



Beatrice Middle School **MESSENGER**

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

March, 2019 Beatrice Middle School Newsletter Vol. 29 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.



THANK YOU!

Thank you to all parents who provided delicious food to our teachers during February parent/teacher conferences. You are greatly appreciated!



COUNSELORS' QUIPS

Amy Randel, Counselor
Angie Vogel, Counselor



What's a 529 College Savings Plan?

The prospect of saving money for a child's future college education can be so overwhelming that parents often do nothing — and then regret that decision when college is about to begin. That's why it's smart to start a college savings plan now.

If you're looking for a plan that offers tax advantages and investment options, consider a 529 College Savings Plan.. Wondering what that is? Read on for answers to your questions.

What is a 529 plan?

A 529 plan is a state-sponsored, tax-advantaged college savings plan. Most states have their own 529 plan, and you can typically invest in any state's plan. The Nebraska plan is called NEST, or Nebraska Educational Savings Trust.

You can use 529 college savings plan funds to pay qualified expenses at accredited public or private colleges. Your child doesn't have to go to college in the state where you have your 529 account. If you invest in Nebraska's plan, you can use these dollars at virtually all universities, community colleges, technical schools, and graduate schools nationwide and some abroad.

What does "tax-advantaged" mean?

The money you invest in a 529 plan is tax-deferred (meaning you don't have to pay taxes on the earnings as long as the funds are withdrawn for a qualified expense), so you can grow your savings significantly over time! And qualified withdrawals are not taxed when you use the funds for college-related expenses (like tuition, room and board, books, supplies, fees). Plus, Nebraska offers up to a \$10,000 state income tax deduction for contributions account owners make to their NEST account.

Why should I consider opening a 529 account?

A 2017 IHEP study shows that children with college savings between \$1 and \$499 are three times as likely to attend college and four times as likely to graduate as those without any college savings. Contributing small portions over time can really add up. And once your money goes into a 529 college savings account, you may be less likely to take it out for other expenses, since you will be financially penalized for using it on non-college related expenses.

How do I open an account? What's the minimum amount I can put in each month?

If you wish to invest in Nebraska's NEST plan, here's a link to their enrollment page. The NEST plan does not have a minimum contribution amount — you can invest what you feel you can afford. You can always increase your contributions as you are able. Keep in mind that friends and family can give gift contributions to help your account grow.

I'm inexperienced at investing. How will I know which 529 investment options to use?

Depending on your investment confidence and/or expertise, you can get a 529 Plan in one of two ways: **advisor-sold** or **direct**.

- * **An advisor-sold 529 plan is managed by a financial advisor**, and the fees will vary depending on the class of shares and investment option selected. This person's job is to know the market and help you with your college savings goals.
- * **Direct 529 plans are managed by you**. You will be in charge of watching market trends, and making investment choices. The benefit to a direct 529 plan is lower fees because you are not paying for an advisor's advice.

Currently, the Nebraska NEST program has four 529 Plan options. Research more about each plan on the NEST website.

What happens if my child ends up not going to college?

If your child doesn't go to college or gets a scholarship that covers much of the expenses, you can withdraw the money you invested, but you will generally pay income tax and a penalty on the earnings portion of a non-qualified withdrawal. The penalty is waived if:

- * The beneficiary receives a tax-free scholarship
- * The beneficiary attends a U.S. Military Academy
- * The beneficiary dies or becomes disabled

However, your earnings will be subject to federal, and sometimes state, income tax. If you want to avoid paying taxes and a penalty on your earnings, you have a few options, including:

- * Change the beneficiary to another qualifying family member
- * Hold the funds in the account in case the beneficiary wants to attend college later
- * Make yourself the beneficiary and further your own education

COUNSELORS' QUIPS...continued

Dear Parents:

