



Beatrice Middle School MESSENGER

John Jarosh, Principal
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Angie Vogel, Counselor

February, 2018 Beatrice Middle School Newsletter Vol. 27 No. 5

PRINCIPAL POINTS - JOHN JAROSH

HAPPY TO COLLABORATE

You may have heard your middle schooler talk about group assignments—perhaps a paper she's writing with a partner or a slide presentation she's creating with classmates. Learning to collaborate will help her succeed in these projects *and* teach her an important skill for the future. Share these strategies.

LOOK FOR THEMES

Collaborating is about using everyone's thoughts and opinions to find a solution. First, group members need to brainstorm and keep track of suggestions. Then, they can look for ways to combine their ideas. For example, they might realize most of their concepts fit into three main categories and work together to divide their paper into three parts.

LEARN TO COMPROMISE

Help your tween use language that encourages others to participate and shows she is considering their recommendations. For instance, she could ask, "What's your reaction to this?" Or she can paraphrase someone's comments with "It sounds like you're saying..." To disagree politely, she might reply, "I see what you're saying. I also see it another way"

FIGURE OUT ROLES

Another key to collaboration is using everyone's strengths. Say your middle grader's group is making a slide show. One person might use her organizational skills to schedule meetings and decide how to arrange the slides. Another can use technology know-how to create the slides and add special effects.

From "Middle Years"



CONGRATULATIONS TO THE 2017/2018 GEOGRAPHY BEE CHAMPION AND FINALISTS

First row: Simon Pinkerton; Bryan Price, champion; and Ella Verkler. Second row: Easton Stevens; Jayten Moyer; Christopher Watt's-Moore, Devon Busboom; and Olivia Pfeiffer. Not pictured: Aubrey Stone. ←

ASSISTANT PRINCIPAL'S CORNER

Pam Henning



For children to be successful in school, parents must be actively engaged in their child's learning. Many studies show that parents' involvement in school is more important to their child's academic success than the parents' level of education or income. By showing interest in their child's education, parents can spark their child's enthusiasm, showing them that learning, both inside and outside of school, is enjoyable and rewarding. As we move into the third quarter we will be starting the NeSA and Maps testing. Listed below are some tips for helping your child do their best, not only on these tests but all their classroom testing.

HELPING YOUR CHILD WITH TEST TAKING

You can be a great help to your child if you follow some of these tips about tests and testing:

- Don't:
- Get upset because of a single test score.
 - Place so much emphasis on your child's test scores. Too much pressure can affect his or her test performance.

- Do:
- Encourage your child and provide praise for the things that he or she does well.
 - Meet with teachers and ask for test preparation activities that you and your child can do at home.
 - Make sure that your child attends school regularly.
 - Provide a quiet place for studying at home and make sure your child is well rested on school days.
 - Provide books and magazines for your child to read at home.
 - Help your child avoid test anxiety.

You can help reduce test anxiety by encouraging your child to do the following:

- Plan ahead. Start studying for the test well in advance to avoid "cramming" the night before.
- Get a good night's sleep before the day of the test.
- On the day of the test, read all directions carefully before beginning work.
- Look quickly at the entire test to see what types of questions are on it. This tactic will help determine how much time to spend on each part of the test.
- Skip difficult questions and go on. If there is time at the end of the test, return to them and try again.



COUNSELORS' QUIPS

Amy Randel, Counselor

Angie Vogel, Counselor



BE AWARE OF THE DANGERS OF SOCIAL MEDIA FOR MIDDLE SCHOOLERS

The average middle schooler spends nine hours a day connected to social media. So it is no wonder that their online "friends" have such an outsized influence on what they think.

However, not everyone your child interacts with online is a real friend. In fact, kids can lose connections with the people they see every day because they spend so much time online. (And who has 639 friends in real life anyway?)

But this is not the only danger of social media for middle school students. Their brains are just not wired to use it responsibly. Their frontal cortex, which is what helps adults manage distractions and plan ahead, is not well-developed yet. This means that middle schoolers lack the maturity to use social media appropriately.

In addition, children can easily become addicted to social media, which can lead to future addictive behaviors.

