



SOUTH
MIDDLE SCHOOL

South Middle School Newsletter

April 2nd, 2023

Quick Links

[South Middle School Website](#)

[South Middle School Facebook page](#)

[Daily Announcements](#)

[Community Events and Resources](#)

[Breakfast and Lunch Menus](#)

Upcoming Events

April 3rd- South Falcon Advisory Council (Parent group) Meeting 6pm Room 117

April 6th- Bring in snacks for Forward Testing

April 6th Band 7:00 Concert 7:00 pm

April 7th- School Closed

April 10th School Closed

SMS Falcon Character Theme

Community THE SPIRIT OF GIVING BACK *Get it DONE!* ~April~ *make a MARK.* VOLUNTEER

Community *TO DO:* *think BIG!*

Support one another; Volunteer your time or resources; Trust others; Work as a team; Give with a purpose; Work towards a common goal

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.**

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.

Food & Nutrition Workers Needed!

Are you or is someone you know looking for a job with daytime hours only? Weekends and Holidays off? Summer break, winter break, and spring break off and the ability to earn some extra income while still being home with your school age children? If yes, please consider applying to the Eau Claire Area School District Food and Nutrition program as a substitute or regular employee! Some positions are benefit eligible. Food service experience preferred, but not required. Interested candidates should submit an online application. For open positions and application instructions visit our Employment Opportunities section at <http://www.ecasd.us/District/Departments/Human-Resources/Employment-Opportunities>. Please contact Josh Guckenberger, Food and Nutrition Director, at 715-852-3021, with questions.





Summer Programs 2023



Program Guide release date, February 20, 2023
[https://www.ecasd.us/District/Departments/Teaching-and-Learning/Summer-Programs-\(1\)](https://www.ecasd.us/District/Departments/Teaching-and-Learning/Summer-Programs-(1))

Summer Programs

Summer Programs Registration Reminder

Don't forget to register students for ECASD Summer Programs by April 17. Students must be registered for classes by April 17 to secure busing. If you qualify for busing during the school year, you qualify for busing during the summer. All elementary students who register for summer programming and who qualify for busing during the school year will automatically be registered for summer busing. All middle and high school families who have students registered for summer classes will receive a phone call to confirm busing in April & May. There will also be free breakfast and lunch at all schools.

Thank you!

Thank you to everyone that has signed up to bring snacks for Forward testing. You can still sign up [here](#) if you would like to donate. Please bring all snacks to the attendance office by **Thursday, April 6th**.



Share Promote Partner

South Middle School - Share Night

Dine-In | Drive Thru | Online | Curbside

Tuesday, April 25th

Portion of ALL Sales

from 4pm to 7pm

donated to: South Middle School

Culver's of Eau Claire – Golf Road



Check out the ECASD Family Services page to find helpful ECASD and community resources.

WWW.ECASD.US/FAMILYSERVICES

Open Enrollment Begins February 6

What is Public School Open Enrollment?

Wisconsin's inter-district public school open enrollment program allows students and families who don't live in our district to open enroll into the Eau Claire Area School District.

Who May Participate?

Wisconsin residents in grades K-12 may apply to participate in open enrollment. Students in pre-kindergarten may participate in limited circumstances; parents should call the Executive Director of Administration's Office at 715-852-3003 to find out if their preschool-aged children qualify.

How and When May Parents Apply?

The regular open enrollment application window will be February 6, 2023, through April 28, 2023, for the 2023-2024 school year. Parents may submit online applications beginning February 6, 2023, at the Wisconsin Department of Instruction website at <https://dpi.wi.gov/open-enrollment>. Please call 715-852-3003 or email districtadministration@ecasd.us for more information.

Have you moved out of the district during the 2022-2023 school year?

If so, you must apply for a Tuition Waiver to continue attending the Eau Claire Area School District for the remainder of the 2022-2023 school year. Contact the Executive Director of Administration's Office at 715-852-3003 or email districtadministration@ecasd.us for an application.

Students Currently Attending the ECASD Through a Tuition Waiver

Students who have moved outside of the district during the 2022-2023 school year and are currently attending school under a Tuition Waiver must apply for open enrollment during the regular application window, February 6, 2023, through April 28, 2023, to continue attending during the 2023-2024 school year.

Current Open Enrollment Students

Students currently attending the Eau Claire Area School District under the open enrollment law do not need to reapply.

Other Information

Students that move into the district after January 2023 and anticipate moving out of the district before the 2023-2024 school year will not be eligible for a Tuition Waiver. Students must apply for open enrollment during either the regular open enrollment or alternative open enrollment period to be eligible to attend the Eau Claire Area School District during the 2023-2024 school year.

School Placement

By completing an open enrollment application, you are applying to attend the Eau Claire Area School District. You can indicate which school your child would prefer to attend; however, the district will determine placement based on space availability.

Questions?

If you have any questions about open enrollment or the application process, please contact the Executive Director of Administration's Office at 715-852-3003 or email districtadministration@ecasd.us.

In the Classroom



Spanish

Ms. Strayer's 8th grade Spanish classes are learning about food. They had a fun week before break making guacamole, quesadillas, and elotes.



