



**SOUTH**  
MIDDLE SCHOOL

# South Middle School Newsletter

**December 4th, 2022**

## Quick Links

**[South Middle School Website](#)**

**[South Middle School Facebook page](#)**

**[Daily Announcements](#)**

**[Community Events and Resources](#)**

**[Breakfast and Lunch Menus](#)**

## Upcoming Events

**12/8 - Band 7 Concert 7:00 pm**

**12/9- Mid Quarter 2**

**12/15- Band 8 Concert 7:00pm**

**12/23-1/2 – Winter Break Schools Closed**

**SMS Falcon Character Theme**

**-December-**

**YOU HAVE A CHOICE**  
EACH AND EVERY SINGLE DAY.

I CHOOSE TO FEEL BLESSED.

I CHOOSE TO FEEL GRATEFUL.

I CHOOSE TO BE EXCITED.

I CHOOSE TO BE THANKFUL.

I CHOOSE TO BE HAPPY.

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

DAVID O. MCKAY

**SHOWING GRATITUDE IS ONE OF THE SIMPLEST YET MOST POWERFUL THINGS HUMANS CAN DO FOR EACH OTHER.**

**Gratitude**

ATTITUDE every THING. CHOOSE Joy

Express appreciation to others; Give a gift to someone; Be thankful for who you are and what you have; Share the goodness in your heart



# Screen4Success: Screening for Health, Wellness, and Well-being

Talking with your kids early and often about underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it?

SAMHSA's new tool Screen4Success is designed to help parents and caregivers better understand health, wellness, and well-being of their children.

You can access the Screen4Success tool on a mobile device through the "Talk. They Hear You." campaign mobile app for free through the [Apple Store](#), [Google Play](#), and the [Microsoft Store](#). For more information, visit [SAMHSA's Screen4Success page](#).

This information is provided by The Alliance for Substance Misuse Prevention coalition, which works to prevent alcohol, tobacco, and other drug misuse. For more information or to sign up for the Alliance's Parent/Guardian Newsletter, visit [www.getinvolvedasap.org](http://www.getinvolvedasap.org)

## Free Drive-Up COVID-19 Testing

Beginning December 5, 2022, through a partnership with Wisconsin Department of Health Services, free drive-up testing for COVID-19 for ECASD students, staff and families will be offered Monday-Thursday at the following locations:

- **Locust Lane Elementary, 3:30-6:30 pm**
- **Putnam Heights Elementary, 4:30-7:30 pm**
- **Sherman Elementary, 4:30-7:30 pm**

**\*Drive-up testing will only take place on days when school is in session.**





## Race Cars

Mr. Galloy's engineering and design class has been busy making cars. This past week they have tested them out to see which car was the fastest.



## 6<sup>th</sup> grade Science

Students in Science class performed measurements and used scientific equipment to determine if Oreo double stuff cookies actually had double the amount of filling as regular Oreo cookies. After they recorded their measurements, they had a sweet treat to eat on a cold snowy day.





# MHS Orchestra Cookie Walk & Carnival

**December 10, 2022  
Noon to 2:30**

**Memorial High School Cafeteria**

- **FREE ADMISSION**—Everyone welcome
- **Homemade Cookies**—sold by the pound \$8.50
- **Holiday Music**—Performed by MHS Orchestra and friends
- **Kid's Crafts, Games, Instrument Petting Zoo**

South Orchestra students will be performing at the MHS Orchestra's annual Cookie Walk on December 10<sup>th</sup> from 12-2:30 in the MHS Commons. Enter Door 1 or 4 to purchase delicious cookies by the pound accompanied by seasonal music. There will also be a mini carnival with crafts, games, and a chance to try out string instruments. Fun for the whole family!

## BINGO

Students and staff have worked so hard to start the year off well! To acknowledge everyone's efforts, Mr. Gonyea and PBIS hosted all-school BINGO at the end of the day on Friday, November 18. Way to go, Falcons!



## A Reminder from ECASD Food and Nutrition

Just a reminder to all our families, the USDA no longer provides waivers for universal free breakfast and lunch for students this school year. That program was established during the pandemic and the program has now ended.

