

SMS NEWSLETTER

September 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 Corner

Welcome to the 2018-2019 school year! We are very excited to have your children joining us at **Sacajawea** where we look forward to getting to know your kids as individuals and providing the right amount of support and challenge.

September provides an opportunity to establish the culture of the school--a place of acceptance and kindness--as well as the expectations for learning. With advisory scheduled each day throughout the month, we will take time to learn about your students, assess their strengths and challenges, and develop the relationships that set the foundation for a successful year. We will gain a sense of their learning, identify their interests and skills, and begin to establish a growth mindset. We believe all of our students are on a path of learning and our job is to guide them in their development, build their confidence, and promote their life-long thinking skills.

We also know that your child's success is, in large part, because of your support. We look forward to working with you throughout this year. Your child's teachers and teams will be establishing communication lines for you to stay aware of their learning as well as to be in touch with our staff.

Together, we intend to make this an outstanding year of growth for your children. Thank you for partnering with us.

Gordon Grissom

School Hours: 8:20am - 3:25pm
Monday-Friday
Main Office: 522-6400
Attendance: 522-6410

The SMS **Core Value** for
September: **Respect**

Dates To Remember

September

- 3:** Labor Day Holiday-
No School K-12
- 17:** PAC Meeting
12:00 - 1:00 pm
- 20:** School Photos
Open House & Parent
Night 6:00-8:00pm

October

- 5:** Trimester 1 Mid-Term
- 9:** Student Led
Conferences
4:00-7:30pm (TBD)
- 11:** Student Led
Conferences
4:00-7:30pm (TBD)
- 16:** PAC Speaker Series
6:00-7:00pm in the Café
- 18:** District Flexible PIR
Days—No School K-12
- 19:** District Flexible PIR
Days—No School K-12
- 30:** SMS 7th Grade B/C/O,
SMS Gym 7:30pm

Student Drop-Off and Pick-Up

While busses drop-off students on the south end of the building, we have two locations for parents to leave or pick-up students--in the north parking lot and the front oval. When using those areas, please remember to pull to the curb and as far forward as possible when traffic is heavy. The morning and afternoon times can be hectic, but we want our students to be perfectly safe when around vehicles.

New SMS Counselors

My name is **Nick Warren**. I am entering my 11th year as a school counselor. This is my first year working with middle school students. Before entering education, I worked with adolescents in the inpatient hospitalization setting for nearly 4 years. I am from Cincinnati, Ohio and moved to Bozeman in July. I am extremely excited to have the opportunity to work with the students, staff, and families at SMS! I will be working with all of **6th grade** and team **Gallatin** for the 2018-2019 school year. If you have any questions or concerns please feel free to contact me. My email is nick.warren@bsd7.org or you can call (406) 522-6420. Thank you and I look forward to serving SMS!

My name is **Jeanne Cooper**. My family and I moved from Lafayette, CO in early June. This will be my 16th year as a school counselor and I have spent most of those years at the middle and high school level. I will be working with the **8th** grade teams, team **Bridger** and team **Yellowstone**. I look forward to working with you and your child(ren). I can be reached at: jeanne.cooper@bsd7.org or you can call (406) 522-6421.

School Procedures

BEFORE SCHOOL HOURS: When students arrive at school, they should wait outside until the bell rings at 8:10am. Students wishing to get breakfast before school can get food from 7:45am-8:20am in the cafeteria. The Library has an *Early Bird* program allowing students to enter the building between 7:30-7:50am. Students go directly to the library to work on homework, read a book or do some other quiet activity until the bell rings at 8:10am. If a student needs some teacher support, he/she must make a pre-arranged meeting with the teacher from 7:30-8:10am and the student may go directly to that class to meet with the teacher.

LATE ARRIVAL: If your student is going to be late to school, please either send the student with a note, give us a call, or come in with your student to excuse their tardiness. Students need to sign-in at the main office and get a pass to class before going to class.

LEAVING SCHOOL EARLY: If your student needs to leave school early for a **medical appointment**, please call or send a note with your student the morning of the appointment informing us of the time the student will be picked up. We will then write a Blue Pass for the student which allows him/her to leave class and meet you at the main office where the parent/guardian will need to sign the student out. Upon returning to school, the student should sign back in at the main office and bring a note with them from the medical appointment so we can excuse the absence as a medical excuse.

