



Beatrice Middle School MESSENGER

John Jarosh, Principal
Pam Henning, Assistant Principal
Amy Randel, Counselor
Angie Vogel, Counselor

November 2017 Beatrice Middle School Newsletter Vol. 27 No. 2

PRINCIPAL POINTS - JOHN JAROSH

RESPONSIBILITY? IT'S ALL MINE!

Tweens take on more responsibility in middle school. Help your child understand what she's responsible for now and how she can meet her obligations.



Do your work. Teachers might not remind middle graders when homework is due or to hand it in. Your tween should write due dates in her planner and put completed projects by the front door. That way, she will be more likely to complete assignments and take them to school. Or perhaps a teacher wants finished work placed in a tray. Your child might get in the habit of not sitting down until hers is turned in.

Do your part. When others depend on your tween it's up to her to do her part. For group projects, she could meet with members to get work done and let them know how her section is coming along. To prepare for a band concert, she may set goals for her practice sessions. Then, at concert time, her performance will be stronger, and she'll feel good about holding up her end.

From: The Middle Years publication



ASSISTANT PRINCIPAL'S CORNER

Pam Henning



LET'S TALK HOMEWORK.....

We are very committed to your student's academic success. Following through with homework is a very big part of the learning process. When homework is assigned, it has a purpose and it is important that it is completed on a daily basis. It helps to have a specified time and place for your child to work on their homework each school night. If your child tells you they do not have homework that night, they can always review, study for tests or read. Make sure your child knows that this time needs to be used every day for this purpose...no negotiation. Have them do their homework in a central place in your home where your presence is apparent, no television or cell phones during work time. You should also take the time to check your child's progress once a week during this study time. Your child has been tracking their own progress in mentor class once a week, but they need to know you care and are also checking. I know this takes time, but you need to be committed to following through with the routine every night. I cannot think of one thing in this world that I want to be more committed to than my children. Together we can make a difference.

STAY IN TOUCH WITH HAPPENINGS AT BMS

Photos are posted regularly to the [Beatrice Public School's Facebook page](#) so be sure to "like" it. Also, log onto www.beatricepublicschools.org and select [Middle School](#) for information including sport's schedules, past newsletters, students of character, the BMS handbook, teacher websites, bell schedules and forms. [Parent Portal](#) is an excellent way to be informed of your child's grades and make payments to your child's lunch account. Contact the BMS office to get signed up for Parent Portal.



SAVE BOXTOPS FOR EDUCATION

Cut them out, place box tops in a zip-lock bag, and turn them in to the middle school office. Thank you for your help in earning **FREE DOLLARS** for our school!

SKILLS OF THE WEEK.....

November 6..... Accepting Compliments
November 13___ Listening
November 27___ Accepting No for an Answer

MRS. SYKES' 6TH AND 7TH GRADE MATH PARENTS....

Want to know what your child's math homework assignments are? Check out Mrs. Sykes website. Here you will find the homework assignments for my 6th and 7th grade math students. This page is updated on a weekly basis and will let you know not only the daily assignments but also will keep you up to date when quizzes and tests will be. This is a great way to keep on top of things and will also allow you and your child to keep current on assignments when they are absent. Simply log on to Beatricepublicschools.org and click on the **Beatrice Middle School** tab under the **Schools** section. From there, click on the **Teacher Websites** box and click on **Sykes**. The assignments are posted on the **Math 6 and Math 7** link. Add this link to your favorites or bookmarks so you have a direct link to the homework anytime!





COUNSELORS' QUIPS

Amy Randel, Counselor
Angie Vogel, Counselor



The Power of Early Intervention

Mental health disorders are the most common health issues faced by American school-aged children (K-12), yet most go undiagnosed or untreated. According to the American Psychological Association, “The impact of child mental health on child development and society as a whole is well documented but under recognized”. When our children and teenagers show signs and symptoms of physical illness, one of our first responses is to take them to a physician to be evaluated. Whether a broken bone, the flu or a more serious health condition like diabetes or cancer, we don’t let our youth suffer, instead we follow the guidance of trained physicians and seek help. However, when our youth are struggling with a mental or emotional health condition, we aren’t as quick to react and miss opportunities to relieve their “suffering”. 1 in 5 (20%) youth have a diagnosable emotional, behavioral or mental health disorder, yet 2/3 are NOT getting the help they need (National Alliance on Mental Illness).

