

# SMS NEWSLETTER

March 2019



*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 Corner

Trimester three begins during the first week of March; we are two-thirds of the way through the school year. It is hard to believe we are already at this point in the year, but we are excited about the remainder of our time and supporting the growth of our students' skills with the concepts they are learning.

The last third of the year also brings a time of standardized testing. These assessments provide a picture of the collective understanding of your student in various disciplines. This week our eighth grade students will be taking the statewide Criterion Reference Test (CRT) in science. This test will measure their learning over content from the last three years and will be taken in three sessions on March 7 and 8.

All students will demonstrate their learning in the Smarter Balanced Assessments in April. These standards-based tests in English/language arts and math will be conducted over five days-- April 24-30. The sessions are limited to approximately 90 minutes each. Results of these assessments provide a broader measure of student learning on the essential elements of our state and district standards. The results are valuable for the individual as well as for our school in general--providing insight into our strengths as well as the deficits on which to focus.

Although these assessments are only a snapshot of the learning of our students, it is important that we have accurate results. You can assist in achieving that by ensuring your students are at school on those days (avoid medical appointments or unnecessary absences), getting valuable amounts of sleep, and having nutritious breakfasts/lunches. Additionally, please reinforce the value of the tests and the importance of each student putting forth his/her best effort.

Feel free to contact me should you have any questions regarding any of these assessments. And thanks, as always, for partnering with us in the growth of your children.

*Gordon Grissom*

## PAC



An easy way to continue supporting your students through PAC is by utilizing **Amazon Smile** when you order from Amazon. Just order on your Amazon account login via [smile.amazon.com](https://smile.amazon.com) and select Sacajawea Middle School Parent Advisory Council under Supporting.

**Thank you for your continued support of SMS PAC!**

Main Office: 522-6400  
Attendance: 522-6410

## Core Value for March HUMILITY

## Dates To Remember

### MARCH

- 1 End of Trimester 2**  
Team Bridger Ski Bridger Bowl
- 5 Team Yellowstone Ski**  
Bridger Bowl
- 7-8 CRT Testing 8<sup>th</sup> Grade**
- 8 Team Gallatin Ski Bridger**  
Bowl
- 11-12 Outdoor Club to**  
Yellowstone and Big  
Creek Cabin
- 12 7<sup>th</sup> Grade Science Fair, MT**  
Tech, Butte, 8:45am-  
7:15pm
- 15 8<sup>th</sup> Grade Silent Film**  
Festival, 8<sup>th</sup> Grade  
Commons, 1:44-3:25pm
- 18-22 Spring Break**

### APRIL

- 2 SMS Bands, SMS Gym,**  
7:30-9:00pm
- 11-12 PIR Days-No School**
- 11 Spring Conferences**
- 19 Trimester 3 Mid-Term**
- 24-30 Smarter Balanced**  
Testing
- 30 Talent Show Rehearsal,**  
Willson Auditorium,  
4:00-8:00pm

### MAY

- 1 Talent Show, Willson**  
Auditorium, 4:00-9:00pm
- 3 Community Service Day**
- 6 7<sup>th</sup>/8<sup>th</sup> Grade Choir Concert**  
SMS Gym, 7:30-9:00pm
- 7 Dinner & Jazz, SMS Café,**  
6:00-7:30pm

Health Tip	More Dates to Remember
<p><b><i>Flu and cold season is here!</i></b> In addition, we have cold weather so students are in close contact with one another. To help prevent the spread of colds and flu in school, we recommend that your child stay home if experiencing symptoms such as: stuffy or runny nose, mild sore throat, headache, stomach ache. <b><i>Definitely</i></b> keep your child home if they have these symptoms: fever greater than 100 degrees, vomiting (even once), diarrhea, chills, feeling of muscle ache/fatigue/weakness, frequent croupy congested cough and lots of nasal congestion with frequent nose blowing.</p> <p><b><i>Keeping a sick child home will minimize the spread of infections in our classrooms. Typically, children should stay home for 24 hours after the last symptom of fever, illness or start of medication.</i></b></p> <p>To help prevent the spread of germs, please teach and review with your child the following: washing hands frequently, avoiding touch to the eyes, nose, mouth, covering mouth and nose when sneezing coughing, using tissues and throwing them away in garbage.</p> <p><b><i>Thank you for helping to keep our schools healthy!</i></b></p>	<p><b><u>MAY</u></b></p> <p><b>14</b> 6<sup>th</sup> Grade Band/Choir/Orchestra, SMS Gym 7:30-9:00pm</p> <p><b>16</b> 7<sup>th</sup> and 8<sup>th</sup> Grade Band Concert, SMS Gym, 7:30-9:00pm</p> <p><b>20</b> Select Choir Concert, SMS Café, 7:30-8:30pm</p> <p><b>21</b> BHS Jump-Up Day</p> <p><b>23</b> 5th Grade Shadow Day</p> <p><b>24</b> PIR Day No School</p> <p><b>27</b> Memorial Day Holiday No School</p> <p><b>28</b> 5<sup>th</sup> Grade Ice Cream Social, 3:45-5:00pm</p> <p><b>30</b> 8<sup>th</sup> Grade Celebration, 7:00-8:00pm</p>

### School-within-a-School Information Night

On **Tuesday, March 12, at 6:00**, we will hold an information session for parents of sixth and seventh grade students who may be interested in the “school-within-a-school” model at SMS. The intention of this two-person team model is to provide an alternative setting within our school to attend to the learning needs of students who are less-traditional in their approach. The team features: longer periods of time for learning, greater flexibility in scheduling, more project-based focus, allowance of more independence in learning, and other methods that can be limited by a more traditional schedule. Join us in the 8th grade commons on the 12th if interested in learning more.

