



SOUTH
MIDDLE SCHOOL

South Middle School Newsletter

December 18th, 2022

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Upcoming Events

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

1/12- Band 6 Concert 7:00pm

1/16- No School Staff Development Day

1/17- Quarter 3 Sports Begin

1-19 & 1/20 Variety Show Auditions

1/20- End Quarter 2

1-23- No School Staff Work day

Hello Falcon Families:

I hope this message finds you well. It's hard to believe we are just passed past mid-quarter of first semester and winter break is upon us.

The first part of the year has been busy with so many great activities. The school play, music concerts, author visits, field trips, sporting events, PBIS celebrations, Falcon Time work, and more are just a few examples. As a school we continue to work to improve our instruction and student success. Our staff has worked hard in professional learning opportunities, collaboration, and department time. With the addition of more Falcon Time, we hope your child continues to find success and opportunities to grow.

All families should have received information regarding potential snow day and virtual learning. If you have any questions, please don't hesitate to reach out to your child's teacher, counselor, or administration. We are here to help. Also, after break we will be approaching third quarter, I would encourage you to have your student consider a 3rd quarter after-school opportunity. That could be a sport or club.

Take care and please reach out with any questions,

Trevor

News and Announcements

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.

3rd Quarter Clubs and Sports

- Wrestling
- Girls Basketball
- Boys Swimming
- EDI Club (Friday PM in Ms. Syverson's room)
 - Study Club (library)
- Paint on the Ceiling (Friday PM in Ms. Moore's room)
- Puzzle Club (Thursday PM in Ms. Stanley's room)
- Tech Deck (Monday PM in Mr. Pedersen's room)

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 Engagement Newsletter

Special Education Family Engagement December newsletter can be found [here](#).



fmpfoodbank.org | (715) 835-9415 | info@fmpfoodbank.org

This is available to anyone in the community!

Pop-Up food pantry at South Middle School

Receive fresh produce, dairy/meat, and pantry staples including snacks and cereal for your household.

- Distribution will take place in the front parking lot off of Mitscher. Look for signs for the exact location.
- Receive groceries drive-thru style.
- Groceries will be loaded directly into your vehicle by volunteers.
- No ID is required.
- You may pick up for more than one household.
- The special distribution is brought to you by Feed My People Bank and South Middle School's very own school pantry: Falcon Foods.

Thursday | December 29th | 11:30am - 1:00pm

South Middle School
2115 Mitscher Ave



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

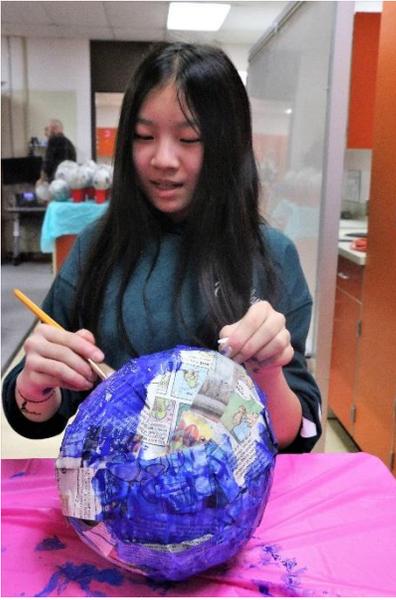
Talking with your kids early and often about underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it?

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

You can access the Screen4Success tool on a mobile device through "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

Inside the Walls of South



6th grade social studies students have spent this snowy week making globes.



German 8 students have been working hard all week creating gingerbread houses. They have brought in materials to create their design. Staff and students will soon vote for their favorite house.



Prioritizing Self-Care during the Holidays

Balancing holiday activities with school and other responsibilities can be hard. If you're feeling the pressure, try these tips to help ease it and reflect on what is most important during the holidays:

- Feeling stressed about holiday shopping? Take a few minutes to [practice mindfulness](#) before, during, or after gift shopping.
- Triggered by holiday meals and treats? To avoid overindulging, try grounding yourself by [practicing mindful eating](#). You may be amazed to learn the multitude of benefits that mindful eating can have, such as the prevention of digestive issues and maybe even improving your relationship with food.
- Are you grieving or feeling sense of loss this holiday season? The holiday season can be hard for those who have lost friends or loved ones. Noticing and naming your physical and emotional responses may help. Read more from Change to Chill [here](#).
- What do you have to be grateful for? As the end of the year approaches, we encourage you to reflect on the positives from the year. This [short exercise](#) can help get you started.

There is often a sense of pressure to be extra happy and excited during the holiday season, which can make it difficult to speak up if you feel differently. Know that you are not alone in your emotions, and it is valid to feel however you do. No matter if or how you celebrate holidays, find time to take care of yourself. Mental health is just as important during the holiday season as it is any other time.

Self-Care During the Holidays

The holidays can be one of the most stressful times of year. Check out Change to Chill for tips on how to prioritize self-care this holiday season.





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 th 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 th @ The Community Table at scheduled time	Email outreach@thecomcommunitytable.org 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 th at 5 p.m.
Hope Gospel Mission 2650 Mercantile Drive	Thanksgiving Lunch	November 24 th 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 th 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 th 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 th 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 rd <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 th <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 toys@familypromisecv.org	Application required. Can be picked up at site or printed from Family Promise website: www.familypromisecv.org Identification for all family members & proof of residency required in application process.



**HELP UPGRADE THE ROOSEVELT
NEIGHBORHOOD PLAYGROUND WITH
THE PURCHASE OF A \$30 TEE.**

IF WE SELL ALL 1000 T SHIRTS WE WILL RAISE \$30,000 AND HIT OUR PHASE 1 GOAL.

**100% OF SALES WILL BE DONATED &
ALL ORDERS RECEIVE FREE SHIPPING!**

PLEASE SHARE WITH FAMILY AND KEEP AN EYE OUT FOR SOCIAL MEDIA TO SHARE AS WELL.

**ONLY 1000 AVAILABLE. SHOP WHILE
SUPPLIES LAST OR THROUGH 12/31
AT PTXGIVES.COM**

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shop & learn more**