Our mental and emotional wellbeing is every bit as critical to our overall health as our physical wellbeing. Mental illness does not affect emotional health in isolation. Research confirms the relationship between mental health issues and poor outcomes such as suicide, self-harm, substance abuse, suspension, dropping out of school, and involvement with the Juvenile Justice System. When mental health disorders go unrecognized and left untreated, youth are at greater risk for poor academic, social and behavioral outcomes.

The good news is, mental health problems are treatable. Early intervention is our best defense, helping improve resilience and the ability to succeed in school and life. Early detection of childhood and adolescence mental health problems, timely referral and access to appropriate services can reduce the risk of long term consequences and improve outcomes in multiple domains of life (including family dynamics). The first step in early intervention is recognizing signs of concern. These may include but are not limited to:

- * Feeling very sad or withdrawn for more than two weeks.
- * Trying to harm or kill oneself or making plans to do so.
- * Out-of-control, risk-taking behaviors that can cause harm to self or others.
- * Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- * Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- * Severe mood swings that cause problems in relationships.
- * Repeated use of drugs or alcohol.
- * Drastic changes in behavior, personality or sleeping habits.
- * Intense worries or fears that get in the way of daily activities like hanging out with friends or going to school.
- * Extreme difficulty in concentrating or staying still that can lead to failure in school.

Schools and parents alike play an important role in identifying and connecting students to supports. Programs like SCIP (School Community Intervention and Prevention), provide parents and educators with tools and resources to aid in the identification and intervention process. Navigating the mental and behavioral healthcare system can sometimes be overwhelming for children and families. Utilizing school and community resources that are in place can assist families in addressing barriers and challenges in accessing appropriate services.

Tips for Parents:

- * Care for your children’s mental health just as you do for their physical health.
- * Pay attention to warning signs, and seek help if you are concerned.
- * Let your children know that everyone experiences pain, fear, sadness, worry and anger and that these emotions are a normal part of life; encourage open communication about feelings, concerns and emotions.
- * Provide your children with opportunities to problem solve and learn coping skills.
- * Be a role model- talk about your own feelings, apologize, don’t express anger with violence and use active problem-solving skills.
- * Encourage your children’s talents and skills, while also accepting their limitations.
- * Celebrate accomplishments.

Tips for Schools:

- * Think about mental health as an important component of learning and success in the classroom.
- * Know the warning signs of mental illness and take note of these in your students and seek consultation from school mental health practitioners or social workers.
- * Utilize community resources and mental health professionals within your school to help educate staff on prevention, early identification and intervention of youth mental health.
- * Utilize SCIP and other school based mental health supports.
- * Encourage social-emotional learning within your classrooms
- * Build trusting relationships with the children and families you work with. When concerns arise, utilize positive communication, active listening and parental engagement strategies to address concerns.

References: National Alliance on Mental Illness; American Psychological Association; National Center for Mental Health Checkups at Columbia University; Mental Health America; Association for Children’s Mental Health; Child Mind Institute



NOTES FROM THE NURSE



READY FOR BREAKFAST

Your mom is right. Breakfast is the most important meal of the day! Studies show that students who eat breakfast do much better in school than students who skip breakfast. Benefits to eating breakfast:

- * Better concentration
- * More energy
- * Better muscle coordination
- * Higher scores on tests

Remember to choose a breakfast that is well balanced. A balanced nutritious breakfast contains protein and protein stays in your body all morning. Examples: Eggs, milk, yogurt, cheese, peanut butter.

