



Beatrice Middle School MESSENGER

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February, 2019 Beatrice Middle School Newsletter Vol. 28 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"



2019 NATIONAL GEOGRAPHIC BEE BMS CHAMPION AND FINALISTS

Row one: Kendall Sweitzer, finalist. Row two: Branson Chab, finalist, Ty Dittbrenner, finalist, Bryan Price, finalist, and Gavin Wolf, finalist. Row three: Hunter Sedlacek, 3rd place, Grace Ideus, 2nd place, Christopher Watts-Moore, Champion, Jayten Moyer, finalist, and Lucas Lyons, finalist.

ASSISTANT PRINCIPAL'S CORNER

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 or place so much emphasis on your child's test scores. Too much pressure can affect his test performance.

Do:

* Encourage and praise your student for the things he or she does well. * Make sure your child attends school regularly.

* Meet with teachers and ask for test preparation activities that you and your child can do at home.

* 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

HOW WILL WE PAY FOR COLLEGE?



Parents...did you know that the average family pays for half of their child's college education from income and savings? So how much are we talking? In 2017-18, that average amount spent on college by families was about \$26,000. Nearly half of that amount — \$13,000 — came from the family's personal income and savings.

While the idea of coming up with that much money can be daunting, there are things you can do now to ease the burden of saving — and paying — for your child's future college education.

WHAT PARENTS CAN DO:

Set Concrete Goals

If you make a plan for how your student's college costs will be paid, you will be in a better position to address those costs than a parent without a plan. Even if you can't contribute monetarily toward college, helping your student with the planning process is a great way to invest in their future. If you aren't sure where to start, consider using the College Board's College Saving Calculator. Once you understand your student's projected college costs, you can work together as a family to figure out how to make college a reality.

Open a College Savings Account and Make Regular Deposits

If you plan to help with college costs, consider savings plans such as the NEST 529 College Savings Plan, which is Nebraska's state-sponsored, tax-advantaged investment account. Once you start a savings plan that works for you, put aside money each month (or create a depositing plan, then follow through with it). If you can save \$50 a month, in six years you will have accrued \$3,600 plus interest. If you aren't sure how to come up with money to save, consider how you are currently spending your money. If you're regularly going out to lunch or buying extra snacks or coffee, consider saving that money instead.

WHAT STUDENTS CAN DO:

Save, Not Spend

When your student gets cash for holidays, birthdays, or other celebrations, encourage them to put most of it into their college savings account. You can also ask friends or relatives who give your child money to note that it is intended for the student's college account. If your student has a job, encourage them to save a large chunk of that money, too. It might not feel good to wait on fun, extra purchases, but by saving instead of spending, your student is choosing to make a long-term investment that their future self will appreciate.

Consider Dual-Credit Classes

Dual-credit classes are courses students can take in high school that also count toward college credit — usually for General Education course requirements. If students can knock out some of those requirements ahead of time, they won't have to pay to take those courses once they get to college. You will want to verify that the college your student is interested in attending will accept the course credits.

Prepare for Scholarships

Students can make themselves desirable candidates to scholarship providers by working hard (or continuing to work hard!) in their classes, maintaining good grades, preparing for and doing well on their ACT or SAT, and getting involved in extracurricular activities like clubs or sports. Picking a major before beginning college can also help, since some schools may have extra aid to offer students who pursue certain degree programs.

Hopefully, these tips will help you feel confident in taking those first steps to help your student monetarily prepare for college. If you need further assistance, feel free to call an EducationQuest office near you!

One Great Reason To Reduce Social Media Use

By: Dr. Tim Elmore, Leading The Next Generation

I just finished speaking to both parents and students at a high school and—wouldn't you know it—social media was the all-consuming topic of my two days on campus. So many parents felt obliged to purchase a smart phone for their child as a middle-schooler, and now years into the social media craze, many feel it's an addiction. One parent called it "heroin." Another said she feels her kids are "slaves who are at the mercy" of it. Another parent compared it to "opening Pandora's Box."

It was interesting to me that several of the high school students saw social media much the same way. They acknowledged they struggle to live with it, but struggle to live without it. A high school junior described her love-hate relationship to all her social media apps this way: "Social media on your smart phone is like having someone tap you on your shoulder all day long."

