

BEATRICE MIDDLE SCHOOL MESSENGER

FEBRUARY, 2020

PRINCIPAL POINTS BY: 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

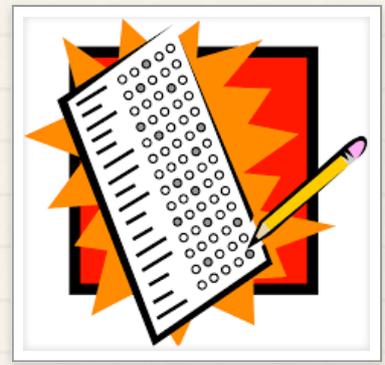
Help your tween use language that encourages others to participate and shows she is considering their recommendations. For instance, she could ask, "What's your reaction to this?" Or she can paraphrase someone's comments with "It sounds like you're saying..." To disagree politely, she might reply, "I 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"

ASSISTANT PRINCIPAL'S CORNER.... ANDREW HAAKE



MAP TESTING

As your student may have mentioned, BMS has moved MAP testing to the Winter season for a couple of reasons. First, gathering data in the winter will give our teachers the opportunity to evaluate growth from first semester and it will allow them to adjust instruction for the remainder of the semester accordingly. Secondly, our students take both MAP and NSCAS tests in the Spring. By moving MAP testing to the winter we strive to remove any test apathy that skews results on the MAP tests.

If your student didn't come home and tell you that, perhaps they DID tell you that they have an opportunity to win some prizes upon showing growth on these tests! A flyer was sent out to students in mid-January stating that if students showed growth on 3 out of 4 MAP tests they would be entered into a prize raffle. We will look at their scores from the Fall and compare them to the Winter. If they improve on 3 out of 4, they will be entered! We also added an NSCAS component. If a student is "Proficient" on their respective NSCAS tests they can be entered that way as well. Please challenge your students to give their best effort so our teachers can get an accurate picture of where they are at academically and how we can help them from there!

COUNSELOR QUIPS....AMY RANDEL, COUNSELOR; ANGIE VOGEL, COUNSELOR

THREE STRATEGIES CAN ELIMINATE RUDE BACK TALK

As the parent of a middle school child, you may have days where it seems as if everything you say is wrong. Even an innocent comment may be met with a rude, arrogant or scornful reply from your child.



You may be angry and frustrated, but it's best to avoid a big show of emotion. Instead:

1. Use "I-messages." Anything that begins "you always" or "you never" or even just "you" may sound like an accusation to your child. And nothing will gear him up for a fight faster than that.

Instead, put the emphasis on your feelings. Say, "I get frustrated when the trash piles up," instead of, "You never take out the trash!"

2. Become a broken record. Don't get into a debate about why he can't go to a concert without

you. Instead, repeat yourself. "The rule in our house is no unchaperoned concerts." When he complains, respond again, "The rule in our house is no unchaperoned concerts."

3. **Say something nice, then walk away.** There are times when you just won't be able to get any further with your child until he calms down. Try, "I know you're upset, and that makes me sad for you, but you're being so rude to me that I can't talk to you right now. I'll be happy to discuss things more in a little while."

AVOID DISCIPLINE TECHNIQUES THAT ENCOURAGE POOR BEHAVIOR

There are many common ways of handling discipline that can actually encourage poor behavior. Experts say parents should remember these don'ts:

- **Don't tempt your child.** Saying things like, "I'd like to see you try it!" can sound like a dare.
- **Don't leave room for error.** Instead of saying, "Try to finish your chores today," be clear and say, "Finish your chores today."
- **Don't ask pointless questions.** Instead of asking your child, "How many times have I told you not to use that tone with me?" focus on what you'd like her to do. Say, "Speak in a respectful tone."
- **Don't use threats.** Saying, "If you don't finish your homework before dinner, you can't have dessert," gives your child a choice. It's better to say, "You need to finish your homework before dinner."
- **Don't be vague.** Kids don't learn from phrases like, "Grow up!" They need specifics. Say, "It is your responsibility to remember your chores."

