





# FAMILY DARES **MAY**

Write out 3 things you most admire about a person in your family. Below each thing, write down how you will choose to practice this thing or live it out in your own life.

Give a family member a call or text and let them know these 3 things:

- why your life has been made better because of them
- what you've learned from being around them
- how you will continue to grow because of their influence

Send a text to a family member that sounds something like this: "I admire you so much for your \_\_\_\_ & am constantly inspired when I think of you doing \_\_\_\_\_. The world needs way more \_\_\_\_\_ & a whole lot more you!"

As a family, create an I.O.U. card for a neighbor saying you'd be up for giving your time to help them.

Pulling weeds or walking their dog are a few ideas!



Spend 10 minutes as a family disconnected and in silence together. Close your eyes and picture your favorite moments from this past month related to kindness. Hold each moment in gratitude and together say out loud "I've done good for myself, for my friends, for my family, and for the world."

## From The Nurse....

Hello! We have been seeing an increasing number of students being sent to the health room or the office for falling asleep in class. Please check in with your students about their sleep habits to help them get enough sleep and be successful in school. Below are some tips to help improve sleep, it can take up to two weeks to see a change so stick with consistency for the best results:

- 1) **Aim for 9.5 hours.** Yes, really. Research shows that most teens need more than 9 hours per night. If you are falling short, you might notice it affecting your mood (Cranky? Feeling blah?) and your thinking (Losing focus? Trouble with schoolwork?).
- 2) **Stick to regular sleep and wake times.** Going to bed and waking up at about the same time every day makes your body “prepared” to fall asleep and wake up when you need it to. Yes, this means going to bed and waking up at about the same time on weekends also. If you go to bed late and sleep in hours later on the weekend, your body will NOT be happy with you on Monday morning. Create a bedtime routine to help your body prepare for sleep.
- 3) **Ditch your devices.** Texting, social media and the internet are the enemy of sleep. Not only do activities like texting, gaming and social media keep you alert, if you do fall asleep, getting texts and updates can wake you back up. Research also shows that the light from screens before bed messes with your brain’s ability to sleep. Try to stop using screens well before bedtime and leave devices outside the bedroom so they can’t distract you.
- 4) **Create the right conditions.** People sleep better when it is dark, cool, and quiet. If you need them, consider curtains or eye mask to keep it dark, and ear plugs or “white noise” to deal with noises. Keep the bedroom below 75 degrees to help fall asleep and stay asleep.
- 5) **The bedroom is for sleeping.** If you can, avoid doing stressful activities in bed or in your bedroom. This keeps the stress of daily activities out of your sleeping space.
- 6) **No napping.** Naps (especially longer ones after 3pm) can throw off your ability to fall asleep at bedtime. Many teens also find that they wake up from naps with less energy and motivation for things they need to do, like homework.
- 7) **Avoid caffeine, smoking, alcohol and drugs** (especially late in the day). Although some people find alcohol makes them drowsy, it actually leads to worse sleep quality and more waking up at night.
- 8) **Don’t watch the clock.** When you are trying to fall asleep, watching the clock and worrying about being awake only make you more anxious and less sleepy. Don’t TRY to sleep. The more you try, the harder it is. Instead, do something calming, like focus on slow breathing, or do a meditation. If you’ve been lying awake for more than 20 minutes, try getting up and doing something boring in dim light until you feel sleepy, then return to bed and try again. Don’t worry about stuff. Easier said than done! But you can keep a pen and paper to write down worries to be addressed in the morning.