Please take the time to look at the following blog post by Dr. Tim Elmore regarding some dangerous apps that teens may be using. I will say that I use "Marco Polo" with my family and Dr. Elmore uses it as well. When it comes to cell phones it is a matter of monitoring and communicating about what your students are using on their phones and how they are using it. Cell phones are not going away and frankly I wouldn't want to get rid of such a powerful tool and educational resource. It is however, critical to guide our teens and monitor their responsible use of cell phones and all the apps and information that they have literally at their fingertips. Especially check out the parenting tips in this article. As always, please call us at BMS if we can be of help to you in any matter of raising your child to be happy and healthy. Sincerely, Amy Randel 223-1500 ext. 1105, Angie Vogel 223-1500 ext. 1104

TIM ELMORE

On Leading the Next Generation

Five Dangerous Apps Parents Don't Know Teens Use

One decade ago, high school senior, Jessica Logan sent a nude photo of herself to her boyfriend. When they later broke up, he forwarded the photo to everyone else at her school. This launched her tragic attempt to hide from those who teased her about being a slut. Jessica ended up losing the battle for her reputation. After attending a funeral, she returned home and committed suicide in her own closet.

Jessica is just one story of hundreds I've reviewed of teens in middle school, high school and college who've been blackmailed, bullied, scorned or threatened on social media—and eventually they ended their lives for it. This is a true scenario for kids from all over the world and from all 50 states. After ten years of social media apps—we can see the damage students do to each other on such sites. One report says, one in three students are bullied today.

Parenting a teen has never been an easy feat, but in today's digital age, tracking a teen's behavior has become almost impossible. With an increase of social media apps and the option of anonymity, teens are communicating in a digital world that has no boundaries.. leaving parents with no idea on how to monitor their teen's smart phone activity.

Five Apps You May Not Know Teens Are Using

Common Sense Media reveals that teenagers use an average of nine hours of media entertainment per day. That's at least half of their waking hours is spent on various sites. But what are those apps that appear to be most dangerous and can cause the most trouble?

* **Yubo (formally Yellow)- It has been called: "Tinder for Teens"**

The video chat app, Yubo, known as "Tinder for Teens" allows users to create video group chats with friends and strangers. Teens can swipe "left" on a video to talk to any user they find and share whatever video content they want. An adolescent brain can quickly spot the potential benefits of this app, but they do not see the likely consequences.

* **Calculator% - Fake calculator and secret storage app**

This app looks like a calculator on the phone screen but actually it's a secret vault for users to store private content. Parents—if you're monitoring your teen's browser history you should be aware of this app-in-disguise. The calculator icon appears to be a utility on a smartphone, but once a user types a password combination into the app, it opens up a location for secret photos and a private Internet browser.

* **Marco Polo - Video instant messaging app "walkie talkie"**

Marco Polo markets itself as "a face-to-face messaging app for bringing family and friends closer than ever." My family uses it. However, many teens use this app to send videos—while they are under the impression the video content will be erased after it is viewed. Like Snapchat, what users don't know is how long the server is holding onto the private content and capturing personal data once teens use it.

* **Wishbone - A survey app to compare anything and everything**

This app can allow teen users to compare and rate each other side-by-side on a scale. Where most posts might concern pop culture, locations or preferences—Wishbone can be a harmful tool to encourage cyber-bullying amongst teens. It simply invites an adolescent (who's brain is still forming) into all kinds of unhealthy comparisons.

* **Whisper - An anonymous photo and video messenger app**

Teens are using this app to share photo and video messages or "whispers" anonymously. Though users have no personal identity or contact information in the app, they do have a username and can be messaged privately by anyone within the app. Since the app is anonymous, teen users are at risk to being contacted by predators.

