



**SCHOOL STARTS AT 8:20  
STUDENTS SHOULD BE DROPPED OFF NO  
LATER THAN 8:15 TO BE IN CLASS ON TIME.**

### Principal's Corner

The Holiday Season and arrival of winter also marks the end of our first trimester. Difficult to believe that we have already completed the first third of our school year. The foundation has been created that will support the further learning through the course of the year.

Over the past year, our staff has advocated a "growth" mindset with our students. The idea is that all students—indeed, all people—have the capacity to continue to grow. Students are not "bad" math (or fill in the blank) students, but rather they are on a continuum of growth—some further along than others, but all capable of improving.

On December 9 and 11 we will hold Student-Led Conferences. The conferences provide the opportunities for our students to share the learning they have experienced thus far this year as well as to look ahead to expected continued growth. The students facilitate the conversations at these meetings; we believe their understanding and ownership of their learning places the appropriate focus on their role, and the power they have, to manage their own learning.

As a staff, we will continue to provide every opportunity for them to grow. We know that you too, as their parents and guardians, play an invaluable role in their success. The conferences provide that chance for students to be at the center of their own learning. Expect them to articulate their strengths and successes as well as their challenges and plans for growth.

Look forward to seeing you all on the 9<sup>th</sup> or 11<sup>th</sup>.  
≈Gordon Grissom≈

### Student-Led Conferences

Plan to join us for your student's conference on the evening of Dec. 9 or 11. The conferences will be held in your child's advisory teacher's classroom and should take between 20-30 minutes. The advisory teacher will be available for conversation during the course of the conference, but the students will facilitate the discussion. Your son/daughter's other teachers will also be available in their own rooms following the conference.

### Spirit Night

Sacajawea will host our annual Spirit Night on **Friday, January 30**. The event provides an opportunity for our clubs and teams to raise funds for school and extracurricular activities. The fun will include carnival games, raffles, dinner, and basketball and volleyball games. More information will be forthcoming, but make plans to join us.

### PAC News

We feel extraordinarily fortunate, as we enter the holiday season, to report that the new MacBooks are at the district office, getting loaded with software. The Technical and Video Productions class should have them soon, and a FULL CART of 30 Chromebooks is on order. We have augmented our Contribution Drive earnings with some savings and have a healthy \$18,000 set aside for next year's teacher requests.

Our *Cornerstone Campaign*, focused on delivering more technology to the school, was so successful that we are five Chromebooks short of a SECOND CART. Chromebooks cost the school \$337 each. If you missed our fall campaign or are looking for an end-of-year tax deductible donation, please consider a gift of a Chromebook, or part of one. Donate online, or make a check out to Sacajawea PAC and have your child bring it to school: <http://squareup.com/market/sacajawea-middle-school-parent-advisory-council>. Thank you for helping enhance student experiences at SMS!

Who doesn't love pizza? *MacKenzie River Pizza* has partnered with Sacajawea on their School Night Program. *The third Wednesday* of every month is our night! Check your email for a coupon; take that coupon for lunch or dinner and MacKenzie will donate 20 percent of your tab (minus alcohol) to PAC. You can eat there or order for carry out. Our first day, in November, raised just over \$200 – a typical teacher request! Next two days are Dec. 17 and Jan. 21. Just don't forget your coupon. We are still in *need of shadow volunteers* for this year (Treasurer and Volunteer Coordinator). Shadowing one of the positions is a great way to get involved and check out what a role entails.

Interested? Email *Pam Westphal* at [volunteers4sms@gmail.com](mailto:volunteers4sms@gmail.com).

#### Student-Led Conferences:

Thank you, again, to *Sarah Sobek* and her hospitality committee for organizing a dinner for the teachers during the upcoming Student-Led *Conferences, Dec. 9 and 11*. This is Sarah's third year heading the committee that will be serving dinner to our wonderful teachers on the 8th. If you have an interest in supporting our teachers with your cooking skills, please contact *Sarah* at [sarahsobek@gmail.com](mailto:sarahsobek@gmail.com).

#### PAC Officers for 2014-2015

Co-Presidents: **Danielle Freeburg**  
[dfreeburg@montanadsl.net](mailto:dfreeburg@montanadsl.net)

**Kristin Lauman** [kvlauman@gmail.com](mailto:kvlauman@gmail.com)

Vice President: **Sarah McLain**  
[sckenna@gmail.com](mailto:sckenna@gmail.com)

Treasurer: **Gary Hellenga**  
[gary.hellenga@gmail.com](mailto:gary.hellenga@gmail.com)

Secretary: **Douglas Fischer** [fischwing@gmail.com](mailto:fischwing@gmail.com)

Volunteer coordinator: **Pam Westphal**  
[volunteers4sms@gmail.com](mailto:volunteers4sms@gmail.com)

## PAC Cont.

### Join us!

No PAC meeting in December – Enjoy the break!  
Our next **PAC meeting is Monday, Jan. 19 at noon**. PAC meetings are a great way for parents to be involved and tuned in to what’s happening at SMS. Involved parents create successful students! Spirit night – always a blast – is Jan. 30. SMS PAC is on Facebook! Friend us at **“Sacajawea Pac Bozeman Montana”** Sacajawea's Parent Advisory Council (PAC) was created to bring parents, guardians, SMS staff, and community members together to enrich our students’ middle school education. We work with the school to support and encourage parent/guardian involvement, which creates more success for our students.

