

NVMS Notes Home-----November 12, 2019

Events:

November 13 th , Wednesday	Winter Ride meeting at NVHS
November 15 th , Friday	6 th Grade to Pickford Theater
November 22 nd , Friday	End of 1 st Trimester
November 22 nd , Friday	Spirit Day "Flannel Friday"
November 27 th , Wednesday	Early Release, out at 11:45 AM
November 28-29, Thursday/Friday	No school, Thanksgiving Break
December 5 th , Thursday	White Hatter Presentation, see below
December 6 th , Friday	Sportsplex, Tri. 1 Honor Level Activity

No Phone November Challenge

This month we will introduce "No Phone November." The goal for the month will be to make our students aware of the time they are spending on electronic devices. We will spend some time in our Advisory classes talking about the impact of electronics and will have a character dare titled "Disconnect from Electronics".

At lunch students will have the option of recording their screen time and then setting a goal of cutting their overall screen time in half for the month of November. Each week we will have students who are participating, record their screen time, and each week we will set a goal for the amount they will reduce their screen time by the following week.

It would be great if you as a family could participate in this with your middle school student. Record your screen time for the past week (there is a setting on most phones records screen time), set a goal for how much you would like to reduce it by the following week, and then track how you are doing each day/week in trying to meet that goal.

Research shows when trying to change a habit, one of the most helpful ways of doing that is to replace the activity with something different. Some ideas our students could replace their screen time with are: reading, playing outdoors, hiking, or hanging out with friends (put the screens in a basket when they get together).

Thanks for your participation in No Phone November,

Joel VanderYacht

Sports Practices:

This week boys will practice at NVMS and girls will practice at Everson Elementary.

Winter Ride:

The Winter Ride Program is an 8 week ski and snowboard program for middle and high school students. The Winter Ride Program provides discounted lift tickets, lesson and rental fees! Please come to a meeting on November 13th, 6 PM in the high school library for detailed information on dates, cost, options and what is required to sign up.

White Hatter

Thursday, December 5th, from 6-8:00 pm at the Nooksack Valley High School Performing Arts Center you will hear a wide variety of important and timely information. The White Hatter is a presentation about internet safety and digital literacy for parents and caregivers. Their mission is to provide students, teachers, parents, adults, businesses, and law enforcement with the knowledge and tools necessary in today's world. Some topics covered are: current online slang and their connotations; who is checking you and your child's digital dossier; things you can do to protect your child's online reputation; how to spot cyberbullying; how to encourage desirable online ethics and values, and SO much more. Please plan to attend this presentation, encourage others to as well. There is no cost to attend.

Sport Schedules:

Sport schedules will be available at NWCAthletics.com soon. Cut and paste the link below to go to the middle school page: <http://www.nwcahletics.com/index.php?pid=0.1001.10008.0.300>

Did you know?

Please remind your student to come to the office if they are not feeling well, having a hard day, or any other reason that they feel they might need to go home. We cannot help them if we do not know!

New look on our website:

Our website has been updated and revised. From the main, District, page click on "Schools" at the top of the page, in the black banner. Choose Middle School.

- Sport forms are found after clicking on "Athletics", then forms.
- Access to Skyward, for parents and students, is on the District page under QuickLinks.
- Meal program applications are found on the District page_Departments/Programs_Food Service.
- Staff emails are found under "Contacts", about mid-way down the main page.

We are still in the process of adding information and updates, we will keep you posted on where to find things online!

NVMS Notes Home are emailed weekly during the school year.

If you are on Facebook, be sure to join the NVMS PTSA Facebook page. Our PTSA does a great job of keeping information and updates posted there.

Cell phone use at school

At Nooksack Valley Middle School, we highly encourage students to leave their cell phones at home during the school day. There are many reasons for this, from phones being lost or stolen, to students misusing them during the school day. Phones at school also impact students in their learning as they will secretly check the cell phones during their time in class while they are supposed to be working on their class work.

Our rule regarding electronics at school is students can have them before and after school and can check them during their free time at lunch, but they may not have them out any other time throughout the school day. If a student wants their phone to call parents for a pickup after sports or school, we do provide PE lockers to all our students and they can lock their phone during school.

Your son/daughter may tell you they need their phone at school for academics or to contact you during or after the school day. While this may be a convenience for them, we do provide all of our students access to the phones in the office to call and contact parents throughout the school day, and we do not require them to have a phone for academic classes.