To protect your child:

- * **Delay.** If she isn't on social media, wait. The longer you delay, the better.
- * **Set limits.** Don't allow devices at mealtime. Keep devices out of your child's bedroom overnight.
- * **Talk about what is appropriate** to post and what's not.
- * **Stay connected.** Follow her social media accounts and be sure she knows you will look at them.
- * **Create a family account.** This lets your middle schooler stay in touch with friends, but in a safer space.
- * **Schedule family time.** Middle school is a time when your child needs you more than ever. So plan time to do things together—with the devices turned off!

REDUCED STRESS CAN IMPROVE YOUR CHILD'S ATTENDANCE, LEARNING

Students who experience stress are at risk of having attendance problems and difficulty focusing at school. To help your middle schooler manage stress, suggest that he:

- * **Take a deep breath.** It sounds simple, but it works surprisingly well. Taking time to stop and think about the issue at hand may help your child put it into perspective and discover a solution.
- * **Focus on health.** Twenty to 30 minutes of exercise can relieve tension and clear your child's head. Eating right and getting adequate sleep every night will also keep your child feeling his best.
- * **Keep a journal.** Some kids find that it's easier to write down their feelings than to talk about them. This is a great way to relieve stress—and your child will be strengthening his writing skills at the same time.

FIRST SEMESTER PHYSICAL EDUCATION PHYSICAL FITNESS TESTING

All Physical Education students take fitness tests at the beginning and end of the semester to check and track their progress. Tests are done to check arm strength (pull-ups/pushups/flexed arm hang); core strength/endurance (sit-ups); cardiovascular endurance (mile run); shuttle run (agility); and flexibility (sit and reach).

Based on their scores, students can achieve 3 different awards: National, Fitness, and Presidential. National awards = 50% or higher scores on all 5 tests; Fitness award = at least 3 scores at 85% and cumulative total of 70%; Presidential award = 85% or higher on all 5 tests. (Percentages are based on the Presidential Physical Fitness Challenge data)

The 1st Semester Physical Education classes completed the Presidential Physical Fitness Challenge with many students achieving awards.

To qualify for the Presidential Fitness Award, students must reach the 85th percentile or higher in all 5 categories based on their age and gender. When a student achieves this level they are awarded a Presidential Physical Fitness Award certificate and a t-shirt.

We had 16 winners this past semester. Listed are the winners and the number of years they have won the award.



6th grade:
all first year
Taylor Schaaf
Noah Jobman
Lucy DeBoer
Paige Southwick
Ellie Jurgens
Carly Meints



7th grade
Chesney Buhr-2nd yr
Dominick Dreesen-2nd yr
Dawson Loomis-2nd yr
Heidi Fischer-2nd yr
Riley Schwisow-2nd yr
Sofe Winkler-2nd yr

8th grade
Austin Burroughs-3rd yr
Makinzee Deutsch-3rd yr
Elliot Jurgens-3rd yr
Morgan Mahoney-3rd yr



The Beatrice Middle School "Fitness Award" was created in the 2011/2012 school year. It is given to students who: qualify in at least 3 of the 5 fitness test categories at or above the 85% and have a cumulative total of 70% on all 5 categories. Students earn a T-shirt for this achievement. In the 1st semester this year we had 46 winners.

To qualify for the National Fitness Award, students must reach the 50th percentile or higher in all 5 categories. Students receive a certificate for this award. We had 26 students achieve the National Award 1st semester.



Parents/Guardians of 8th grade students Parent Meeting and Freshman Registration



Parents, please plan to attend an informational meeting Thursday, February 15 at 7 p.m. in the High School Hevelone Center concerning your student's high school registration process and graduation requirements. The high school counselors will be at BMS on Tuesday, February 13 visiting with all 8th graders about registering for their freshman year. They will return Tuesday, February 27 to assist students with registering online.



VETERAN'S OF FOREIGN WARS ESSAY CONTEST



Mr. Essam and Mr. Policky would like to congratulate the following students for being recognized as winners of this year's Patriot's Pen Essay Contest. First place went to Signey Russel, 2nd place to Raquel Moore, and 3rd place to Morgan Mahoney. This year's theme was, "America's Gift to My Generation." Great job everyone.



2018 WASHINGTON D.C. AND GETTYSBURG TRIP UPDATE

At the time of this article, we have only 126 days left until our trip to Washington D.C. and Gettysburg. We have 74 students, parents, and teachers signed up for the trip. Students are actively working to pay off their accounts which must be paid in full by March 15th, 2018. The trip dates again are May 29-June 2, 2018 which is the Tuesday through the Saturday after Memorial Day.

