Beatrice Middle School
MESSENGER

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

March, 2018 **Beatrice Middle School Newsletter** **Vol. 28 No. 5**

PRINCIPAL POINTS - JOHN JAROSH

SCHOOL IS PRIORITY #1

Knowing that school comes first will keep your middle grader focused on doing her best. Share these tips for making sure school remains front and center all year long.

BE THERE, BE READY

Your child needs to be on time and in school each day. That way, she can hear lessons, participate in class discussions, and work in small groups—things she won't be able to make up outside of class. Also, she should be rested and alert by eating a healthy breakfast and getting enough sleep (9-11 hours for tweens and 8-10 hours for teens).

KEEP UP

Being a good student means taking assignments seriously, working hard, and finishing them on time. Encourage your youngster to stay on top of homework by writing down assignments and having a specific time and place each day to study. Also, while kids this age can be reluctant to ask for help, tell her that's something successful students do.

For instance, she might approach her teacher after class or call a friend if she's stuck on a homework assignment.

TRACK PROGRESS

Suggest that your middle grader regularly check her grades in each class as well as her overall grade point average. Knowing where she stands will let her set realistic goals and plan ways to reach them. If she's halfway to the next higher letter grade, for example, she could attend after-school review sessions or organize a study group for that subject.

COUNSELORS' QUIPS

Amy Randel, Counselor
Angie Vogel, Counselor

Digital Citizenship is the way we treat one another online. It is the set of social emotional skills that enable us to be good to one another, including being caring, empathetic, responsible, and courageous. It is the emotional and moral compass that leads our kids to talk to an adult if they see something online that makes them feel uncomfortable or to take a stand against cyberbullying. Cyberbullying is repeatedly harming, harassing, intimidating online, on purpose to gain power and control. Three key factors that make bullying different from normal conflict are that the behaviors are repeated, on purpose, and there is an imbalance of power. Becoming a good digital citizen does not happen overnight. It happens over time as our kids experience mistakes and think about the impact of their actions on others and as they practice kindness and empathy online and in the real world. Empathy is the ability to recognize and respond thoughtfully to the feelings of others. Kids need help from parents and school personnel to learn how to act responsibly and with empathy online. In our ever changing world we all need to continue to learn and use best practices to help our young people grow to be responsible caring adults. The following are suggested Do's and Don'ts for parents to use when working with their children regarding Digital Citizenship.

DO:

- Start with a conversation. Talk about what good digital citizenship looks like. Reinforce the message that online bullying, cruelty, and teasing is out of bounds.
- Make sure that your child understands your expectations for online behavior and online respect.
- Tell your child that you will be installing parental controls and you will periodically check in on them. This is not a method to spy on them or catch them slipping up but to ensure that they are earning their digital privileges by demonstrating responsible behavior.
- Expect mistakes. Make sure that Internet "incidents" are an opportunity to communicate and reflect, not a platform for endless lectures.
- Make sure your child knows what to do if they are bullied online—tell them not to respond or retaliate but to tell a trusted adult.
- Remind your child that their "digital footprint" is public. Remind them to never say anything online that they wouldn't say face-to-face (or in front of parents!)
- Learn about and use the rating systems for different types of media.
- Talk to your teen about the digital stories he or she is seeing in the media.
- Recognize when your child is being an upstanding digital citizen. Hold a mirror up to their caring and respectful behavior.

DON'T

- Don't ignore cyperbullying.
- Don't use "cyber incidents" as a platform for endless lectures.
- Don't assume that your teen would not bully or harass another child.
- Don't underestimate the influence of violent media and video games.

As always please call the BMS School Counselors with concerns regarding your child's progress in school. We are here to help.

Amy Randel
6th grade School Counselor
8th grade last name N-Z
223-1500 ext. 1105
arandel@bpsnebr.org

Angie Vogel
7th grade School Counselor
8th Grade last name A-M
223-1500 ext 1104
avogel@bpsnebr.org

Notes From The Nurse

Self Injury Awareness Day is March 1st

Self-injury or self harming is when a person deliberately hurts themselves physically to deal with the emotional pain they are suffering.

The most common forms of self-injury are scratching, cutting, burning, and non-suicidal overdosing (frequent self medication). People find their own unique ways to hurt themselves.

How to deal with the situation:

Your initial reaction and that first conversation will have a great impact on your child, and may affect how much they talk to you and trust your help.

Every situation is different and how you deal with it will depend on the relationship you have with your child, their age, and the reasons behind their self-injury and also whether they came to you, or you discovered the self-injury by accident.