From: Middle School Parents, February 2020

PARENT/TEACHER CONFERENCES

Beatrice Middle School
Monday, February 10 and Thursday, February 13
4:30 pm - 8:30 pm



PARENTS/GUARDIANS OF 8TH GRADE
STUDENTS....PARENT MEETING & FRESHMAN

REGISTRATION

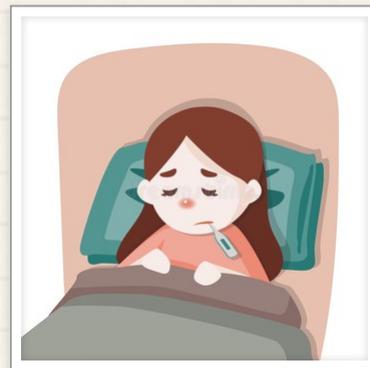
Parents, please plan to attend an informational meeting **Monday, February 10 at 6 p.m. in the High School Hevelone Center** concerning your student's high school registration process and graduation requirements.

The high school counselors will be at BMS that same day, Monday, February 10, assisting the 8th graders with registering for their Freshman classes.



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.

Gage County Immunization Clinic

1110 Jackson St.

Call 223-2366 for an appointment

Must show your insurance card at time of appointment

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

Public Health Solutions Immunization Clinic

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?

A 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 longterm 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
- 2) Bluish or gray skin color
- 3) Not drinking enough fluids (not going to the bathroom as much as they normally do)
- 4) Severe or persistent vomiting
- 5) Not waking up or not interacting
- 6) Being so irritable the child does not want to be held
- 7) Fever with rash
- 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 & Prevention**

Together We Transform Lives
TEAMMATES
 MENTORING

BE THERE

Over the past 28 years, TeamMates Mentoring has remained consistent in our core values through the ever-changing lives of youth. The weight of the world seems heavier than ever with the progression of social media, exposure to violence, and the pressure to fit into a conforming world. How do mentors help? We are simply willing to BE THERE. Sign up to learn how every community can build hopeful, more empowered youth for our future through mentoring!

How do I sign up?

1. Apply at teammates.org. Fill out the online application and screening permissions.
2. Attend a training session with a chapter coordinator.
3. You will be matched with a youth!

Contact TeamMates Chapter Coordinator Christina Lyons at 402-223-1746 or clyons@bpsnebr.org for more information.

Together We Transform Lives
TEAMMATES
 MENTORING
 of BEATRICE

The Beatrice TeamMates Mentoring Program is re-launching our chapter in hopes of growing. Students will be self-referring to the program which means we need more trained mentors.

Things to Know about TeamMates Mentoring Program

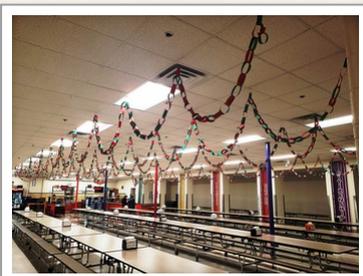
- It is a one-on-one, relationship based mentoring program.
- Matches meet one time per week for 30-60 minutes at school.
- Mentors are screened, trained volunteers.
- Mentors are adult guides, advocates and trusted friends.
- Mentors are not tutors, counselors or gift givers. Mentors cannot transport students or meet outside of school. (except with special permission.)
- TeamMates offers high school matches support for life skills and post-graduation planning.
- TeamMates offers multiple scholarship opportunities for participating youth.
- Mentors focus on what students want to do during the meeting time:
 - o Have lunch together
 - o Play board games or work on puzzles
 - o Share a hobby or craft
 - o Shoot hoops or play catch
 - o Stroll the school grounds
 - o Learn a new skill

PLEASE CONSIDER BECOMING A TEAMMATES MENTOR TODAY! WE NEED YOU!



TeamMates.org

Interested in becoming a **TEAMMATES** mentor? Click [here](#).



CHAIN LINK CONTEST

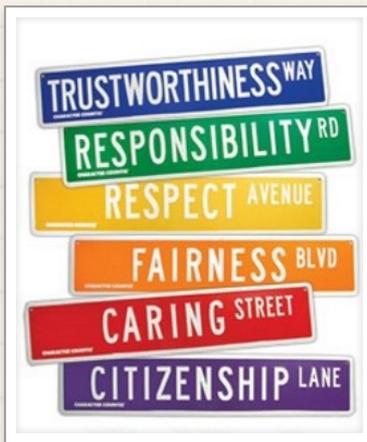
The BMS Student Council collected money for the Gage County Christmas Wish List. For every 50 cents, one link was added to a chain located in the cafeteria. A total of \$736.44 was raised by BMS!

