

ASHLAND MIDDLE SCHOOL NEWSLETTER

<http://www.ashlandcityschools.org/ms>



FROM THE DESK OF PRINCIPAL MR. LINDEMAN

We are in full swing here at AMS and are excited about the start to our year. Our staff has worked very hard to establish a great environment for our students to come to school everyday and be successful. The time and planning taken in the summer is showing its benefits now. Our student body deserves recognition for that start of the year as well as they have done a fantastic job starting the school year with positive attitudes and positive behaviors. Our PBIS committee has created a wide range of activities and events to award these positive behaviors and we can't wait for students to experience these.

In a word all of our fall athletic teams have been exceptional. Our 7th and 8th grade volleyball teams are experiencing a ton of success on the court and I know they have aspirations for big things in the OCC tournament. The 7th and 8th grade football teams have both had some dominating performances on the gridiron and are in the thick of things for OCC championships. Last but not least our cross country teams for both the boys and girls have been winning or placing high in all their meets with personal records popping off for individuals on a weekly basis.

Students involved with our music department for choir, band, jazz band and orchestra are hard at work in preparation for upcoming concerts. It is evident each year the growth these students show as they progress through the grade levels and this is a testament to their hard work and the dedication our music department takes in preparing them. We are no doubt going to be able to enjoy some fantastic performances in the upcoming months.

As we begin to get into the groove of the school year and students settle into routines I would encourage families to stay connected with their students and ask them what they are up to at school. There are opportunities and chances to grow all over the place for AMS students. Please celebrate those with your students and do not hesitate to come out to the events that are taking place. We know we have had a strong start and that is important. Moving forward though it is even more important to stay consistent and see it through the whole year. I can assure you that we are fully committed to that at AMS.

If you have questions, never hesitate to reach out and ask.

Enjoy this fall season and Go Arrows!

Mr. Jim Lindeman
Principal

Dear AMS Families,

One daily habit can set your child up for success for years to come: Showing up at school in person as often as possible. When children and teens regularly attend school in person, they're more likely to develop their whole selves--personally, socially, academically and emotionally. They're routinely able to connect with friends and adults, collaborate and problem-solve, make decisions, think critically, be creative, and engage in hands-on learning. As parents and caregivers, we all want to give our children the best possible chance at a happy, health, successful future. Showing up matters. Thank you very much for making sure that your students are at AMS as consistently as possible! It helps make sure they are growing academically, emotionally, and socially.

Did you know that reading 10 minutes a day makes a big difference in the growth we see during a school year? If you are looking to help your child's growth from home, AMS is hoping to collaborate with families to make this happen. 10 minutes, plan and simple, helps our students grow!

