

J.B. Martin Middle School

Principal ~ Sean Dwyer Asst. Principals ~ Tricia Growl, Aubrey Hagar, Chase Petit

October 2026



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Principal's Message:

Dear Cougar Nation Families,

As we move through another exciting month at J.B. Martin Middle School, I continue to be reminded of what makes our school community so special. Every day, I see students learning, growing, challenging themselves, and discovering that they are capable of more than they sometimes realize.

This month, we are continuing our focus on the 7 Mindsets theme **Everything is Possible** while pairing it with one of the core values that is so important to our school community: **Respect**.

Everything is Possible reminds our students that their current circumstances, challenges, or mistakes do not define what they can accomplish. Possibility begins with believing in yourself, setting goals, and being willing to put in the work necessary to reach them. We want our students to understand that success does not happen overnight. It is built through effort, perseverance, positive choices, and a willingness to keep moving forward.

At the same time, we are emphasizing **Respect**—because how we treat others matters. Respect is more than simply being polite. It means listening to others, valuing differences, showing kindness, taking responsibility for our actions, and recognizing that every person in our Cougar Nation has something important to contribute.

These two ideas go hand in hand. When we believe that **Everything is Possible**, we recognize the potential within ourselves and others. When we demonstrate **Respect**, we create an environment where everyone has the opportunity to reach that potential.

This month, we are also celebrating **Hispanic Heritage Month** through activities and learning opportunities across our school. This is an opportunity for our students to learn about the rich cultures, histories, traditions, accomplishments, and contributions of Hispanic and Latino people in our community, our country, and around the world. Celebrating the diversity within our school helps us better understand one another and reminds us that our differences are part of what makes Cougar Nation stronger.

As parents and families, I encourage you to continue these conversations at home. Ask your child what **Everything is Possible** means to them. Ask them how they have shown respect to someone this week. Talk about something new they have learned about another culture or tradition. Sometimes the simplest conversations can have the greatest impact.

At J.B. Martin, we want every student to believe in their potential, respect themselves and others, and understand that they have the ability to make a positive difference.

Thank you for your continued partnership and support. Together, we will continue creating a school where every student feels valued, challenged, supported, and inspired to become the best version of themselves.

Cougar Pride. Every Day! Every Way!

Sean Dwyer Principal J.B. Martin Middle School

J.B.M. Mission Statement

**Ensuring high levels of
achievement for ALL**

District Credo



Our Core Business...

Teaching and Learning

Our Focus...

Continuous Improvement

Our Commitment...

Learning for Life

www.stcharles.k12.la.us

Collective Commitments (Values/Beliefs)

In order to fulfill our fundamental purpose and become the school we describe in our vision statement, all members of the staff commit to the following:

- ✓ We will be positive, contributing members of our collaborative teams to work together to achieve our SMART goals.
- ✓ We will teach the essential standards within the agreed upon Tier 1 curriculum.
- ✓ We will monitor each student's learning on a continual basis through common, team-developed assessments.
- ✓ We will use evidence of student learning to guide our whole group, small-group, and individual instruction to accelerate and extend student learning.
- ✓ We will provide families with resources, strategies, and information to help students succeed.



PARENT'S NEED TO KNOW . . .

Important Dates:

Oct. 2– CougarFEST – Attendance Incentive

Oct. 9 – End of 1st Quarter

Oct. 9 – Parent Lunch

Oct. 12-13 – Fall Break No School

Oct. 14 – Beginning of 2nd Quarter

Oct. 15 – Kona Ice @ Lunch

Oct. 16 – Report Cards are sent home

Oct. 22 & 23 – Early Dismissal 11:55

Oct. 22 – Parent/Teacher Conferences 12:30-5:00

Oct. 23 – Parent/Teacher Conferences 12:30-3:00

Oct. 23 – Career Day

Oct. 30 – 6th Grade Carnival After School (3-5pm)

Nov. 1 – Daylight Savings Time Ends – clocks fall back 1 hour

Nov. 3 – Election Day No School

Nov. 9-13 – Fall Book Fair

Nov. 11 – Teacher PL Day (No School for Students)



Daily Schedule

All middle schools work on a four-period, 90-minutes per period class schedule. This gives our students more time in math classes, as well as some additional enrichment class time and opportunities. Students have Math and ELA every day, as well as their two enrichment classes daily. Students will follow an A or B day schedule for Science and Social Studies classes.

Monday and Wednesday – A days

Tuesday and Thursday – B days

Fridays – alternate

Upcoming Friday rotations:

Oct. 2 – A-Day

Oct. 9 – B-Day

Oct. 16 – A-Day

Oct. 23– B-Day

Oct. 30 – A-Day

Nov. 6 – B-Day

Tardy Times

Arrival Time on a regular school day is 7:40-7:50.

