



Beatrice Middle School MESSENGER

John Jarosh, Principal
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October 2018 Beatrice Middle School Newsletter Vol. 27 No. 2

PRINCIPAL POINTS - JOHN JAROSH

TEN 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.
10. **If there are continuing problems with homework, get help.** Talk about it with your child's teacher. Some kids have trouble seeing the board and may need glasses; others might need an evaluation for a learning problem or attention disorder.



COUNSELORS' QUIPS

Amy Randel, Counselor
Angie Vogel, Counselor

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It Matters: Working Together

What if your child doesn't like a teacher?



One way that middle school differs from elementary school is in the number of teachers students have. Adapting to the different personalities and teaching styles of multiple teachers can be challenging. Middle schoolers may dislike teachers who they feel are too tough, give too much homework or give hard tests.

Here are a few strategies for handling your child's dislike of a teacher:

- **Don't jump** to take your child's side. Unless you are in the classroom each day, you don't know that your child's "horror stories" are true. Talk to your child to find out exactly what the teacher says or does to inspire his dislike.
- **Remember** that it's not the teacher's job to be popular. Your child doesn't have to *like* the teacher's personality to *learn* from her and show her respect.
- **Realize** that in most cases, your child will need to accept the situation. Middle school is more challenging and rigorous than elementary school. Your child may have to study harder and work longer.
- **Talk to the teacher.** If you believe there is a personal issue between a teacher and your child, ask the teacher for a conference. Listen to her side, calmly give yours and work out a plan to go forward.

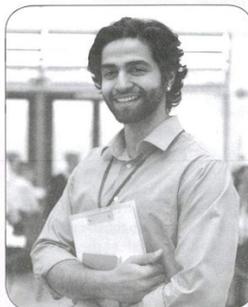
Source: M. Hartwell-Walker, Ed.D., "When a Teacher and Child Don't Get Along," Psych Central, nswc.com/dislike_teacher.

School counselors support learning and offer guidance

Has your child met with his school counselor? If not, he's missing out on a wonderful resource. Middle school counselors have specialized training that allows them to understand and support students as they face the unique challenges of middle school.

Your child's guidance counselor can help him:

- **Set and meet goals.** Your child's counselor can help him define what he hopes to achieve in middle school and beyond. The counselor can then nudge him toward the right classes and extracurricular activities to help meet those goals.
- **Resolve conflicts.** If your child is struggling with something in school—whether academic or social—his counselor can guide him through it.
- **Find extra support.** From tutoring to therapy, the counselor can assist with finding whatever outside resources your child needs to thrive in middle school.



Prepare to get the most out of parent-teacher conferences



Parent-teacher conferences are often brief in middle school. To make the most of the time you spend with your child's teachers:

- **Chat with your child ahead of time.** Does she have any concerns about this teacher or the class?
- **Make a list.** Don't assume you'll remember everything you want to talk about with the teacher. Write a few notes about the topics you'd like to cover.
- **Start on a high note.** Begin the conference by telling the teacher something positive. "My child loved the demonstration you did in class last week." An upbeat start sets the tone for productive teamwork.
- **Don't be defensive.** If the teacher has concerns about your child, don't get angry. Instead, ask for specific examples of the problem.
- **Develop a plan.** If your child's teacher mentions a problem, ask her for ideas on solving it.
- **Schedule a follow-up meeting.** This will give you a chance to discuss whether the problem has gotten better.

ASSISTANT PRINCIPAL'S



CORNER Pam Henning

Make Time To Talk About School

Staying connected with your child as they grow more independent can be a challenge for parents, but it's more important than ever. While activities at school, new interests, and expanding social circles can become more central to the lives of many middle school students, parents and guardians are still their anchors for providing love, guidance, and support.

Make efforts to talk with your child every day, so he or she knows that what goes on at school is important to you. When preteens and teens know their parents are interested in their academic lives, they'll take school seriously as well.

