

NVMS Notes Home-----January 6, 2020

Events:

January 15th, Wednesday

January 20th, Monday

January 31st, Friday

Late Arrival, school starts at 10 AM

Martin Luther King Day, No school

No school

New Reader Board installed!!

Many thanks to our school district and our fabulous NVMS PTSA for the new reader board that was installed over break!! Final installation and inspections are this week. Our PTSA contributed and enabled us to get one as large and colorful as we received. *Thank you NVMS PTSA for your continued support of our students and community.*

I'm Listening—New Character Dare:

Make sure everyone is heard in your conversation during the day.

Use self-control by waiting at least one second between the end of when someone finishes speaking and the beginning of your response. Be intentional in making sure everyone that wants to talk in your conversations gets the chance to do so.

Winter Sports

Now is the time to get cleared for wrestling or volleyball. If your student has already participated in a school sport this school year, they only need to pick up a new emergency card and have a parent complete it and return to the office. If they have not yet participated this year, they need to see Mrs. Clawson at the office for paperwork OR download, print and return the forms from online.

Volleyball practice begins January 21.

Wrestling begin January 27.

Nurse news!!!!

The flu is still on the rise. The CDC has sent out these recommendations that will aid in flu prevention.

1. **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory

syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

4. **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

School Closure/Delays

If the weather conditions are severe enough to close school, delay starting time, or change bus routes parents/guardians will be notified through our K12 Alert System which will call with the most current school update. (This system only calls primary phone number.) Also, the news will be aired by 6:30 a.m. on the following radio and television stations:

KGMI 790 AM KPUG 1170 AM
KAFE 104.1 FM KVOS – TV

Mentoring at the middle school: Who? You?

Be The One Mentoring Opportunities for Students and Volunteers.

At Nooksack Valley Schools we believe supportive, nurturing relationships between students and trusted adults are key to school and life success. We are looking for Mentors to meet with and support Middle and High School students. The focus of the **Be The One Mentoring** relationship is **building a sense of value and direction** for each student.

Be The One Mentors meet with assigned students once per week at the school, during school times. The goal is to build a student driven relationship.

The opportunity is 1) for **students interested in being matched with a mentor** and 2) for **community volunteers interested in being Mentors**.

For more information contact:

Jim Schmotzer
Student Success/Mentor Coordinator

Nooksack Valley Schools
Jim.schmotzer@nv.k12.wa.us
360.966.7561 ext 3124

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.nwcathletics.com/index.php?pid=0.1001.10008.0.300>