Math

7th grade math students are working on measuring distance rate and time with wind-up toys.

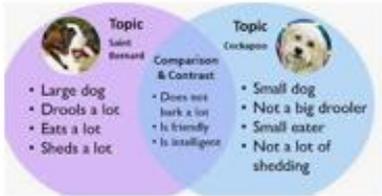
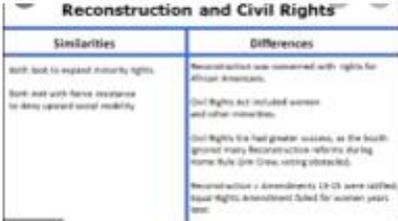
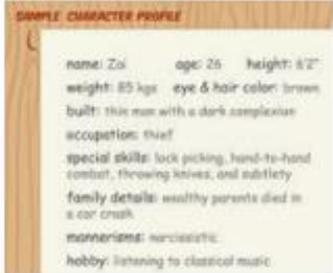
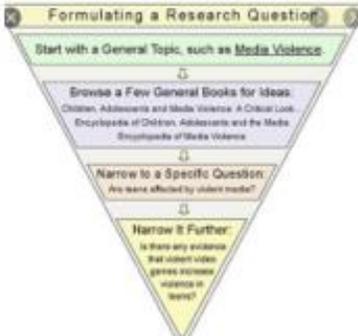
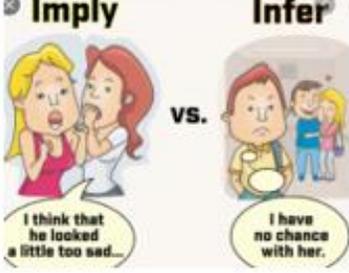


March Madness



We had a great 3rd quarter celebration with a March Madness layup competition.

Please remind your students of the importance of Power Words and how understanding the words will positively affect their test scores!

| | | |
|--|---|---|
| <p>Analyze:</p> <ul style="list-style-type: none"> Examine carefully Look at it closely Interpret details  | <p>Cite:</p> <ul style="list-style-type: none"> To “quote” (book, author, passage) To mention in support, proof, or confirmation  | <p>Compare:</p> <ul style="list-style-type: none"> Tell <u>all</u> the <u>ways</u> topics, objects, people, etc. are the <u>same</u>  |
| <p>Contrast:</p> <ul style="list-style-type: none"> Tell <u>all</u> the <u>ways</u> topics, objects, people, etc. are <u>different</u>  | <p>Describe:</p> <ul style="list-style-type: none"> Tell me about it Give details Paint a picture with words  | <p>Explain:</p> <ul style="list-style-type: none"> Tell me the steps To make something clear or easy to understand by describing it in detail giving information about the topic  |
| <p>Evaluate:</p> <ul style="list-style-type: none"> Form opinions Make judgements Develop ideas from text Tell the good and the bad  | <p>Formulate:</p> <ul style="list-style-type: none"> Create Put together Devise or develop  | <p>Infer:</p> <ul style="list-style-type: none"> *to draw a conclusion about topic, person, event based on evidence in text *Look at the clues, use background knowledge & experience *Read between the lines  |

Predict:

- Make an educated (smart) guess
- Hypothesize



Summarize:

- Tell the “main idea” & supporting details
- Tell the beginning, middle, and end

SUMmarize It
Shorter than the text
Use your own words
Main ideas only 

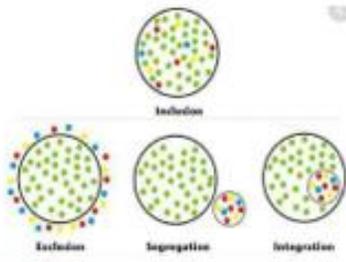
Support/Evidence:

- Back up the information
- Prove
- Provide evidence

| EVIDENCE OF THE MAIN IDEA | | |
|---|--|---|
| TOPIC | MAIN IDEA | DETAILS |
| Who or what the reading passage is about. | The most important point the author is making about the topic. | The specific words & sentences that are repeated in the text. |

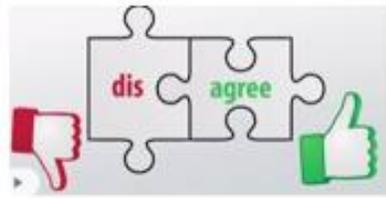
Integrate:

- Top combine or incorporate parts of text together into a whole
- To unite



Determine:

- To come to a decision or resolution
- To decide on an answer or solution



Define:

- To show or describe someone or something clearly and completely

define [dih-fahyn] [SHOW IPA](#) 

[SEE SYNONYMS FOR DEFINE ON THE SAURUS.COM](#)

verb (used with object), **de-fined**, **de-fin-ing**.

- 1 to state or set forth the meaning of (a word, phrase, etc.):
They disagreed on how to define "liberal."
- 2 to explain or identify the nature or essential qualities of; describe:
to define judicial functions
- 3 to fix or lay down clearly and definitely; specify distinctly:
to define one's responsibilities
- 4 to determine or fix the boundaries or extent of:
to define property with stakes

Counseling Corner



WISCONSIN DEPARTMENT OF Public Instruction

How to Help a Child with Test Anxiety



What is Test Anxiety?

