January 13, 2023

Mill Creek Newsletter

Home Of The Mustangs!

Enter to Learn, Go Forth to Serve

Reminders

• Doors Open at 7:35 am.

School Hours - 7:55 to 3:05 pm.

• **Cell phones & backpacks are kept in lockers.**

• If you need to get a message to your child, please call the office 913.667.3512

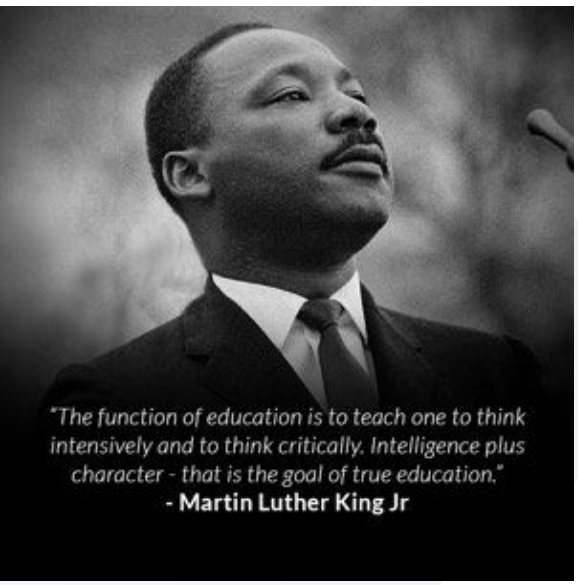


Important Links

- Mill Creek Website
- Follow us on Twitter - @TheCreekMCMS
- Need to Report an Absence? Click HERE
- Black and Gold Calendar
- Contact Us

Upcoming Events

Jan 16 - No School. MLK Day. Building Closed
Jan 19 - Dodgeball Packets due to Mrs. LS
Jan 27 - Dodgeball Tournament 6-9 pm
Jan 31 - KVL Spelling Bee
Feb 15 - ½ Day of School/PT Conferences
Feb 16 - PT Conferences
Feb 17 - No School. Building Closed
Feb 20 - No School Building Closed



Message from Mr. Legler

MCMS Family,

Happy New Year! Now that we have begun 2nd semester, this means our school year is already ½ over. Can you believe it?

As we flip the calendars to 2023, many of us make New Year's resolutions and I have talked about this each morning this week on the morning announcements. I have encouraged our students and staff to be committed to their goals and to consider adding daily acts of kindness as well. I encourage you to continue asking lots of questions each day that your student comes home in order to not only support your child academically, socially, and emotionally, but to help strengthen the bridge between home and school.

In the spirit of MLK day on Monday, thank you for motivating our future leaders of tomorrow to put their best foot forward each day with resiliency, optimism and grit.

Have a wonderful MLK weekend,
-Mr. Legler

Athletics/Activities

BBB:

Tues: Warren Thurs: Tongie Sat: Topeka

GO MUSTANGS!

Reminder to all students that your laptops are a SCHOOL Device. Damage to them or school keyboards, etc are a violation of the Acceptable Use Policy and could result in a loss of the laptop privilege. Please treat your devices with respect.

Physicals need to be submitted for anyone participating in Track.



If you need to pick up your child for an appointment, please be sure to plan ahead and arrive 5-10 minutes early. Lockers take extra time!

More Information

1

From The Library:

The third Quarter book club meeting will be Thursday, March 2nd from 3-4 p.m. We will discuss the book *Top Elf* by Caleb Zane Huett.

The fourth quarter book club meeting will be Thursday, May 11th from 3-4 p.m. We will discuss the book *Roll With It* by Jamie Sumner.

2

Mark Your Calendars Now For Important State Assessment Dates!

- ELA (6th-8th grade): March 27 and 28
- Math (6th-8th grade): April 10 and April 11
- Science (8th grade only): April 19 and April 20



3

After last weeks events with the NFL, I felt it was necessary to reach out and share some information on medical emergencies and athletics at MCMS.

All coaches and the athletic director are trained/certified every two years on both CPR and the AED. This is a requirement of KSHSAA (the state organization that oversees Kansas athletics). We have many more staff members who have opted to also be trained. All officials who officiate our games are also trained.