That would get downright annoying to me.

A CONVERSATION TO HAVE WITH YOUR STUDENTS

Today, I'd like to propose a logical sequence of thought that may provide a helpful topic for conversation with your students, as a parent, coach or educator. Consider this logical sequence of thought:

1. With social media, there are constant pings from texts, pop ups, newsfeeds.

Once our phone screens are filled with social media apps, the constant noise begins.. Input from your friends' messages, to newsfeeds, to videos, to pop-ups, to reminders all begin "knocking at your door." At first, it feels good. The pings actually induce endorphins through our systems, as we feel affirmed from all the attention we're getting. And how cool is it to be reminded to stand up, to call mom, to exercise or even to breathe, if you're into mindfulness. Eventually, most of us drift from the wonderful feeling to an overwhelmed feeling. We can't seem to keep up.

2. This puts us in a reactionary mode of operation, feeling a need to respond.

At this point, we either get over it, and develop the ability to push social media prompts to the side until we're ready to respond to them, or.. we slip into a reactionary mode of living, playing defense with our life instead of offense. Our to-do list still exists, but in our minds we are disrupted and distracted through our days. Whatever projects we work on or people we work with are subject to interruptions. Our brains become unable to genuinely focus on what's in front of us. Even when our phone is upside down or turned off, research says we are distracted people.

3. When in this mode, we tend to drift toward an external locus of control.

Finally, when we are in this state, we can easily shift into what Dr. Julian Rotter called, "an external locus of control." In 1954, Dr. Rotter introduced the idea that people tend to embrace an internal locus of control (*believing they are in control of their success*), or an external locus of control (*believing that someone or something else is in control of their success*). Our mindsets shift gears into reactionary modes. We place others in control of our decisions, looking up what others say in their comments, their likes, their shares, etc. We blame others for things that go wrong and we look to others to solve or problems naturally, with an external locus.

Worst of all, by 1963, Dr. Rotter discovered that those with an *internal locus of control* ended up measurably more successful in life than those with an *external locus of control*. That's actually quite predictable.

All the more reason, however, to prevent this from happening.

THE BOTTOM LINE

My point is modest but clear. Could it be possible that a simple addiction to social media coerces us—even bullies us—into a frame of mind we neither want or need? I believe the best version of me occurs when I remain responsible and "own" my decisions, rather than delegate them to someone else. In fact, we actually increase our anxieties by allowing someone else (even those we know) to take control.

In contrast, we are better people, and better leaders, when we maintain an internal locus of control and we play offense, not merely defense in our minds.

My closing questions are:

- * How do we take steps to reduce our social media use?
- * Are there certain apps we should get rid of that are unhealthy for us?
- * What would happen if we went an entire day or week without social media?



FIRST SEMESTER PHYSICAL EDUCATION PHYSICAL FITNESS TESTING



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.

<u>6th grade:</u>	<u>7th grade</u>	<u>7th grade</u>	<u>7th grade</u>	<u>8th grade</u>
<u>all first year</u>	Trevin Lang-2nd yr	Treyson Russell-2nd yr	Addison Perrett-1st yr	Luke Feist-1st yr
Genevieve White	Crew Meints-2nd yr	Kruse Williamson-2nd yr	Hannah Jobman-2nd yr	Olivia Achtemeier-3rd yr
Brooklyn Schafer	Carly Meints-2nd yr	Paige Southwick-2nd yr	Lucas Hamilton-1st yr	Deegan Nelson-3rd yr
Brody Stone	Delanie Roeder-1st yr	Lynsie Lancaster-2nd yr	Alfredo Benavides-1st yr	
			Aidin Kolb-2nd 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 28 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 33 students achieve the National Award 1st semester.



