



#### FROM THE DESK OF MR. HARE

Happy November! I cannot believe that we are entering the 3rd month of the school year and are quickly approaching the 25% mark of the school year. Many great things are happening every day at Mountainside and we still have so many memories to make this year. It's never a dull moment!

Thursday, November 9th, is the last day of the first quarter. For most students, this will be a checkpoint in their year as they won't switch classes until semester. However, our 6th grade students that are enrolled in general electives will be rotating to their next class on Monday, November 13th. This 9-week mark is a good time to check on your student's progress. Please, sit down with them and log into

PowerSchool and check their grades and check their missing assignments together. We have found that missing school and missing assignments contribute the most to lower grades that we see at middle school. Need help logging in? Please contact Sheila Warne at (509)465-7427.

8th grade parents, you should have heard from your student about the job shadow experience coming up. If you haven't, please ask your child ASAP! This is an awesome opportunity for students to explore a career that they are interested in and is oftentimes one of the biggest highlights from a student's middle school experience. If you have any questions, please reach out directly to their science teacher.

Lastly, I would like to wish your family a wonderful Thanksgiving holiday. I hope the extended weekend is full of family, friends, and maybe some good food!

# What's Going On At MMS?

Thursday, 11/2
Jazz Band Night

@ MSHS 7pm

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Friday, 11/3
Picture Retake Day

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Tuesday, 11/7
Don't Forget to Vote

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Thursday, II/9
Veterans Day Assembly 9am

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Friday, 11/10
Veterans Day Observed
No School

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Friday, 11/17 8th Job Shadow Day

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Wed. II/22 - Fri. II/24
Thanksgiving Break
No School

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Wednesday, II/29
Ist Quarter PRIDE Reward
During Lunches

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Wednesday, II/29
Beginning Band Concert
@MMS 7pm



#### **VETERANS DAY ASSEMBLY**

As is our tradition, we will have an our Veterans Day assembly to honor the men and women who have fought for our freedoms. We are excited to have our choir perform, a selection of Veterans Day poetry read, and the opportunity to honor the many veterans that are connected to Mountainside Middle School. Our presentation will be on Thursday, November 9th at 9am. If a veteran in your family is available, we would love for them to attend our assembly. Please reach out to Kristi Amend (kristi.amend@mead354.org) for information.





#### **COLD WEATHER PROCEDURES**

With the temperatures dropping quickly, we wanted to remind you of our cold weather procedures for the morning. Our policies mirror the elementary in that we will keep students outside until 7:47am if the temperature is 20 degrees or above (we use the "feels like" temp.). Once it drops below that or if it is raining or snowing heavily, we will bring students inside. Remember, breakfast is served every day at 7:35am! Please help remind your middle schooler to dress warm for the mornings!

#### **FUND RUN WRAP UP**

Our 2023 Fund Run was a huge success! Students raised over \$53,000 and many many prizes were handed out over the two weeks. This money will go to support our various clubs, sports, rewards programs, and music programs. A huge thank you to the Mountainside community for your generous support. We couldn't do it without you!





#### **CLUBS AT MOUNTAINSIDE**

We believe that a student's education is a more full experience when they get involved beyond their 6-period class day. Currently, Mountainside has clubs that have begun. Encourage your child to get involved and have them reach out to the advisors if they have any questions. You can also find an updated club list with expanded descriptions on our website by [clicking here].

- Fellowship of Christian Athletes (FCA)
  - Meets every other Friday morning.
- Game Club
  - Meets every other Tuesday afternoon.
- Math is Cool
  - Meets every Friday morning.
- PRISM Club
  - Meets every other Thursday afternoon
- More to come!



**NEED A WINTER COAT FOR YOUR CHILD?** CLICK THE IMAGE ABOVE FOR INFORMATION

NEWS NOW PRESENTS

Look for the picture of our Character Trait winners on our Facebook page and website each month!





Picture retake day is Friday, November 3rd. Students that were absent on the original picture day will get theirs taken. If you want retakes, bring your pictures to exchange with the photographer!







CLICK THE IMAGE FOR MORE INFORMATION

### **WELLNESS TODAY**

for parents and families



If you or your children are feeling anxious, regularly doing the followir tips can help you effectively manage stress and anxiety.

outside.

Practice deep muscle relaxation and regulated breathing techniques.

Prioritize activities and avoid overbooking your schedule. Avoid or limit time-wasting activities such as watching TV or social media. Set boundaries.

Make time for recreational activities. Have fur!

Respoisible active instead of avoiding the social activities.

Have run: Be socially active. Instead of avoiding activities that cause arraiety, ease into them to gain confidence and to feel more comfortable in those situations. Maintain a regular sleep pattern.

Although anxiety disorders typically need professional help to go away, anyone feeling anxiety can benefit from the above health tips.

Have good nutrition. Practice positive self-talk.

Talk about any anxious feelings or write down those feelings in a journal.

#### THE DIFFERENCE BETWEEN NORMAL ANXIETY AND ANXIETY DISORDERS

Everyone has or will experience normal anxiety—uncomfortable feelings like nervousness or feeling on edge or worried. These feelings are triggered by a specific, realistic problem. For example, feeling nervous before a presentation. Anxiety is a natural response to stress. Most of the time, normal anxiety qoes away by itself when the stressor is removed and doesn't last long or seriously impact a person's life.

- Avoiding specific people, situations, or activities Having trouble sleeping at nijed in the control of the Complaining about headaches or stomach aches or other issues the don't seem to be from a medical condition Showing frequent distress or fear that inserferes with everyday life Exhibiting changes in sleep, behavior, eating, or mood.

iety disorders affect 31.9% of teens between the ages of 13 and 18. mon anxiety disorders found in children include:

- Generalized anxiety disorder: worrying every day about different thi Separation anxiety disorder: worrying about being away from paren Specific phobias an intense fear about something specific Panic disorder: when a worry comes on suddenly and intensely Social anxiety disorder: worrying about what others will think or say Selective mustim: being too worried to talk











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