesday, April 23rd and go until June 20th. All students should have brought home a Hot Lunch form last week.





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

Year-end planning

As the school year winds down, your child's schedule will fill up with exams, projects, and events. To stay on top of everything, she might write obligations on a wall calendar. Or she could use an electronic calendar and share it with you so you're in the loop.

Acne advice

A good skin-care routine helps prevent or reduce acne. Encourage your middle grader to wash his face with a cleanser twice a day. Tell him not to pop pimples, since that could cause scarring. If the problem persists, consider taking him to a dermatologist.

Sixty-second challenges

For a quick, fun way to connect with your tween, have family members create challenges you can do in a minute or less! For example, set a timer and race to see who can stack the most plastic cups one-handed. Or compete to be the first to wriggle a cookie from your forehead to your mouth.

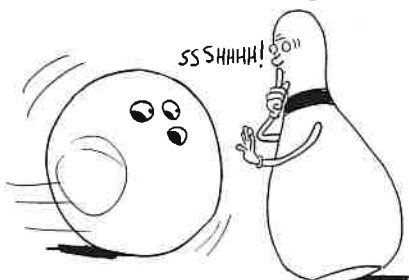
Worth quoting

"It is spring again. The earth is like a child that knows poems by heart."
Rainer Maria Rilke

Just for fun

Q: Why should you be quiet at a bowling alley?

A: So you can hear a pin drop.



On a roll with reading

Reading for pleasure on a regular basis will boost your tween's vocabulary and general knowledge, and it may improve his test scores, too. Get him on board with these strategies.

Find a good fit

Falling in love with reading may simply be a matter of finding the right books. Suggest that your middle grader try the first book in a popular series—if he enjoys it, he may be eager to read the next one. Also, he can get lists of books similar to those he likes by googling the title plus the term "read-alikes."

Read with friends

Offer to drive your child to meet friends at the library. They might browse the shelves for fiction or nonfiction based on their own interests, then find a spot to settle in and read side by side. Or perhaps they'll all get copies of the same book to

read at home. When they finish, they could meet up to discuss their thoughts about the book.

Family story hour

If you think your tween has outgrown listening to you read to him, think again! In fact, children of all ages benefit from being read to. Offer to read the first chapter or two of a book out loud. Then, leave the book where he'll find it. He just may get hooked and read the rest on his own. 👍



Raise an appreciative child

Tweens don't always realize how much their parents and others do for them. Help your child feel and express appreciation, and ward off a sense of entitlement, with these ideas:

- Teach your tween to be grateful for things she might consider no big deal.

Maybe you wait in the car every week during her music lesson, or a friend's mom drives her to a birthday party. Encourage her to think about the effort involved ("It was nice of Mrs. Lake to go out of her way to pick you up") and to say thank you.

- Explain that you provide for your middle grader's *needs*, but set an expectation that she'll save or work for *wants*, like a skateboard or video game. Suggest that she do odd jobs, such as babysitting or washing cars, to earn money. 👍



Conflict resolution: Find your path

When your child has a disagreement with a friend or sibling, she can actually use the experience to improve her relationship. How? By handling the situation the right way. Suggest these steps.

1. Ask your tween to think about how she normally reacts to a conflict. Is she a “hippo” who charges into an argument, a “turtle” who withdraws from clashes, or a “deer” who freezes when a squabble puts her in the spotlight?
2. Once your middle grader knows her usual response, she can adjust as needed. A hippo may need to walk away to



calm down or to remind herself to listen quietly. A turtle might think about how good it feels when problems are solved, then make an effort to discuss the situation. A deer could admit, “I don’t know what to say,” and agree to talk after she thinks things over.

3. Encourage your child to practice new responses until they feel natural. Discuss how conflicts work out when she responds one way vs. another — what seems to get the best results? 👍

Design a logo

Ask your child to imagine he’s starting his own company. What logo would send the right message to his audience? By designing one, he’ll practice creative thinking and build communication skills. Here’s how.

First, encourage him to think critically about logos on websites, food packaging, and clothing. For instance, why does the Amazon logo have an arrow that goes from A to Z? Then, have your middle grader research what people associate with certain colors, shapes, and fonts. For example, yellow is often considered cheerful, and squares are thought to hint at trust and stability. Different fonts can convey everything from fun to elegance.

Now your tween could use what he learned to design his logo. For a tech support company, he might choose yellow, a square, and a futuristic-looking font to suggest that he’s cheerful and that customers can trust him to solve their technology problems. 👍

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 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5540



Q & A

Mental health ed

Q My son’s school started putting mental health lessons into health class. Why is this necessary?

A The school wants to keep students safe and healthy—physically and mentally. That’s why they’re trying to help children recognize and deal with mental health problems like depression and suicidal thoughts.

Ask your son what he’s studying in health class, just as you would with any subject. For example, he may be learning about symptoms of depression or how to ask for help if he has suicidal thoughts. Let him know he can come to you if he feels down or thinks about harming himself.

If you’d like to find out more, talk to your son’s health teacher, school counselor, or administrator about the curriculum they use and how you can support him at home. 👍



Parent to Parent

Learning about heritage

I recently started researching my family’s genealogy. When I mentioned this to my daughter, Evelyn, she wanted to help out. It turned out to be an interesting history and geography lesson for her—and for me.

I knew about our Spanish heritage, but after talking to my parents and digging a little deeper online, Evelyn and I discovered that we also had ancestors from England and

France. On one genealogy site, she searched for old census records that traced some relatives all the way back to the mid-1700s. Then we looked at maps to see where they lived.

Evelyn has decided to make a family tree for an upcoming social studies project. She needs to know where the other half of her family came from, so she’s going to do genealogy research on her mom’s side of the family next. 👍