BMS HONOR ROLL 2ND QUARTER



6TH GRADE

Monet Baehr
Jaedyn Baxa
Taylin Bent
Jaslynn Bordeaux
Melany Brockman
Jaci Carel
Sean Carrera
Lucy Diekman
Brycen Dunlap
Emeline Edeal
Mckenna Fralin
Anna Gleason
Lydia Hoefler
Macey Holthus
Kale Koch
Addison Koenig
Jonathan Lindell
Morgan Maschmann
Autumn Meagher
Brooklynn Moyer
Brady Murray
Jordan Parde
Blake Petet
Thomas Pinkerton
Megan Powers
William Rainey

Hannah Ray
Owen Reis
Darrent Roeder
Avery Rohr
Rayna Schaefer
Brooklyn Schafer
Brody Stone
Koooper Thatcher
Tucker Thatcher
Katelynn Wahlstrom
Genevieve White
Braden York
Becky Zhu

7TH GRADE

Joseph Bates
Ceighley Behrends
Blake Berke
Ava Bolli
Nicholette Brewer
Alex Busboom
Kiera Busboom
Jane DeBoer
Lucy DeBoer
Ty Dittbrenner
Olivia Eckert
Andrew Enns

Gage Forney
Caleb Fralin
Josie Frerichs
Kate Gleason
Macee Griffith
Jenessa Guenther
Lucas Hamilton
Alayna Happle
Addison Hatcliff
Sean Hayden
Colton Herfel
Myah Hood
Carly Jackson
Alexa Jelinek
Hannah Jobman
Noah Jobman
Ellie Jurgens
Wyatt Jurgens
Mitchel Klassen
Aidin Kolb
Caleb Kosmos
Lynsie Lancaster
Jordan Loomis
Boston Manes
Collin Mangnall
Arihanna Marlatt
Alexa Marquez

Avery Martin
Hannah Mayer
Trinity Meers
Jacob Mertz
Chase Meyer
Alexis Mullins
Madelyn Nielsen
Deighton Norris
Cheyne Oates
Seth Oltmans
Kimberlee Pangborn
Kiera Paquette
Addison Perrett
Sofia Poole
Bryan Price
Jai'Sharria Reiman
Audrey Reimer
Kylie Roebke
Delanie Roeder
Jenna Saathoff
Jacob Scholl
Annastasia Scrivner
Destany Sherwood
Makira Smith
Haley Speakman
Emma Stevens
Evan Stevens

Teagan Tempelmeyer
Jude Tomlinson
Gavin Vanover
Erin Ware
Parker Witulski
Gavin Wolf
Gage Wolter

8TH GRADE

Olivia Achtemeier
Emily Allen
Uziel Alvarez-Vicente
Carson Bagwell
Avery Barnard
Makenna Blum
Brianna Brewer
Chesney Buhr
Joshua Buhr
Shelton Crawford
Kinsey Crooks
Quentine Elliott
Luke Feist
Macy Gronewold
Joshua Hudecek
Grace Ideus
Dalton Jones
Joelynn Kosmos

Kylie Lancaster
Nolan Marlatt
Megan Meagher
Carter Murphy
Hannah Parde
Ashley Revis
Sonia Romeo
Benavides
Ava Rosenthal
Zoe Sanders
Bailey Schauer
Brandon Scheer
Riley Schwisow
Morgan Sedlacek
Thea Smith
Easton Stevens
Aubrey Stone
Ashton Strubel
Tucker Timmerman
Abigail Trantham
Samuel Wallman
Christopher Watts-Moore
Keira Whitfield
Jordan Zhang
Mickey Zhu
Charity Zumwalt



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 **Tuesday, February 5th through Thursday, February 14th**. 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 5th through February 14th. We will accept checks made payable to BMS and cash for the exact amount as change will not be available.

VETERAN'S OF FOREIGN WARS ESSAY CONTEST



Congratulations to all who participated in this year's contest as there were many good essays. The theme this year was "Why I Honor the American Flag". First place went to Olivia Achtemeier, 2nd place to Kale Maguire of Wymore Southern, and 3rd place to Carson Bagwell. Honorable Mention went to Riley



2019 WASHINGTON D.C. AND GETTYSBURG TRIP UPDATE

At the time of this article, we have only 124 days left until our trip to Washington D.C. and Gettysburg. We have 65 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 14th, 2019. Something new this year is the 60% payment date. If you have 60% of the trip paid off by March 14th, 2019, then WorldStrides will work with you to get the remaining balance paid off by the departure date of May 28th. The trip dates again are May 28-June 1, 2019 which is the Tuesday through the Saturday after Memorial Day.

We currently are having a last chance sign up for the 2019 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 22, 2019.