We currently are having a last chance sign up for the 2018 trip and anyone still interested in making this trip a reality should contact Mr. Michael Policky as soon as possible to get signed up. The deadline for this is now February 23, 2018.

I would encourage all 6th and 7th graders and parents who may be considering making 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 28-June 1, 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. All 7th grade students will have a presentation about the trip in their history classes on February 15th. A parent meeting will be held the following Tuesday, February 20, 2018 at 7:00PM in Mr. Policky's room, #202. All parents and interested guardians are invited to the parent presentation and may ask any questions that they have. The early bird discount for the 2019 trip will be good through March 16, 2018 and I encourage all parents to get their child(ren) signed up before this date to save money on the trip.

All 6th grade students and parents interested in the possibility of making this trip when they become 8th graders are invited to an informational meeting on Thursday, February 22, 2018 at 7:00 in Mr. Policky's room, #202. This will be to share information, ask and answer questions, and get some advice on saving for the trip. The tentative dates for the 2020 trip are May 26th- 30th, 2020. I hope to see a good number of you there. 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 or email me at mpolicky@bpsnebr.org.



BMS HONOR ROLL 2ND QUARTER



6TH GRADE

Joseph Bates
Ceighley Behrends
Ava Bolli
Alex Busboom
Kiera Busboom
Jane DeBoer
Lucy Deboer
Maddox DeBoer
Ty Dittbrenner
Emmaleigh Engelman
Andrew Enns
Josie Frerichs
Kate Gleason
Macee Griffith
Jenessa Guenther
Lucas Hamilton
Alayna Happle
Blake Harder
Addison Hatcliff
Colton Herfel
Myah Hood
Carly Jackson
Hannah Jobman
Noah Jobman

Ellie Jurgens
Wyatt Jurgens
Izaiah Knighton
Aidin Kolb
Caleb Kosmos
Lynsie Lancaster
Collin Mangnall
Arihanna Maratt
Alexa Marquez
Avery Martin
Natasha Martin
Hannah Mayer
Trinity Meers
Carly Meints
Jacob Mertz
Chase Meyer
Madelyn Nielson
Cheyne Oates
Ava-Lynn Oliver
Seth Oltmans
Kimerlee Pangborn
Kiera Paquette
Kayser Petersen
Sofia Poole
Bryan Price
Chase Raber

Michael Roschewski
Jenna Saathoff
Taylor Schaaf
Jacob Scholl
Annastasia Scrivner
Destany Sherwood
Haley Speakman
Emma Stevens
Evan Stevens
Teagan Tempelmeyer
Jude Tomlinson
Parker Witulski
Gavin Wolf
Gage Wolter

7TH GRADE

Olivia Achtemeier
Emily Allen
Treyton Baehr
Carson Bagwell
Avery Barnard
Codey Behrends
Makenna Blum
Brianna Brewer
Chesney Buhr
Joshua Buhr

Branson Chab
Preston Church
Shelton Crawford
Kinsey Crooks
Reese Erickson
Emma Erikson
Luke Feist
Macy Gronewold
Grace Ideus
Dalton Jones
Caryss Jurgens
Joelynn Kosmos
Spencer Laflin
Kylie Lancaster
Dawson Loomis
Megan Meagher
Hayley Miccicke-
Wise
Carly Miller
Carter Murphy
Hannah Parde
Ashley Revis
Sonia Romero
Benavides
Ava Rosenthal
Brandon Scheer

Riley Schwisow
Morgan Sedlacek
Easton Stevens
Aubrey Stone
Ashton Strubel
Maxwell Sueper
Tucker Timmerman
Abigali Trantham
Amber Vinsonhaler
Samuel Wallman
Christopher Watts-
Moore
Keira Whitfield
Jordan Zhang
Mickey Zhu

8TH GRADE

Calley Behrends
Austin Burroughs
Devon Busboom
Delaney Carstens
Mya Christlieb
Jaiden Coudeyras
Tagg DeBoer
Shayla Dowd
Avery Gaertig

Drew Gleason
Connor Hamilton
Tavin Harms
Cassie Janzen
Kalynn Jeardoe
Caleb Jobman
Caleb Jones
Torrance Keehn
Chelsea Leners
Morgan Mahoney
Cole Maschmann
Alayna McGinty
Brenna Mckernan
Raquel Moore
Clare Petznick
Olivia Pfeiffer
Lauren Pieper
Simon Pinkerton
Brett Powrs
Signey Russell
Carson Saathoff
Olivia Saathoff
Jaidyn Vanschoiack
Preston Witulski
Laney Workman