Arrival time after 7:50 is considered tardy and a parent must sign the scholar in at the main office.

All tardy students need a parent to sign them in at the attendance office.

Parent/Teacher Conferences

October 22 (12:30-5:00pm) and October 23 (12:30-3:00pm) are Parent/Teacher Conferences. Students will be dismissed at 11:55 on these days. It is a great idea to have your child attend conferences with you. Information on how to sign up for conferences will be sent to families.

The end of the 1st quarter is October 9. As always, you can check PowerSchool for your child's grades at any time.

Morning Drop-Off

The drop-off window is 7:40-7:50. Parents who have been dropping off in the morning have been doing a great job of helping us keep the traffic in the neighborhood to a minimum and getting the car line completed quickly. Please remember that no cars should be going into the bus circle from 7:30-8:00.

CHOIR SINGS AT FOOTBALL GAME



Homework Assistance Offered Through State Library of Louisiana

The State Library of Louisiana offers homework assistance services to parents and students at www.homeworkla.org. Homework Louisiana offers free online tutoring and academic resources from Tutor.com for Louisiana residents from kindergarten students through adult learners. Get help in math, science, social studies or English from a live tutor. The services can be accessed from a Louisiana public library, your home computer or your mobile device.



Family Tip for the Month:

Help your children with getting organized. Work with them to clean out their school bags weekly. However, don't throw the papers away. Keep a binder or folder at home. You never know if your child will need the papers later. Often times, they can use their previous work to study since skills often build on each other.

Counselors

6th Grade = Corinne Heffron(counselor) and Aubrey Hager (Assistant Principal)

7th Grade = Corinne Heffron/Jenny Vial (counselor) and Tricia Growl (Assistant Principal)

8th Grade = Jenny Vial (counselor) and Chase Petit (Assistant Principal)

If you have any questions regarding your child, don't hesitate to contact one of these individuals or your child's teacher.

Petit's Positive Pointers

The leaves are looking a little crunchy, and sometimes, we can feel a little crunchy, too. Although the air is expected to get cooler with fall around the corner, the good weather may not always be the key to lifting someone out of a bad mood.

JB Martin instills a sense of belonging. The students belong, the teachers belong; everyone belongs. Through a culture of belonging, we honor the dignity of others through demonstrating openness, listening skills, empathy, and patience. Our social-emotional wellness (SEW) team provides everyone with an outlet to seek someone to talk or vent to when feelings, like the leaves on the trees, are a bit too crunchy for our liking.

October is when things begin to rev up in school; therefore, it is important for you to speak to someone when you're not feeling too great about your grades, issues with friends, or you just feel down for no reason. Ms. Heffron, Ms. Vial, and Ms. Bourque are here to help in any way they can.

Remember that everyone goes through a funk every now and then, but sometimes, those funks can last too long and might hinder us from doing our greatest. It is important to talk about these things, and the SEW team encourages you to visit them or say hi.

Remember that Ms. Vial's office is in the D-Building and Ms. Heffron's office is in the A-building. Ms. Bourque's office is across from the cafeteria.

You belong here at JB Martin, no matter who you are or where you come from. We all deserve dignity!

Mr. Petit

8th grade administrator, Safe Schools

Safe Schools Information

We take the safety of our students, staff, and visitors extremely serious here at school. It is unfortunate in this time that we live in that there are so many threats to schools, but we must be prepared for various scenarios in order to keep our students and staff safe. We just wanted to send you some info on the steps that we have to keep our students safe:

☐ **Safety Drills and Practice** – each month, we conduct safety drills. We are required to conduct fire drills each month, but we also include other drills so that our students and staff would be prepared for various situations. Everyone's worst fear is an active shooter situation. While it is uncomfortable to do so, we practice these situations with our students that we can best keep everyone safe.

☐ **Random Searches** – one deterrent we also use are random searches. At a minimum, each quarter we conduct searches on our campus. This serves as a deterrent for students who may want to bring items that should not be brought to school. It is another way to keep our students safe here at school from both physical violence, but also safe from drugs, vapes, etc.

☐ **Threats of violence** – I can assure parents that every threat we receive, we investigate. We have a great relationship with our Sheriff's Office and they are a big help to us when they hear something as well as we make them aware of any threats we receive. If you or your child hears anything regarding threats to students or our school, please call the school during the day or the Sheriff's Office if it is after school hours. Many times, there are "rumors" going around, but I can assure you that we investigate fully to make sure that all students and staff are safe and we do not just assume things are "rumors".

