



# TRAILBLAZER NEWS

February 2025

MARCUS WHITMAN MIDDLE SCHOOL

## Student Store News

The "All You Need Is Love" Social is Friday February 14, from 3-4pm. Tickets go on sale Friday January 31. They are \$5, \$4 w/ ASB, & \$6 the day of. Sales close at 1pm Friday 2/14, so don't wait! Avoid the line, buy online!

<https://wa-southkitsap.intouchrecepting.com/>

ASB is looking for parent volunteers to help supervise. Volunteers need to turn in an application to the main office. They are good for 2 years!

Yearbook pre-orders are now available. We sold out last year so don't wait, order yours online today! \$35, \$30 w/ ASB. <https://wa-southkitsap.intouchrecepting.com/>

*Yearbooks are on sale at the student store. Order early to get yours at a lower cost.*

- **\*\*Pre-sale Prices\*\*** (until April 30, 2025):

- **\*\*With ASB\*\***: \$30.00
- **\*\*Without ASB\*\***: \$35.00

- **\*\*Prices after April 30, 2025\*\*** (starting May 01, 2025):

- **\*\*With ASB\*\***: \$40.00
- **\*\*Without ASB\*\***: \$45.00

## The Sleep Your Middle Schooler Needs to Thrive

As preteens and young teens navigate the whirlwind of middle school, friendships, and growing responsibilities, one key ingredient for their success often goes overlooked: sleep. Experts agree that 11-14-year-olds need between 8 to 10 hours of sleep each night to function at their best. Yet, many adolescents fall short of this goal due to busy schedules, screen time, and changing sleep patterns. Ensuring they get enough rest is a simple but powerful way to boost their physical, emotional, and academic well-being. Research supports the importance of sleep for this age group. A study published in *The Journal of Adolescent Health* found that teens who consistently got 9 or more hours of sleep scored higher on tests and had better memory recall. Similarly, a report in *Pediatrics* revealed that adequate sleep in adolescents was linked to improved emotional regulation and reduced rates of anxiety and depression. Finally, the *American Academy of Sleep Medicine* emphasized the role of sleep in growth and physical health, noting that much of a young teen's growth hormone is released during deep sleep. These findings highlight how essential sleep is for every aspect of a young person's development.

Parents and caregivers can play a loving role in creating a sleep-friendly environment. Encourage consistent bedtime routines, limit screen time before bed, and help your teen understand how sleep fuels their dreams—both figuratively and literally. Celebrate their wins in sticking to good sleep habits and remind them that rest isn't just a necessity; it's a gift they give themselves. With the right amount of sleep, 11-14-year-olds can wake up ready to conquer their days with energy, joy, and confidence.



## Volunteer Opportunities

Your student may become more independent at the Middle School level, however, there are still volunteer opportunities as:

Tutoring students/Assisting the teacher  
Band/Choir/Orchestra Assistant  
Help with Student Events  
Fieldtrip Chaperones  
Teacher Appreciation events

**Volunteer applications are available in the Main office and are required to be in place before volunteering.** Applications will be sent to the District Office for processing.

District Contact: Amy Miller at [Millera@skschools.org](mailto:Millera@skschools.org) (360) 874-7005.



such

Is your family information up to date? This information is important for us to have as accurate as possible. This is what we use to contact home if your student is ill or injured. Your student's safety is important to us. Please take a few minutes to look in Skyward to ensure everything is accurate. If you need to make changes, contact the school and we will get it taken care of.