**As always, our families can apply for free and reduced breakfast and lunch.** Paper applications were mailed with the ECASD Family Handbook this August. Applications are also online at [www.myschoolapps.com](http://www.myschoolapps.com). Questions? Call Food and Nutrition at 715-852-3021.

## Free and Reduced Lunches

You can find answers to your questions regarding the free and reduced price meal application **HERE**. This is a great FAQ page, and you can also see if you qualify for free or reduced lunches.



## Family Night

Monday night was AVID Family Night! We started the evening with a gratitude activity. Then students gave an update on the AVID Elective. Finally, we stacked cups! Such a fun evening!!







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# Tips for Reducing Holiday Stress

The holidays are here again! While this can be a great time to enjoy family and friends, it can also be stressful. Here are some tips on decreasing stress so you can increase fun.

1

Make lists of activities you want to do and events you want to attend and prioritize them.



2

Decide what you DON'T want to do and cross those things off the list.

3

Let things be IMPERFECT. Sometimes the messy can be the most fun.



4

Accept help if/when you need it.



5

Give help when/where you can.

6

Keep up your (and your kids') regular routines for eating, sleeping, etc.



7

Make time for yourself! And do something you enjoy.





## Winter & Holiday Help



Listed below are organizations and program specific details that offer winter and holiday season assistance. If your family needs assistance in providing cold weather outerwear (coats, snow pants, boots, hats/gloves), please contact your child's school counselor or partnership coordinator. Additionally, if you are able to give back to our great community, please consider a donation to any of the organizations listed below or the ECASD Closet which provides resources to all students and families in need throughout the school year.

Agency	Activity/Program	Date/Time	Contact	Guideline
The Community Table 320 Putnam Street	Thanksgiving Lunch	November 24 <sup>th</sup> 11:30-1:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
The Community Table 320 Putnam Street	Thanksgiving-In-a-Box <small>*Box will include a turkey + Thanksgiving sides. Food included will be uncooked, so families can prepare in their homes.</small>	Pick-up Tuesday, November 15 <sup>th</sup> @ The Community Table at scheduled time	Email <a href="mailto:outreach@thecommunitytable.org">outreach@thecommunitytable.org</a> to reserve your box or via Facebook.	Boxes will be granted on a first come, first serve basis. Orders must be placed by November 14 <sup>th</sup> at 5 p.m.
Hope Gospel Mission 2650 Mercantile Drive	Thanksgiving Lunch	November 24 <sup>th</sup> 11:30-1:00	715-552-5566	Everyone is welcome. Inside sit-down meal offered or drive-through, take-out meal is also an option.
Hope Gospel Mission 2650 Mercantile Drive	Christmas Meal	December 17 <sup>th</sup> 11:30-1:00	715-552-5566	Everyone is welcome. Inside sit-down meal offered or drive-through, take-out meal is also an option.
The Community Table 320 Putnam Street	Christmas Eve Lunch	December 24 <sup>th</sup> 11:30-1:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
The Community Table 320 Putnam Street	Christmas At The Community Table	December 25 <sup>th</sup> 9:00-11:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
Salvation Army 2211 S. Hastings Way	Christmas Toy Assistance Program	Sign up: Oct. 10-Nov. 23 <sup>rd</sup> <small>*No late sign-ups will be accepted. *</small> M-Th both weeks, 10:00-12:00 and 1:00-4:00	Amanda 715-834-1224	Application required. Must be picked up at site. Identification for all family members & proof of residency required in application process.
Family Promise of the Chippewa Valley 309 E. Lake Street	Christmas Gift Assistance	Sign-up: Oct. 17-Nov. 30 <sup>th</sup> <small>*No late sign-ups will be accepted. *</small>  Application Drop- Off/Pick-Up Hours: M-Th 9:00-3:00	Michelle 715-834-1379 <a href="mailto:soya@familypromisecv.org">soya@familypromisecv.org</a>	Application required. Can be picked up at site or printed from Family Promise website: <a href="http://www.familypromisecv.org">www.familypromisecv.org</a> Identification for all family members & proof of residency required in application process.