Test anxiety is actually a type of performance anxiety. Performance anxiety is when a person feels worried about how they will do on something, especially when they feel it is important. For instance, a child might feel performance anxiety when trying out for the school band or for the basketball team.

When taking a test, your child might feel "butterflies," a stomachache, or a headache. Some kids may feel shaky, sweaty, or feel their heart beating quickly as they wait for the test to start.

Just about everyone — adults and kids — feel some anxiety before a test. In fact, a small dose of anxiety can be helpful, keeping people sharp and focused. But when symptoms take over so that your child can't function or is so anxious that they feel sick, they may not be able to do their best.

Why Continue to Give Tests?

If teachers know that students get stressed out about tests, why do they still give them? Believe it or not, both teachers and students benefit from tests. Tests measure how well students are learning the skills and information their teachers have been teaching them. And tests of all different sorts are a part of life — from the driving test your child will take one day to the test they will take if they decide to be a doctor.

What Makes Anxiety Happen?

Anxiety is a feeling a person gets when expecting something stressful to happen. When under stress, the body releases the hormone adrenaline, which prepares it for danger. Adrenaline causes the physical symptoms, such as sweating, a pounding heart, and rapid breathing. These symptoms can be mild or intense.

Focusing on the bad things that could happen can make your child feel worried. Your child might think, "What if the test is too hard?" A thought like this does not leave much room in their mind to concentrate on remembering the answers to the test questions. A child with test anxiety can also stress out about the

physical reaction and think things like "What if I throw up?" This thought can cause your child to become even more upset, making their anxiety even stronger. Now, your child feels worse and is even more distracted and unable to concentrate.

What Can You Do?

- **Talk to your Child.** Just talking to someone about their anxiety can make them feel better. Have them describe what happens to you when they are taking a test and try to help you figure out some solutions. For instance, learning study skills can boost your test-day confidence, or a positive attitude going in will change their perspective about the test and allow them to think clearer.
- **Help them to Prepare for the Test.** Talk to them about paying attention in class, doing their homework, studying for the test. Using practice tests and sample test questions if available. On test day, they are more likely to feel calm if they feel like they know what to expect.
- **Train them to Expect the Best.** Teach them to think positively. Have them say to themselves, "I studied and I'm ready to do my best."
- **Focus on Blocking Bad Thoughts.** Teach them to watch out for any negative messages they might be sending themselves about the test ("I'm no good at taking tests" or "I'm going to freak out"). These thoughts can make anxiety worse and make it harder your child to do well on the test.
- **Help them Accept Mistakes.** Assure them that everyone makes mistakes and that is alright.
- **Teach them to Breathe Better.** Help your child learn breathing exercises that can help calm them down. Here's how to do it: **inhale** (breathe in) slowly and deeply through your nose, and then **exhale** (breathe out) slowly through your mouth. Have your child do this two to four times before a test or when they start to feel anxious and they may find they it calming.



Tony Evers · State Superintendent

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News from our School Based Mental Health Coordinator

April is National Stress Awareness Month to raise awareness of the negative impact of stress. Here are a few ideas on how to de-stress.

Learn more about our School Based Mental Health program at <https://go.ecasd.us/schoolmentalhealth> or by contacting Sami Behnke at sbehnke@ecasd.us.

HOW TO DE-STRESS IN AN HOUR OR LESS

| | |
|-----------------------|--------------------------|
| DO SOMETHING RELAXING | SHORTEN YOUR TO-DO LIST |
| LISTEN TO MUSIC | RECREATE THE SPA AT HOME |
| BREAK A SWEAT | READ A BOOK |
| MEDITATE | PLAY A GAME |
| GET A MASSAGE | CLEAN SOMETHING |
| DO SOMETHING NICE | CONNECT WITH NATURE |
| GO FOR A DRIVE | TAKE A SHOWER |
| TALK IT OUT | WRITE STUFF DOWN |
| RETAIL THERAPY | STRETCH |
| PLAN A VACATION | WATCH A TV SHOW |
| WATCH A FUNNY VIDEO | LOOK AT THE STARS |
| TAKE A NAP | STAY OFF OF SOCIAL MEDIA |
| CREATE SOMETHING | LEARN SOMETHING |
| EAT SOMETHING | DO SOMETHING OUTSIDE |
| HUG A DOG OR CAT | BE GRATEFUL |



Family Services

AFTER HOURS



Administration Building
500 Main Street

March 27th
April 3rd & 17th
May 1st & 15th
5pm - 7pm

We help ECASD families access school and community resources.

Questions?
Email familyservices@ecasd.us or call (715) 852-3000

Yog koj xav tau lus neeg hmoob tehaib daim ntawv no ua lus hmoob rau koj los yog koj mus lus mug txog daim ntawv no, hu rau Bha (715) 852-6764
Si desea que alguien traduzca esta carta en español o tiene una pregunta sobre esta carta, llame a Kresly Rodriguez Martínez al (715) 852-6246