We have 2 AED machines at Mill Creek. One is located near the office doors and the other is at the North end of the main hallway. All MCMS coaches have a medical bag with them during practices and competitions. As the Athletic Director, I also always carry medical supplies. If the outside track is used for practices or a competition, an AED is taken to that location. Finally, we have an Emergency Action Plan that is reviewed and practiced each year with the school district, high school athletic trainers, Lenexa PD, Med Act, and the University of Kansas Health. Prior to all competitions, I review this plan with all officials during my Pre-Time Out meeting.

Please know that you will find the same practices and procedures in place for all of our league schools. The last thing we ever want to think about is a medical emergency, but know that we are prepared if something ever happens. Thank you for placing your children in our care.

Denise Legore Seawood - MCMS Associate Principal and Athletic Director

Mill Creek Middle School DODGEBALL TOURNAMENT

Friday, January 27th, 2023

6-9 pm, Mill Creek Gymnasium

Register by January 19th to play!

$10 per player

Teams of 10 – 12 students + 1 parent coach

No team? Come out and watch your friends and teachers play!

- Admission: $3 Adult & $1 Child
- Music
- Food & Drink available for purchase

Proceeds benefit MCMS PTA

Pick up a registration packet from Mrs. Legore Seawood in the front office.



5 D's of Dodgeball: Dodge, dip, duck, dive, and…….DODGE!

From PTA:

Sign up to Help us put on the greatest Dodgeball Tournament EVER!!

We need volunteers to be able to do this - sign up HERE to help out!!

SPED Parent Forum: An Overview of Special Education Services at USD 232

The USD 232 Special Services Department is pleased to have Lee Hanson, the Director of Special Education and Kim McDade, the District Transition Specialist, share an overview of the Special Education Services available at USD 232 on **Thursday, January 19, from 6:30-8:00 pm** at the Cedar Trails Exploration Center, located at 8201 Mize Blvd. in Lenexa.

This presentation will include what special education services are offered in USD 232 as well as the continuum of services, the district specialists available, differences between resource and center-based education settings, the IEP process with timeline and more.

For planning purposes, new and current parents of special education students are encouraged to register for this event by **Wednesday, January 18.**

Sign up to attend > An Overview of Special Education Services at USD 232

Check out these other Special Events for SPED Families:

Adaptive Recreation Karaoke Party https://bit.ly/3WTOGqp

Open to all ages & abilities; January 12 at the Shawnee Civic Center

Shawnee Parks & Rec Adaptive Recreation Activities http://bit.ly/3IMOHIL

Adaptive Recreation programs available for people with special needs and their families

Sensory Monday at the Johnson County Museum https://bit.ly/3IvEyzW

This program is offered in partnership with Britain Development, a program of Advent Health Shawnee Mission.

Adaptive Recreation Royal Ball http://bit.ly/3CuJgtH

Friday, Feb. 3 from 6:30-8:30 pm at the Shawnee Civic Center



Job Opportunities

USD 232 is looking for interested persons to apply for bus driver positions within the DeSoto school district. Job includes building trusted relationships with students, lots of smiles and laughter, and starting pay of $20.50/hr. For more information, please visit the district website at: https://www.usd232.org/Page/4947. Thank you!

Does Social Media Use Cause Depression?

By Carline Miller

Studies show that depression among teenagers and young adults has gotten more common over the past decade. Social media use has also increased during the same time. It's hard to say for sure that social media causes depression. Still, there are several ways that using social media could harm kids.

Some experts think that connecting with peers online is less emotionally fulfilling than connecting in person. Research shows that teenagers who spend more time on social media also feel more isolated. It could be that kids who already feel isolated use social media more. But it could be that using social media actually makes kids feel isolated.

Another theory is that social media is bad for teenagers' self-esteem. Seeing lots of perfect pictures online might make kids (especially girls) view themselves negatively. Feeling bad about themselves can lead to depression.

Social media can also cut into the time that kids spend on activities that make them feel good, like exercise and hobbies. Additionally, it can distract from important tasks like homework. Having to juggle those responsibilities can increase kids' stress. Studies also suggest that using social media at night interferes with restful sleep for many teenagers.

It's important for parents to check in with kids about their social media use and help them develop healthy habits. You can encourage kids to turn off notifications, spend plenty of time on offline activities that make them feel good, and put phones away before bedtime. You can also set a good example by modeling balance in your own use of social media.

Finally, be sure to keep an eye out for signs of depression and get professional help if you're worried. It's especially important to check on kids who are under a lot of stress.



Full Article can be read on Childmind Institute

https://childmind.org/article/is-social-media-use-causing-depression/