## Testing Calendar

<b>Monday</b> <b>May 6</b>	<b>Tuesday</b> <b>May 7</b>	<b>Wednesday</b> <b>May 8</b>	<b>Thursday</b> <b>May 9</b>	<b>Friday</b> <b>May 10</b>
ELA CAT (2 Hour)	ELA PT (2 Hour)	No Testing	ELA PT 1 (Hour)	Make-Up Testing
<b>Monday</b> <b>May 13</b>	<b>Tuesday</b> <b>May 14</b>	<b>Wednesday</b> <b>May 15</b>	<b>Thursday</b> <b>May 16</b>	<b>Friday</b> <b>May 17</b>
Math CAT (2 Hour)	MATH PT (1 Hour)	No Testing	Make-Up Testing	Make-Up Testing
<b>Monday</b> <b>May. 20</b>	<b>Tuesday</b> <b>May. 21</b>	<b>Wednesday</b> <b>May. 22</b>	<b>Thursday</b> <b>May. 23</b>	<b>Friday</b> <b>May. 24</b>
6th/7th Make-Up Testing	8th WCAS 8th Grade Only (1st/2nd Period)	No Testing	Make-Up Testing	Make-Up Testing
<b>Monday</b> <b>May. 27</b>	<b>Tuesday</b> <b>May. 28</b>	<b>Wednesday</b> <b>May. 29</b>	<b>Thursday</b> <b>May 30</b>	<b>Friday</b> <b>May 31</b>
No School	Make-Up Testing	No Testing	Math STAR Testing	Make-Up Testing
<b>Monday</b> <b>June 3</b>	<b>Tuesday</b> <b>June 4</b>	<b>Wednesday</b> <b>June 5</b>	<b>Thursday</b> <b>June 6</b>	<b>Friday</b> <b>June 7</b>
Make-Up Testing	ELA STAR Testing	No Testing	Make-Up Testing	Make-Up Testing
*WCAS 1st & 2nd Period Testing Block				
*ELA & Math will be administered in Alpha Groupings by grade level.				

# MWMS Counseling Department

## Your MWMS Counselors:



Zack Fogel  
Students with last  
names A-K  
fogel@skschools.org  
360-874-6164



Haley Mishko  
Students with last  
names L-Z  
mishkoh@skschools.org  
360-874-6166

## Testing:

Testing is coming up! A friendly reminder that students are most successful when they are well **fed** and well **rested**!

- The CDC recommends that 11 and 12 year old students get between 9 and 12 hours of sleep per night and that 13 and 14 year old students get between 8 and 10 hours per night.
- Cell phone use can negatively impact teen sleep
  - Blue light from screens inhibit the brain's production of melatonin, the hormone that helps us fall asleep and stay asleep.
  - American Academy of Pediatrics recommends 1 hour per day of non academic screen time for students ages 2-12. They recommend 2 hours per day for teens 13 and up.
  - Article on Teen Sleep:  
<https://www.pbs.org/newshour/science/analysis-teens-are-sleeping-less-why-smartphones>
- Need help getting your student fed during the day? Marcus offers free breakfast and lunch for all students.

## Community Resource Spotlight:

### **Peninsula Community Health School based health center:**

2150 Fircrest Dr SE Room G-1 Port Orchard, WA 98366  
360-377-3776 M,T,TH,F 7:30am-4pm

- Routine physical health appointments (asthma, ear infections, sprained ankles, sports physicals)
- Mental health providers
- Tobacco and drug use prevention and treatment
- <https://www.pchswb.org/locations/school-based-health-center-madronea-heights/>



# **Shrek JR** **presented by the** **MW Drama Team**

**May 16th and 17th, 2024**

Tickets on sale at the student store or online.  
4pm and 6pm both days!!

**5\$ a ticket**

**Come see our wonderful performance of Shrek**

Tickets on sale now online and at the student store.

Performance dates are May 16 and 17th. 4 pm and 6 pm.

Come out and support these young artists!



# Volunteer Opportunities

Your student may become more independent at the Middle School level, however, there are still volunteer opportunities such as:

Tutoring students/Assisting the teacher

Band/Choir/Orchestra Assistant

Help with Student Events

Fieldtrip Chaperones

Teacher Appreciation events



**Volunteer applications are available in the Main office and are required to be in place before volunteering.** Applications will be sent to the District Office for processing.