### Science and Math Exploration for Middle School Girls

The 26<sup>th</sup> Annual **Expanding Your Horizons in Science and Mathematics (EYH)** Conference will be held on Saturday, March 30, 2019, 8:30 a.m. to 3:00 p.m. at **Montana State University** in 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 will open March 7, 2019 and cost is just \$30.00 which includes lunch and supplies. Space is limited to 280 participants and is determined on a first-come basis. Register early!

Registration forms will be sent to the schools the beginning of March. Students may also learn more about the conference at <http://ato.montana.edu/eyh/index.html>. And registration will be available online after March 7.

For further information or questions contact EYH Program Manager Nicole Soll at (406) 994-6633 or [nicole.soll@montana.edu](mailto:nicole.soll@montana.edu)

## SMS LET ME RUN PROGRAM

Calling all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade SMS young men! We will be having a **Let Me Run Team** this spring at Sacajawea. The program will start on **March 25<sup>th</sup>** and will be held on Mondays and Wednesdays for 7 weeks.

The season will wrap up with everyone running the **HAVEN Mother's Day 5K**. **Let Me Run** is a running program just for boys and it also focuses on leadership skills, social skills, and a healthy life style. Every practice there will be a group activity followed by some distance running. There is no required running experience necessary. Great information on the program can be found at [letmerun.org](http://letmerun.org).

**Registration Now Open** at: [allthrive.org](http://allthrive.org)

For questions please see Nick Warren.

## Cyberbullying

### Keyboard Courage

Keyboard Courage refers to behavior (often negative) a person exhibits while using social media or texting that a person doesn't ordinarily exhibit in a face-to-face situation.

Cyberbullying and sexting often are the result of keyboard courage. Talk to your children about this topic and make sure you model appropriate on-line behavior for excellent "teachable moments." For more information on cyberbullying, please go to:

[kidshealth.org](http://kidshealth.org)

or

[commonsensemedia.org](http://commonsensemedia.org).

## THRIVE

### Building Capacity in our Kids

Does your child struggle to connect with others' feelings? Do their own thoughts seem to matter most? Is it hard for them to see another's perspective?

Our 21-year-old cat recently had to be put down. The grandma of all cats, Cleo was more than ready to move on to the hereafter. As we buried her, I found myself tearful--thinking of all the moments we had shared during the past few decades.

Our 6<sup>th</sup> grader looked at me and quietly said, "Mom, I am glad Cleo is gone. She was super old!" As a Mom who mindfully uses empathy with my kids, I was a bit shocked. How did I miss helping him see things through another's perspective?

As we walked inside, I was reminded of the work of Dr. Sarah Jayne Blakemore, a British scientist studying the adolescent brain. Dr. Blakemore found that, in fact, adolescents **do** struggle with taking the perspective of others.

What is a parent to do? Here are a few tips to help our kids build perspective-taking skills:

1) **Foster dialogue about others' points-of-view.** Discuss the days' events with kids. Ask them "What is your perspective on this issue? What might the view be for someone else? How might your view be different than mine?" Ask lots of open-ended questions and listen as appropriate.

2) **Reflect Back.** Sometimes our kids behave in a thoughtless manner. It is beneficial to circle back and say "Are you aware of how that sounded? That was really hurtful." The only trick with this technique is to use neutral tone and body language. It is easy to turn reflecting into shame.

For these and other parenting tips, contact your SMS Thrive Parent Liaison:

**Ashley Mares Jones** at 522-6473 or email [ashley.maresjones@bsd7.org](mailto:ashley.maresjones@bsd7.org)



**Please save your Box Tops!**

The SMS Library has a great volunteer who clips and ships them off. We get two reimbursements per school year. We use Box Tops \$\$ to fill teacher and student requests

**Thank You!**  
**SMS Library**

**Correction**

**Please Note:** The calendar provided in the SMS Student Planner has incorrect dates.

**Spring Break is March 18 - 22**

**After School Clubs**

**Clubs Currently in Session:** A variety of clubs are in session and open to students to participate. Clubs occur from 3:30-4:30 on the days listed below, are free, and are open to students on a drop-in basis. Encourage your students to participate in clubs of interest.

- Monday      Computer – Gordon Chamberlain – Rm C8  
Outdoor Club – Chris Ottey – Rm F22  
Falcon It Right (Service Club)– Deb Tew – Rm F14
- Tuesday      Robotics – Gordon Chamberlain – Rm C8  
Archery – Justin Mollgaard - F20  
Art Club – Tim Rooney – C-5  
Yearbook – Jessica Amende, Elise Meldahl - Rm F18
- Thursday      Robotics– Gordon Chamberlain – Rm C8  
Knitting – George Scott – Rm D12  
Archery – Justin Mollgaard - F20  
\*Kindness Campaign – Kace Doornbos – **7<sup>th</sup> Grade Lunch**