What You Can Do as a Caring Adult

Parents, teachers, coaches, youth workers and employers can enable kids to break free from the traps and temptations these apps represent. Let me offer three common sense steps you can take:

1. Get your own tracking app to see what they are up to. We all want to believe the best about our kids, but even the best, most respectful teens can fall prey to these tantalizing apps on their portable device. CyberSafetyCop.com suggests some others that help you guide and guard teens:

- * **BARK:** *Bark's* affordable, award-winning service proactively monitors text messages, emails, and 24 different social networks for potential safety concerns, so busy parents can save time and gain peace of mind.
- * **Forcefield:** Sleep apps on your kids' mobile devices, see all websites visited and photos posted on social media, lock in YouTube Restricted Mode & SafeSearch—all from your own phone.
- * **Smart Social - Parent University:** They write on their site: "Our positive social media training videos show parents and students how to shine online. We make digital safety fun while getting kids to protect their online image."

2. Host a discussion about this subject. Sometimes, adults are forced to take a smart phone away from a young person, feeling they've lost the privilege due to their irresponsible decisions. Far better than taking a phone away, however, is starting a conversation about this topic. For example, if you obtain a tracking app, watch it for a week or so, then ask your teen about what apps they use, allowing them to be honest with you before you reveal what you've seen. The conversation can be cautionary (if they're not using any of these dangerous apps), or it can be corrective (if they are). Consider using the same logic I used with my kids after they got their driver's license: "It's not that I don't trust you on the road, I am just concerned about the thousands of other drivers who may not be as trustworthy."

3. Create an agreement. Years ago, I began hearing about parent/child phone contracts, that allow a caring adult to put in print the terms of use for a teen's smartphone. This is a perfect way to define how you want them to use the phone that you purchased, before they ever get it in their hands. I believe you can craft an **agreement** even after they have a phone. This one can clarify your expectations about dangerous or damaging apps, and how you expect them to navigate them wisely. They get to keep the phone as long as they stay within your boundaries.

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.

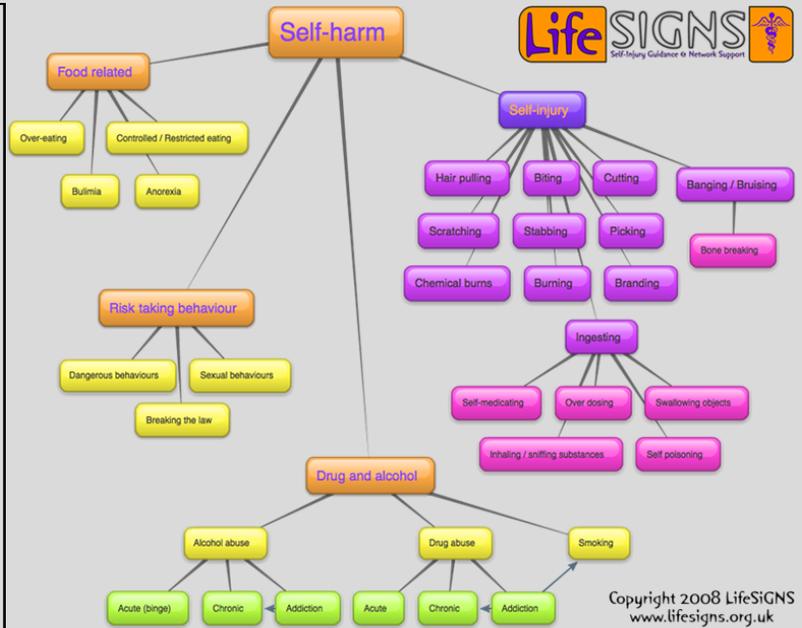
You can also speak with your child's school counselors or school nurse for more resources.

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 HAVE A 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, 2019. 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

1110 Jackson St., 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

Must show insurance card at time of appointment

No cost for uninsured

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

2:00 p.m.—5:30 p.m.





Quilts of Valor Presented to Kensington Veterans

By: Jan Smaus

Starting with a Blue Star mom's dream in 2003, the Quilts of Valor Foundation has been fulfilling its mission to cover service-members and veterans touched by war with comforting and healing quilts. In 15 years, this volunteer organization has awarded quilts to veterans and service members in all 50 states and over

seas, and have awarded over 200,000 quilts! On February 1, 2019 BMS presented a Quilt of Valor to 3 Veterans that are residence of The Kensington. Our honored veterans included . . .

