

MAY 2023



Mountainside News



FROM THE DESK OF MR. HARE

Could we really be to the month of May and only have a little over 7 weeks of the school year left? It seems like just yesterday that we were having our open house and were gearing up for the year. As the year has progressed, it is fun to see all of the physical, social and mental growth that has occurred. Students are all getting dialed in for their next level of school. It is nice to pause every once in a while to see how far we've come!

May is likely the busiest month of our school calendar. We have many students competing in spring sports, our band is marching through the streets of Spokane, our music programs are preparing for their last concerts of the year, clubs are wrapping up their year, our talent show is ramping up, and testing is going on. That's just what is happening inside the school as I know your families are just as busy outside of school. We constantly remind students that even with all of these distractions, we need to finish strong and wrap up the school year on a positive note. We've got this!

Lastly, the second week of May is Teacher Appreciation Week. I would like to take a second to recognize our amazing teachers here at MMS. They are the most hard-working and student-centered group of people that you will ever find. I feel so blessed that I get to work with them every single day. Please, encourage your student to take a moment to thank their teachers for all they've done for them!

What's Going On At MMS?

Tuesday, 5/2
7th Career Fair Field Trip

Mon., 5/8 - Fri., 5/12
Teacher Appreciation Week

Saturday, 5/13
Junior Lilac Parade

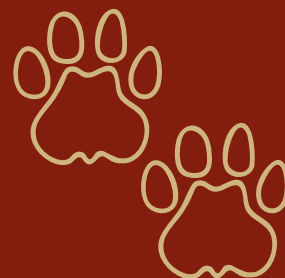
Friday, 5/19
DLC Special Olympics
@ Mead HS

Monday, 5/22
Jazz Band Dessert Night
@ MMS 7pm

Wednesday, 5/24
MS Orchestra Concert
@ Mt. Spokane 7pm

Monday, 5/29
Memorial Day-No School

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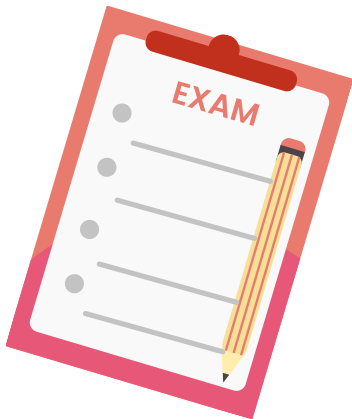
END OF THE YEAR IMPORTANT DATES

As we are approaching the end of the year, there are a few dates that we want you to pay attention to. More information will follow on these items, but we wanted you to get them on your calendars:

- Friday, June 2nd--8th Grade Dance (6:30pm-8:30pm)
- Wednesday, June 7th--Hope Squad Family Night
- Thursday, June 8th--Talent Show
- Friday, June 9th--Mt. Spokane HS Graduation
- Wednesday, June 14th--Yearbook Distribution
- Thursday, June 15th--8th Awards (10am), 8th Field Trip (Afternoon)
- Monday, June 19th--Juneteenth (No School)
- Tuesday, June 20th--Last Day of School (Out at 11am)



SPRING TESTING THIS MONTH



The month of May is going to be filled with end of the year MAP testing and Spring SBA testing. This year, students will be taking all their tests during their English, Math, and 8th grade Science classes. It is very important that students bring their computer to school fully charged and with their chargers every day! Your help in reminding your student is greatly appreciated. In addition, if you could limit your child's absences during these next few weeks, ensure they get a good night's rest, and eat a healthy breakfast, that would be very helpful as well. Questions? Don't hesitate to contact our office at 465-7400.

HYGIENE AT THE MIDDLE SCHOOL

This will not surprise you at all as parents of middle school students, but the increased temperatures and increased outdoor activities also increases body odor among our students. Recently, our PE department took some time to remind students to shower regularly and to wear deodorant daily. We even recommended that students keep a stick of deodorant in their PE locker as well. If you could help reinforce this at home, you will have a middle school staff that is eternally grateful! If your student needs help accessing supplies for their hygiene, please don't hesitate to contact our counselors!



JUNIOR LILAC PARADE

Our band will be marching in the Junior Lilac Parade on Saturday, May 13th. If you live close to MMS, you will likely hear or see our band marching in your neighborhood to practice. Please, let your neighbors with non-MMS students know as well. Thank you for your patience and understanding! Our practice schedule is as follows:

Wednesday, May 3rd--10:50am - 12:20pm

Friday, May 5th--7:55am - 10:00am

Friday, May 12th--12:40pm-2:30pm



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



Washington 211




Psychology Today



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



Stay Connected With Us

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mountainsidems.mead354.org

