

September 26, 2019
2671 Thornton Rd.
Ferndale, WA 98248
360-383-9850

Horizon Middle School

Principal Faye Britt

Assistant Principal Tim Keigley

Dear Horizon Families,

With the shorter days and the September calendar coming toward its end, school is well and truly underway. We had a wonderful start with our returning and new Hornets and classrooms are very much a-buzz with learning.

All of our students have received a school issued device – We are including information about purchasing insurance for the device, if you so choose. It's the student's responsibility to look after their device, and, as such, if the device is lost, damaged, or stolen, it is also his or her responsibility; purchasing insurance will save you that cost. If you have questions, please don't hesitate to ask.

A much-enjoyed upcoming event is our Open House on Thursday, October 3rd. Our format is truly "open"; you are invited to come and visit with all of your student's teachers and tour our school. We hope that you are able to take some time out of your busy schedules to visit with us at Open House. We want your child to be successful in school, and that means going beyond the basics. Excelling in academic classes is important, but students also need to know how to learn, make good decisions, handle strong emotions, and get along with others.

This week, we'll begin the *Second Step* Middle School Program, which focuses on skills and concepts that are designed to help students both in and out of school. These include:
Mindsets and Goals: Students learn about ways to grow their brains and get smarter, along with research-based strategies for achieving goals and handling difficult situations.
Values and Friendships: Students learn to identify their personal values and use those values to make good decisions and build strong, positive relationships.
Thoughts, Emotions, and Decisions: Students learn the positive role emotions play in their lives, how to handle unhelpful thoughts and strong emotions, and specific strategies for calming down.
Serious Peer Conflicts: Students learn how to identify and avoid serious conflicts, resolve conflicts that can't be avoided, think about other people's perspectives, and help stop bullying and harassment at school.

If you have any questions about the *Second Step* Middle School Program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills and concepts that lead to success in school and in life.

Thank you for supporting your student in his or her learning. We look forward to seeing you soon.

Go Hornets!

**Thursday, October 3, 2019
6-7:00pm**



Dates to Remember:

**October 3rd
After School
Study begins
2:30-4:30**

**October 3rd
Open House
6:00-7:00 pm**

**October 3rd
WA DC Trip Mtg
Library; 5:15 pm**

**October 18th
Picture Retakes**

**October 23rd
Early Release
@ 11:13 am**

**October 28th
Girls & Boys
Basketball starts**

**November 8th
Veteran's Day
Assembly
@ 8:50 am**

**November 11th
No School
Veteran's Day
Observed**



REMINDER TO VOTE:

A reminder that an election is scheduled for Tuesday, November 5, 2019. Have you registered to vote? Do you need to change your name or address on your voter registration? It's fast and simple to do by visiting Whatcom County Voters at www.co.whatcom.wa.us

The district encourages persons to exercise their right to vote in all elections.

Horizon Middle School Study Table

Horizon Middle School offers Study Table after school on select Mondays and Thursdays, 2:30-4:30 pm, in the Horizon Library beginning October 3. Study Table provides students structured study time to complete assignments, study for tests and quizzes, as well as access to Horizon academic interventionist, Vicki Dietlein. An activity bus is provided to transport students home who attend Study Table after school. For more information about study table, please call the main office at 360-383-9850. There are copies of the scheduled calendar dates in the office.

Sports Season #2—Boys and Girls Basketball

Sports Season #2—Boys and Girls Basketball-- starts October 28th. **Deadline to register is October 18th, 2019.** For registration and sport specific information, please go to our Horizon Website Athletic page: <https://www.ferndalesd.org/horizonmiddle/athletics> or contact the Horizon main office.

Deadline to purchase Laptop Insurance – October 13, 2019

Ferndale School District has chosen Worth Ave. group as the vendor of choice to insure school issued devices given to students and faculty. Cost is \$30 for Dell Chromebook or \$38 for an HP ProBook for the school year. Insurance with Worth Ave Group will protect the device against ACCIDENTAL DAMAGE, THEFT, FIRE, FLOOD, POWER SURGE and VANDALISM. Don't miss this opportunity. You can purchase insurance online at <https://www.worthavegroup.com/gpo/ferndale>

Washington DC Trip

It's not too late to Does your middle schooler like to travel? Or has s/he always wanted to but hasn't had the chance? Then this information is for you! I would love to have your student join other Horizon students (and Vista students too) on a trip to Washington DC and Williamsburg, Virginia this June 22nd-27th. Parents are welcome on the trip too! There will be an information meeting right before Open House [on Thursday, October 3rd at 5:15](#) in the Horizon library. Please join us to find out more about this amazing opportunity or watch the video below if you can't make it to the meeting. Financial assistance is available! Let me know if you have any questions and I hope to see you Thursday.

