

FEBRUARY 2023



Mountainside News



FROM THE DESK OF MR. HARE

Happy February! We have made it to the 50% mark of the school year and there is so much to look back on with a smile and so much more to look forward to. Please, take some time with your student to reflect on all that has happened these last 90 school days and start setting goals for the next 90. An easy way to do this is to ask three questions about their school habits: What do you want to continue doing? What do you want to stop doing? What is something new that you'd like to try? These types of questions are being asked all over our building right now and are great for even us adults.

Soon, we will have the opportunity to recognize three groups of students. First, every student that earned a 3.5 GPA or above for the semester will get an honor roll certificate and t-shirt that we will personally deliver to their class. Earning a high GPA is no small feat and we recognize that there is likely strong support at home to ensure this happens as well. Thank you! Secondly, we will be honoring all students, regardless of their first semester grades, who showed academic growth on their fall to winter MAP scores. You will be receiving your student's MAP scores with the semester report card in the mail soon! Lastly, we will be honoring our students that have earned our PRIDE reward for the 2nd quarter and overall 1st semester. For your reference, you can find our PRIDE criteria in [our handbook](#) on page 8. As you will see, earning PRIDE is also quite the accomplishment. Truly, it means a student is showing up and doing the right thing every day. If your student earned any of these honors, please take the time to congratulate them on a job well done.

Have a great month and don't hesitate to reach out if you need anything!

What's Going On At MMS?

Monday, 2/6
Cash for Critters Ends

Mon. 2/6-Fri. 2/10
School Counselor Week

Wednesday, 2/15
9th Grade Kick-Off
6pm @ Mt. Spokane HS

Thurs. 2/16 & Fri. 2/17
PRIDE Rewards

Monday, 2/20
Presidents' Day
No School

Tuesday, 2/21
8th Basketball Begins

Wednesday, 2/22
5th Grade Parent Night
6pm @ Mountainside

Thursday, 2/23
Jazz Band Night
7pm @ Mt. Spokane HS

Friday, 2/24
8th Grade Job Shadow

Looking For More?
[Visit Our Website](#)

HELPFUL HINTS FOR MS STUDENTS

As we move to the 2nd semester of the school year, we have found that this is a perfect time to help all students reset. We would encourage you to take some time with your child to discuss the following habits that we have found to be most effective in helping our middle school students experience success.

1. Attendance-This remains to be the largest contributor to success. Remember the old slogan, "Miss school, miss out." It still holds true.
2. Organization-This is a great time to declutter the binder, backpack, and locker. We also encourage students to rethink how they are utilizing their calendar. Taking the time to clean these items up will go a long way.
3. No Missing Assignments-Next to attendance, this is a major piece for success. If students do have missing assignments, we encourage them to get them completed and turned in right away. Access Time is a great time to connect with teachers.
4. Homework Routine-Having a quiet space at home to get homework completed is very important. In addition, we have found that getting assignments completed right away, rather than putting them off, has proven successful for students.
5. Chunking Big Assignments/Projects-When students have a large project or assignment ahead of them, we encourage them to use a checklist to ensure they are getting all parts of the assignment completed. Oftentimes, teachers will provide the checklist for students.
6. Getting "Unstuck"-We've all been at the point where we say, "I don't get it!" We encourage students to look at what resources are available to get through it. This may include looking back at class notes, looking through the textbook, signing up for access time, finding a helpful website, or asking a parent or an older sibling. Don't just give up, but keep on trying!
7. Self-Advocacy-We feel that middle school is the perfect opportunity for students to begin advocating for themselves. This could include visiting a staff member to ask for help or even emailing them. It can be very nerve wracking for students, but the skill is a life-long one!



8TH GRADE BBALL BEGINS SOON!

On Tuesday, February 21st, 8th grade basketball begins. Students need to be signed up online with FamilyID, need an up-to-date physical, and need applicable fees paid. Please go to our [\[athletic website\]](#), email our Athletic Director, [Ryan Henderson](#), or call Lisa Homb (465-7407) for more information.

8TH GRADE JOB SHADOW

We are very excited to bring back the 8th grade job shadow experience for our 8th grade students. Students are encouraged to find a job shadow location in our community on Friday, February 24th. You should have received information from your child's science teacher about the experience. Specific questions should be directed to them. Thank you so much for helping your child and making this a great experience!





9th Grade Kick-off

COME LEARN ABOUT WHAT MT. SPOKANE HAS TO OFFER. SEE THE SCHOOL AND LEARN ABOUT ELECTIVES, CLUBS, ATHLETICS AND MORE.

**February 15
6:00 p.m.**

ENTER THROUGH THE NORTH DOORS
(THE BACK ENTRANCE OF THE SCHOOL)

Class of 2027
FUTURE WILDCAT



Mental Health Resources

If you or someone you know is:

- 1. Experiencing a mental health emergency...**
 - Call 988 or 911 and find the nearest emergency room
- 2. Wanting to talk to someone right away, try these hotlines:**
 - 988 Suicide & Crisis Lifeline: Call 988 or 1-800-273-8255
 - Crisis Text Line: text the word 'Home' to 741-741
 - The Trevor Lifeline for LGBTQ Youth: call 1-866-488-7386
 - The Trans Lifeline: call 1-877-565-8860
- 3. Looking for mental health services, try one of these options:**
 - Call 211 to speak with a live person who can assist with locating local resources or explore treatment options; or, search online at <https://search.wa211.org>
 - OR search for a therapist by zip code on www.psychologytoday.com; you can set filters for therapy type, age, your insurance, etc.
 - OR contact the agencies in Spokane County on the next page
- 4. Feeling sad or anxious and not sure where to start to get help...**
 - contact your grade level counselor. We are here to help you!

If you have questions about the resources on this flyer, contact behavioralhealthsupport@esd101.net

DON'T FORGET TO BUY A YEARBOOK!



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mountainsidems.mead354.org