



Beatrice Middle School MESSENGER

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PRINCIPAL POINTS - JOHN JAROSH

NINE HOMEWORK TIPS FOR PARENTS



1. Know the teachers — and what they're looking for. Attend school events, such as parent-teacher conferences, to meet your child's teachers. Ask about their homework policies and how you should be involved.
2. Set up a homework-friendly area. Make sure kids have a well-lit place to complete homework. Keep supplies — paper, pencils, glue, scissors — within reach.
3. Schedule a regular study time. Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.
4. Help them make a plan. On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child break up the work into manageable chunks. Create a work schedule for the night if necessary — and take time for a 15-minute break every hour, if possible.
5. Keep distractions to a minimum. This means no TV, loud music, or phone calls. (Occasionally, though, a phone call to a classmate about an assignment can be helpful.)
6. Make sure kids do their own work. They won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions. But it's a kid's job to do the learning.
7. Be a motivator and monitor. Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.
8. Set a good example. Do your kids ever see you diligently balancing your budget or reading a book? Kids are more likely to follow their parents' examples than their advice.
9. Praise their work and efforts. Post an aced test or art project on the refrigerator. Mention academic achievements to relatives.



COUNSELORS' QUIPS

Amy Randel, Counselor
Angie Vogel, Counselor



HOPE SQUAD

Dr. Gregory A. Hudnall- leading expert in school suicide prevention
<http://greghudnall.com/about-greg/> <https://hopesquad.com/>

We are very excited to be introducing Hope Squads into our Middle School. This is a suicide prevention program created by Dr. Gregory Hudnall out of Provo, Utah. Hope Squads are the first evidence-based program to prevent suicide.

Why Hope Squad?

- In Nebraska, suicide is the **1st leading** cause of death for ages 10-14 years & **2nd leading** cause of death for ages 15-24 years.
- Youth usually stay connected or tell **2-3 friends** that they are having thoughts about suicide.
- Most youth don't spend a long time planning normally a **24-48 hour** window.
- 5th-9th grade has the highest bullying rates
- 84% of students believe social media is true. The more time on social media the higher the depression. Students start comparing themselves to what they see online and social media is the #1 stressor for students.
- Suicide is the most preventable if you are educated and know the signs
- Suicide is Top 5 for 10-15 year old kids in Nebraska.

What is Hope Squad?

- Hope Squad is a school-based peer support program that empowers students to take action to prevent suicide through a partnership with their local mental health agency. Nominated by classmates as trustworthy peers, Hope Squad members serve as the eyes and ears of the school and report to adults any student who seems to be struggling or at-risk for suicide. Advisors train Hope Squad members on how to identify at-risk students, provide friendship, and seek help from an adult.
- Members are students nominated by their peers to be on the squad. Once invited students must have a permission form signed by their parents or guardians before going through the training. If students are uncomfortable they can choose to not be on the Hope Squad.
- The students are trained with evidence-based training modules to watch for at-risk students, offer friendships, identify warning signs, and seek help from adults.
- This is a 3 year evidence based program and is based on curriculum that emphasizes suicide prevention fundamentals, self-care, and anti-bullying practices.
- Hope Squad members and leaders will be certified and trained as QPR (Question, Persuade, Refer) gatekeepers. 90-minute QPR Gatekeeper Training for Suicide Prevention program teaches people how to recognize suicide-warning signs, ask about suicide, and persuade people to accept professional help.
- There are Elementary, Middle, and High School programs.
- Hope Week at school is where students and leaders talk about suicide and host activities

The Program

- **Train-** students and staff in schools to recognize suicide warning signs and act.
- **Build-** positive relationships among peers and faculty in schools to facilitate acceptance for students seeking help. Educating on outside mental health resources.
- **Change-** the school culture regarding suicide by reducing stigmas about mental health and suicide.
- The program is focused on breaking the code of silence and educating on suicide.



WASHINGTON D.C. TRIP UPDATE



Preparations for the 2018 Washington D.C./Gettysburg trip are taking shape and students have until September 26th, 2017 to sign up for this wonderful trip. If you don't sign up by the deadline and still would like to go, please contact Mr. Policky. The September 12th informational meeting was well attended and many questions were answered. We currently have 71 students and parents scheduled for the upcoming trip and would like to have more take advantage of this great opportunity. There will be a meeting of all students and parents who are going on this trip held on Tuesday October 24th, 2017 at 7:00 PM in Mr. Policky's room 202 at the middle school. Please watch your email and your child will get information here at school. Also, just as a reminder, if you have already signed up or are just registering, please apply for the FLAG scholarship offered by Worldstrides. If you qualify, you could receive as much as \$400.00 to apply to your trip cost. If you have any questions, please feel free to contact Mr. Michael Policky at 228-4642.

Mr. Policky continues to remind students and parents of 6th and 7th grade students who would like to make this trip possible in the future to begin saving now so that it is not a financial hardship when you get to 8th grade. He also invites any parent of a 6th or 7th grader with questions to call him at the phone number above. Thanks for promoting your child's education through life experiences.

NOTES FROM THE NURSE

** If your child has been diagnosed with asthma and does not have an Asthma Action Plan on file for this school year, please have your physician fill this out and return to the school ASAP.