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 2020 Washington D.C. trip are May 26-30, 2020. 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 14th. A parent meeting will be held the following Tuesday, February 19, 2019 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 2020 trip will be good through March 8, 2019 and I encourage all parents to get their child(ren) signed up before this date to save money on the trip.

All 10th 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 21, 2019 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 2021 trip are June 1-5, 2021. 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 2019 or future years, please call Mr. Michael Policky, 8th grade American History/ Civics teacher at 228-4642 or email me at mpolicky@bpsnebr.org.

Happy Valentine's Day



THE FLU...A GUIDE FOR PARENTS

Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays, and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

WHAT PARENTS SHOULD KNOW

How serious is flu? While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread? Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms? Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

PROTECT YOUR CHILD

How can I protect my child from flu? The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

* Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.

* It's especially important that young children and children with certain long-term health problems get vaccinated.

* Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)

* Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.

* Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe? Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

Flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.

Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

Flu vaccination also may make your illness milder if you do get sick.

Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu? In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs. Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

IF YOUR CHILD IS SICK

What can I do if my child gets sick? **Talk to your doctor early if you are worried about your child's illness.** Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed. Children younger than 5 years of age, especially those younger than 2 years and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick? Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room

- | | |
|---|---|
| 1) Fast breathing or trouble breathing and Bluish or gray skin color | 5) Not waking up or not interacting |
| 2) Bluish or gray skin color | 6) Being so irritable the child does not want to be held |
| 3) Not drinking enough fluids (not going to the bathroom as much as they normally do) | 7) Fever with rash |
| 4) Severe or persistent vomiting | 8) Flu symptoms improve, but then return with fever and worse cough |

Is there a medicine to treat flu? Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others? People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick? No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu? Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO

**From: U.S. Department of Health and Human Services
Centers for Disease Control and Prevention**

BMS STUDENTS OF CHARACTER



Week of November 26

Left to Right: Megan Powers, Caleb Fralin, and Morgan Maschmann ←

Week of December 3

Left to Right: Caleb Kosmos, Takeo Glynn, Emeline Edeal, Sean Wright, Martha Maher-Amundson, Austin Creek, and Treven Clayton →



Week of December 10

Left to Right: Kiera Paquette, Thea Smith, Kooper Thatcher, Megan Sedlacek, Collin Mangnall, Kimerlee Pangborn, Ragen Evans, and Carleigh Hevelone. ←



Week of December 17

Row One: Brittanie Harrison, Winly Theplikhith, Ava Bolli, Bryn Fuggett, Izzy Bartels, and Becky Zhu →

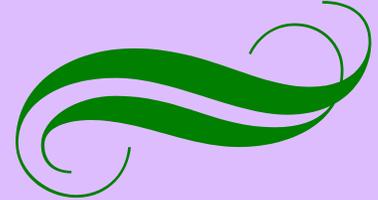


Week of January 14

Left to Right: Ashton Hoefeling and Addison Perrett ←

Week of January 21

Left to Right: Daniel Urban, and Andrew Enns. →



NOTES FROM THE NURSE.....

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.

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.** See information below.

VACCINE REMINDER

GAGE COUNTY IMMUNIZATION CLINIC

1110 Jackson St.

Call 223-2366 for an appointment

Must show your insurance card at time of appointment

Dates:

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

PUBLIC HEALTH SOLUTIONS IMMUNIZATION CLINIC

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

* Call 402-826-3880 for an appointment *

Must show insurance card at appointment, No cost for uninsured

Dates:

2nd Wednesday of Every month 2:00pm to 5:30pm

PARENT/TEACHER CONFERENCES

Monday, February 11
Tuesday, February 12
4:30 pm - 8:30 pm



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!



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



Parents, please plan to attend an informational meeting Thursday, February 14 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 Monday, February 11 visiting with all 8th graders about registering for their freshman year.

SKILLS OF THE WEEK

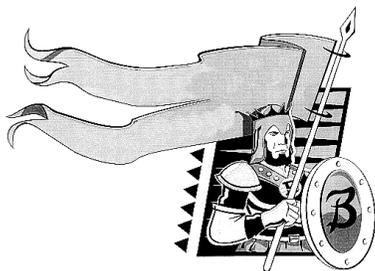
February 4--Staying on Task
February 11--Getting Teacher's Attention
February 25-Greeting Others



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.