3rd place : 7th grade—\$163.25

2nd place: 8th grade—\$274.61

1st place: 6th grade—\$298.58

Thanks to everyone who donated money. You helped to put a smile on someone's face Christmas morning!



SKILLS OF THE WEEK

February 3 - Staying On Task

February 10 - Getting Teacher's Attention

February 24 - Greeting Others

BEATRICE MIDDLE SCHOOL..... 2ND QTR HONOR ROLL

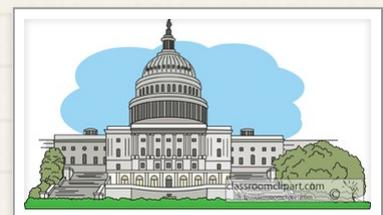
Congrats to those students who made 2nd Quarter Honor Roll
at Beatrice Middle School!

[Please click here for the honor roll listing](#)



WASHINGTON D.C. 2020 TRIP UPDATE

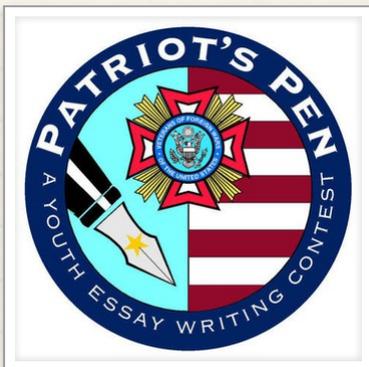
At the time of this article, we have only 121 days left until our trip to Washington D.C. and Gettysburg. We have 104 students, parents, and teachers signed up for the trip. Students are actively working to pay off their accounts which must be paid in full by March 12th, 2020. WorldStrides also offers the payment extension plan which can be used if needed because a tax refund hasn't arrived yet or due to other circumstances. If you haven't paid off your trip by March 12th, 2020, then WorldStrides will work with you to get the remaining balance paid off by the departure date of May 26th. The trip dates again are May 26-May 30, 2020 which is the Tuesday through the Saturday after Memorial Day.



We are currently having a last chance sign up for the 2020 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 21, 2020.

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 2021 Washington D.C. trip are June 1- June 5, 2021. 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 13th . A parent meeting will be held the following Tuesday, February 18, 2020 at 7:00 PM in the Middle School Library. 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 2021 trip will be good through March 6, 2020 and I encourage all parents to get their child(ren) signed up before this date to save money on the trip.

All 6th 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 20, 2020 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 2022 trip are May 31- June 4, 2022. 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 2020 or future years, please call Mr. Michael Policky, 8th grade American History/ Civics teacher at 228-4642 or email me at mpolicky@bpsnebr.org .



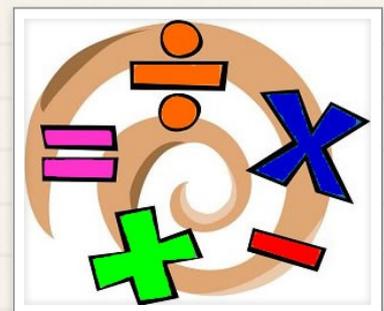
VETERAN'S OF FOREIGN WARS' PATRIOTS PEN ESSAY CONTEST WINNERS

Congratulations to all who participated in this year's contest as there were many good essays. The theme this year was "What Makes America Great".

First place went to Sophia Poole, 2nd place to Bryan Price, and 3rd place to Sean Hayden.

MRS. SYKES' 6TH AND 7TH GRADE 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 will also 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, click on the Beatrice Middle School tab, select teacher websites, 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.



BEATRICE MIDDLE SCHOOL'S STUDENTS OF CHARACTER!



Row One: Bryn Fugett, Jorja Boller, and Jaslynn Bordeaux. **Row Two:** Aleigh Johnson, Hannah Jobman, Addison Perrett, Shelby Eldridge, and Paige Lantz. **Row Three:** Danni Pethoud, Sean Hayen, Jordan Flores, and Jaeleigh Askew.