** **All 7th graders must have a physical on file regardless if they are playing a sport or not.**

INFLUENZA USUALLY HAS A RAPID ONSET AND CAN INCLUDE THE FOLLOWING SYMPTOMS:

- * Fever
- * Sore throat
- * Headache
- * Dry cough
- * Extreme fatigue
- * Congestion
- * Runny nose
- * Muscle aches (mild to severe)
- * Stomach symptoms such as nausea, vomiting, diarrhea



PREVENTION IS THE KEY

- * Good Handwashing
- * Avoid Touching Your Mouth, Nose, and Eyes
- * When Coughing Or Sneezing, Use A Tissue, Your Elbow, Or Shirt Sleeve
- * Stay Home If Flu Like Symptoms Develop



Be a Winner ... GET THE FACTS NOT THE FLU

Public Health Solutions would like everyone to have the facts regarding the flu shot. Every year we hear people say they got influenza from the flu shot. This is **not** a fact. The flu vaccine is a dead virus and you cannot get influenza from the shot. The true **fact** about the flu shot is that it will improve your chances of not getting the flu or just a very mild case if you should be exposed to flu. People who do not get the flu shot and get the flu usually miss work or school for 7 to 10 days.

As many of you have probably already heard, the vaccine will only be available by shot again year as the CDC is still concerned about the effectiveness of the FluMist. This means no flu mist will be available.

Public Health Solutions would like to encourage you to still help to "Protect the Ones You Love" by getting immunized against the flu. Healthy school age children may not experience complications to flu, but could risk exposing a sick elderly grandparent or baby brother/sister to the virus. The elderly and infants under 6 months of age are at a greater risk to have serious complications. With flu season almost here, Public Health Solutions District Health Department will again be offering flu immunization clinics for students at your school.

Prior to the start of clinics, students will bring home consent forms and fact sheets explaining the importance of getting the flu immunization. As parents or guardians, you are encouraged to read the information carefully, complete and sign the consent form and send it back to school with your student.

One lucky student will be a double winner! Not only will they have gotten protected against the flu by getting a flu shot they will also be entered into a drawing. Public Health Solutions will enter all students who return a completed permission form AND get the flu shot the day of the school clinic into a drawing for a \$25.00 gift card. One lucky name from each school district will be drawn at the end of the school clinic day.

Make your school a winner! Encourage friends to participate in getting a flu shot to help increase the school rate of participation. All schools that increase their 2016 rate of participation by 10% will also be entered into a drawing. One lucky school will receive a \$200 gift card to be used towards whatever the school wishes.

Public Health Solutions District Health Department will be at your school on October 24th, 2017 (BMS).

For more information, contact your school health office, or Public Health Solutions at 402-826-3880.



BEATRICE MIDDLE SCHOOL'S SPORTS SCHEDULE OCTOBER, 2017



7TH & 8TH GRADE VB

7th Grade Coaches: Mrs. Schlueter/Mrs. Randel
8th Grade Coaches: Mrs. Vogel/Mrs. Bargman

7TH & 8TH GRADE FB

7th Grade Coaches: Mr. Kaiser/Mr. Policky
8th Grade Coaches: Mr. Laflin/ Mr. Glynn/Mr. Jelinek

7th Grade Volleyball

Oct. 2	Diller/Odell	4:00(H)
Oct. 3	Crete	4:00(T)
Oct. 12	Seward	4:00(T)
Oct. 16	Wymore (B)	4:00(H)
Oct. 17	Norris	4:00(T)

8th Grade Volleyball

Oct. 3	Crete	4:00(H)
Oct. 12	Seward	4:00(T)
Oct. 16	Wymore	5:00(H)
Oct. 17	Norris	4:00(T)

7th Grade Football

Oct. 2	Crete	4:00(T)
Oct. 10	Auburn	4:30(T)
Oct. 17	Seward	4:00(H)

8th Grade Football

Oct. 2	Crete	4:00(H)
Oct. 17	Seward	4:00(T)

STUDENTS OF CHARACTER



Week of September 4

Left to Right: Caleb Kosmos, Treven Clayton, Kate Gleason, Jaiden Coudeyras, and Connor Hamilton, Not pictured: Clare Petznick.



Week of September 11

Left to Right: Alex Busboom, Olivia Saathoff, Elliot Jurgens, Calley Behrends, Josh Soto, and Teagan Tempelmeyer.

STUDENT COUNCIL MEMBERS

7th Grade

Trey Baehr, Abby Bell, Luke Feist, and Macy Gronewold. Alternate: Tucker Timmerman.

8th Grade

Calley Behrends, Jaiden Coudeyras, Tagg DeBoer, Drew Gleason, Tavin Harms, and Kalynn Jeardoe. Alternates: Colton Jelinek, Carson Saathoff, and Ian Scheele.

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!

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

SKILLS OF THE WEEK

October 2
Greeting Others

October 9
Having a
Conversation

October 16
Disagreeing Appropriately

October 23
Asking for Help

October 30
Asking Permission



Picture Retakes

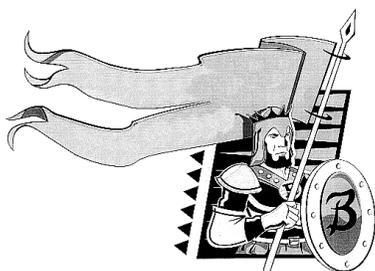
October 5th

BMS Messenger Editor:

Laurie Bloomquist



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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.