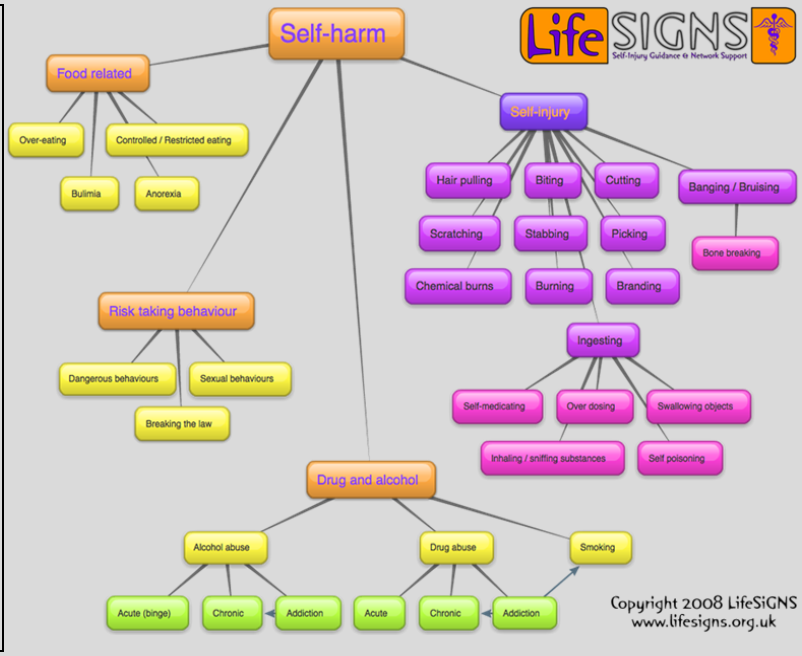
You can also speak with your child's school counselors or school nurse for more resources.

When to seek medical attention:

The majority of scratches and cuts can be dealt with at home, and you may like to provide some sterile dressings, antiseptic wash and bandages. Burns may need to be checked by a medical practitioner.

If an injury is serious or an overdose has been taken, medical attention should be sought.

Be aware that although self-injury is non-suicidal behavior, the emotional distress that leads to self-injury can also lead to thoughts of suicide. If you feel your child is at risk, seek urgent medical assistance.



Once again……PLEASE DO NOT SEND YOUR CHILD TO SCHOOL IF THEY WAKE UP WITH VOMITING, DIARRHEA OR TEMPERATURE OVER 100 degrees. Thank you.

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.

7TH AND 8TH GRADERS GOING OUT FOR A SPORT

If your child would like to participate in a sport, a sports physical must be on file dated after May 1, 2018. This will also count towards their 7th grade physical and all sports they participate in for the year.

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

Parkview Conference Room/1216 S.8th, Beatrice

Call 223-2366 for an appointment

Must show insurance card at time of appointment

Dates: By appointment only: Every Monday 12-4 pm/Every Tuesday 3-7pm/Every Thursday 12-4pm

PUBLIC HEALTH SOLUTIONS IMMUNIZATION CLINIC

5109 W Scott Rd, Suite 410, Beatrice

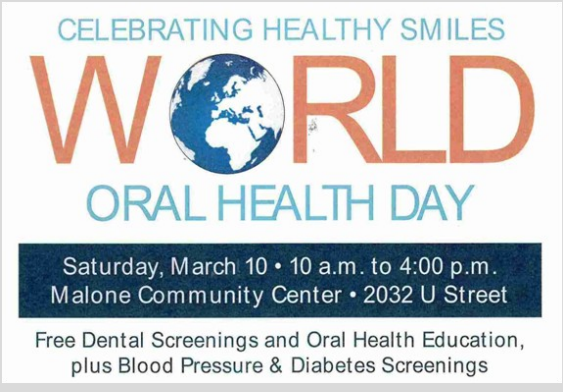
(Northwest building on SCC Campus)

Call 826-3880 for an appointment

Taking insured and uninsured individuals, no out-of-pocket costs

Dates: By appointment only: 2nd Wednesday of each month

3:00 p.m.—7:00 p.m.



SERTOMA FREEDOM WEEK POSTER CONTEST WINNERS

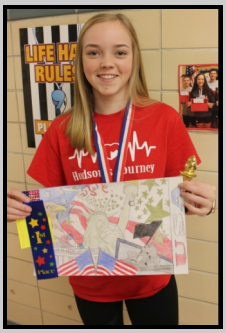
6th grade:
1st place-Gavin Legg
2nd place-Makira Smith
3rd place-Emma Engelman

7th grade:
1st place-Keira Whitfield
2nd place-Kirsten Bonham
3rd place-Makenna Blum (not pictured)

8th grade
1st place-Tavin Harms
2nd place-Alex Holle
3rd place-Morgan Mahoney

Congratulations to the winners of the Sertoma Freedom Week Poster Contest for 2018. The students designed posters that followed the themes of what freedom means to them, symbols of freedom, significant historical Americans, and significant historical Native Americans. Congratulations to all of the students that participated in this year's poster contest.

