

# BEATRICE MIDDLE SCHOOL MESSENGER

DECEMBER 2019/JANUARY 2020

PRINCIPAL POINTS.....JOHN  
JAROSH

## HEALTHY TECHNOLOGY HABITS

Limiting your middle grader's screen time encourages her to interact with people in real life and focus on schoolwork. Try these tips:



### Join in:

Setting limits on electronics use for the whole family may make your tween more likely to cooperate. Ask everyone to silence and put away devices during game nights or car rides. You can enjoy conversation and pay attention to each other. Also, set up a charging station where everyone leaves devices at night so that sleep isn't interrupted.

### Socialize face to face:

Suggest that your child brainstorm screen-free activities to do with friends. Examples: Make up dance routines, work on a giant jigsaw puzzle. Or they could use electronics in ways that don't involve staring at screens. Maybe they'll sing along with a free karaoke app or go outside and see who can take the coolest nature photos.

### Stay focused:

When your middle grader uses electronics for homework, have her close all apps or windows that she doesn't need for the assignment. She should also turn off notifications so she's not tempted to reopen the apps she closed. And if she takes a break, encourage her to make it screen-free Perhaps she'll go for a short walk or play with her dog.

from: Middle Years, December, 2019 issue

## ASSISTANT PRINCIPAL'S CORNER....ANDREW HAAKE



As I reflect on the many things I am thankful for, I want to take this opportunity to share just a few of them with you: I am thankful for our students who come to school every day ready to learn. I am thankful for the opportunity to hear the stories of each student that enters our doors. I am thankful for the opportunity to serve in a school that I once walked the halls in! I am thankful for parents that offer unwavering support to our school in effort to help their child. I am thankful for the volunteers that enter our doors for nothing more than wanting to help the lives of our students. I am thankful for the teachers, paras, health aides, custodians, secretaries, nurses, lunchroom aides, bus drivers, support staff, therapists and administrators who really care about our students' education and have the best interests of our students at heart.

I would like to wish all of you and your families a happy, healthy, and relaxing Holiday season!

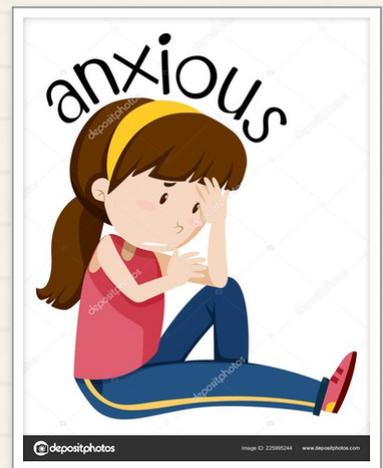
## COUNSELORS' QUIPS..... AMY RANDEL, COUNSELOR; ANGIE VOGEL, COUNSELOR

### LEARNING TO BEAT ANXIETY

#### A parent's guide to anxiety and cognitive behavioral therapy.

#### What is anxiety?

- Anxiety is a NORMAL EMOTION-- it helps us cope with difficult, challenging or dangerous situations.
- Anxiety is COMMON--there are times when we all feel worried, anxious.
- But anxiety becomes a PROBLEM WHEN IT STOPS YOUR child from enjoying normal life by affecting their school, work, family relationships, friendships, or social life.
- This is when ANXIETY TAKES OVER and your child has lost control.



#### Anxious feelings

When we become anxious our body prepares itself for some form of physical action, often called the "FLIGHT-FIGHT" reaction. As the body prepares itself we may notice a number of physical changes such as:

- shortness of breath
- tight chest
- dizziness or light-headedness
- palpitations
- muscle pain, especially head and neck pain
- wanting to go to the toilet

- shakiness
- sweating
- dry mouth
- difficulty swallowing
- blurred vision
- butterflies or feeling sick

Often there is a reason for feeling anxious such as:

- facing a difficult exam
- saying something to someone they may not like
- having to go somewhere new or do something scary

Once the unpleasant event is over our bodies return to normal and we usually end up feeling better.

### **Worrying THOUGHTS**

Sometimes there may not be an obvious reason for feeling anxious. Another cause of anxiety is the WAY WE THINK about things. We may think that:

- things will go wrong
- we will be unsuccessful
- we will be unable to cope

Life can seem like one big worry as minds become full of negative and worrying thoughts. We can't seem to stop them, we find it hard to concentrate and think straight, and the worrying and negative thoughts seem to make the physical feelings worse.

### **Stop DOING things**

Anxiety is unpleasant and so we find ways to making ourselves feel better. Feared or difficult situations MAY BE AVOIDED. We may stop doing things that worry us. The more we stop or avoid things, the less we do and the harder it becomes to face our fears and overcome our worries.

### **What is COGNITIVE BEHAVIOR THERAPY?**

Cognitive Behavior Therapy (CBT) is based on the idea that how we feel and what we do are due to the way we think. CBT is one of the most effective ways of helping children with anxiety problems.

CBT assumes that a lot of anxiety problems are related to the way we think. **BECAUSE WE CAN CHANGE THE WAY WE THINK, WE CAN LEARN TO CONTROL OUR ANXIOUS FEELINGS.**

- Thinking in more positive ways can help us feel good.
- Thinking in more negative ways may make us feel fearful, tense, sad, angry, or uncomfortable.