<https://vimeo.com/180642488>

Immunizations:

Don't forget the deadline for immunization compliance is **October 4th**. Be sure you turn in your verification to the Horizon MS Office.



FREE WINTER COATS

**Adultos y Niños
necesitados de un abrigo**

Cuando:

Miércoles, el 9 de octubre,
10am – 1pm
Sábado, el 12 de octubre
10am – 1pm

**Adults & Children
in Need of Coats**

When:

Wednesday, October 9
10am - 1pm
Saturday, October 12
10am - 1pm

at The United Church of Ferndale, 2034 Washington St.



NOTIFICATION REGARDING PARENTS' RIGHT
OF
ACCESS TO STUDENT RECORDS
September 2019

Dear Parents and Students:

Each year parents and students are reminded of the Student Records Policy of the Ferndale School District. Parents of students or 18-year-old students have the right to inspect and review the student's educational records within 45 days of the day the district receives a request for access.

If the parents or adult students believe something in the records is inaccurate or misleading, they may request in writing to the building administrator that it be corrected or they may have comments added to the record. If an agreement regarding content is not reached, the parent or adult student may contact the superintendent for a hearing.

Record information, in most cases, will not be released to persons or agencies without the written consent of parents. Nonetheless, it is the policy of this district to forward school records, without parent consent, to schools in another district to which a student transfers. This is to facilitate the prompt placement of the student in the new school.

Also, federal law permits a school district to identify certain information as "directory information" which may be publicly released without the permission of the parents. Ferndale School District identifies this information as the following: student's name, address, telephone number, date and place of birth, grade, school of attendance, most recent school attended, major field of study, record of participation in officially recognized activities (sports and school events) - weight, height and team number.

Release of information is for school-related purposes. Information and photographs are sometimes released in district, school and community newspapers or on broadcast/social media when students receive awards or participate in school activities. If you do not want this information released, please notify the school principal in writing within fourteen (14) calendar days. If we do not receive your notice by that date, we will assume that you have no objection to the release of this information.

Ferndale School District makes an effort to protect each student's privacy. Please contact your school if you have further questions on this matter. Complaints may be filed with the Family Policy Compliance Office, U.S. Department of Education, 400 Maryland Avenue, SW, Washington, DC 20202-5920 or 1- 800-USA-LEARN. A full version of FERPA General Guidelines for Parents may be accessed at <http://www2.ed.gov/policy/gen/guid/fpco/ferpa/parents.html>.

Sincerely,

Dr. Linda Quinn
Superintendent



September
2019

Dear Parent or Guardian:

As of July 2005, schools in Washington must make information available on Meningococcal and Human Papillomavirus diseases to parents or guardians of all students entering Grades 6-12.

Meningococcal Disease and

Prevention Meningococcal

Disease

Meningococcal disease spreads by direct contact with infected persons by coughing, kissing, or sharing anything by mouth, such as water bottles, eating utensils, lipsticks, or toothbrushes. It can cause pneumonia, bloodstream infection, and meningitis (swelling of the covering of the brain and spinal cord). Severe disease can cause brain damage, loss of hearing or limbs, and death. Fortunately, this life-threatening infection is rare – we usually have only about 30-60 reported each year in Washington, including 1 to 8 deaths. Adolescents and young adults are more likely to get meningococcal disease, especially if they live in group settings, like college dorms.

Meningococcal Conjugate Vaccine (MCV4)

MCV4 protects your child against the most common types of bacteria that cause meningococcal disease. Washington provides all recommended vaccines for kids through age 18, available from healthcare providers across the state.

Providers may charge an office visit fee and an administration fee to give the vaccine. People who can't afford the administration fee can ask to have it waived. Healthy teens should get one dose of MCV4 at age 11 through 12 years. Teens who did not get their first dose at that time should get a dose as soon as possible. A second dose (or booster) is now recommended. Teens should get a booster at age 16 through 18 years or anytime before college. Talk to your healthcare provider about this vaccine.