If your student is leaving school early for a **sports related event that is not affiliated with SMS**, have them bring in a note from the coach or have a note emailed to cindy.smith@bsd7.org or lisa.tesseneer@bsd7.org, so we can excuse the absence as an activity. We will give the student a Blue Pass so he/she can be dismissed at the designated pick up time and is ok to leave after the parent/guardian signs the student out at the main office.

LUNCHROOM/CLASSROOM HELPFUL TIPS: We ask that you please not have any food delivered from a restaurant or sandwich shop to SMS for lunch. We also appreciate it if you do not have flowers or balloons delivered to the school. Thank you so much!

Bike Etiquette

Sacajawea has always had a large number of students who commute by bicycle. It's terrific exercise and a great way to start and end each day for our kids and staff. Please remind students of basic biking guidelines: use paths when possible, only ride on the right side when on the road, be mindful of vehicles, and *walk* bicycles across crosswalks. Thanks for your help in keeping our kids safe and well.

Parent Night!!

Plan to join us on Thursday, September 20th, for our Parent Night. The teachers and teams will be sharing their plans for the coming year, expectations for the students, and the best means to be in communication. We will also be offering an informational session on the new Standards-Based Reporting system we are implementing this year at the middle school level. Mark your calendars and watch for additional information from the teams and teachers.

PAC Newsletter

Welcome back to school from the SMS PAC! It is going to be an amazing year! This year we want to focus on bringing you, the parents, speakers and information workshops that will help you navigate this Middle School world!!!

For our first meeting, we are delighted to have Mr. Grissom and Mr. VanVelkinburgh come and explain Standard Based Grading, what it means, and how you can talk with your child about their grades. Come with your questions Monday, September 17th at noon. We will be offering more great speakers this year, as well as a few evening and early morning speakers (with coffee of course!)

Your PAC team:

Monica, Janet, Kristen, and Anna Marie

Order your Sacajawea Middle School Spirit Wear!

<https://sac-spiritwear.itemorder.com>

Sweatshirts, shirts, hats, and bags.

Order Deadline: September 24, 2018

How Much Sleep Do Children Need?

Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)

School Age Children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)

Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)

65% of BHS students and 40% of middle schoolers get less than 8 hours of sleep on weeknights

Resources: www.sleepfoundation.org; www.sleepforkids.org

Healthy Tips

(K-12) Healthy Tip: No wonder some kids feel that they just don't have time for physical activity. Their schedules are filled to overflowing, and when they're overbooked, it's easy for physical activity to fall by the wayside.

As a parent, you need to intervene to make sure your child has time for all the things that are important. Sit down with your child and structure his time after school so he can fit in everything that's most essential. For example, in planning the following day, you might say something like, "You have a block of after-school time tomorrow. Maybe the time immediately after school isn't the best time for homework, because it will take up the daylight hours you could be outside playing. Why don't you think about choosing to play outdoors for 30 minutes or an hour after you get home? The we'll go to your clarinet lesson, and once you've eaten dinner and it's dark outside, you can do your homework. The evening is the time when you used to watch TV anyway, so it's a good time to get your homework done. And let's think about rescheduling your clarinet lessons for the weekends." As a parent, you can help your child find the opportunities to be active. If you're creative, the time will almost always be there. (from: HealthyChildren.org)

(K-12) Healthy Tip: Eating at least three family meals together each week is associated with healthier kids, according to a [study](#) published in *Pediatrics*. This was a large meta-analysis of more than 180,000 children, a well-designed study for those of us that like science and data. (from HealthyChildren.org)

(6-12) Healthy Tip: Teens and Alcohol

Starting to drink when you are a teenager increases the risk for addiction. Drinking before age 15 makes you 5 times more likely to develop a later addiction to alcohol. Resource: <https://teens.webmd.com/teens-and-alcohol#1>

(5-12) Healthy Tip: Parenting to Prevent Child Alcohol Abuse

Adolescents do 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. Resources: <https://pubs.niaaa.nih.gov/publications/adolescentflyer/a>