Ashley Pacholewski
 Ashland Middle School
 Asst. Principal

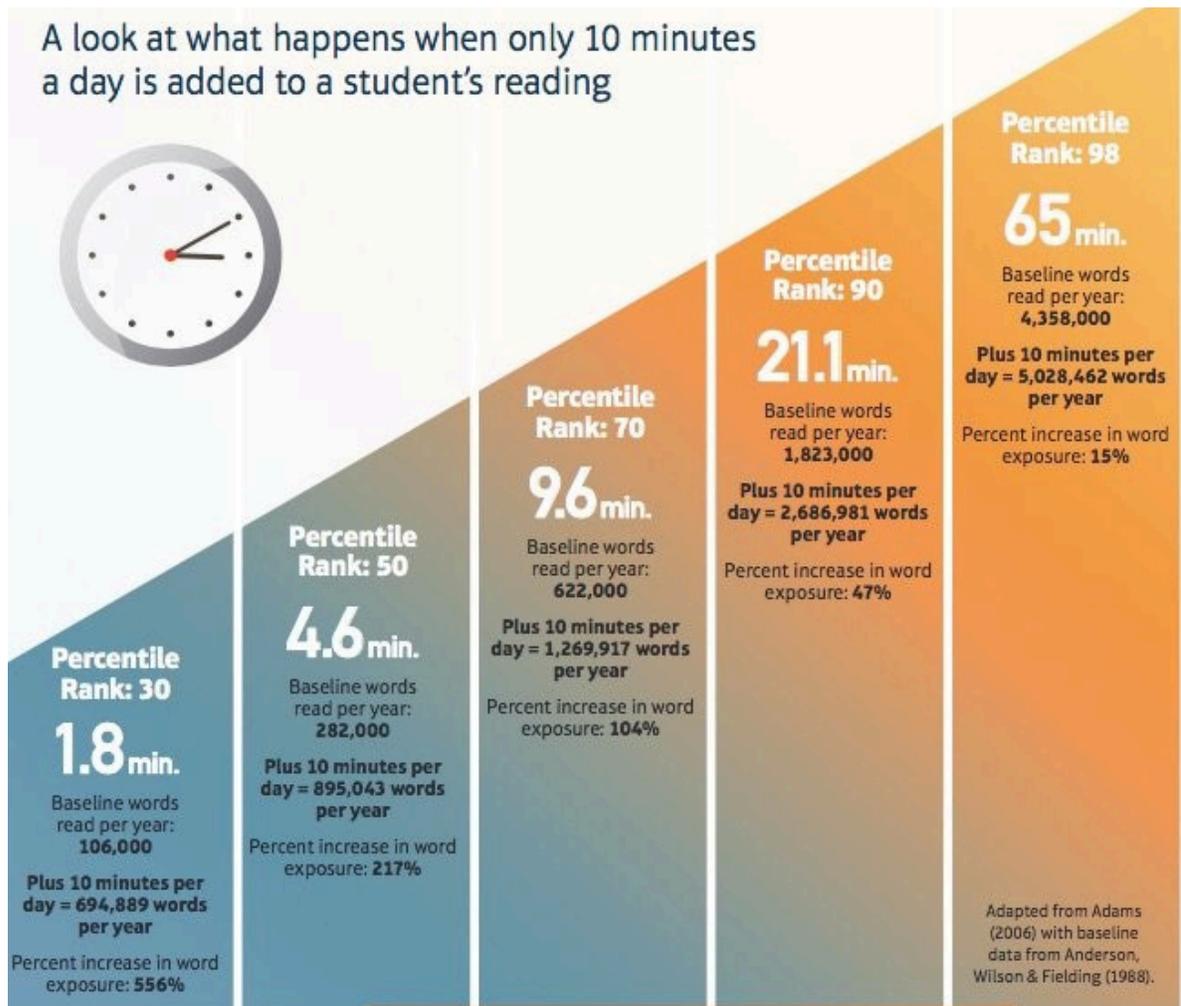


CHART I

From Disrupting Thinking by Beers & Probst, p. 137

Middle School Newsletters

Our newsletter will come out every other month throughout the course of the upcoming school year. We will post our newsletter on the middle school website at the beginning of October, December, February and April.

Newsletters will no longer be mailed home to all students. If you would like to receive a copy of the newsletter by email, please email me at rhcarey@goarrows.org and Mrs. Carey will add your email to our emailing list. If you do not have access to a computer and would still like to have a paper copy mailed to your home, Mrs. Carey would be more than happy to accommodate that request. Just call the A.M.S. office or email her at the above and she will add you to the mailing list.

Reminders

We continue to encourage students to advocate for themselves and to let adults help them in difficult situations rather than making choices that make situations worse.

- Please continue to monitor your child's media use, there are a lot of APPS and chat groups available out there where unsavory things can be discussed between adolescents and others please keep your child safe and promote responsible use of their electronic devices.
- Continue to monitor your child's belongings as items pile up in our school's lost and found; if something comes up missing, remind your child to check lost and found.
- Please remember if you have any questions or concerns, please contact your child's teacher or an administrator here at the building.

Procedures for Picking Students up for Appointment

In order to alleviate some confusions, we thought it might be helpful to review our attendance procedures on dropping off students or picking up students for appointments.

Although we will accept telephone calls for last-minute appointments for students, we would prefer the student bring a note on the day of the appointment if it has been scheduled in advance. The student is to bring the note to the main office before school starts in the morning, so we can issue a Permit to Leave Slip. The Student is then allowed to show this Permit to Leave to the teacher, leave class at the time designated on the note by the parent, and meet the parent at the door at the time recorded. This allows the parent to pick up the student without having to come into the building. **Please remind your son or daughter to be aware of the time he/she needs to leave class and where to meet you.** Parents do not need to check in or out of the office with the student unless we have not received a note or a phone call prior. When arriving back to school after the appointment, all students should check in at the main office with their Permit to Leave before reporting to class. This will help us keep accurate attendance records and not mistakenly mark the student absent for the remainder of the day.