- * Ivel Carpenter - Member of the Nebraska National Guard from 1945 to 1952.
- * Marlyn Cullison - Corporal in the United States Army. He served from 1951 - 1956.
- * Dennis Prebyl - Private in the Nebraska National Guard from 1964 to 1969.

These Quilts of Valor were pieced by BMS students during an after school activity sponsored by Jane Esau, Gage County 4-H and Jan Smaus, FACS teacher. Quilt Stitches of Beatrice, Nebraska completed the quilts. The following students participated in our Quilt of Valor After School Activity . . . Kinsey Crooks, Maddie Nielsen, Hannah Parde, Ava Rosenthal, Abby Trantham, Parker Witulski, Becky Zhu, Mickey Zhu, and Lysie Lancaster.



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 95 days from our trip to the East coast on May 28th to June 1st. 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 14th 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 14th 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 65 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 26th -Saturday, May 30th, 2020. I spoke to your child in their history class on February 14th at which time I passed out information for registration for this once in a life time trip. I had an informational meeting on Thursday, February 21st in the library 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, 402-228-4642. We also had a meeting for 6th grade parents on Thursday, February 21st 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 banking in schools program to begin saving for this trip as we have had great success with it the first eleven 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 28
Left to right: Caryss Jurgens and Kate Gleason



Week of February 4
Left to right: Kayden Corter, Addisyn Baxa, Ashton Strubel, Sean Carrera, Luke Feist, and Hannah Jobman.

Beatrice Hoops Shrimp Feed

Saturday, April 6th
5:00- 8:00 PM
Veterans Club
701 Dorsey St- Beatrice, NE

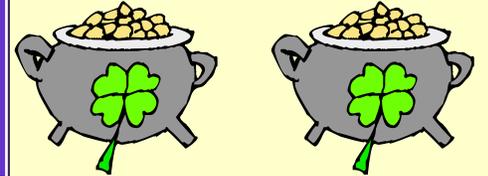
TICKETS:
\$18 in Advance/ \$20 at the Door

Come enjoy a night out and support the Beatrice basketball programs!

All you can eat: Shrimp, Beef Fries, Potatoes, Cole Slaw, and Ham

Cash Bar Available

For more information or tickets, please call or text 402-759-1255.



COME BE A PART OF BHS CHEERLEADING!

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

TRYOUTS

Monday, March 18, 5-7 pm, admin bldg gym
Tuesday, March 19, 5-7 pm, admin bldg gym
Thursday, March 21, 5-7 pm, admin bldg gym
Friday, March 22, 5-?, high school aux gym
(ends when everyone has tried out)



COME BE A PART OF THE BHS BLACK DIAMOND DANCERS!

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

DANCE TRYOUT PRACTICE

BHS Auxiliary Gym
Friday, March 15, 6:30 p.m.-8:30 p.m.
Saturday, March 16, 9:00 a.m.- 12:00 p.m.

AUDITIONS

BHS Auxiliary Gym
Saturday, March 16, 12:30



SPIRIT WEEK AT BMS!



HELP WANTED

On Friday, May 3th at 1:00 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 Thursday, March 14th.

SKILLS OF THE WEEK

March 4—Having A Conversation
March 11—Disagreeing Appropriately
March 18—Asking for Help
March 25—Asking For Permission



Wanted

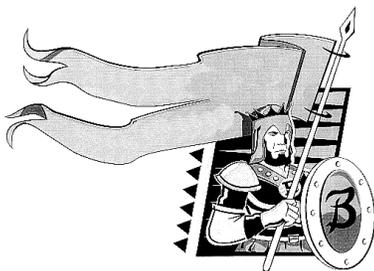
Mr. Policky's Civics class is looking for old, worn, faded, torn and tattered United States Flags. These flags will be used for the lesson on the proper retirement of the United States Flag. Flags may be sent or brought to the middle school office. It is very much appreciated!!



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.