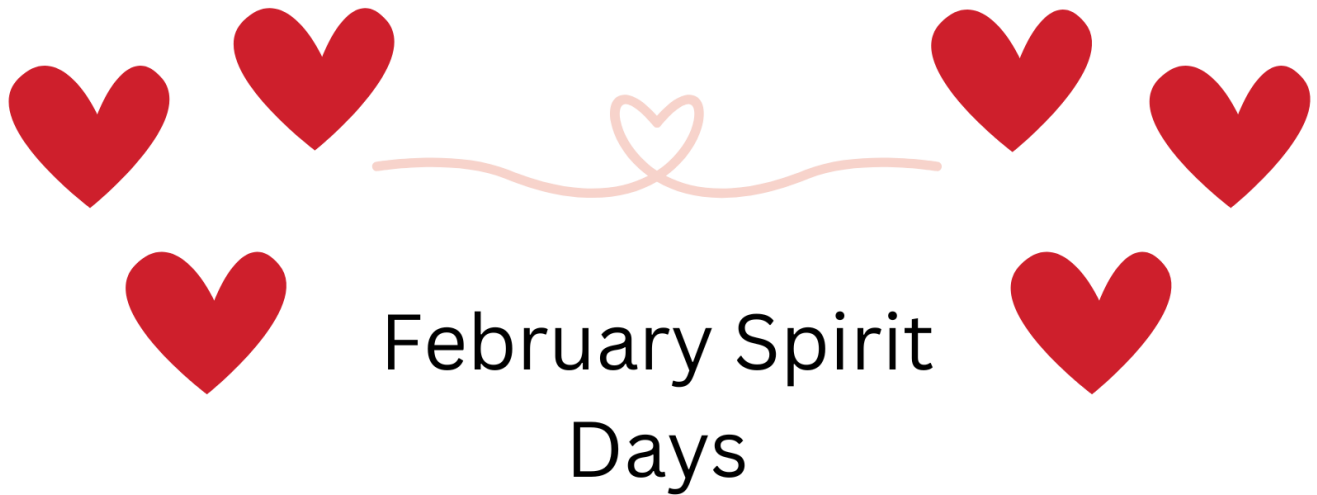


### **Second Semester Success Tips for Parents**

Help your child have a great school year. These ten tips are sure to put your child on the path to success for 2nd semester and beyond.

1. **Make attendance a priority.** Attendance is the #1 school success factor. Make sure your child is in school, on time, every day.
2. **Help your child stay on track.** Encourage your child to use a planner to write down assignments, tests, quizzes, and anything else they need to remember.
3. **Encourage Organization.** Remind your child to put all papers in the appropriate folder or binder - never stuck inside books or stuffed into a backpack.
4. **Be involved.** Participate in school programs and events, such as open houses and conferences, and regularly check your school's website for updates.
5. **Monitor homework.** Be interested and supportive, but insist that your child be responsible for keeping track of and completing their own homework assignments.
6. **Monitor progress.** Talk about how school is going and make sure that you see all interim/midterm reports and report cards. If grades are posted online, check them regularly.
7. **Build self-esteem.** Students with a positive self-image are less influenced by peer pressure. Help your child find something they are good at and enjoy.
8. **Provide Support.** Be interested in what your child is doing, have family activities, and give your child lots of support and love.
9. **Set limits.** Have rules and base the amount of freedom your child is given on how responsible they are.
10. **Communicate with your child.** Be available to listen when your child wants to talk. Find times when they are most likely to be open to conversation — like right after school or while getting ready for bed.





## February Spirit Days

**Friday, 2/7 - Wear Red**

**Monday, 2/10 - Hearts Galore - Wear as many  
hearts as you can.**

**Tuesday, 2/11 - Valentines Day Crazy Hair**

**Wednesday, 2/12 - Famous Couples**

**Thursday, 2/13 - Spread Kindness - Write a  
note, hold open a door, etc.**

**Friday, 2/14 - Dress to Impress**

**Friday, 2/28 - Culture Day - Wear the colors of  
your culture. For example, your flag.**

## State Testing Dates & Information

Below you will find the testing schedule for our required state testing. All students will be participating in the Smarter Balanced Assessment for Math and ELA (see detailed schedule below). Our eighth graders will also be taking the Washington Comprehensive Assessment for Science (WCAS) during their 1<sup>st</sup> and 2<sup>nd</sup> period classes on May 6<sup>th</sup>.

