

SMS NEWSLETTER

February, 2018

At Sacajawea, we are a compassionate community that honors grit and celebrates growth in order to face the future with a level head and a critical eye.

Principal's Message

Hard to believe, but we are midway through the 2017-2018 school year. We are excited about the progress of your students and looking forward to their continued growth in the coming months.

Within the next few days, you can anticipate receiving the STAR Reading and Math Annual Report graphs indicating the most recent assessment scores. These marks are a snapshot of your student's proficiency in reading and math as measured by the STAR assessment. The test is given three times a year to measure progress in these areas. Although only one indicator of a student's learning, the scores indicate specific levels of achievement as well as the level of growth being seen.

In the coming few months, the students will have two further significant assessments. Eighth graders will take the state science CRT in early March. In April, all three grade levels will take the annual Smarter Balanced Assessments measuring growth in reading and math. These tests indicate the ability of each student to apply his/her understanding of the essential skills and concepts in those subject areas. The data from these tests also provides our school valuable information on our effectiveness and can guide our structure and programming.

Please avoid absences during testing days and encourage your students to have confidence and do their best. The results will allow us to provide the most appropriate support, and challenges, for the students.

≈Gordon Grissom≈

Spirit Night

Plan to join us this Friday for our Spirit Night--an evening of food, games, raffles and fun. Student groups will have booths to raise funds for their clubs, trips and classes. The events will run from 5:00-7:30 and dinner is available from Johnny Carinos for \$8.00 per person. We hope to see you there!

Note from District Nurse

It's winter and a *lot of sickness* is going around. Please remember to keep your student home for **24 hours after their last fever**, episode of vomiting/diarrhea, or start of antibiotics. Please remind students to **wash their hands** and cover their coughs. Middle school students are **allowed to carry one dose** of over the counter medication (tylenol, advil, etc.) but it must be in the **original container** and **only one dose** (not a full bottle). Please review with them their responsibility when carrying a medication at school. Please remember when using the **SMS attendance line**, it is helpful for us to know why your student is home (other than just sick) so we know what is going around the school. **Thank you** for reviewing these items with your child.

Main Office: 522-6400
Attendance: 522-6410

The SMS **Core Value** for February: **Growth**

Dates To Remember

February

- 1...6A- Bridger Bowl
- 2...SMS Family Spirit Night
- 8...Spelling Bee
SMS Cafeteria
3:30 pm
- 12...PAC Meeting
12:00 – 1:00 pm
- 13...SMS/CJMS/BHS
Jazz Bands
Willson, 7:30 pm
- 15...5th Grade Parent
Night 6 – 7:30 pm
- 19...President's Day
Holiday- **No School**
- 20...SMS Orchestra
SMS Gym, 7:30pm
- 20...BHS Computer Reg.
**@SMS: Madison
and Yellowstone
Teams**
- 21...BHS Computer Reg.
**@ SMS: Jefferson
Team**

March

- 1...SMS Choirs
SMS Gym, 7:30 pm
- 1...CRT Testing/8th grade
- 2...CRT Testing/8th grade
- 2...Bridger Team
Bridger Bowl
- 2...End of Trimester
- 6...Yellowstone Team
Bridger Bowl
- 9...Jefferson Team
Bridger Bowl
- 9...Absaroka Team
Bridger Bowl
- 12-16...Spring Break
No School K-12
- 26...PAC Meeting
12:00 – 1:00 pm
- 29...SMS Bands
SMS Gym, 7:30 pm

PAC NEWS

Welcome to 2018 and all the fun activities upcoming for the remainder of the 2018 school year.

Bozeman School Foundation is hosting a **Ping Pong Tournament** to benefit the **Bozeman Schools Foundation**. It will be held **February 24th**. For more information go to: bozemanschoolsfoundation.org and search the events tab if you are interested in playing or attending.

Spirit Night is this **Friday, February 2nd**. It should be a fun filled night for your kids. There are still volunteer opportunities available. Please email : janetlyeomans@gmail.com if you have time to help out. Dinner will be provided by **Johnny Carinos** for \$8.00 per person.

Please visit the **Bozeman Parent University** on the **BSD7 website** for topics pertinent to **raising children and education**. Many of their topics will be available online at **BPU to go**. Our next **PAC meeting** will be on **February 12, 2018 at 12pm**. The **Bozeman High School** counselors will be present to talk about the **transition** to the high school and answer your questions about registration. If you have an **8th grader**, you do not want to miss out on this event.

