April 14, 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

Apr 14 - 20 - Book Fair in the Library

Apr 19/20 - Science State Assessments (8th Gr only)

Apr 21/24 - No School

April 26 - Band Concert @ MVHS

April 28 - STUCO Dance



Our last BOGO Book Fair of the school year will be April 14 - 20th. Here is the schedule for individual grade levels:

Friday, April 14th - 7th Grade
Monday April 17th - 6th Grade Black Hall
Tuesday, April 18th - 6th Grade Gold Hall
Wednesday, April 19th - 8th Grade
Thursday April 20th - any grade level/student

eWallet & MCMS Bookfair Info

Methods of payment accepted: Cash, Check, Cards, eWallet, Apple and Google Pay. The MCMS Coffee Shop will also be open, but only accepts cash.

Athletics/Activities

Track - April 18th @ Clark Invitational (Bonner)

Summer Camp Opportunities are starting to roll in. Below is the calendar for camps at MCMS. Be sure to check the WEBSITE for camps at MCMS, DHS and MVHS. Check back often!

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.



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:

Our last BOGO Book Fair is happening next week! Please click the Website Link for more info!

2

State Assessments continue - Apr 19/20 (8th Gr only)

Please review the list below to prepared students to take the assessments.



- Students should bring their fully-charged MacBook
- Students should bring a set of earbuds or headphones to use during each test. Per district decision, Airpods are not allowed during testing sessions.
- On test days, make sure your student gets a good night's sleep and eats a healthy breakfast.

3

The Sunflower House is offering a FREE workshop over zoom - Keeping Kids Safe Online. Click the link for additional information and to save your spot today!

Sunflower House

4

8th Grade Parents –

One of the annual traditions we have at MCMS for the end of 8th grade is creating a video of the students. This video will be shown to 8th grade on the last day of school. A link will also go out to all 8th graders that day so they can download it if they would like. Please send the pictures to the email listed below:
Send to: mcms2023pictures@gmail.com

SUBJECT LINE – student's name
Date Needed By: April 28, 2023
Please include:
1. one current picture of your 8th grader
2. one picture of your 8th grader as a baby or child
3. the name of your 8th grader's high school (DHS, MVHS, St. James, Bishop Miege, etc)

File type: JPEG or PNG files are preferred. File name: Please name your picture file the name of your child and the age.

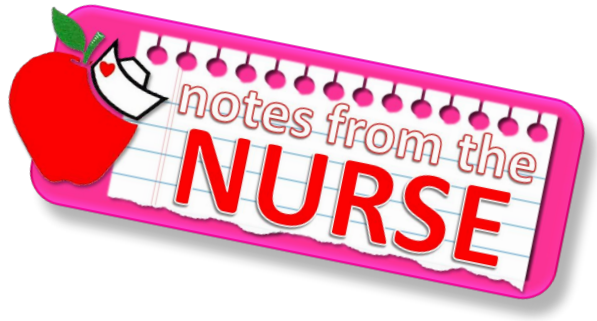
If you send more than two pictures, only two will be selected from the options sent.
Thank you
8th Grade Teachers

Allergy Season!

When the weather warms up, days are longer and the world is blooming, we all want to be outdoors more often. For students with allergies, spring also means an increase in allergy symptoms. Here are some ways you can help your student:

- **Shower after spending time outdoors.** – prevents transfer of pollen to your bedding at night and decreases symptoms. At the very least, change clothes and wash your hands and face.
- **Take your shoes off at the door.** – reduces pollen transfer to carpets and furniture.
- **Use a sinus rinse** – A neti pot or over the counter sinus wash kit can help rinse allergens from your nose. Just make sure to follow directions for safe use.
- **Consider a daily allergy medication** – Antihistamines like Claritin, Zyrtec and Allegra can be very helpful in controlling symptoms. Nasal sprays and eye drops can also be helpful.
    - Allery medication options: https://www.mayoclinic.org/diseases-conditions/allergies/in-depth/allergy-medications/art-20047403
    - Why antihistamines work best when taken consistently: https://www.webmd.com/allergies/features/pretreatment?scrlybrkr#2
    - Save **Benadryl** (diphenhydramine) for bedtime or severe allergic reactions. It often makes students too sleepy for use during school.
- If your student is still miserable after home treatment, consider consulting with your pediatrician or an allergist. There are prescription medications and other allergy treatments that may help.

