



Mears Middle School

Panther Pride

Respect, Responsibility, Creativity and Academic Excellence

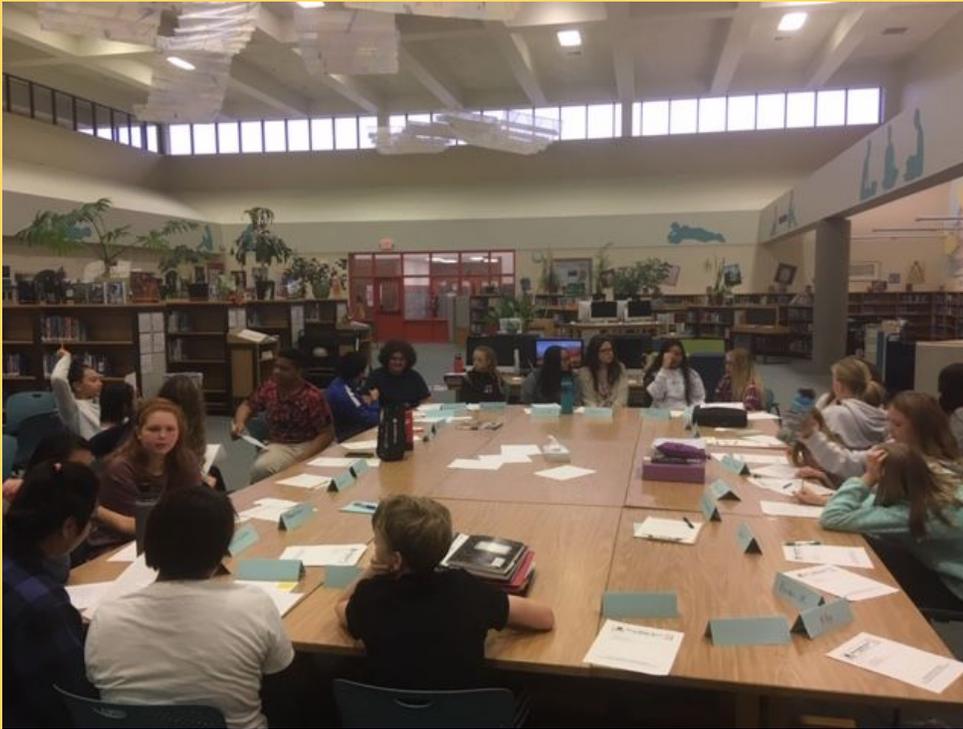
Friday, September 27, 2019

Global Perspective



Seventh graders in Ms. Janie Kluber's social studies classes have recently completed the "Tear the Continents" project. Students were given the opportunity to prepare for this hands-on activity by studying the map of the globe. Afterward, they had two days in class to create a world map from memory using just butcher paper and glue. Students used teamwork, communication and memory to complete the challenge.

Student Advisory Board Meets



A group of thirty-two seventh and eighth graders were recently selected to participate on Mears' Student Advisory Board for the 2019-20 school year. The group met for the first time this week and discussed the qualities of good and effective leaders. The Student Advisory Board will assist in school improvement efforts throughout the year.

Spike Ball Competition



Students in Mr. Dennis Sorensen's PE class enjoyed a competitive round of spike ball this week. As the cold weather moves in, more PE activities will be brought indoors.

Building Empathy Online



Mears Language Arts teacher, Mr. Doug Williams, led a small group discussion on Tuesday night at the Mears/PTSA Digital Citizenship and Safety Family Night. One of five small group discussions, Williams facilitated an activity focused on building empathy using social media. Mears/PTSA's next community event, which will focus on Anti-Bullying, is scheduled for Wednesday, Oct. 30, at 6:30pm. All members of the Mears community are encouraged to attend.

Teamwork



Mears' teacher teams are fully engaged in collaborative work to support student success. Here is Team Echo working together to review student schedules, academic and attendance data.

Stay Informed/Get Involved

Mears Teachers and Staff

Thursday Oct 10 - Staff Meeting - 3pm

Mears Parents and Guardians

Thursday, Sep 26 - Washington DC Trip Informational Meeting - 6:30pm, Mears Library

Wednesday, Oct 2 - Cross country Running Meet @ Kincaid - 5pm

- Girls Basketball - JV & V @ Romig - 6pm

Monday, Oct 7 - Wrestling BEGINS 3pm-4:30pm

- Girls Basketball Tournament TBA

Thursday, Oct 10 - Cross Country Running Championships @ Kincaid - 1:30am

- Girls Basketball Tournament TBA

Saturday, Oct 12 - Tomo Na Kai Fall Family Dinner - 6:30pm Mears MPR

Note: All after school sports will begin at 5:00 pm due to bussing constraints.

Important Announcement: Come Learn About our Nation's History in Washington DC this Spring



Highlights for this year's trip includes visits to the Library of Congress, US Supreme Court, the Smithsonian Museums, Arlington Cemetery, Mount Vernon, Gettysburg National Park, Hershey Park, Independence Hall, the Liberty Bell and the Philadelphia Museum of Art (Rocky Steps).

Mears teachers Mr. Jason MacDonald and Ms. Courtney Spann will lead an educational trip to our nation's capital, Washington DC, March 3-11, 2020.

Anyone interested in the trip is invited to attend a special informational presentation tonight, September 26, beginning at 6:30pm in Mears Library. Applications are now available in Mears front office. This exciting trip will be organized by *Alaskan Student Travel and Consulting*, owned by former Mears Principal, Mr. Mike Perkins, who will serve as a guide in DC.