## Dropping Off and Pick Up Your Student

Please remember when dropping off and picking up your students use the North Parking Lot. For their safety, please drop off students along the sidewalk in the parking lot.

## Creating a More Healthy And Less Stressful Holiday Season

- Set priorities: learn to say “no” to some things - choose quality over quantity. Your main priority may simply be spending time with your children and enjoying each other’s company.
- Plan ahead: take charge of your holidays in advance by making lists of things to do and setting aside some time each day for them - nothing creates more stress than last minute shopping and preparations.
- It’s healthy to want: Do your children want things you can’t afford? That’s good! Wanting for things is an important life lesson, and an important part of life. If your children want something bad enough, empower them to come up with some ways to afford it. The value of a dollar is also an important life lesson.
- Delegate: you don’t have to do it all yourself - there is only so much time and people generally appreciate the opportunity to help out. The holidays present a great opportunity to empower our children to take on more responsibilities, and help out more.
- Have realistic expectations: if there is tension within your family it is more than likely that this will only escalate during the holiday period. You might consider visiting your relatives separately if they do not get along well or keeping them occupied when together.
- Look after yourself: to take care of others you need to first take care of yourself. A healthy diet, regular exercise, learning to relax and getting enough sleep will help to reduce stress.
- Positive attitude: try to think positive thoughts. Your thoughts influence your feelings - if you dwell on unhappy thoughts, you start to feel unhappy. Your attitude can be transferred to others and this is not helpful with children at home.
- Give: a gift of your time and energy not only makes us feel less stressed and like a more integral member of our community, it also role models to our children what we all feel deep down is the most important part of the holidays; Giving.
- Laughter: nothing reduces stress as quickly or as effectively as a good laugh!

**Remember: What your family and your children really want most is to spend time wit**

## Love and Logic Tip: Sharing Control through Choices

Human beings crave control. Our kids are no different. Power struggles between parent and child are the result of this primal desire to direct oneself. Harnessing this desire allows kids to practice decision-making and increase the odds of compliance.

Offer many small choices throughout the day

Do you want to work on your homework now or before dinner? Do you want to do your homework at the table or at your desk? Will your chores be done now or before you watch TV? Using choices allows us to step away from being a drill sergeant and act more as a consultant to kids. It sends the message to kids that they are trusted and capable.

Ensure that your words, tone and body language match

As you offer choices use a calm tone free of sarcasm. Channel your inner cocktail party hostess in your delivery: “Do you want choice A or choice B?” Keep it light. Upon offering the choice turn and break eye contact with the child, providing them 10 seconds or so to decide. If they are unable to decide within that timeframe, gently decide for them.

For these and other fantastic parenting tips, please contact your SMS Parent Liaison, Ashley Mares Jones at Thrive, 922-4230 or [Ashley.maresjones@bsd7.org](mailto:Ashley.maresjones@bsd7.org) or [loveandlogic.com](http://loveandlogic.com). Thrive believes when families are strong and children are successful, communities thrive. Learn more at [allthrive.org](http://allthrive.org)

## Dates To Remember

December	9	Student-Led Conferences 4:00-7:30
	9	SMS Jazz Band Concert 7:30 pm
	11	Student-Led Conferences 4:00-7:30
	<b>22-Jan. 2</b>	<b>Winter Break</b>
January	5	Back from Winter Break
	15	Geography Bee, Library 3:30 pm
	19	PAC Meeting 12:00-1:00 pm
	22	SMS 6 <sup>th</sup> B/C/O, SMS Gym 7:30
	23	Trimester 2 Mid-Term
	26	PIR Day – <b>No School K-12</b>
	27	PIR Day – <b>No School 6-12</b>
	30	Big Sky Ski Day 7B
	30	Family Spirit Night
February	3	SMS 8 <sup>th</sup> /CJMS8th/BHS Bands, The Commons 7:30 pm
	5	Big Sky Ski Day 6A
	5	SMS 8 <sup>th</sup> /CJMS8th/BHS Choirs, Hawk Gym 7:30 pm
	6	Big Sky Ski Day 6B
	9	PAC Meeting, 12:00-1:00 pm
	10	SMS/CJMS/BHS Jazz Bands, Grace Church 7:30 pm
	12	5 <sup>th</sup> Grade Parent Night, 6:00 - 7:30 pm
	16	President’s Day- <b>No School</b>
	19	Spelling Bee, SMS Cafeteria 3:30 pm
	23	SMS Orchestras, SMS Gym 7:30 pm
	27	Big Sky Ski Day 8A



