

SMS NEWSLETTER

FEBRUARY 2019



Principal’s Corner

Midway through the 2018-2019 school year, Sacajawea students are fully involved in their learning and the activities surrounding middle school. Our teachers are focusing on those essential skills and concepts necessary for our students’ further growth. The new grading system should be providing you with a clearer and more accurate picture of the specific standards the kids are learning and the progression they are making. Do not hesitate to contact your child’s teachers or me should you have any questions about the reporting process or system.

When January and February roll around, we begin making preparations for the coming school year. For eighth graders, those preparations include being introduced to the high school and the programs and classes available. We have had the BHS counselors meet with our students, discuss the core and elective courses, and provide guidance in their selection. The SMS teachers and counselors work closely with the BHS counselors to properly recommend and place students in the ideal classes for their continued success.

Parents of eighth graders are encouraged to discuss the offerings with their students as they make plans to embark to their freshman year. A valuable informational meeting is scheduled for **Monday, February 4**, at the high school where parents will have a chance to learn more about the programs and classes available.

Not to be overlooked, our sixth and seventh grade students will have the opportunity to choose elective classes for next year. Town Halls will be conducted in February to discuss the classes and the selection process. Watch for elective forms to come home in the next few weeks; parent signatures are necessary prior to registration.

As always, thank you for your participation in your child’s education and partnering with us in their continued growth.

Gordon Grissom

Main Office: 522-6400
Attendance: 522-6410

Core Value for February Growth

Dates to Remember

FEBRUARY

- 1 SMS Family Spirit Night 5:00-7:30pm**
- 4 8th Grade Parent Night, BHS**
- 7 Spelling Bee, SMS Cafeteria, 3:30pm**
- 11 SMS Orchestras, Willson 7:30-9pm**
- 12 SMS/CJMS/BHS Jazz Festival, Willson, 7:30-9:30pm**
- 15 6th Grade Dance Period 6-7**
- 18 President’s Day Holiday – No School**
- 20 8th Grade BHS Registration**
- 21 5th Grade Parent Night, 6:00-7:00pm**
- 23 VEX Robotics Competition 8am-5pm SMS Gym**
- 25 7th Grade Choirs SMS Gym 7:30-9:00pm**
- 27 Mark Wood w/SMS Orchestras, Willson, 7:00-9:00pm**

MARCH

- 1 End of Trimester Team Bridger Ski Bridger Bowl**
- 8 Team Gallatin Ski Bridger Bowl**
- 12 7th Grade Science Fair, MT Tech, Butte, 8:45am-7:15pm**
- 15 8th Grade Silent Film Festival, 8th 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**
- 19 Timester 3 Mid-Term**
- 24 Band/Orchestra Festival SMS/CJMS with 5th Grade**

Volunteer Opportunity

Popcorn volunteer needed!
February 22, March 29 and May 3
10:30-1:30

Fun volunteer opportunity, interact with and get to know the awesome students at SMS!

Contact Lori Faure if you can volunteer!
lorifaure@yahoo.com

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 and select Sacajawea Middle School Parent Advisory Council under Supporting.

Thank you for your continued support of SMS PAC!