Appointments that are made after the student has come to school may be called into the main office by the parent/guardian, and a Permit to Leave slip will be delivered to the student with the appropriate information (such as time leaving, type of appointment, and where to meet his/her ride). The student should then follow the same procedures as listed when we receive written permission for students to leave and return when necessary.

Arrival/Dismissal Times

The doors will open at 7:20 a.m. Tardy Bell rings at 7:40 a.m.

Dismissal will be at 2:35 p.m.

Students will be dismissed in a slow release method. Bus riders will be dismissed by bus number and students must exit the building as quickly as possible. Car riders and walkers will also be dismissed by classroom number and quickly exit the building. It is our hope to have all students out of the building no later than 2:45 p.m. daily.

Important Dates

October 3rd-AMS Parent/Teacher Conferences -3:30-7:00 p.m.
October 7th-Ms. Michael's class will attend Camp Nuhop
October 8th-Ms. Michael's class will attend Camp Nuhop
October 11th-Teacher In-service day -NO Students
October 14th-Mr. Harlan's class will attend Camp Nuhop
October 15th-Mr. Harlan's class will attend Camp Nuhop
October 21st-AMS Vision and Hearing re-checks
October 22nd-7-12th -Fall Orchestra Concert-7:00 p.m.
October 23rd-AMS Picture Re-takes and Group Pictures
October 25th-End of 1st 9 weeks

November 3rd-Daylight Savings time
November 7th-District PTO meeting at AMS-6:30 p.m.
November 21st-AMS Parent/Teacher Conferences
November 25th-Board of Education meeting at 5:30 p.m.
November 26th-2 hour Early Release schedule
November 27th-No school
November 28-30th-Thanksgiving Break

December 2nd-School Resumes
December 3rd-Winter AMS Band/Orchestra Concert at 6:00 p.m.
December 5th-Winter AMS Choir Concert-6:00 p.m.
December 16th-Board of Education Meeting-5:30 p.m.
December 20th-Early Release
December 23rd-January 3rd-Christmas Break

January 6th-School Resumes



A.M.S. Lost and Found

We have many lost items that have been turned into the lost and found in the CLINIC. Anything remaining will be cleaned out at the end of **EVERY month.**

Cell Phone and Electronic Devices

Student may not use personal communication devices during school hours at Ashland Middle School. While at Ashland Middle School, personal communication devices must be on silent mode and stored within their locker*. Personal communication devices include but are not limited to cell phones, tablets, smart watches, and other web-enabled devices. Such devices will also not be permitted on off-campus field trips.

Students violating the cell phone/personal communication device policy will result in the following action (s):

First Offense: Confiscation, **staff member who confiscated the phone will notify the parent and document in the Google cell phone spreadsheet.** Students will be able to pick-up their cell phones in the **staff's classroom** at the end of day.

Second Offense: Confiscation, **staff member who confiscated the phone will notify the parent and document in the Google cell phone spreadsheet.** Staff members will bring the cell phone to the office for the **PARENT to pick up** at the end of the day.

Third Offense: **The staff member completes a Major Referral in PBIS. Administration will notify parents.** Progressive disciplinary action will be issued in the following order:

- 1). **After school detention.**
- 2). **Meeting with a Parent and the Student.**
- 3). **In-School detention.**

An office phone will be available to students before school, after school, during lunches and ACT time with the permission of an Ashland Middle School staff member. Additionally, any parent messages will be promptly delivered to their student before 2:00 p.m., as our building prepares for dismissal. Personal, non-emergency calls are strongly discouraged.

Breakfast and Lunch

The 2024-2025 school year will once again be "**FULL PAY**". This is a reminder to parents/guardians that starting the first day of school you will need lunch money on your child's payschool account. Free/reduced Lunch forms will be available ONLINE (ashlandcityschools.org), 419-289-4550 Ext. 2247 if you have any questions about our programs.

Lunch/Breakfast prices are as follows:

- Middle/High School-\$3.50
- Breakfast is free for K-5
- Breakfast for HS/MS is \$1.60
- Menu will be posted on our website

Lunch Time

AMS students are **NOT** allowed to receive any outside food deliveries during the academic day this includes deliveries from DOOR Dash, Uber Eats etc.