<b>Tuesday May 6</b>	<b>Wednesday May 7</b>	<b>Thursday May 8</b>
8th WCAS 8th Grade Only (1st/2nd Period)		ELA CAT (2 Hour) Overflow
<b>Tuesday May 13</b>	<b>Wednesday May 14</b>	<b>Thursday May 15</b>
ELA PT (2 Hour) Overflow		Math PT (1 hour) Overflow
<b>Tuesday May. 20</b>	<b>Wednesday May. 21</b>	<b>Thursday May. 22</b>
Math CAT (2 Hour) Overflow		

WCAS=Washington Comprehensive  
Assessment of Science  
CAT=Computer Adaptive Test

PT=Performance Task

If your student is absent on the day of testing, we will have them make up the test prior to the end of the testing window. If you know you will be gone multiple days, then please email Mrs. Chang the dates, so she can arrange an alternate testing time, if necessary.

**To help your student perform their best, please make sure they are well rested and eat a healthy breakfast. They will need to come prepared with a charged Chromebook and wired headphones. A good pep talk never hurts!**

If you have any questions regarding testing, you may reach out to Mrs. Chang at 360-874-6175 or via email at [chang@skschools.org](mailto:chang@skschools.org).

### **May 8<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup>** **Special Bell Schedule**

Testing Block: 8:10am to 10:10am  
Periods 1 to 6: 10:15am to 2:45pm  
Lunch Times:

6th: 10:55-11:25  
7th: 11:35-12:05  
8th: 12:15 –12:45

### **May 15<sup>th</sup>** **Special Bell Schedule**

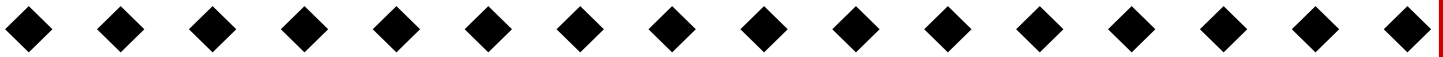
Testing Block: 8:10am to 9:10am  
Periods 1 to 6: 9:15am to 2:45pm  
Lunch Times:

6th: 10:55-11:25  
7th: 11:45-12:15  
8th: 12:35 –1:05

## Wrestling Match Schedule

All games start at 4:00 pm

DATE	OPPONENT	PLACE
Feb 11	Sedgwick	Sedgwick
Feb 12	Hawkins	Marcus
Feb 25	Curtis	Curtis
Feb 27	Ridgetop	Ridgetop
Mar 3	Poulsbo	Marcus
Mar 8	JV Tournament	Fairview
Mar 15	WSMSL Finals	SKHS



## Girls Basketball Game Schedule

All games start at 3:30 pm

Date	Opponent	Place
Feb 13	Mt. View	Marcus
Feb 25	Hawkins	Marcus
Feb 27	Curtis	Marcus
Mar 3	Mt. View	Mt. View
Mar 6	Sedgwick—JV	Sedgwick
Mar 6	Sedgwick—Varsity	SKHS
Mar 10	Cedar	Cedar
Mar 12	Hawkins	Hawkins
Mar 13	Sedgwick	Sedgwick



Attention 8th Graders!

## SAVE THE DATE

INCOMING FRESHMAN INFORMATION NIGHT

**CLASS of 2029** You have some important decisions to make very soon...

We invite you to the high school on **Tuesday, February 11th** to see presentations, meet the Class of 2029 team, visit with teachers, students, coaches and club members to ask questions and find out what career pathway and activities you are going to **Fiercely Commit** to for the next 4 years.

LAST NAME A-K: Presentation 5:30-6:00pm in the theatre

LAST NAME L-Z: Presentation 6:15- 6:45pm in the theatre

Teachers, Coaches and Club representatives in the commons: 5:30-7:00pm

Course Registration

for Fall 2025



Counselors visit Marcus Whitman

Friday, Feb 7



Counselors visit John Sedgwick

Monday, Feb 10



Counselors visit Cedar Heights

Tuesday, Feb 11

Connect with us!



WEBSITE:

[skhs.sksschools.org](http://skhs.sksschools.org)



[facebook.com/SKHSWolves](https://facebook.com/SKHSWolves)

[@SouthKitsapHigh](https://www.instagram.com/SouthKitsapHigh)

## Math News

We are approaching the 100<sup>th</sup> day of school! (February 6<sup>th</sup>). Try this sum to 100 math activity with your student.