Get Your Flu Shot on Oct. 1st

FLU SHOTS



Join us for a **NO COST** flu shot clinic at:

Mears Middle School

Tuesday - Oct 1st

1:45pm - 5:00pm

- Open to anyone ages 6 months and older.
- No insurance required.
- Parent or guardian consent required for ages 17 and under.
- Contact the school nurse with any questions.



Anchorage School District
Educating All Students for Success in Life



Anchorage
Health
Department

⇐ Backman Recommends ⇒

The New Normal: How Devices Affect Daily Life

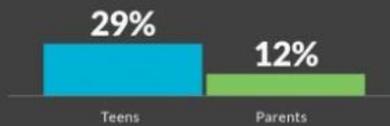
Parents and teens share their experiences dealing with phones and tablets



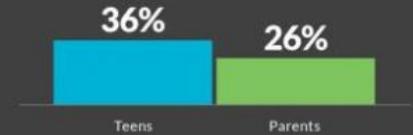
Screens and sleep

Lots of people check their phones during the night.

Percent of parents and teens who sleep with a mobile device in bed:



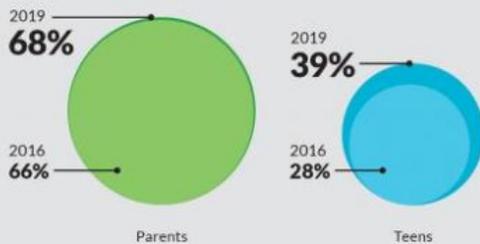
Percent of parents and teens who wake up to check their mobile device at least once during the night:



Mom! Are you listening to me?

More teens wish their parents would get off their devices than in 2016.

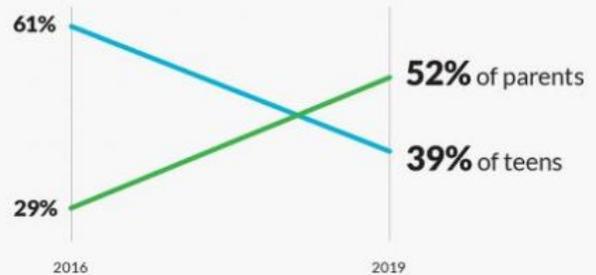
Percent of parents and teens who believe the other spends "too much" time on their mobile device:



Who cares about screen time?

Parents are far more concerned about the time they spend on mobile devices than they were in 2016. **Teens?** Not so much.

Percent of parents and teens who think they spend "too much" time on their devices:



The New Normal: Parents, Teens, Screens and Sleep

Mears Parents and Community Members,

Thanks to all who attended this week's Digital Citizenship and Safety Family Night, sponsored by Mears PTSA. I have included a link to an interesting article published by Common Sense Media about new research related to teens' and parents' daily screen time. The article is one of many on the Common Sense website that is worth reading. --Eric



Mears Middle School Anchorage, AK

PTSA

Thanks to all the parents and students who attended this week's Digital Citizenship and Safety Family Night. The event was the first in a series of community events this year designed to educate and to build the Mears community to better support our students.

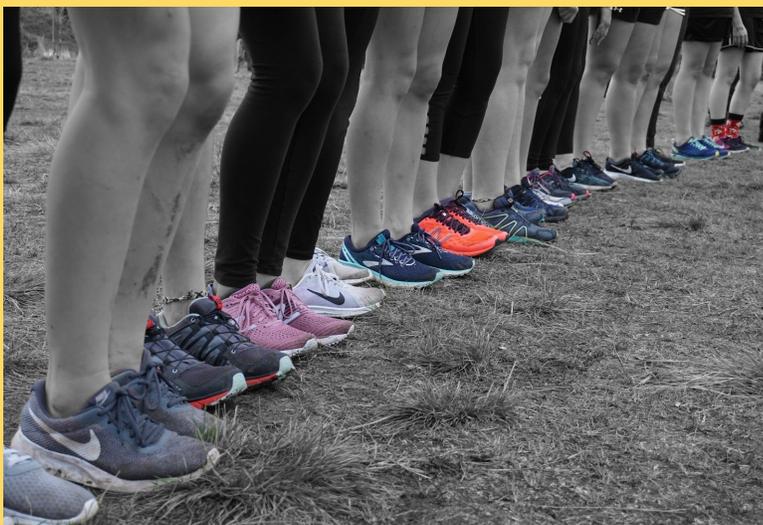
The next event is scheduled for Wednesday, Oct. 30, at 6:30pm and will focus on Anti-Bullying. Please mark your calendars for this important community gathering.

VOLUNTEERS NEEDED

If you're interested email us volunteercoordinator@mearsptsa.com

4th Annual Holiday Bazaar is November 2.

Do you, your spouse or your child have a business and would like to reserve a booth? To reserve a spot visit www.mearsptsa.com (click on the Holiday Bazaar image). We would love to see food trucks, games, student entrepreneurs, hand crafted items, musical performances, dance performances, Santa Claus, Photo Booth. Does this sound like something you would like to do?



Photograph by Ms. Holly Roberts, Social Studies Teacher and Cross Country Coach

Mears Middle School Mission

Through teamwork and cooperation, all students become partners in their own educational progress, fostering self-respect, responsibility and integrity.

[Mears Middle School Website](#)