Library News

The **JB Martin Library** is proud to announce its Fall Book Fair, presented by Scholastic Book Fairs. The book fair provides our students and families with the opportunity to select books for personal reading pleasure. Funds earned from the fair will be used to purchase additional books and materials for students to use in our library. Scholastic Books is the publisher of high quality, popular books for teens and tweens.

Please use the Sneak Peak brochure, that will be attached to the book fair flyer, to see the newest, most popular books offered in the fair. There will be hundreds of additional titles to choose from when the fair gets here.



Book Fair Dates: November 9– November 13, 2026

Online Book Fair Dates: November 9– November 18, 2026

Our Online Book Fair is also another cool way to purchase books from our Fall book fair online. Please use the link below to access our Online Book Fair between November 9 – November 18, 2026.

<http://bookfairs.scholastic.com/homepage/jbmartinmiddleschool>

Parent volunteers are needed for the Fall Book Fair. Please contact Mrs. Phelan at J.B. Martin via her email which is: rphelan@wearescpps.org

Counseling CORNER

Counseling Vision

The Middle School Counseling Department envisions a safe, inclusive environment where all students grow academically, socially, and emotionally, becoming confident, compassionate, and responsible individuals.

Coming Soon

Counselor Dashboard - a central HUB of resources, videos & helpful info from our team

<https://jbmartin.wearescpps.org/for-families/counseling>

Fall is officially here, and October is packed with important national observances, school activities, and opportunities for growth. This month, our primary focus is on National Bullying Prevention Month and Red Ribbon Week. Below, you'll find details on upcoming school events as well as practical guidance on starting crucial conversations with your children at home.

National Bullying Prevention Month

How to Talk to Your
Kids About Bullying

October 5

Orange Out Bullying -
Students can wear
orange shirts with
uniform bottoms.

October is dedicated to raising awareness about the prevention of bullying and promoting kindness, acceptance, and inclusion.

- **Define It Clearly:** Help your child understand what bullying is (repeated, intentional, unbalanced power dynamic) vs. peer conflict or mean behavior.
- **Encourage Upstander Behavior:** Teach your child that if they see someone being mistreated, they don't have to face it alone. They can support the victim, report it to a trusted adult, or refuse to participate in the behavior.
- **Ask Open-Ended Questions:** Instead of asking "Did anything bad happen today?", try asking:
 - "Who did you sit with at lunch today?"
 - "Is there anyone at school who seems lonely or left out?"
 - "How do kids treat each other in the hallways or online?"
- **Listen Without Immediate Judgment:** If your child opens up about being bullied or witnessing bullying, remain calm, validate their feelings, and reassure them that asking for help was the right step.

Red Ribbon Week

Talking to Your Child
About Drugs, Alcohol,
and Vaping

October 26-30

Dress Down Day
Themes on the
Following Page

Conversations about substance use don't need to be one formal "interrogation." Frequent, informal check-ins yield the best results.

Vaping & E-Cigarettes

- **Clear the Misconceptions:** Many young people believe vaping is harmless water vapor. Discuss the reality: most e-cigarettes contain high levels of nicotine, which alters brain development, impairs attention/learning, and creates rapid addiction.
- **Address Peer Pressure:** Equip them with simple, firm response strategies like: "No thanks, I'm trying to stay in shape for track" or "I'm not into that."

Alcohol & Mind-Altering Substances

- **Set Clear Expectations:** State your family rules clearly regarding alcohol and drug use. Children are significantly less likely to engage in risk behaviors when they know their parents hold firm expectations.
- **Discuss Real Consequences:** Talk about brain development, safety risks, legal consequences, and how substance use impacts athletic performance, grades, and personal goals.
- **Establish an "Exit Strategy":** Ensure your child knows they can call or text you for a ride anytime they feel unsafe or pressured in a social situation, no questions asked in the moment.

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Jennifer Vial
7th /8th Grade Counselor
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Gabriela Bourque
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ORANGE OUT



Help us kick off Bullying Prevention Month on the right note! **The Passion First Mindset** reminds us that our greatest power comes from using our unique strengths to serve others and build a positive community. On **October 5th**, wear an orange shirt with your uniform bottoms to show your support for hope, kindness, and solidarity. Let's bring our best energy to school and show that together, we make a difference!

**MAKE A DIFFERENCE.
BE A HERO.
BE DRUG FREE.**

RED RIBBON WEEK
OCTOBER 26-30, 2026

Monday 10/26
Red-y to be a Hero

Wear a red shirt with uniform bottoms.

Tuesday 10/27
Everyday Heroes Make a Difference

Dress up as your hero or your future career

Wednesday 10/28
Superheroes United

Wear a superhero shirt with uniform bottoms

Thursday 10/29
Team Up to Make a Difference

Wear your favorite team gear or twin with a friend.