Teaching children to understand their thoughts is important. Children with anxiety tend to:

- think in negative and critical ways
- overestimate the likelihood of bad things happening
- focus on things that go wrong
- underestimate their ability to cope
- expect to be unsuccessful

CBT is a practical and fun way of helping children to:

- identify these negative ways of thinking
- discover the link between what they think, how they feel, and what they do
- check out the evidence for their thoughts
- develop new skills to cope with their anxiety

### **SUPPORT Your Child**

During CBT it is important that you SUPPORT your child.

#### **S - Show your child how to be successful**

Show your child how to successfully approach and cope with anxious situations. Model success.

#### **U - Understand that your child has a problem**

Remember that your child is not being willfully naughty or difficult. They have a problem and need your help.

#### **P - Patient approach**

Don't expect things to change quickly. Be patient and encourage your child to keep trying.

#### **P - Prompt new skills**

Encourage and remind your child to practice and use their new skills

#### **O - Observe your child**

Watch your child and highlight the positive or successful things they do

#### **R - Reward and praise their efforts**

Remember to praise and reward your child for using their new skills and for trying to face and overcome their problems.

#### **T - Talk about it**

Talking with your child shows them that you care and will help them feel supported,

**SUPPORT your child and help them overcome their problems.**

## WINTER COATS AVAILABLE AT BMS

### WINTER COATS AVAILABLE

Brand new winter coats are available to any middle school student who may need one for the cold weather. Please call Mrs. Randel or Mrs. Vogel at Beatrice Middle School with your child's name and coat size by December 5th. Through our local Fire Department and Operation Warm a new coat can be theirs if they need one. The phone number is 223-1545. Thanks.



## NOTES FROM THE NURSE

If your child has a fever (100.0 F or higher), for any reason, they should not return 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 track any outbreaks at Beatrice Middle School.



### ASTHMA/ALLERGY ACTION PLAN

Any student diagnosed with Asthma or Anaphylaxis due to allergy (includes food allergy, bee sting allergy etc...) needs to have an updated Asthma/Allergy action plan on file in the nurse's office every year. If you have not had your doctor fill one out yet for your student for this school year, please get this done ASAP. If we do not have one on file we will use the Rule 59 protocol for any life-threatening "breathing" emergency. For more information regarding Rule 59 please visit: <http://www.airenebraska.org/rule-59-protocol.html>.

**\*\*If your child requires an Epi-Pen for any allergy, please make sure we have one for him/her prescribed by their physician in the nurse's office. Also, if your child requires a rescue inhaler for asthma, please make sure we have an inhaler for him/her in the nurse's office.** Please remember to fill out a medication consent form when sending an inhaler with your child. If you would like your child to carry the inhaler with them this is also possible by marking the box in the medication consent form. This is especially important when your child is in PE class.

### FREE DENTAL CLINIC

UNMC is offering a FREE dental clinic for children ages 5-18. Appointment and pre-screenings required. Contact Public Health Solutions District Health Department for applications, pre-screenings, appointments, and transportation arrangements.

When: Friday, February 7

Where: UNMC College of Dentistry (Lincoln)

1-844-830-0813

402-826-3880

### FLU SHOT CLINIC

BMS had a very successful flu shot clinic on October 24 and October 31. Thanks to BCHHC Immunization Clinic staff and nurses, 102 students and 28 staff were immunized against influenza. Thank you to the parents who gave permission for their student to be immunized at school. We will hopefully have a healthier influenza season due to this!

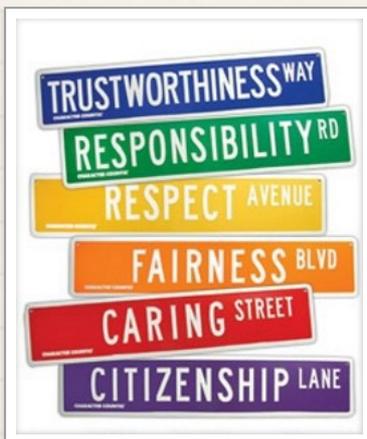
## BEATRICE MIDDLE SCHOOL 1ST QTR HONOR ROLL

Congrats to those students who made  
1st Quarter Honor Roll  
at Beatrice Middle School!

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



## SKILLS OF THE WEEK



December 2 - Following Instruction

December 9 - Working With Others

December 16 - Sharing Something

January 13 - Appropriate Voice Tone

January 20 - Accepting a Consequence

January 27 - Making An Apology



things, build, design, etc while eventually building toward real world solutions to problems existing out there today.

We are really trying to get kids CREATING. We want to help kids become producers rather than consumers. Activities students may choose include Critical Thinking/Spatial Relations items like ThinkFun Maze games, ColorCube Sudoku, Rush Hour, and/or Kanoodle. Bloxels, a beginning video game design activity with the potential to create a video game with 160 different worlds/levels. Craft/hands-on creations include 3D pens, corner bookmarks, etc. I am trying hard to encourage kids to begin using the 3D printers, walking through the six beginning tutorials, to making a keychain as their first item. The program to make things on the 3D printers is web based so kids can work on designs anywhere they have internet. This also means you as a parent can join in on the fun!