Progress Book

Progress Book is the program we use to track and communicate grades. All students and parents may use their accounts from previous years. If you need help logging into your account, please call the AMS office at 419-289-7966.

Dispensing of Medication by School Personnel

If there is a need for medication to be dispensed by school personnel during the school day a form must be filled out by the child's physician. This form is available in the clinic.

Fees and Fee Waivers

Parents are reminded the 2024-2025 school fees are due at your earliest convenience. Please note that school fees can be waived for families qualifying for the free lunch program. In order to obtain this waiver, permission for information to be shared with the school principal must be marked on Part 5, the sharing information sections, of the free lunch application form. This only applies to families qualifying for free lunch and not to those who qualify for reduced lunches. Contact the food service director, Nicole Elmore, at Central Office for more information.

Camp Nuhop Information

All sixth grade students will participate in outdoor education at Camp Nuhop in October. This will be a day camp only. The student's day will be extended to allow for all of the planned activities. Students will NOT spend the night. The session of camp that students attend will be determined by the name of the science teacher on their schedule.

Camp Nuhop Dates:

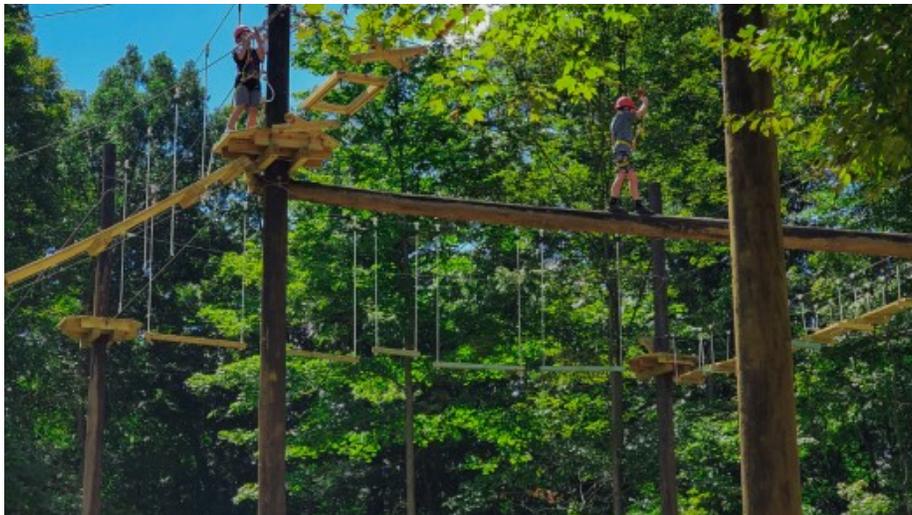
- Mr. Harlan's students will go to Camp Nuhop on 10/14 and 10/15
- Ms. Michael's students will attend Camp on 10/7 and 10/8.

Camp money turned in-on or before October 7, 2024.

The amount of tuition is \$110.00 per student (if you did not participate in the fundraiser).

Deadline for prescription medications are to be turned into Mr. Harlan by 10/11 and Ms. Michael by 10/4. Please turn in before these deadlines if possible. Contact Mr. Harlan or Ms. Michael if it is not possible to send medication by these dates. Directions for sending medication to camp will be online.

Outdoor education is a valuable experience for our students. Please support our efforts to provide a great experience for your child.



America Counts–Free MATH Assistance

Looking for math help or support? This school year in partnership with Ashland University, Ashland Middle School is pleased to offer free math assistance **for all of our students from grades 6-8**. The days will be M/W every week to try to make it accessible to all students. A list of dates can be found below.

To participate students only need to show up. No calling ahead or paperwork necessary.

This time can be for:

- Homework assistance
- Catching up after an absence
- Going over lessons students didn't understand in class the first time
- Tutoring to bridge learning gaps on grade level or below standards

Daily before going to America Counts, it is advised that students check in with their math teacher first to see what they recommend working on and the teacher will then communicate that with the AU students.

The America Counts program will run from approximately 3-4pm and is overseen by Ms. Erin Miller (7th grade math teacher). Each day we will have 2 Ashland University students that will be working with our AMS students. Middle school families will need to arrange their own transportation home. If you have any questions you are welcome to reach out to Ms. Miller at ermiller@goarrows.org.

SEPT/OCT.