Friday 10/30
Say Boo to Drugs

Wear a Halloween, orange, or black shirt with jeans or joggers.

ALL CLOTHING MUST BE SCHOOL APPROPRIATE



 **The Learning
Center Presents:**

Cougar Study Hall

TUESDAY & WEDNESDAY

WHAT WE PROVIDE

- Homework Help
- Tutoring
- Study Skills
- Quiet Work Time
- Test Preparation

**Sign up during your lunch time.
Space is limited.
3:00pm-4:55pm**

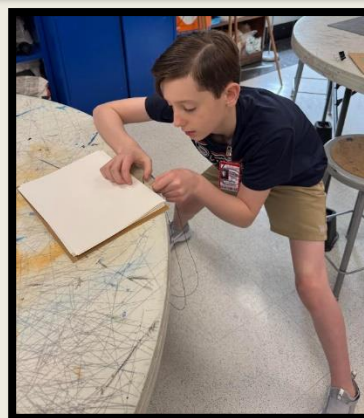
**You must come prepared with school
work and any necessary materials.*

COUGAR PRIDE: EVERY DAY. EVERY WAY.



TALENTED ART

Talented Art has been so busy this year! To begin our year we made our own sketchbooks using the Coptic Stitch and bookbinding techniques. In support of International Dot Day on September 15th we commemorate the life of Abstract Expressionist artist Yayoi Kusama with an installation in our hallway. The dots were poppin! Five of our Talented Art students were chosen to participate in a workshop at the Lafon Center where they listened to music and drew what they heard. It was a magical experience. Stay tuned to see what TA does next!!! Ms. Keller



BULLSEYE CLUB



You GO Girl!!



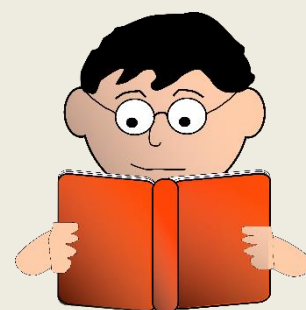
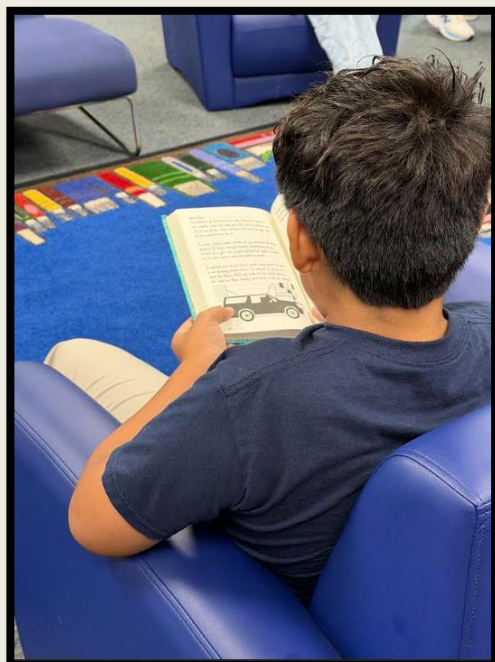
FOOTBALL



STUDENTS OF THE MONTH



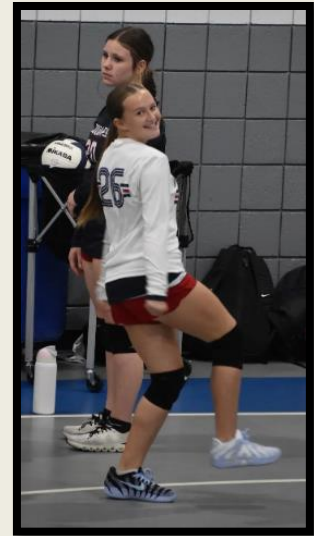
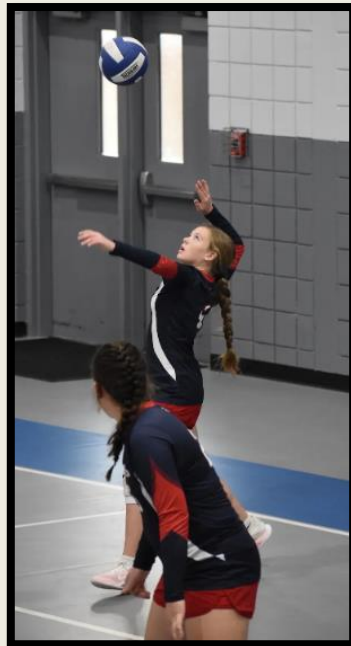
LUNCHES IN THE LIBRARY



Opposite Day Fun



Volleyball



Fun Times

