



“Every Knight Needs their Armor”



Come One, Come All!

The Knights Knook clothing closet is open! All items in the store are free if a student needs it.

Currently, we have the following items are available:

- Toothbrushes
- Toothpaste
- Deodorant
- Shampoo
- Conditioner
- Body wash/soap
- Backpacks
- Shoes
- Miscellaneous Toiletries
- Shirts
- Pants/shorts
- Coats/jackets
- Hats
- Accessories

Accessing the Store

Students can find the Knights Knook order form on Classlink. Someone will contact the student ASAP to hopefully get you what they need!

The student can also talk to any trusted adult in the building and they will get a hold of Ms.Woods.



Orchard Mesa Middle School Newsletter

Principal: Danny.Medved@d51schools.org

(970) 254-6320

2736 C Rd, Grand Junction, CO 81503

Dear Orchard Mesa Families,

We are excited to begin the second quarter at Orchard Mesa Middle School. We had a great first quarter with students and staff establishing daily routines that lead to learning, belonging and a safe and orderly learning environment. Likewise we finished the quarter strong academically with OMMS students taking time to show what they know on D51 Interim Assessments, which are completed in each of the four core content areas: Language Arts, Math, Science, and Social Studies.

Our Students' academic success is a result of teacher and student effort throughout each class and the overall school day. I want to share about two important ingredients for student academic success. First, student success in an OMMS class is defined in our GOLD lesson standard. Our amazing teachers develop their GOLD lessons to include four common and high-impact lesson elements: G: Student GREETING and entry routines, O: a rigorous standards based learning OBJECTIVE, L: student LEARNING is interactive and evident, and D: DETERMINE what students understood from the lesson. These key lesson elements are research based-based to support the learning of ALL students and are consistently planned for and implemented across all classrooms. The second student success ingredient I want to share with parents is the Guided Work Period (GWP) in our Advisory program. Each day students end their day in Advisory. One key element of Advisory is our Guided Work Period where students set goals, have 1-1 conferences with teachers, collaborate with peers, and work on course work from each class. Students who use Guided Work Period well have fewer missing assignments and are successful in classes. Please ask your student about how he or she engages in each part of a GOLD lesson and if the most is being made with the time and support of Guided Work Period.

First the quarter ended with a real finale as we upheld our long standing last day of the quarter OMMS tradition that includes an amazing school-wide end of quarter morning assembly and our student-led end-of-quarter celebration, which is full of games, snacks, a dance area, and athletic opportunities. These celebrations are an important part of our school culture and are made possible by student leaders as well as the sponsorship of two staff leaders: Mrs. Hill who leads our Cavalry student leadership groups and Mrs. Beltran who leads our student government. A huge shout out to these student groups and their sponsoring staff members.

Likewise, we have amazing leadership in our music department. In fact, in mid September Mr. Rabito was honored by the Colorado Band Masters Association with the 2024-25 Colorado Bandmaster Exemplary Band Award. If you have not already done so, I want to encourage you to attend one of our band, choir, or orchestra concerts. These productions are true models of student and staff growth and excellence.

As we begin a new quarter I want to lift up a few important topics for families to be aware of. First, you will want to check on your student's grades. You can view final grades for the first quarter in ParentVUE. Please take time to review these with your student and make connections between daily work and participation habits and the results that show up on the report card. This quarter is a fresh start, but students who were not happy with their first quarter grades need to change academic and effort habits if they want to improve and have a different outcome. Along these lines, please note that we have additional student support systems for students who have academic work completion challenges, lower grades, and attendance concerns. Please read the updates section below for more specific information in these areas and please help us make attendance and academic effort a top priority at OMMS. Please also take time to review the updates from our Counseling and AVID teams, as they are leading great work that supports the success and wellness of so many OMMS students.

As always you can reach out with questions. Thank you for partnering with us in your child's education.

Go Knights!

Respectfully,

Danny

Dr. Danny Medved
Principal
Orchard Mesa Middle School
Home of the Knights
Danny.Medved@D51schools.org



Student Fee's

There is a \$42.00 instructional fee for every student. The instructional fee covers a portion of the cost of materials that are expendable and consumable and/or items students will retain after the class, such as art supplies, computer and technology supplies, planners, and science lab supplies. Fees can be paid at the Main Office or online at MyPaymentsPlus.com.

Other Student Fees

\$100 instrument fee (Band/Orchestra Students)
 \$70 Athletic Participation (If your student is playing a sport 7th and 8th grade only)
 \$25 Yearbook (Optional)

Please reach out to Lindsey Wyser - Lindsey.Wyser@d51schools.org with any questions or concerns regarding student fees.

Attendance Reminder

All student absences must be called in by 9:00 am. If you aren't able to speak to a secretary then please leave a detailed message. Please include the student's first and last name and specific reason that your child is absent. Please notify the office within 48 hours of the absence.

Attendance Office number: 970-254-6320 ext: 38100

Thank you.

GVT Bus Passes

Our partners at Grand Valley Transit will again offer free GVT bus passes for D51 middle (need to verify middle school) and high school students this year. In order for your child to receive a free bus pass, you must first fill out a form at <https://gvt.mesacounty.us/student-pass-program/>. Everything you write on the form is completely secure and confidential. The form will be used to determine TANF eligibility, which will help GVT recoup funding and keep the program going. You or your child can pick up the bus pass (which is a sticker for their student ID) from your child's school, any Mesa County public library, GVT Downtown or West Transfer Facility.