District Contact: Amy Miller at [Millera@skschools.org](mailto:Millera@skschools.org) (360) 874-7005.

## Student Store Information

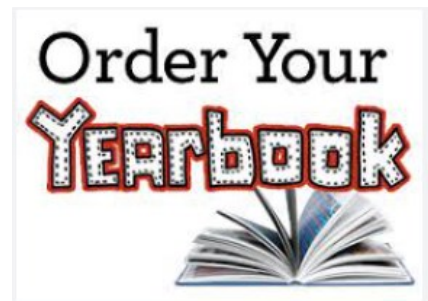
Yearbooks are available for pre-order. Price goes up to **\$40 5/3/24.**

Deadline to purchase tickets to the 8<sup>th</sup> Grade Music Field Trip to Wild Waves is 5/15/24. \$20

Deadline to purchase general 8<sup>th</sup> Grade class trip to Wild Waves is 5/12/24. \$30

Tickets & Yearbooks are available for purchase through the student store & on the webstore. <https://wa-southkitsap.intouchrecepting.com/>

Yearbooks will be delivered in June



## May spirit days!

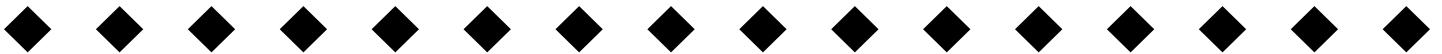
Friday, May 3 = Star Wars Day: Dress like a star wars character

Friday, May 10 = Flannel Day: Wear your favorite flannel shirt

Friday, May 17 = Crazy Hat Day: Wear your craziest hat

Friday, May 24 = Monochromatic Day: Dress in one color

Friday, May 31 = Color Wars: 6<sup>th</sup> = Yellow, 7<sup>th</sup> = Green, 8<sup>th</sup> = White,  
Staff = Match your grade level

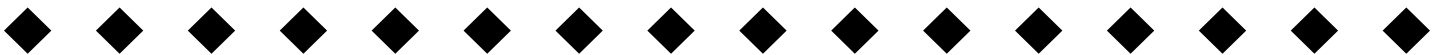


## VOLUNTEERS NEEDED

Cross Country teams are training hard and doing great job. Wave hi when you see them running on the roads!

Marcus is hosting two home 2 mile meets on May 8<sup>th</sup>, at 4:00 pm and the championship on May 22, at 4:00 pm that will need volunteers help run the meet and make it safe for everyone.

Please contact Coach Kogan or Coach Titus at Marcus if interested in assisting with the meet.



Check out the MW math website!

### **What is new in math classes this month?**

Find math updates for the month of May

by clicking on the link for your student's grade level. If you have any questions about your student's progress, email or call their classroom teacher.

<https://sites.google.com/skschools.org/mw-math/6th-grade>

<https://sites.google.com/skschools.org/mw-math/7th-grade>

<https://sites.google.com/skschools.org/mw-math/8th-grade>

Emily Fogel

Learning Support Specialist - Math





# MARCUS WHITMAN SHOWCASE

Join us for a museum-  
style display of  
Trailblazer excellence.

DROP IN  
**MAY 30TH**  
**5:30-7PM**

**April is a great time to ask your  
child about their showcase project.**

**JOIN US FOR THE MWMS SHOWCASE!**

It's almost time for the MWMS Showcase. This is a great opportunity for students to showcase their talents, growth, and achievements. Students are working hard to create displays and put together performances. Drop in and walk through our museum-style exhibits of student excellence.

This year's showcase

May 30<sup>th</sup>, 5:30-7pm.

We hope to see you there!



Ms. Jordan's  
Marine Science Class  
Created  
actual life size  
shark posters









**The Allies GSA Club:** Are you looking for a safe and supportive place to connect and socialize with fellow LGBTQ+ peers and allies? If so, Allies GSA club is for you! Students in the club work together to provide inclusive community experiences for all at Marcus Whitman! Club will meet every Thursday in room 203, 2:50-3:50. Grab a permission slip from Mrs. Bush or Ms. Williams.