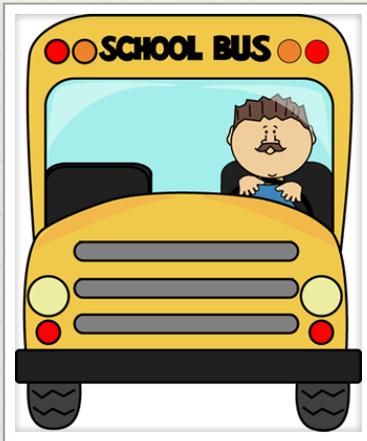
Row One: Lukas Robert, and Lydia Hoefler. **Row Two:** Alexa Jelinek, Natalie Parde, and Elia Kidder. **Row Three:** Josie Frerichs, Makira Smith, Jacob Mertz, Seth Oltmans, and Macy Lohmeier.



Row one: Tyler Wright, Vanessa Wissink, and Josiah Barber. **Row two:** Alison Ekart, Justice Arington, Emory Tharp, Jace Hanshaw, and Blake Petet. **Row three:** Eyan Loseman, Macee Griffith, Myah Hood, MaKayla Pallas, and Annika Glynn.

SCHOOL CLOSING INFORMATION

School officials will send out a text, email and a phone call to alert all families of a late start, early out, or school closing due to inclement weather. Be sure your school has a current phone number for all parties wishing to receive this information. You may call the Middle School office at 402-223-1545 to make any changes.

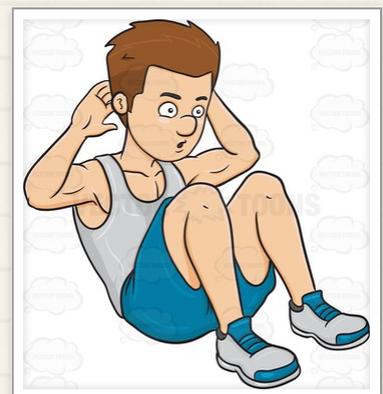


LIMITED BUS SERVICE DUE TO INCLEMENT WEATHER

When snow and closed roads pose a problem for transportation, limited bus service will be announced on KWBE Radio each of those mornings before buses leave on their routes.

FIRST SEMESTER 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/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, or Presidential. The fall Semester Physical Education classes completed the Presidential Physical Fitness Challenge with many students achieving awards!

Students will receive the Presidential Award if they reach the 85th percentile* or higher on all 5 tests. They are awarded a Presidential Physical Fitness Award certificate and a t-shirt. We had 10 winners this past semester. Listed below are the winners and the number of years they have won the award.

8th Grade

Ellie Jurgens – 3rd year

Deighton Norris – 1st year

Hannah Jobman – 3rd year

Alexa Jelinek – 3rd year

7th Grade

Alayna Maatsch - 1st year

Morgan Maschmann – 2nd year

Brody Stone- 2nd year

Ty Weichel – 2nd year

Isaias Achtemeier - 1st year

6th Grade

Skylar Jones – 1st year

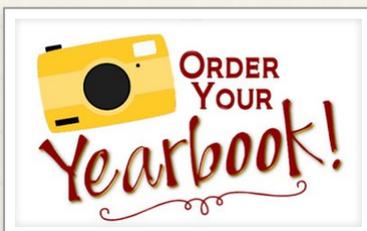
The Beatrice Middle School “Fitness Award” was created in the 2011/2012 school year. Students receive the Fitness Award if they reach the 85th percentile* in at least 3 tests and a cumulative total of all tests adding up to the 70th percentile. Students are awarded a Fitness Award certificate and a t-shirt for this achievement. In the 1st semester we had 29 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 17 students achieve the National Award 1st semester.

* Percentages are based on the Presidential Physical Fitness Challenge data.

BEATRICE MIDDLE SCHOOL YEARBOOK SALES!!

FEBRUARY 3 - FEBRUARY 13



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 BMS from **Monday, February 3rd through Thursday, February 13th**. Students may purchase them during their mentor period in the media center between those dates. Also, parents may purchase memory books **at the office during Parent Teacher Conferences only**.

The school is preselling memory books in order 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, 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. Checks may be made payable to Beatrice Middle School, if paying with cash please be sure to pay with the exact amount as change will not be available.

FEBRUARY, 2020 BMS CALENDAR

BEATRICE MIDDLE SCHOOL'S CONTACT INFORMATION AND SOCIAL MEDIA LINKS

215 North 5th Street, Beatrice NE 68310
(402) 223-1545

[Beatrice Middle School's Facebook Page](#)

[Beatrice Middle School's Instagram Page](#)

[Beatrice Middle School's Twitter Page](#)

[Beatrice Public School's Website](#)

BMS Messenger Editor: Laurie Bloomquist