INFLUENZA

The CDC advises everyone 6 months of age and older to get a flu shot during the months of October and November. If your child did not receive a flu vaccine at the Public Health Solutions flu vaccine clinic here at BMS in October, talk to your Dr. to receive one.

ASTHMA

Any student diagnosed with Asthma or Anaphylaxis due to allergy, needs to have an updated Asthma/Allergy action plan on file in the nurse's office every year.

Rule 59 is as follows:

Emergency Response to Life-threatening Asthma or Systemic Allergic Reactions (Anaphylaxis)

SAVING THE LIVES OF NEBRASKA CHILDREN

All schools in Nebraska - public, parochial and private - are to be prepared to respond to life-threatening asthma and anaphylaxis emergencies. The protocol directs school staff to identify signs and symptoms of a breathing emergency and respond by calling 911, administering an EpiPen and following with nebulized albuterol.

The school's stock of EpiPen and albuterol DO NOT replace a child's own prescribed medications for asthma or allergy management at school.

Parents are expected to ensure their children continue to have school-day access to emergency medications; auto-injectable epinephrine, metered-dose inhalers (MDIs), albuterol for nebulizing (to include neb cup & tubing) AND to have an asthma/allergy action plan on file with the school

REMEMBER: If your child has asthma, it is extremely important to keep a rescue inhaler at school.



BEATRICE MIDDLE SCHOOL'S SPORTS NOVEMBER, 2017



7TH & 8TH GRADE GIRLS BASKETBALL

7th Grade Coaches: Mrs. Fairbanks/Mr. Campbell

8th Grade Coaches: Mrs. Sykes/Mr. Policky

7th Grade Girls Basketball

Nov. 16	Seward	4:00 (T)
Nov. 21	Wymore	4:00 (H)
Nov. 28	Seward Tourney	TBA
Nov. 30	Seward Tourney	TBA

8th Grade Girls Basketball

Nov. 16	Seward	4:00 (T)
Nov. 21	Wymore	5:00 (H)
Nov. 28	Seward Tourney	TBA
Nov. 30	Seward Tourney	TBA

7th & 8th Grade Wrestling

Coaches: Mr. Wells/Mr. Kaiser

Nov. 16	Seward	4:30 (H)
Nov. 18	Wymore Tour	8:30 (T)
Nov. 21	Fairbury	4:00 (T)



STUDENTS OF CHARACTER



Week of September 25

Row one: Bryan Price, Addison Hatcliff, Ceighley Behrends, and Carson Saththoff. Row two: Iyanna Garcia, Sarah Scheer, and Preston Church.



Week of October 2

Left to Right: Mya Christlieb, Ashley Revis, Sean Wright, and Avery Barnard.



Week of October 23

Left to Right: Linnea Edeal, Crew Meints, Taylor Oblinger, Trey Schuster, Lucas Hamilton, and Dawson Loomis.



Week of October 9

Left to right: Megan Sedlacek, Keira Whitfield, and Baylee Simpson

PUMPKIN DECORATING CONTEST



The 5th Annual Media Center Pumpkin Decorating Contest was held Oct 25-27. 23 pumpkins were entered in a variety of categories with the winners being Laney Stevens, Joseph Bates, Ashley Revis, Iyanna Garcia and Remi Weiss. Thanks to all who entered.

Mrs. Dittbrenner, Media Center



WELCOME FALL





2018 WASHINGTON D.C. AND GETTYSBURG TRIP UPDATE

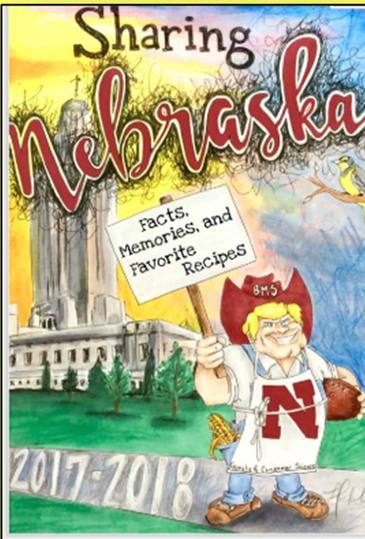


With only six months until our trip to Washington D.C. and Gettysburg we have 75 people signed up for the trip. Students are actively working to pay off their accounts, several have received FLAG-financial scholarships from World-strides, and most are looking to make some money through our fundraisers such as the trick-or-treating for education, the candle sale, Pastry puffin sale, jewelry, etc. The trip dates are May 29-June 2, 2018. All fundraiser sales are to be turned in by November 27th, 2017.