Finally, remember, ***the school health room does NOT have antihistamines for seasonal allergies***. You must treat these at home!





DHS Wildcat Softball Spring Clinic

May 6, 2023

Who: Grades: 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th (2022-2023 School Year)

When: Saturday, May 6th

What: Goal is to improve softball fundamentals and to have fun!
Pitching/Catching: Clinic 9:00am-10:30am
Hitting: Clinic 10:30am-12:00pm

Click HERE for information

MILL VALLEY SILVER STARS
SHINING STARS
DANCE CLINIC

★★

May 2 ★ 5:30 pm – 8:00 pm
Performance: May 13 ★ 7:00 pm
@ Silver Stars Spring Show

PRE-K TO 8TH GRADE

$30 per participant
$50 for 2 siblings
$70 for 3 siblings

Join the Mill Valley Silver Stars for an evening of dance and fun!
Price Includes
- T-Shirt
- Hot Dog & Chips snack
- Evening of dance
- Free Admission for Dancer into Spring Show

Scan the QR Code for the Registration Form, due April 18th!

Attention 7th Grade Students/Parents: Applications for Publications 2023-2024 are due WEDNESDAY, April 19th by 3:15 pm



Parents - we need your help!
Please help your child check their account prior to lunch to ensure they have enough money to purchase doubles or ala carte items. This is done by logging into Skyward.

Are you familiar with our district charging policy? Click the link HERE.

Mill Creek PTA

Would you like to provide snacks for the MCMS staff during the last few months of the school year? MCMS PTA is still looking for sponsors for April and May! This is a great way to advertise your business while you support the Mill Creek Middle School staff! A monthly sponsorship would provide a variety of snacks and drinks. Please see the sign up for more information."

Sign up here:
MCMS: MCMS monthly staff snacks signup (signupgenius.com)



We have lots of Student Nutrition openings at MCMS and in the district. Part time hours and a school calendar - please visit the district webpage for more information.

EF Tours - STEM San Francisco, June 2023

Parent/student meeting for travelers, April 17th, 6 pm, Room 106 (Mrs. Taylor's room)



We have the greatest people at Mill Creek! Please take a moment to nominate one or four of our staff members for the Making a Difference Award. Just click the LINK to say thanks!

Thinking about school supplies for next year? Information on pre-ordering supplies will be coming out in May! It's never too early to plan ahead!



Media Guidelines for Kids of All Ages

Tips for making sure your children's screen time is healthy

Writer: Rachel Ehmke
Clinical Expert: Donna Wick, Ed.D

Site: Child Mind Institute

Tweens and teens (12+)

Keep modeling good tech behavior. It's easy to let things slide once kids are older and have their own devices, but remember that the old rules still apply. Don't use your phone at the table and make sure your kids don't need to compete with a screen for your attention. Besides setting a good example, this shows them that you care and are interested, which makes them more likely to open up. Even though they're getting older, your kids still need to talk to you, not just their friends.

– Encourage privacy. Once kids have turned 13 they are allowed to get an account on Facebook and most other social media websites and apps (some kids cheat and get them earlier). Whatever age your family decides is appropriate for social media, make sure that your child is very careful about privacy. Research privacy settings with her and make sure she understands when something is public or private — or somewhere in the middle — and how that should affect what she posts. As a general rule, she shouldn't share anything online that she wouldn't be comfortable with the entire world reading. Including her grandmother.

– Yes to friending, no to spying. If your child is on social media,developmental psychologist Donna Wick, EdD, of Mind to Mind Parent recommends that you follow or friend him, and monitor his page. But she advises against going through text messages unless there is cause for concern: "If you have a reason to be worried then okay, but it better be a good reason," she says. "I see parents who are just plain old spying on their kids. Parents should begin by trusting their children. To not even give your kid the benefit of the doubt is incredibly damaging to the relationship. You have to feel like your parents think you're a good kid."

– Make it clear that naked pictures are a bad idea (and explain why). Sometimes kids think sharing photos is a way to build trust, but it can do the opposite just as easily. Your daughter might trust her boyfriend with her photos but he, in turn, might trust a close friend, and so on. Or she might trust him to delete the photos, but later finds out that he kept them on his phone, and people found them when they were scrolling through his pictures. These are some innocent ways the pictures could get into the wrong hands — there are a lot of less innocent ways they could, too. And once the pictures are out there, they can damage future relationships and job prospects, not to mention become the talk of the school.