Monday, September 30th
Wednesday, October 2nd

Monday, October 7th
Wednesday, October 9th

Monday, October 14th
Wednesday, October 16th

Monday, October 21th
Wednesday, October 22nd

Monday, October 28th
Wednesday, October 30th

NOVEMBER

Monday, November 4th
Wednesday, November 6th

Monday, November 11th
Wednesday, November 13th

Monday, November 18th
Wednesday, November 20th

Monday, November 25th
No tutoring Wednesday

DECEMBER

Monday, December 2nd
Wednesday, December 4th

*AU has finals December 9 through December 12. We will not have tutoring that week.



2024-2025

The No-Fuss Fundraiser Form

Our no-fuss fundraiser allows our families to donate directly to our PTO (Parent-Teacher Organization). Your tax-deductible contribution directly benefits our school by supporting school-wide events, field trips, staff appreciation, classroom materials, equipment, and so much more!

This is a voluntary fundraiser. You may choose to participate in lieu of, or in addition to, any of our other fundraisers which will take place this school year.

If you wish to make a direct contribution, please complete the information below and return it in an envelope marked "PTO No-Fuss Fundraiser". Send a marked envelope with your student in their take home folder. You can make checks payable to "Ashland City Schools PTO".

If you prefer a paperless option, please use our PTO QR.



___ \$15 I am super excited for my child to go on a field trip this year

___ \$25 I would love to cover the cost of my child and help offset the cost of other classmates

___ \$50 Super excited for field trips, and also would love to help cover the cost of transportation

___ \$75 I love field trips and also spoiling our teachers

___ \$ I am making this donation to express my appreciation for having nothing to clip, sell, buy or do, except fill out this form.

If you would like a receipt for your contribution for tax purposes, please complete the information below and include it with your donation:

First and Last Name of Donor: _____

Name of Student: _____

Teacher & Grade: _____

Amount Donated: _____

THANK YOU so much for your donation to our school's PTO. Your money will be well spent to enrich the lives of our students throughout their time at Ashland City School.

Questions or concerns, please email: pto@goarrows.org

MUSIC DEPARTMENT NEWS



6TH Grade Choir

Reminder that choir t-shirt money and the signed parent form is due by October 3rd. Shirts will be worn for all concerts. The price is \$14.00. Any parent with a financial concern should contact Mrs. Ebert. Any parent with a financial concern should contact Mrs. Ebert.

Orchestra

October 22nd Orchestra Concert at 7:00 p.m.
All students are invited to attend and there will be a trunk-or-treat following the concert for the attendees.



Kalie Godsey, 6th and 7th Grade Counselor
Deidre Kilpatrick, 7th and 8th Grade Counselor
Christina Howman, School-Community Liaison

Start with Hello Week was recognized Sept 16th-19th. This is a national program to build/encourage inclusivity and kindness. We had educational lessons and announcements during each day to promote this program.

Red Ribbon Week will be recognized Oct. 21st-Oct. 25th with a week-long promotion of living a drug-free life. Activities will include educational awareness, announcements, wearing various items each day to promote being drug free, and education to hit the importance of being drug free.

Monday: Power to make a Difference
Tuesday: Power to Overcome
Wednesday: Power to Dream
Thursday: Power to Learn
Friday: Power to be Yourself

8th Grade Career Center Field Trip

All 8th grade students will be visiting the Career Center on Friday, Oct. 16th in the afternoon. Students will travel to four (4) labs they selected in an earlier survey to learn about the opportunities that are available to them their junior and senior year of high school. All labs will tie in how their programs can lead to future college or career opportunities and the potential earnings associated with their trade skills. This will help gauge elective courses when we schedule for their freshman year in January. Students will be able to visit the Career Center again their sophomore (10th grade) year to help in the decision making process prior to attending their junior year.

Mental Health Survey and upcoming lessons

As one might imagine, the unusual challenges of this school year coupled with the holiday season can considerably increase the amount of stress in our student's everyday lives. Through a needs assessment given at the beginning of the year, we learned that 58% of our students were having difficulty managing some level of stress or anxiety. In our continuous effort

to share helpful information and strategies directly with students, we have been providing classroom lessons discussing positive and negative stress, strategies for managing anxious feelings and how to know when more help is needed during our ACT period. If you have any questions/concerns or would like more resources, please reach out to any school counseling staff member for further information or support.