BMS YEARBOOKS

Beatrice Middle School Memory Books will be sold in advance again this school year. The books will be on sale at a cost of \$15.00 each at the middle school from February 1st through February 15th. Students may purchase them during their mentor period in the library between those dates. Also, parents may purchase them at the office during Parent Teacher Conferences only. The school is preselling the books to give the company an accurate number of books for the school order. **Memory books must be ordered during the designated time period as students will not have another opportunity to purchase them.** Students will receive their memory book the last day of school and there will be no extra books available for purchase at that time. Be sure and check with your child to determine if they would like to purchase a Beatrice Middle School memory book and make sure to purchase a book from February 1st through February 15th. We will accept checks made payable to BMS and cash for the exact amount as change will not be available.



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!

NOTES FROM THE NURSE

Influenza season is now in full swing. Influenza, also known as "the flu", is a contagious respiratory illness caused by flu viruses. It can result in mild to severe illness and even result in death. The flu usually has a rapid onset and includes some of the following symptoms:

- *Fever
- *Sore throat
- *Headache
- *Runny, stuffy nose
- *Extreme tiredness
- *Muscle aches
- *Dry cough
- *Stomach symptoms such as nausea, vomiting, diarrhea (more frequently seen in children)

Many people use the terminology such as "stomach flu" or "the 24 hour flu" to describe an illness with nausea, vomiting, or diarrhea. However, these symptoms can be caused by different viruses, bacteria, or even parasites. Although these symptoms can sometimes be related to influenza, they are rarely the primary symptoms. "The Flu" is a respiratory disease, NOT a stomach or intestinal disease.

The primary mode of transmission for the influenza virus is from person to person in respiratory droplets of coughs and/or sneezes. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. You can pass on the flu to someone else before you know you are sick, as well as while you are sick.



PREVENTION

- *GOOD HANDWASHING.
- *AVOID TOUCHING YOUR MOUTH, NOSE AND EYES.
- *BE CAREFUL WHEN COUGHING AND SNEEZING, USE A TISSUE.
- *COUGH OR SNEEZE INTO YOUR ELBOW OR SHIRT SLEEVE IF NO TISSUE.
- *STAY HOME IF FLU LIKE SYMPTOMS DEVELOP.



If your child has a fever (100.0 F or higher), for any reason, they should not return back to school until they are "fever free" for 24 hours without the use of a fever reducing medication. **Do not send your child to school if they wake up with vomiting or diarrhea.** When calling the school to report a sick child please be specific as to their symptoms or diagnosis. This will help us to track any outbreaks at Beatrice Middle School.

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. I sent reminder letters out to parents. If you have not had your doctor fill one out yet for your student please get this done ASAP.

ATTENTION PARENTS OF 6TH GRADERS....

LOOKING AHEAD TO NEXT YEAR:

All current 6th grade children will need a physical by a doctor, before entering 7th grade next fall. We will need these on file no later than the first day of school. If we do not have a physical on file for your child after the first full day of school, your child could be excluded from school until this is completed. We let you know this information months in advance so that you have the entire summer to get these physicals done.

VACCINE REMINDER

All students enrolling in 7th grade next year must provide evidence of having 1 booster of Tdap vaccine given on or after 10 years of age. If you have a 6th grade student this year, they will be required to show proof of the Tdap vaccination before they will be able to enter 7th grade.

Once vaccinations are received, please send a copy to the school nurse so it is on file and your child is up to date before the start of school next fall. Gage County Immunization Clinic is now open every week.

PUBLIC HEALTH SOLUTIONS IMMUNIZATION CLINIC

5109 W. Scott Rd., Suite 410 Beatrice (Northwest building on SCC Campus)
402-826-3880

- ** An appointment is required**
- ** Must show insurance card at time of appointment**
- ** No out-of-pocket costs for uninsured.

Dates:

2nd Wednesday of Every month 3:00pm to 7:00pm

GAGE COUNTY IMMUNIZATION CLINIC

Parkview Conference Room
1216 S. 8th, Beatrice
223-2366

- **An appointment is required**
- **Must show your insurance card at time of appointment**

Dates

Mondays 12-4pm
Tuesdays 3-7p.m.
Thursdays 12-4p.m.