<div> <div>Thriving Parents:</div> <div> <div>Parenting the Love & Logic Way®</div> <div>A class for parents of adolescents</div> <div> -Are you tired of getting into arguments and power struggles with your teenager? -Do you want communication to be better and easier? -Do your teen's choices worry you? Learn strategies, Get support! </div> <div> 5 Thursday evenings: Feb 7th to March 7th, 6-8pm Berg Library at BHS Register at allthrive.org/events </div> <div> Call Ashley for more info: 922-4230 Led by BHS & CJMS Parent Liaisons </div> </div> </div>	<div> <div>Mega Meal Contest</div> <div> <div>When: The Month of February</div> <div> How: With every complete meal purchased (Breakfast or Lunch) students will receive an entry into the contest (one entry per meal). Winners: Every meal period an entry from that day will be drawn for a <i>free a la carte item</i>. On March 1st, one student (from each middle school) will be drawn to win a: <div>\$100 Visa Gift Card</div> </div> <div> What's a Complete Meal? Student's must select at least 3 out of the 5 components: fruit, veggie, protein, grain, milk. One of those items <u>must</u> be a fruit and/or veggie serving (1/2 cup minimum). Possible # of Entries: 38 </div> </div> </div>
<div> <div>SMS LET ME RUN PROGRAM</div> <div> Calling all 6th, 7th, and 8th grade SMS young men! We will be having a Let Me Run Team this spring at Sacajawea. The program will start on March 25th 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. Look for more information soon and if you have questions please see Nick Warren. </div> </div>	<div> <div>Health Tip</div> <div> We are starting to see influenza in our schools. As a reminder, if your student is sick, please notify the Attendance line at 522-6410 and keep them home until at least 24 hours after the last symptom of fever, vomiting/diarrhea, or start of medication (antibiotics or antivirals). Encourage students to wash their hands frequently, to avoid touching their mouth, eyes, nose and teach them cough etiquette. <div>Thank you for helping to keep our schools healthy!</div> </div> </div>
<div> <div>  <div> Please save your Boxtops! The SMS Library has a great volunteer who clips and ships them off. We get two reimbursements per school year. We use Boxtops \$\$ to fill teacher and student requests Thank You! SMS Library </div> </div> </div>	<div> <div>Parenting to Prevent Child Alcohol Abuse</div> <div> Adolescents <i>do</i> listen to their parents when it comes to issues such as drinking and smoking, particularly if the messages are conveyed consistently and with authority. Research suggests that only 19 percent of teens feel that parents should have a say in the music they listen to, and 26 percent believe their parents should influence what clothing they wear. However, the majority—around 80 percent—feel that parents should have a say in whether they drink alcohol. https://pubs.niaaa.nih.gov/publications/adolescentflyer/adolflyer.htm </div> </div>
<div> <div>Correction</div> <div> Please Note: The calendar provided in the SMS Student Planner has incorrect dates. Spring Break is March 18 - 22 </div> </div>	

THRIVE

Keeping the Connection Strong

With the constant pull of peers, screens and activities-maintaining a solid relationship with our kids can be a challenge!

Canadian Developmental Psychologist, Dr. Gordon Neufeld (***Hold On To Your Kids***) would argue that the relationship between parent and child is critical in young adulthood. Developmentally, tweens and teens are shifting from parents to peers. This movement is evolutionary- moving kids out of our homes and into society. With a developing brain, however, kids need our guidance, now more than ever, to make healthy decisions.

Here are a few tips to remain connected with our kids:

1.

1) **Create a Device-Free Zone in the Car.** Vehicles are a wonderful place to check in with our kids! Turn off phones/music to ensure distraction-free communication.
2.

2) **Create Side by Side Opportunities.** Face to face discussion can be intense for kids at this age. Foster activities where you are beside your child: taking a walk, playing basketball, making cookies together. You will be amazed by what they share!
3.

3) **Be Ready to Listen When your Child is Ready to Talk.** Bedtime is when my 6th grader wants to chat. Exhausted from the day, I often hurry through bedtime. I have recently found success, starting bedtime a bit earlier, to allow for rich dialogue.

For these and other parenting tips, contact your SMS Thrive Parent Liaison, **Ashley Mares Jones** at 522-6473 or email her ashley.maresjones@bsd7.org

COMMUNITY CONNECT 2019

February 2 BOZEMAN PUBLIC LIBRARY, 626 E. MAIN 9:00 AM TO 1:00 PM

ALL ARE WELCOME TO COME GET CONNECTED WITH FREE SERVICES:

MEDICAL SCREENING

HOUSING ASSISTANCE

EMPLOYMENT ASSISTANCE

HAIRCUTS

VETERANS SERVICES

FREE FOOD RAFFLES

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.

<u>Monday</u>	Computer – Gordon Chamberlain – Rm C8 Outdoor Club – Chris Ottey – Rm F22 Falcon It Right (Service Club)– Deb Tew – Rm F14
<u>Tuesday</u>	Robotics – Gordon Chamberlain – Rm C8 Arabic – Sayed Keliey – Rm A24 Archery – 3:30-4:30 Art Club – Tim Rooney – C-5 Yearbook – 3:30-4:30 Rm F18
<u>Thursday</u>	Robotics– Gordon Chamberlain – Rm C8 Knitting – George Scott – Rm D12 Archery – 3:30-4:30