I would encourage students to consider asking for money for Christmas and the holidays to put towards their upcoming trip. I would also encourage leaf raking, shoveling snow, babysitting, and asking people if they have jobs you could do for pay for the purpose of this educational trip. People support education and educational experiences—find them and they will help make this trip possible. I would also like to invite anyone else who may have considered signing up and who still would like to go. We have a few seats still available and there will be a late sign up opportunity in January. Watch for information when your child returns from Christmas break.

I would encourage all 6th and 7th graders and parents who may be considering taking this trip in the future to start saving now to make the trip more affordable and realistic. The tentative dates for the 2019 Washington D.C. trip are May 28th-June 1st, 2019. That will be here before you know it and if you would like to make this a possibility for your child(ren), you need to begin saving now. I will have informational meetings for your 2019 trip in February or March. Watch the school newsletter for further details.

I would like to take this time to wish everyone a safe and enjoyable Thanksgiving and Christmas season, count and appreciate the many blessings we have, and may you and your family spend quality time together over these holidays. As always, if you have any questions concerning the Washington D.C. and Gettysburg trip for 2018 or future years, please call Mr. Michael Policky, 8th grade American History/ Civics teacher at 228-4642.



Share Nebraska Facts, Memories, and Tasty Treats this Christmas! . . .

Yes, soon we will all be rushing around searching for that one special gift for a family member or friend! How about a cookbook filled with some great family recipes. This year the FACS department will once again be selling some awesome cookbooks for just \$7.00. All recipes were shared by our 8th grade students during their 7th grade FACS class. Since Nebraska is celebrating its 150th birthday this year, we decided to honor our state. Facts about Nebraska, family memories, and student snapshots are also included with the recipes.

We will sell the books during mentor and study hall starting right after the Thanksgiving break. So listen to announcements for more details.

~ Ms. Smaus and 8th Grade FACS Students



KEEPING ON TOP OF YOUR CHILD'S GRADES...

Staying on top of your children's grades is very important. All parents with internet access can have their own account to monitor their child(ren)'s progress.

Setting up your Parent Portal account is easy. Contact either Mrs. Barnard in the office at 223-1545 or email abarnard@bpsnebr.org or Mrs. Dittbrenner in the media center at 223-1550 or email kdittbrenner@bpsnebr.org.



Wanted



Mr. Policky's Civics class is looking for old, worn, faded, torn and tattered United States Flags. These flags will be used for the lesson on the proper retirement of the United States Flag. Flags may be sent or brought to the middle school office. It is very much appreciated!!



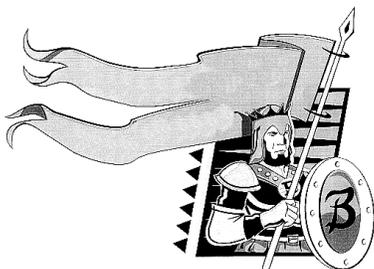
LOST AND FOUND



Please check the lost and found at the office for anything that may be yours. All unclaimed items will be distributed to area agencies in December.



Beatrice Middle School
215 N. 5th Street
Beatrice, NE 68310



The mission of Beatrice Public Schools, a collaborative partnership of students, staff, families, and community, is to guarantee all students achieve academic excellence and develop responsible citizenship by providing aligned, rigorous curriculum and high-quality instruction that utilizes 21st Century tools in a system that is measurably among the best in the nation.