Here are some helpful tips to keep in mind to help with stress and anxiety:

1. **Sleep**- With students packing their schedule with activities and/or online presence, they are struggling to maintain a consistent sleep routine and schedule. Teenagers need between 8-10 hours of sleep each night but most average under 7. **Turn off the phone and put them in a common location to alleviate the temptation to be on them at night.**

2. **Exercise**-Regular exercise is a huge benefit for kids dealing with anxiety/stress. While exercising, positive endorphins are released which is a natural mood booster. Have your teen walk the dog and they will both benefit as research shows being out in nature for 30 minutes can increase energy and reduce depression.

3. **Music**- This convenient stress reliever also has cognitive benefits. If a student wants to calm down, have them listen to classical music. Classical music has also been shown to increase academic ability in students. Need to wake up, tune into upbeat jams or relax with slow melodies. There is something for everyone.

4. **Healthy eating**- What you choose to eat can boost brain power or zap it. Students need to stay away from loading up with sugar as it can be draining. Eating a balanced, healthy meal can boost energy and help reduce anxiety/stress.

5. **Organization**-Teaching students how to manage time for homework, social life, and sports is an important skill, but it also reduces their stress overall. Daily calendars, priority lists, etc can all be ways to help them keep track of necessary daily responsibilities.

6. **Humor**- When students are overly stressed, you can distract them with funny videos. Laughing is therapeutic and can help shift the stress/anxiety to a more positive outlook.

7. **Mindfulness Activities**- Mindfulness is learning how to be present in the moment. This deals with recognizing your current thoughts, feelings, and sensations without judgement, rather than being consumed by the "what-if" of the future. Mindfulness has been scientifically proven to increase mood, test scores, and decrease stress. There are several apps available to help with this area. The **Mindshift** App is a free app that provides information about, and tools for managing different kinds of anxiety. We encourage you to check it out with your child. You may be surprised by how much you both could benefit.

Study skills and communication was another area that popped up in our needs assessment. Our teachers are providing opportunities within the classroom setting to work on study skills for their particular area, test taking strategies, and also providing several opportunities for communication skills. In a time when teens are glued to their

phone, encourage them to put them down for dinner and have a family discussion about their day. Ask open ended questions so they can't reply with a simple yes or no answer. It may help by sharing something that happened in your day to start the conversation. Here are some discussion starters:

1. Tell me one funny thing that happened today.
2. Tell me one good thing that happened.
3. If you could change one part of your day, what would it be and why?
4. Tell me something you are looking forward to this week.

SEL Small Groups

The guidance department offers a variety of small groups throughout the year. These groups take place during an encore class or ACT. Students will be in groups with other peers in their grade and each group typically lasts 4-8 weeks.

Each group focuses on a different topic which are social skill, organizational skills, stress management, coping skills for anxiety, managing emotions, and grief, If you would like your student to be a part of a SEL small group, please reach out to one of the counselors (Kalie Godsey, Deidre Kilpatrick, or Christina Howman).

Holiday Food Drive

As part of the A.M.S. "Making Connections" initiative, a food drive will be held in November. We believe that reaching out to those less fortunate in our own Ashland Community will serve as a reminder to each one of us to be grateful for our own blessings. Food will be collected in the boxes located in your student's homerooms. Your continued support is truly appreciated as we strive to teach these life lessons. Please note that all food donations need to be non-perishable. More information will be sent out via Bloomz once we are closer to the date.

Ashland Middle School Athletics

Our Fall Athletic teams have been underway and looking good. A special Thank You to all Coaches, Parents, Volunteers, and Athletics that help make our athletic programs competitive, enjoyable and successful.

Soon we will be entering the Winter Athletic Season, which includes **boys' and girls' basketball, wrestling, swimming and cheerleading.**

Listed below are the **TRYOUT** dates and times for each sport. Please note that **NOT** all sports have tryouts and make cuts, and some have already been determined from previous tryouts. A **PHYSICAL** must be on file at the school in order to tryout. All forms need to be signed on Final Forms by the first practice. If you completed Final Forms for a fall sport you do NOT have to do it again, just make sure you have joined the team on Final Forms that you will be involved with during the winter.

Athletic Physicals

Please be sure to get your physicals scheduled with your family doctor, or you can try Samaritan Q-care or Urgent care. Physicals, and the activity fee form, are the only paper forms that get turned into the middle school athletic office. Please have these turned in, along with the fee, at least one week before the first scheduled practice. Everything else is done through Final Forms.