Because communication is a two-way street, the way you talk and listen to your child can influence how well he or she listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you talk. Be sure to ask open-ended questions that go beyond "yes" or "no" answers.

When preteens and teens know they can talk openly with their parents, the challenges of middle school can be a little easier to face.



WASHINGTON D.C. TRIP UPDATE



Preparations for the 2019 Washington D.C./Gettysburg trip are taking shape and students have until September 27th, 2018 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 11th informational meeting was well attended and many questions were answered. We currently have 59 students and parents scheduled for the upcoming trip and would like to have more take advantage of this great opportunity. There will be a fundraising meeting of all students and parents who are going on this trip held on Tuesday October 23rd, 2018 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 Flu Fighter!

Public Health Solutions would like to encourage everyone to help become a Flu Fighter. When more people get the flu shot, many less people will become sick with the flu and so there will be less people spreading influenza to others. This is especially important if you are around babies or the elderly. Most healthy school age children may not experience complications to flu, but could risk exposing an 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.

We do plan on following the State's procedure of only having injectable vaccine. This means no flu mist will be available. Please be certain to talk to your child so they are aware that they will be getting the shot again this year.

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 received protection 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.

Public Health Solutions District Health Department will be at Beatrice Middle School on October 15, 2018.

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

BEATRICE MIDDLE SCHOOL'S SPORTS SCHEDULE

OCTOBER, 2018

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/Mr. Jurgens
8th Grade Coaches: Mr. Glynn/Mr. Jaramillo

7th Grade Volleyball

Oct. 1	Diller/Odell	4:00(T)
Oct. 2	Crete	4:00(T)
Oct. 11	Seward	4:00(H)
Oct. 15	Wymore (B)	4:00(T)
Oct. 16	Norris	4:00(H)

8th Grade Volleyball

Oct. 2	Crete	4:00(H)
Oct. 11	Seward	4:00(H)
Oct. 15	Wymore (B)	5:00(T)
Oct. 16	Norris	4:15(T)

7th Grade Football

Oct. 1	Crete	4:00(T)
Oct. 9	Auburn	4:30(T)
Oct. 16	Seward	4:00(H)

8th Grade Football

Oct. 1	Crete	4:00(H)
Oct. 16	Seward	4:00(T)

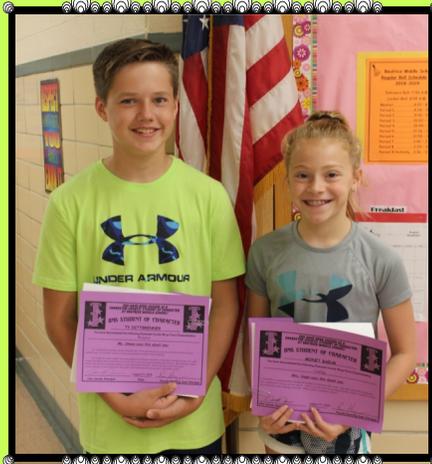
PRICES

Student - \$2.00 Adult - \$3.00
Student Activity Pass—\$25 Adult Activity Pass—\$80
Family Pass—\$175

Activity passes good at Middle School and High School activities



STUDENTS OF CHARACTER



Week of August 27
 Ty Dittbrenner, and Monat Baehr. ←



Week of September 10

Row one: Uziel Alvarez-Vincente, Brianna Brewer, Jordyn Vanschoiack, and Dawson Loomis. **Row two:** Grace Ideus, Mason Leonard, and Tucker Timmerman.

Week of September 17

Row one: Aubrie Simmons, Branson Chab, Morgan Sedlacek, and Madelyn Nielson. **Row two:** Bentley Colson, Carly Miller, Sonia Romero Benavides, and Jacob Mertz.



STUDENT COUNCIL MEMBERS

7th Grade

Olivia Eckert, Arihanna Marlatt, Alexa Marquez, and Nicolaas VanLoggerenberg. Alternate: Bryan Price.

8th Grade

Shelton Crawford, Macy Gronewold, Tucker Timmerman, Luke Feist, Chesney Buhr, and Makenna Blum. Alternates: Emerson Hoefler and Grace Ideus.