Overall Winner
Tavin Harms



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!

Washington D.C. and Gettysburg Trip Update

At the time of this article we are only 102 days from our trip to the East coast on May 29th to June 2nd. We are eagerly getting details taken care of and accounts are being paid off. We will still take current 8th graders and parents who would like to sign up for this trip. This will last until March 15th when accounts have to be paid off. This is a great opportunity to help encourage your child to take a greater sense of responsibility and knowledge in his or her own country. Again, all accounts must be paid in full by March 15th or you must contact Worldstrides to work things out. All people already registered should be getting information from me via email and from your child here at school. We currently have 74 people registered for this trip and there is still room for more.

For 7th grade parents who are interested in this type of opportunity for your child, we have been having several things happen in the past month. First off the dates for the trip your child will have the opportunity to partake in are Tuesday, May 28th -Saturday, June 1st, 2019. I spoke to your child in their history class on February 15th at which time I passed out information for registration for this once in a life time trip. I had an informational meeting on Tuesday, February 20th in my room, 202 of the middle school for parents and students who were interested in making this a reality for their child and themselves. I know of some who have been saving for nearly a year already to help make it more affordable. I was able to meet many of you at this meeting, and if you were not able to come, please feel free to contact me via email at school or you may call me at home. We also will be having a meeting for 6th grade parents on Tuesday, February 27th to help them get started on saving for this wonderful trip.

I continue to encourage all 7th and 6th grade students to set up savings accounts through the new banking in schools program to begin saving for this trip as we have had great success with it the first ten years and look forward to making this an opportunity for as many Beatrice students as possible in the future. As always, if anyone has questions, please feel free to call Mr. Michael Policky at 228-4642 or email him at mpolicky@bpsnebr.org

BMS Students of Character

Week of January 29

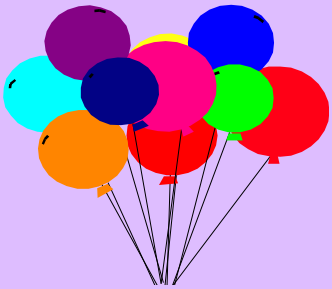
Left to right: Addison Wiechmann, Macy Gronewold, J'Cadence Lytle, Caden Clapper, Bryn Fugett, and Jacob Scholl.

Week of February 5

Left to right: Olivia Pfeiffer, Hannah Jobman, Preston Saathoff, Riley Schwisow, and Daniel Urban

Week of February 19

Left to right: Avery Gaertig, Kayden Nickel, Caleb Jobman, Colton Jelinek, and Emma Engelman.



Come be a part of BHS Cheerleading!

Informational packets are available at the middle school and high school main offices.

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!

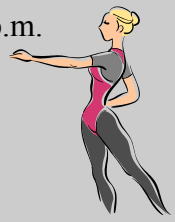
Informational packets are available at the middle school and high school main offices.

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 14, 6:30-7:30 a.m.
Wednesday, March 14, 4:00-6:00p.m.

TRYOUTS

BHS Auxiliary Gym
Friday, March 16, 7:00pm



HELP WANTED

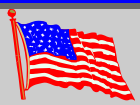
On Friday, May 4th at 3:00 Beatrice Middle School will be hosting a track invite which will include a total of six schools. These meets include both 7th and 8th grade boys and girls. If anyone is interested in helping, please contact Jeff Junker at 223-1500, ext 1161 or the Middle School at 223-1545. We need people to run field events and timers. It takes several people to put on a track meet.

Thank you.....

Our **LOST AND FOUND** box at the office is once again overflowing! Please check to see if anything could be yours. All unclaimed items will be distributed to area agencies after Wednesday, March 14th.

SKILLS OF THE WEEK

March 5—Having A Conversation
March 12-Disagreeing Appropriately
March 19-Asking for Help
March 26-Asking For Permission



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!!

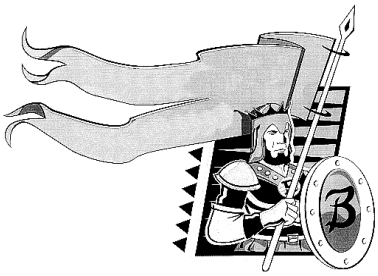
DID YOU KNOW BMS IS ON TWITTER AND FACEBOOK?

CHECK US OUT ON:
Twitter: @BMSbrags
Facebook: Beatrice Public Schools
Website: beatricepublicschools.org

LOOK AT SOME OF THE FUN THINGS HAPPENING IN OUR SCHOOL

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.