Below are the sports to choose from in Final Forms that A.M.S. offers:

Fall

7th Girls Cross Country
7th Boys Cross Country
8th Girls Cross Country
8th Boys Cross Country
7th Girls Football Cheerleading
8th Girls Football Cheerleading
7th Girls Volleyball
8th Girls Volleyball
7th Boys Football
8th Boys Football

Winter

7th Girls Basketball
7th Boys Basketball
8th Girls Basketball
8th Boys Basketball
7th Boys Wrestling
8th Boys Wrestling
7th Girls Basketball Cheerleading
8th Girls Basketball Cheerleading
7th and 8th Boys/Girls Swimming

Spring

7th Girls Track and Field
7th Boys Track and Field
8th Girls Track and Field
8th Boys Track and Field

Winter Sports

Girls Basketball

**Coaches: 7th Grade-Dave Webb
8th Grade-Anthony Duckworth**

Tryouts

October 25th at AMS, 7th and 8th Grade-4:00-5:30 p.m.
October 28th at AMS, 7th and 8th Grade-5:00-6:30 p.m.

Boys Basketball

**Coaches: 7th Grade-Rob Lavengood
8th Grade-Scott McGaffick**

Tryouts

November 1st- at AMS-8th grade-2:45-4:15 p.m.
November 1st-at AMS-7th grade-4:15-5:45 p.m.
November 2nd at AMS-8th grade-9:00-10:30 a.m.
November 2nd at AMS-7th grade-10:30-12:00 p.m.
November 4th-at AMS-8th grade-2:45-4:15 p.m.
November 4th at AMS-7th-grade-4:15-5:45 p.m.

First Practice

***Boys and Girls Basketball practices will be divided between Reagan Elementary, the Field House and A.M.S. The coaches at the Team/Parent Meeting will pass out practice schedules. Coaches will make any changes to the schedule known to the players or will send a note home notifying you of the changes that may occur (ex. choir programs, parent/teacher conferences, musical, etc).

Cheerleading

Advisor: Cassie Keener

There will be NO cheerleading tryouts for this winter. The winter season cheerleading squads have already been determined from the tryouts that were held this summer. Practice times will be will be announced by the cheerleading advisor.

Middle School Swim

We are looking forward to swim season here at AMS! The season runs Mid-October through Mid-December at AMS. If you are interested please contact Head Coach Michelle Frank at michelle.frank07@gmail.com. We look forward to seeing you at the Pool



Wrestling

Coaches: 7th and 8th Grade-Mr. Howman

First Practice

November 15, 2024-3:00-4:00 p.m.

Admission Prices

The cost at all OCC Middle School events is \$3.00 for students and \$5.00 for adults.

Eligibility

-Please keep grades a top priority. Remind your student/athlete that if his/her grades falter, he/she could be either sitting out or ineligible to participate (meaning it carries over from one sport to another). Please refer to the [Activity Fee Information Sheet](#) that you will receive, or did receive, with your payment form. Pay particular attention to #3 and #4: "Fees are non-refundable with the following exception. Letter "E" states..."If the student becomes academically ineligible before the first contest". In other words, if your athlete becomes ineligible after the first contest, your fees will NOT be refunded. So, stay on top of your child's work nightly. Ask to see their homework, stay in touch with the teachers and make yourself available at home as much as possible to see that all work is done correctly and is ready to hand in on time. But, we all need to remember, in the end, it is the student's responsibility to keep their grades in line. Support and encouragement is always a good thing, but the student must take ownership and be Responsible for his/her own grades.

Fees

The fees for a winter sport should be paid at least one week prior to the first official practice date set by the OHSAA. We will allow those who try out for boys and girls basketball, to wait until the team members have been announced following tryouts. However, those fees will need to be paid before the first official practice. Fees not paid in full by the first practice may mean that your student/athlete will be sitting out until the balance is taken care of. Please don't allow this embarrassing situation to occur. Please see due dates next to each activity.

The Fee is \$65.00 for the first sport of the school year, and \$55.00 it its the second sport.

Schedules

Anytime you need an event schedule or directions to a game/meet, either stop by the athletic office and pick one up, call, or instruct your athlete to bring one home. Coaches will pass out copies at the team meetings. Also Check out the Ashland Middle School Website. Just go to the sports link.