STAY TUNED...

The BMS Student Council will be selling Beatrice Middle School t-shirts soon. The shirts will be pre-ordered with payment, more details will be coming at a later date.



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!



OPERATION [®] **warm** | more than a coat [®]



Does your child need a **new winter coat?**



BEATRICE PUBLIC SCHOOLS
Striving to be Among the Best in the Nation

BEATRICE MIDDLE SCHOOL

215 North 5th Street | Beatrice, NE 68310
Phone 402.223.1545 | Fax 402.223.1547

John Jarosh
Principal

Pam Henning
Assistant Principal

We would love to provide your child with a **brand new winter coat**, completely free of charge.

Operation Warm is a non-profit organization that provides **brand new winter coats** to children in need. Beatrice Professional Firefighters Local 1098 has teamed up with "Operation Warm" to raise funds to provide the **free coats**.

Please fill out the "Operation Warm" form so we can provide the coat that would be most appropriate for your child and return the form to the BMS office by October 15.

Coats will be handed out as soon as they arrive.

Forms may be picked up at the middle school office; information will be available during parent teacher conferences.

Contact Jeff Hayes- President of Beatrice Professional Firefighters Local 1098 at 402-239-0055 or Beatrice Middle School at 402-223-1545, if you have any questions.

Operation Warm is a non-profit organization that provides **brand new winter coats** to children in need. Beatrice Professional Firefighters, IAFF Local #1098 would love to provide your child with a brand new winter coat, completely free of charge. Please fill out the information below so we can provide the coat that would be most appropriate for your child and return to the BMS office by **October 15**.

Child's Name: _____
Child's Mentor/Study Hall Teacher: _____
Gender (circle one): Boy Girl
Please circle one of the sizes below:

Children's Sizes in Inches						
Size	3T	4	5/6	7/8	10/12	14/16
Across shoulder	11 ¾	12 ¼	12 ¾	13 ½	14 ½	15
Around chest	29	31	33	35	38	39 ½
Sleeve length	13 ½	15 ½	18	18 ½	20	20 ½

Adult's Sizes					
Size	Small	Medium	Large	XL	XXL
Across shoulder	16 ¾	17 ¾	18 ¾	19 ¾	20 ¾
Around chest	44 ½	46"	47 ½	49	50 ½
Sleeve length	22 ¾	25 ¾	26 ¾	27 ¾	28 ¾

PARENT TEACHER CONFERENCES



Monday, September 24
Thursday, September 27

4:30 p.m. -
8:30 p.m.

Free Screening Clinic

for Children with Bone, Muscle, or Joint Problems



Toeing In



Bowlegs



Knock-Knees



Flat Feet



Toewalking

Will your child benefit from seeing a pediatric orthopaedic specialist?

Look for these signs:

- In-toeing, toe-walking, flat feet
- Bowed legs or knocked knees
- Sore, painful, or stiff joints
- Limb deficiency
- Limb length discrepancy
- Curved spine indicating possible scoliosis
- Club feet



Dates:

October 15th

November 12th

December 10th

Time:

1 PM – 3 PM

Location:

Dr. David Samani
Bryan Health Medical Center
2222 S. 16th St.
Tower A#240
Lincoln NE

Appointments & Information:

402-323-7260
(press 1)



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Main: 612-596-6100 | Referrals: 612-596-6105

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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 1
Greeting Others

October 8
Having a
Conversation

October 15
Disagreeing Appropriately

October 22
Asking for Help

October 29
Asking Permission



Picture Retakes

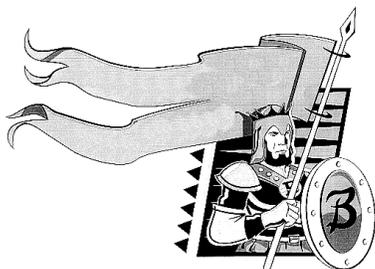
October 4th

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.