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Attendance and Rec

In Class and Ready to Learn: Academic Support, Attendance, Tardies, and Hall Passes

REC Academic Supports: Any student who had a 1 or less for their quarterly grade in a class is strongly encouraged to participate in the REC (Riverside Education Center) after school program. The completely free REC program includes tutoring, a small meal, authentic crafts, and daily exercise. REC also provides student transportation back home. Please reach out to your student's Advisor if you want help with a referral to REC. You can also email our REC Program Coordinator, Cassie Shults, directly at cassie@rec4kids.com. Ms. Shults can help you get your student registered and rolling with the great support that REC offers.

Attendance: Students must be at school in order to learn. Missing even one day every month will result in learning gaps. Thus, the first step in success at school is attendance. This quarter and through the rest of the school year our team will be implementing attendance support. Please check your student's attendance in ParentView and set a goal to have your student have an attendance rate of 95% or better, which is the equivalent of missing one day or less of school per month. Students with an attendance rate below 80% will be placed on an attendance support plan.



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AVID

This first quarter, our AVID (Advancement Via Individual Determination) program has started out the school year with helping our students build strong academic habits through Focused Note-Taking and goal setting. Using Costa's Levels of Thinking, students are working on thinking critically to deepen their understanding of the world around them. An AVID School-wide goal for this school year is Focused Note Taking. Our goal is to have all students take notes in all of their classes. The processing, connecting, and applying their notes is also a very important aspect of this goal.

OWL

OWL is back on the books and we have two day trips reserved for Wednesday, November 5th and Thursday, November 6th. Each day offers a choice of two activities and you get to pick one! Wednesday is either Agricultural Science Investigation OR Wilderness Survival Skills. Thursday is either Archery Challenge OR Wildlife and Colorado River Investigation. We highly encourage you to sign up for both days; however, we may not be able to get you on both days this fall due to a limit of 60 students per activity. More opportunities with those same activities will be offered in the spring. The cost for each trip is \$10. Field trip forms will be made available to students before the end of the 1st quarter; they are due no later than Tuesday, October 21st.

GOUNSELOR NEWS

THIS MONTH'S FOCUS: SELF-REGULATION -
TOOLS TO KEEP YOUR COOL!

Why Self-Regulation Matters
Stay Cool • Stay Focused • Stay In Control

WHAT IS SELF-REGULATION?

Self-regulation means managing your emotions, thoughts, and actions so you can make smart choices — even when things get tough.

WHY IT'S IMPORTANT:

- | | |
|---|--|
| 1. Helps You Learn Better Focus in class Handle frustration Keep trying when it's hard | 4. Builds Confidence Feel more in control Make smart choices Bounce back from mistakes |
| 2. Lowers Stress & Anxiety Stay calm during tests Manage big feelings Keep your brain clear | 5. Helps You Make Better Decisions Pause and think Choose how to respond Avoid trouble |
| 3. Strengthens Friendships Think before reacting Use kind words Work through problems peacefully | |

REMEMBER:

Self-regulation is a skill — the more you practice, the stronger your brain becomes!

You've Got This!

Your emotions are messages — not emergencies.

Learn to listen, pause, and respond

HERE ARE SOME HELPFUL TOOLS YOU CAN TRY:

1. Name It to Tame It

Sometimes just saying what you're feeling helps calm your brain. Try:

"I'm feeling frustrated right now."

"I'm nervous about the test."

When your brain understands the emotion, it starts to relax — even if nothing has changed yet.

2. Box Breathing

A simple breathing technique to calm your body and brain:

Inhale for 4 seconds

Hold your breath for 4 seconds

Exhale for 4 seconds

Hold again for 4 seconds

Repeat 3-4 times

Try tracing a square in the air or on your desk while you breathe!

GOUNSELOR NEWS

3. The 5-4-3-2-1 Grounding Technique

Feeling overwhelmed? Try this sensory reset:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste (or your favorite taste to imagine!)

4. Music & Movement

A quick dance break, a walk, or listening to calming music can shift your mood fast.

5. Journal or Draw

Sometimes feelings are too big for words. Writing in a journal or drawing what you feel can help express those emotions safely. It's okay to be messy — no one else has to see it.

Let's Talk!

If you're struggling with big emotions or just need someone to talk to, my door is always open. Stop by the School Counseling Office or ask your teacher to set up a time to chat.

You've Got This!

Remember: Feelings aren't "bad" — they're messages. When you learn to listen and respond in healthy ways, you're in control — not your emotions.

Kids Aid

The Backpack Program

Orchard Mesa Middle School proudly partners with the Kids Aid Backpack program for any student who is in need of extra food over the weekend.

Kids Aid typically distributes 10-14 items in each bag—two to three dinner items, two to three lunch items, two to three breakfast items and some nutritious snacks. The items are selected and paired so children can easily prepare meals (e.g., canned chicken is paired with refried beans and tortillas to make burritos.)

If you would like for your student to receive a food bag on Friday please fill out the google sheet below and we will get them signed up

<https://docs.google.com/forms/d/1AfsbzJgnUccu026Yq9VDsT8oV2foaXgj5zpFzy5-z9E/edit>

Give Back to OM!



Enroll in City Market Community Rewards and earn money for OMMS every time you shop. It's easy and free to enroll! When you link your Shopper's Card, every purchase you make provides funds for our school. Plus, you'll earn fuel points at the same time. How to set up Community Rewards: 1. Create a digital account 2. Link you card to OMMS - Sign into your account - Menu - Savings - Community Rewards - Search for OMMS



Office DEPOT
OfficeMax