**Weight Lifting Club** has started. They will be meeting Tuesday and Thursday in the Weight Room. Time is from 2:50 pm to 3:50. Permission slips are at the main office. Advisors Mr. Zappey

**STEM Club** will meet Thursday in Room 112 (Woodshop) and go from 2:45—3:45. Permission slips are at the main office.

**ASL Club** meets Thursday from 2:45—3:30 in Portable 8. Come join in and discover a whole new language.

**D & D Game Club** meets Monday from 2:45-3:45 in Portable 7.

**Drama Club** meets Tuesday from 2:45—3:30 in the Amphitheater.

**MW Running Cub:** Interested in getting into shape or conditioning for a sport? Walking/running with your friends? Starting Wed, Jan 24th after school from 3:00-4:30.

**Harry Potter Club** Meets on Select Friday's from 2:50—3:45 in Portable 5.

## Intramural Volleyball - 3:30 start

### round robin format

Date	Games	Place
May 3	Game 1 MW vs JS Game 2 JS vs CH Game 3 CH vs MW	Sedgwick

## Intramural Flag Football - 3:30 start

### round robin format

Date	Opponent	Place
May 3	Cedar/Sedgwick	Sedgwick

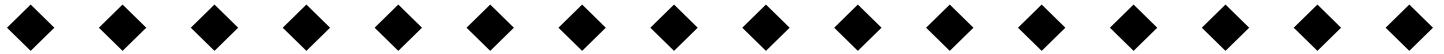


## Cross Country Meet Schedule - 4:00 start

Date	Opponent	Place
May 6	Sedgwick/Cedar	Cedar
May 8	Sedgwick/Poulsbo/Ridgetop	Marcus
May 14	Cedar/Mt. View	Mt. View
May 21	South Futurist	Mt. View
May 22	WSMS League Championships	Marcus

## Football Schedule -4:00 start

<b>DATE</b>	<b>OPPONENT</b>	<b>PLACE</b>
May 2	Kingston	Marcus
May 9	Hawkins	Hawkins
May 16	Cedar	Cedar
May 23	Division Playoffs	TBD



## Volleyball Game Schedule - 3:30 start

<b>Date</b>	<b>Opponent</b>	<b>Place</b>
May 7	Curtis	Marcus
May 9	Cedar	Cedar
May 14	Sedgwick	Marcus
May 16	Hawkins	Marcus
May 21	Mt. View	Mt. View



The South Kitsap School District provides equal educational and employment opportunity without regard to race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation – including gender expression or identity, marital status, or the presence of any sensory, mental, or physical disability, the use of a trained dog guide or service animal by a person with a disability. Equal access to activities, facilities and program is provided to the Boy Scouts of America and other designated youth groups. District procedure complies with all applicable state and federal laws.

The Title IX Officer and Section 504 Coordinator with the responsibility for monitoring, auditing and ensuring compliance with this policy are:

Compliance/ADA/Title IX Coordinator:  
Will Sarett,  
Executive Director of Human Resources  
2689 Hoover Avenue SE, Port Orchard, WA 98366  
360-874-7071  
[sarett@skschools.org](mailto:sarett@skschools.org)

Gender Inclusivity Compliance Officer:  
Dr. Tom Edwards  
Assist. Superintendent /Student Achievement  
2689 Hoover Avenue SE, Port Orchard, WA  
360-874-7003  
[edwards@skschools.org](mailto:edwards@skschools.org)

Section 504 Coordinator:  
Paul Hulbert,  
Principal  
2689 Hoover Avenue SE, Port Orchard, WA 98366  
360-443-3610,  
[hulbert@skschools.org](mailto:hulbert@skschools.org)