CELEBRATING HEALTHY SMILES

WORLD

ORAL HEALTH DAY

Saturday, March 10 • 10 a.m. to 4:00 p.m.
Malone Community Center • 2032 U Street

Free Dental Screenings and Oral Health Education,
plus Blood Pressure & Diabetes Screenings

BEATRICE MIDDLE SCHOOL FEBRUARY, 2018 SPORTS SCHEDULE 7th & 8th Grade Boys Basketball



Feb. 6	Seward Tourn.	TBA	(T)
Feb. 8	Seward Tourn.	TBA	(T)
Feb. 12	Seward	4:00	(H)



BMS STUDENTS OF CHARACTER



← Week of December 4

Row 1: Jane DeBoer, Page Petznick, and Makenna Higgins. Row 2: Keira Busboom, Halia VanLanningham, and Alayna Happle. Row 3: Myah Hood, Hayley Miccicke Wise, Kason Wallman, and Jordan Frerichs.



Week of December 11

Left to Right: Wyatt Jurgens, Morgan Sedlacek, Brenden Buck, Lynsie Lancaster, and Madelyn Nielsen.

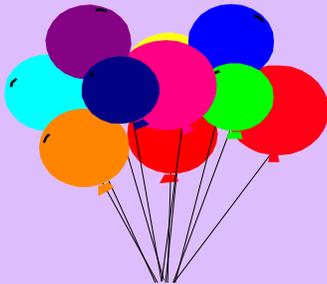


Week of December 18

Left to Right: Treyton Baehr, Anastasia Scrivner, Chase Raber, Alexis Marquez, Sofia Poole, and Jacob Mertz. Not Pictured: Brayden Bednar.

Week of January 8 →

Row One: Cassie Janzen, Sam Wallman, Max Sueper, and Josh Buhr. Row Two: Chelsea Leners, Delaney Carstens, Brenna McKernan, and Easton Stevens.



Week of January 8

Left to Right: Avery Martin, Devon Busboom, Jaidyn Vanschoiack, and Caleb Oltman.

COME BE A PART OF BHS CHEERLEADING!

Informational packets will be available in February at the middle school and high school

TRYOUTS

Monday, March 19, 4-7:00pm

Wednesday, March 21, 4-6p.m.

Friday, March 23, 4-? (ends when everyone has tried out).



COME BE A PART OF THE BHS DANCE TEAM!

Informational packets will be available February 26th at the middle school and high school main offices.

DANCE TRYOUT PRACTICE

BHS Auxiliary Gym

Tuesday, March 13, 4:00-6:00 p.m.

Tuesday, March 13, 7:00- 9:00 p.m.

Wednesday, March 14th, 6:30-7:30 a.m.

Wednesday, March 14, 4:00-6:00p.m.

TRYOUTS

BHS Auxiliary Gym

Friday, March 16, 7:00pm



Dinner and a SHOW....CHOIR



****Monday, February 5th****
Beatrice High School



Dinner

Chili with Cinnamon Rolls
5:45-7:45



*Free will donation
(proceeds going towards purchase of
drum line equipment)*

Entertainment

Hevelone Center
8:00 p.m.

**Delegation*
First Edition
*Limited Edition**

*Meal provided by:
Beatrice High School Fine Arts*

DID YOU KNOW BMS IS ON TWITTER AND FACEBOOK?

CHECK US OUT ON:

Twitter: @BMSbrags
Facebook: Beatrice Public Schools
Website: beatricepublicschools.org

LOOK AT SOME OF THE FUN THINGS HAPPENING IN OUR SCHOOL

PARENT-TEACHER CONFERENCES

February 13 and February 15
4:30 pm - 8:30 pm

SKILLS OF THE WEEK

February 5--Staying on Task
February 12--Getting Teacher's Attention
February 26-Greeting Others

BOX TOPS

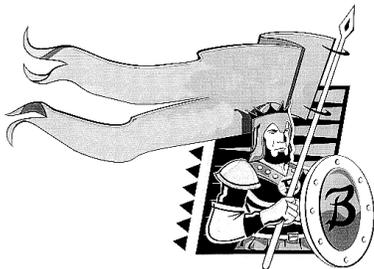
Save Boxtops for Education, cut them out, place box tops in zip lock bag, and deposit them in the container at the middle school office. Thank you for your help in earning FREE DOLLARS for our school.



BMS Messenger Editor
Laurie Bloomquist



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.