



SOUTH
MIDDLE SCHOOL

South Middle School

Newsletter

September 11th, 2022



We are excited for another great year at South!

Note from the Principal

Hello Falcon Families:

We are six days into school, and I hope you and your student(s) are adjusting to the start of a school schedule. It was wonderful greeting all our students the first couple of days with Camp Middle School at each grade level. We started the school year this way to help students adjust to back to school, get to know their teachers, and learn some old and new procedures. I hope your student(s) found this as beneficial as we did.

A great way to stay connected to school is to have your student(s) review their day/week in their school planner. This is one of our main ways to help students stay organized and help them communicate information at home. In addition, please do not hesitate to reach out to your student's counselor, teachers, or administration for any additional supports or needs.

We will soon be starting our after-school study club along with a few other clubs for students to get involved. First quarter sports are underway, but each quarter we offer different sports activities. Please encourage your student(s) to get involved in activities that interest them.

I look forward to the year continuing to go as smooth as the start. If I can be of any assistance, please do not hesitate to reach out to me.

Take care,
Mr. Kohlhepp

COUNSELOR'S CORNER



Managing Back to School Stress

With the start of a new school year, students are likely to feel both excitement and stress. Learn how to help them manage with resources from Change to Chill.

Step 1: Understanding Stress

Teaching students how to recognize the signs and symptoms of stress can be helpful as they work to better manage their mental well-being. Here are a few Change to Chill resources that can help:


- Read more about the [causes and symptoms of stress](#), along with the different types we may experience.
- Watch this ["Stress Test" video](#) to learn how our bodies respond in stressful situations.
- Learn more about the [difference between stress and anxiety](#).

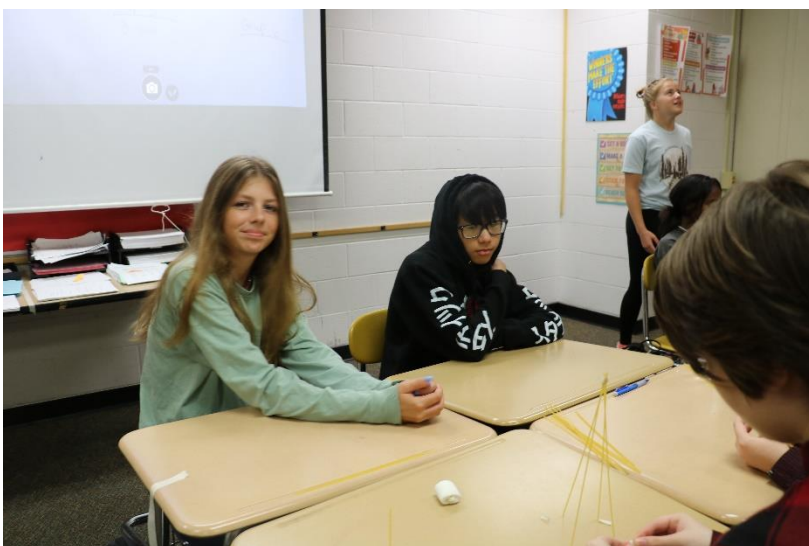
Step 2: Reflecting and Practicing Coping Skills

Once they have an understanding of these concepts, encourage self-reflection on their own experiences with stress and engaging in healthy coping skills. Here are some tools to share:

- Our [Stress Factor Quiz](#), which can help them better understand their unique stress factors.
- This [reflective worksheet](#) to get them thinking about how their experiences with stress have changed over time.
- These [chill breaks](#), which are short de-stress exercises to incorporate into their daily routines.

Conquering Classroom Fears

Check out some  [helpful tips](#) about getting into the swing of school from our School Based Mental Health Coordinator, Sami Behnke. Reach out to her at sbehnke@ecasd.us or 715-852-3140 to learn more.



Math classes worked in teams to create the largest possible tower made of spaghetti to hold up a marshmallow. Collaboration and teamwork will be used throughout the year in Math, so this was a fun introduction.

Send a Note

If your child is going to be leaving early during the day, please send a note with your child instead of calling. When parents call during the day, the office must interrupt class to notify students, which is disruptive.

Thank you!

Safe Routes to School

The Eau Claire Area School District, in partnership with Safe Routes to School, would like your thoughts about your child walking and biking to school! This [quick survey](#) will take 5-10 minutes. Share your concerns, your top three problem intersections, and express why you do or don't allow your child to walk to school. Thank you for taking the time to take the survey!



WHO SHOULD YOU CONTACT?

To help ensure you get the information you need as quickly as possible, South Middle School has established this communication chart:

1 Contact the adult working with your student(s).

This may be a teacher, counselor, instructional coach, athletic coach, bus driver, school nurse, or another employee.

If you still need your question answered...

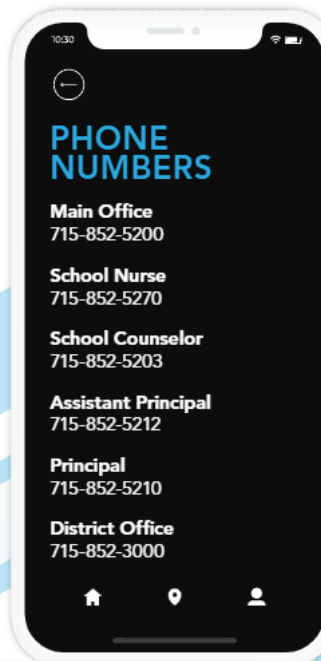
2 Contact the administration in your child's school.

This may be the principal, assistant principal, or activities director.

If you still need your question answered...

3 Contact the superintendent.

For email, refer to the staff directory on the school's website.



Study Club

Do you need some extra help with assignments? Or maybe you're just looking for a quiet place to get some work done after school. Meeting up with classmates for a group project? Come check out Study Club. Afterschool Study Club will be starting Monday, Sept 12 and run every Monday, Tuesday, and Thursday from 3 until 4 PM in the library.



Quick Links

[South Middle School Website](#)

[South Middle School Facebook page](#)

[Daily Announcements](#)

[Community Events and Resources](#)

[Breakfast and Lunch Menus](#)

Fall sports schedules will be on our school website in the next few days.



Be Respectful, Responsible & Ready!

At South Middle School, students have the right to learn in a safe environment. The following expectations are required of all students:

Respectful: show respect for adults and other students. Use acceptable and courteous language. Recognize the human dignity of all students and adults. Refrain from name-calling, fighting, harassment, or harming others. Take care of school property and the property of others.

Responsible: participate fully in your classes. Attend class, pay attention, complete tasks, and request help when needed. Maintain order by taking care of materials.

Ready: have your materials and be on time—there are three minutes between classes.

Make Your Mark Fundraiser

Make your Mark on South fundraiser continues through September 30th. Our fundraiser is simple: a no sell/no buy fundraiser. By simply making a monetary donation to South's Falcon Advisory Council you are contributing to student celebrations, special projects, and classroom mini grants to name a few. Please help support the Make Your Mark on South fundraiser by filling out the attached form and return it to South by September 30th. No amount is too small. Thank you for your participation!

<https://www.ecasd.us/.../Make.../make-your-mark-flyer.pdf...>