Here is a grid of four boxes. You must choose four **different** digits from 1 – 9 and put one in each box.


For example,

5	2
1	9

This gives four two-digit numbers: (52, 19, 51, 29). In this case, their sum is 151.

Try a few examples of your own. Is there a quick way to tell if the total is going to be odd or even?

**Your challenge is to find four different digits that give four two-digit numbers which add to a total of 100!**

*How many ways can you find of doing it?*

What mathematical habits did you use to help you process the task? Check out the Mathematical Habits of Mind and Interaction [here](#)! Check out the [MW Math Website](#) for resources to support your student located in the quick links section of the Marcus Whitman website.



# After School Clubs

**The Allies GSA Club:** The Allies GSA Club is a group where students can connect, share their experiences, support one another, and be great allies for members of the Marcus LGBTQ+ community. Whether you are an LGBTQ+ student, a friend, or member of a queer family, you will find a welcoming home here. GSA meets every Tuesday after school until . A permission slip signed by student and parent must be submitted before participation. You can get a permission slip from the Main Office.

**Weight Lifting Club** will be meeting Tuesday and Thursday in the Weight Room. Time is from 2:50 pm to 3:50. This club is for students interested in learning how to lift weights for personal fitness or maybe getting ready for a sport. Permission slips are at the main office. Advisors Mr. Zappey and Mr. Dan

**Unified Club!** Where Students Belong! This club is a space for students of all backgrounds to come together and feel like they have a voice and belong. Along with meeting new friends, games, snacks, and activities, that help students grow and build a sense of community with sports and activities. We meet every Wednesday from 2:50—3:50 pm.

**STEM Club—TSA** is the perfect club for middle school students who love to explore, build, and compete! In TSA, you learn hands-on skills in areas like robotics, engineering, and design, while also developing teamwork and leadership abilities. TSA meets Thursday in Room 112 (Woodshop) from 2:45—3:45. Permission slips are at the main office.

**D & D Club** - In this club, students will run and play weekly games of D&D. Experienced players and newbies are all welcome! Club will meet Mondays, 2:45—3:55.

**POKEMON Club** - If you love Pokemon, this is the club for you. We talk Pokemon, trade Pokemon and catch them all. Meet Wednesdays from 2:50—3:50. Be sure you have submitted your permission slip before you attend.

**DRAMA TEAM** - Be a part of the spring musical and other acting performances. We meet the 4th Tuesday of each month from 2:50—3:30 and more often during performance season.

**Running Club:** Running club will begin on November 4, 2:50 to 4:00 in room 108. This club will be meeting once a week to explore good running habits, learn to stretch and warm up correctly and to do onsite and off site running. All are welcome, even those who may not be able to run YET! Great way to stay in shape and learn good stretching and warm up practices.

## Non-Discrimination Statement

The South Kitsap School District provides equal educational and employment opportunity without regard to race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation – including gender expression or identity, marital status, or the presence of any sensory, mental, or physical disability, the use of a trained dog guide or service animal by a person with a disability. Equal access to activities, facilities and program is provided to the Boy Scouts of America and other designated youth groups. District procedure complies with all applicable state and federal laws.

The Title IX Officer, Section 504 Coordinator, and Gender Inclusivity Officer with the responsibility for monitoring, auditing, and ensuring compliance with this policy are:

Compliance/ADA/Title IX Coordinator:

Will Sarett,

Executive Director of Human Resources

2689 Hoover Avenue SE, Port Orchard, WA 98366

360-874-7071

[sarett@skschools.org](mailto:sarett@skschools.org)

Section 504 Coordinator:

Tiffany Buckley,

Assistant Director of Health Services

2689 Hoover Avenue SE, Port Orchard, WA 98366

360-443-3763,

[buckley@skschools.org](mailto:buckley@skschools.org)

Gender Inclusivity Compliance Officer:

Dr. Tom Edwards,

Assistant Superintendent for Student Achievement

2689 Hoover Ave SE, Port Orchard, WA 98366

360-874-7003

[edwards@skschools.org](mailto:edwards@skschools.org)