PAC Officers

Jane Mittelstadt, Co- President:
janemitt@gmail.com

Becky Ellig, Co-President:
K12m09@msn.com

Tamara Knappenberger, Secretary:
tkknappenberger@yahoo.com

Annamarie Brasseur, Co- Treasurer:
annamariebrasseru@yahoo.com

Kristen Lyle, Co- Treasurer:
kristenklyle@gmail.com

JanetYeomans,Volunteers:
janetlyeomans@gmail.com

8th Graders- Baby Pics Needed

The **2018 SMS Yearbook** will once again feature pictures from all 8th graders from their younger years. Please **email** a favorite picture to kenny.bies@bsd7.org. If you do not have access to a baby picture, **any picture** from the past is more than appropriate. Please contact **Kenny Bies** with any questions or concerns@ 406-600-5211.

12th Annual Girls Summit

Girls for a Change will have the annual **Girls Summit** day on **February 10th, 2018**, from **9am – 5pm**. This event is **open to all girls, grades 8-12**. The **Girls Summit** will be held at **Montana State University**. There is a \$25 registration fee and **scholarships** are available. To find out more **information** and/or **register:** allthrive.org/summit or faceboook.com/girlsforachangemt

Thriving Families

Parenting in the Digital Age

Is your adolescent addicted to technology?

Technology remains one of the largest parenting concerns today. Screen addiction (from smart phones, computers and television) is impacting the quality of our kids' sleep, relationships with peers, and mental and physical health.

Technology is addictive. With colorful apps and friends "liking" posts it is easy to get sucked into social media. Studies show that technology is actually designed to stimulate neurotransmitters in the brain. The result is a release of the feel-good hormone, dopamine. With such a powerful force at play what is a parent to do? Here are a few tips:

1. **Set limits.** Establish a Media Use Plan (healthychildren.org/mediauseplan) that includes screen free zones and times. Keep screens out of the bedroom to promote healthy sleep habits. Turn off the Wifi at bedtime.
 2. **Explore Digital Citizenship.** A parent/child phone contract is a great way to begin the conversation about what is appropriate online. A funny yet honest example of this can be found at Huffpost.com "An iPhone Contract for My Second Son, With Love." Discuss the Golden Rule and its application, even when our identity is veiled online.
 3. **Model Healthy Screen Use.** Notice your own screen habits. How do they support or detract from the relationship you have with your child? What limits are you setting on your own technology?
 4. **Relationship Matters Most.** The parent/child relationship can be challenging during this peer-centered time. Take time to listen to your child when he/she is ready to talk (at bedtime or in the car). Ask open-ended questions. For example, "What was that like for you? Tell me more about that."
- For these and other strategies, contact your **SMS Thrive Parent Liaisons, Ashley Mares Jones** (Ashley.maresjones@bsd7.org) and **Libby Hansen** (libby.hansen@bsd7.org) or by phone at 587-3840.

The Used Book Sale is Coming!

It's time to clean out your books! **SMS Library's Used Book Sale** is coming up in **April!** This is the library's most popular event, and its success depends on donations. We accept gently used books, DVDs and CDs for all ages. (No textbooks, encyclopedias, or moldy books, please!)

This year we would like **donations** brought **directly to the library**. We will keep track of the donations and award donuts to the advisory classes that bring in the most items. The goal of this year's sale is a **free book** to **EVERY STUDENT**. There will be **NO SALES** on the first day until **all C.A. classes** come through and each student selects **ONE FREE BOOK**.

Science and Math Exploration for Middle School Girls

The 25th Annual Expanding Your Horizons in Science and Mathematics (EYH) Conference will be held on **Saturday, April 21st, 8:30 am – 3:30 pm** at MSU Bozeman. The *focus* of this workshop is to *encourage* young women in grades 6 – 8 to explore a variety of *math and science* related professions through fun and creative hands-on workshops. Conference registration opens March 13th and the cost is just \$30 which includes lunch and supplies. Space is *limited to 240 participants* and is determined on a first-come basis. Registration forms will be sent to **SMS** at the beginning of March, and will be available online after March 13th. Register early! For more information or questions contact **EYH Program Manager Nicole Soll** at (406) 994-6633 or nicole.soll@montana.edu