Learn More

Learn more about meningococcal disease and how to prevent it:

Washington State Department of Health

Meningococcal information:

www.doh.wa.gov/YouandYourFamily/Immunization/Diseases/MeningitisMeningococcalDisease.aspx

Centers for Disease Control and Prevention

Meningococcal vaccine information: www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf Disease information: www.cdc.gov/meningococcal/about/index.html

Pre-teen immunizations: www.cdc.gov/vaccines/spec-grps/preteens-adol.htm

College students & young adults: www.cdc.gov/vaccines/adults/rec-vac/college.html **Children's Hospital of Philadelphia Vaccine Education Center**

Meningococcal questions & answers: www.chop.edu/healthinfo/meningococcal-infections.html

National Meningitis Association www.nmaus.org

Human papillomavirus (HPV) Disease and

Prevention Human papillomavirus (HPV)

Disease

What is HPV?

HPV is a common virus that spreads primarily through sexual contact. Up to 75 percent of HPV infections occur among people 15 through 24 years old. HPV causes most known cervical cancers, anal cancers, and genital warts. The types of HPV that can cause genital warts are not the same as the types that cause cancer. Some types of HPV can cause penile, anal, head, and neck cancers.

What are the symptoms of HPV?

Most of the time infected individuals have no symptoms and can spread the virus without knowing it. Some people know they have HPV because they have a symptom like genital warts. Women may find out they have HPV through cervical cancer screening (Pap tests) and HPV testing. Health care providers do not usually test for HPV unless they find abnormal cervical cell changes in a Pap test.

How can HPV infection be prevented?

The best way to prevent HPV infection is to abstain from all sexual activity. Even people with only one lifetime partner can get HPV if their partner had previous sexual partners. Using condoms during sex offers good protection against sexual infections like HPV. The HPV vaccines offer by far the best protection if given before sexual activity starts – vaccines do not get rid of existing HPV infections. The HPV vaccine can prevent infections from some of the most common and serious types of HPV that cause warts, cervical, and anal cancers.

HPV Vaccine

What HPV vaccines are available?

Two HPV vaccines are available:

- HPV4 – licensed for males and females. It protects against four types of HPV. These include two types of HPV that cause 75 percent of cervical cancers in women and most anal cancers in men, and two types that cause 90 percent of genital warts in both women and men.
- HPV2- licensed only for females. It protects against the two types of HPV that cause 75 percent of cervical cancers.

Who should get the vaccine and when should they get it?

- Females – the federal Advisory Committee on Immunization Practice (ACIP) recommends routine vaccination for all girls age 11 through 12 years old against HPV. For unvaccinated females, the recommendation goes up through age 26. Health care providers may also give the vaccine to girls as young as 9 years.
- Males – the ACIP recently approved a recommendation for routine vaccination of boys 11 through 12 years of age. For unvaccinated males, the recommendation goes up through age 21. Health care providers may vaccinate boys as young as 9 years and certain men 22 through 26 years of age.

To be up-to-date on this immunization, males and females need three doses of the vaccine. Talk to your health care provider about the vaccine schedule. HPV vaccine is not required for school in Washington.

Are Pap tests still recommended for females who get the HPV vaccine?

Yes. The HPV vaccine does not protect against all types of HPV that can cause cancer and warts, so females still need Pap tests.

Where can I find the HPV vaccine?

Washington provides all recommended vaccines for kids through age 18, available from healthcare providers across the state. Providers may charge an office visit fee and an administration fee to give the vaccine. People who can't afford the administration fee can ask to have it waived. For people age 19 and older, the vaccine is available from many clinics and pharmacies. Most health insurance plans cover the vaccine for people recommended to get it. Call your health plan to check your coverage. For adults without health insurance, the companies that make these vaccines have programs to help pay for them. Find out if your health care provider participates in these programs.

For more information on HPV, the vaccine, and cervical and anal cancer:

Centers for Disease Control and Prevention:

www.cdc.gov/std/hpv/

Washington State Department of Health:

www.doh.wa.gov/Portals/1/Documents/Pubs/348-187_HumanPapillomavirusVaccineFactsheet.pdf

American Sexual Health Association:

www.ashsexualhealth.org/healthcareproviders/hp

v-toolkit/hpv-vaccine-information.html

American Cancer Society- www.cancer.org

Sincerely,

Dr. Paul Douglas

Executive Director of Student Services