

Mountainside News



FROM THE DESK OF MR. HARE

We have officially reached the month of May and only have a little over 6 weeks left in the school year left. It feels 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 emotional growth that has occurred. As 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 so much more. That's just what is happening inside the school as I know your families are just as busy outside of school a well. 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. There is much learning still to occur and it's important that all together we stay the course and stay focused until the very end. Yes, "we." We are all in this together for our kids. Thank you!

Lastly, next week is Teacher Appreciation Week. I would like to take a second to recognize our amazing teachers here at MMS. They are the most hardworking 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, don't hesitate to reach out if you need anything.

What's Going On At MMS?

Mon, 5/6 - Fri, 5/10 **Teacher Appreciation Week**

Monday, 5/6 **6th Basketball Begins**

Tuesday, 5/7 7th Grade Career Fair Day

> Saturday, 5/II Jr. Lilac Parade

Friday, 5/17 DLC Olympics @ Union Stad.

Monday, 5/20 Jazz Dessert Night @ MMS 7pm

Fri, 5/24 & Mon, 5/27 No School Snow Day & Memorial Day

> Friday, 5/31 8th Grade Dance Mead Event Center 6:30pm-8:30pm



JUNIOR LILAC PARADE

Our band will be marching in the Junior Lilac Parade on Saturday, May 11th. Our marching looks to repeat our amazing "Grand Sweepstakes" performance from last year. 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:

Monday, May 6th-7:55am - 10:00am Friday, May 10th-12:40pm-2:30pm





TIME IS RUNNING OUT...BUY A YEARBOOK

The 2023-24 Mountainside yearbooks are on sale now for \$25. Do not delay in securing your child's yearbook today. Also, please don't forget that we have a campaign going called "Buy a Yearbook, Give a Yearbook" to help students in need get a yearbook. To do so, you can make a donation in person or you can find a donation button below the button to purchase your yearbook on our [online system].

8TH GRADE DANCE

As you may have heard from your student, Mountainside is going to hold our 3rd Annual 8th Grade Dance on Friday, May 31st. Our students have had a great time at this event and we are hoping for another great experience for our students. We will send more information as the event gets closer, but here are some important items to know right now:

- The dance will be held at the Mead Event Center (behind Union Stadium) from 6:30pm-8:30pm.
- It is open to current Mountainside 8th graders only.
- The cost to attend is \$8. If this amount will prohibit your student from attending, please let us know. We want to give all 8th grade students the opportunity to attend.
- The dress code for the event is "Dressy-Casual." Some students are eager to dress up and some want to come in their typical school clothing...both are fine!
- Yes, we'd love chaperones, even though your student may not! Keep an eye out for a request via email.



TEACHER APPRECIATION WEEK

Mountainside has the most amazing teachers and they deserve to be appreciated. The first full week of May is Teacher Appreciation Week. Please encourage your child to thank their teachers for all they do. This can be verbally, a nice email, or even a sweet hand-written note.







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

6th Basketball

Begins

5/6

NO SCHOOL FRI. 5/24 & MON. 5/27 **SNOW DAY MAKE-UP** δ **MEMORIAL DAY**





TIPS FOR SAYING "NO"

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Mountainside

- e are several mental health benefits to saying "no." Allows self-care Builds self-esteem and confidence Limits stress Helps make/keep boundaries in place

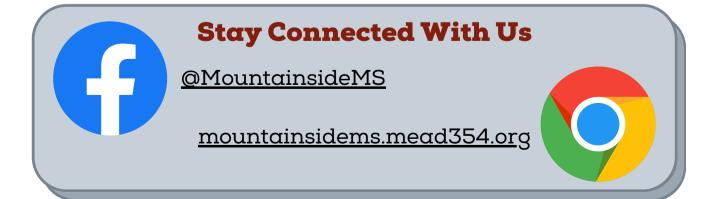
- Integra maker, keep boundaries in place of non-can feel empowering, built can also feel scary or mfortable (for kids and adults). Consider practicing the following with your children to help them have the courage to say 'no." Think about what saying 'yes' will mean. Will saying 'yes' take away from a priority? Will saying 'yes' cause extra tiredness or feelings of being burned out? Know why you're saying 'no." If after weighing your options you settle on saying 'no." If after weighing you cobse that decision. Knowing why can help you feel more confident in your decision
 - your decision. Say 'no." There is no right or wrong way to say "no Practicing can help you find what is most comforta

 - ducing can neip you link what is most comortable. The sandwich method. Put the negative (nor) in the middle of two positives. →>> "That's so nice of you to invite met I can't this weekend. But I appreciate the offer." Be clear but find (->> "Unfortunate), IT line de to pass on this." Offer an alternative. If it's an invite you want to accept later, systs. →>> "Can I take a rain check on that? I can't go this week, but want to hang out with you another week." Give you reason for saying no. →>> "I can't this week because I have a big test I need to keep studying for.

It's important to note that while saying "no" can be beneficial, it could also point to a mental health struggle. If your children are saying "no" and it's leading to isolation, withdrawal, or a loss of interest in usual activities, you may want to alk with them and/or a mental health professional.

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WELLNESS TODAY for parents and families

FOMO AND MENTAL HEALTH Saying "no" can be especially diff individuals who have a fear of m out (FOMO). FOMO is an "increase issing out on social e In addition

If your children struggle nissing out, consider goi wing tips with them

- Remind yourself that what's online often isn't the whole story or even
- often init the whole story or even always true. Find happiness in what you're doing, Keep a graftude journal to remind yourself of what you do have. Social media at vulnerable times (e.g., late at night, on weekend nights). Limit social in while Talk to someone about what you're feeling or thinking when you look at social media social media you look at social media

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