Students are able to come to the MakerSpace on their assigned grade days during 8th period. In order to be eligible, students may not be failing any class, no late work in any class, and no think times in the week prior to attending. Please encourage your child to take advantage of this awesome opportunity to learn future ready skills!!

Mrs. Dittbenner, Media Specialist

## KNIGHTS OF COLUMBUS ANNUAL FREE THROW CONTEST

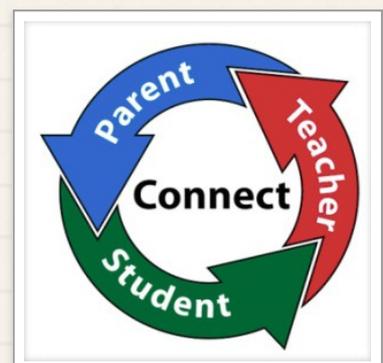


The annual Knights of Columbus Free Throw contest will be held again this year at the Saint Joseph Catholic School gym on Tuesday, January 14, 2020. This contest is open to boys and girls ages 9-14 based on their age as of January 1. Registration will begin at 6:30 p.m. and the contest will start at 7:00 p.m. Everyone will receive a certificate of participation and a can of pop while the winners of each division will receive a medal and winner's certificate.

The Beatrice Knights of Columbus Council 1723 invites all students to an evening of fun and competition. There is a very good chance that the district free throw contest will follow immediately after the local contest that same night so please plan accordingly. We hope to see you there. If you have any questions, please call Michael Policky at 402-228-4642.

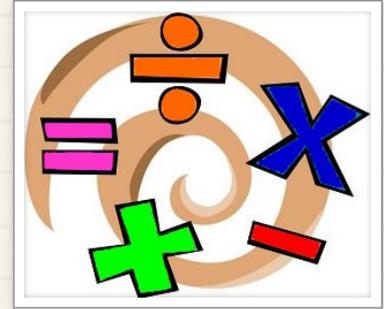
## PARENT PORTAL

Would you like to stay on top of your child's grades? Would you like to see if they did well on their last test? Would you like to make sure they are getting to class on time? Would you like to have heads up on when they need lunch money and be able to put lunch money in their account online? A Campus Portal account can help you with all of those things. To get set up with an account, email either Annette Barnard at [abarnard@bpsnebr.org](mailto:abarnard@bpsnebr.org) or Karen Dittbrenner at



[kdittbrenner@bpsnebr.org](mailto:kdittbrenner@bpsnebr.org). We will help you get started on the road to staying in the loop with all of the above mentioned things.

## 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. [Click here for the website](#). 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:** Chase Meyer, and Jodie Packett. **Row two:** Shelby Boyd, Brittanie Harrison, Taylin Bent, and Gabby Long. **Row three:** Alexandri Mason, Everett Allen, Carly Meints, and Isabelle Essink. **Not pictured:** Troy Moppin.



**Row one:** Braegan Oestreich, Audrey Remier, and Callie Schwisow. **Row two:** Megan Powers, Curtis Randolph, and Allie Byleveld. **Row three:** Avery Martin, Ava Bolli, Andrew Enns, Lucas Lyons, and Breanna Baehr.

## SCHOOL BUS SAFETY

I'd like to bring school bus safety to your attention. This is what Nebraska State Statute 60-6175 reads:



*Upon meeting or overtaking, from the front or rear, any school bus on which the yellow warning signal lights are flashing, the driver of a motor vehicle shall reduce the speed of such vehicle to not more than twenty-five miles per hour, shall bring such vehicle to a complete stop when the school bus is stopped, the stop signal arm is extended, and the flashing red signal lights are turned on, and shall remain stopped until the flashing red signal lights are turned off, the stop signal arm is retracted, and the school bus resumes motion. Any person violating this subsection shall be guilty of a Class IV misdemeanor, shall be fined five hundred dollars.*

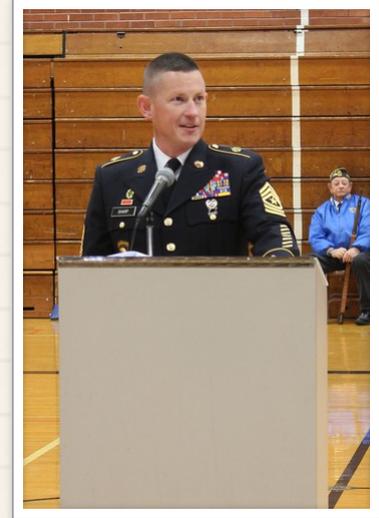
It has been noticed that some individuals are not following this law. The Beatrice Police Department has been seeking out these violators and the violators will be subject to a \$500 fine. The Beatrice Police Department is committed to the safety of the students in our

community! If you have specific questions please contact me at Beatrice Middle School or the Beatrice Police Department. Have a safe and enjoyable school year.

Officer Timothy Price

## VETERANS DAY CELEBRATION

"CELEBRATE" means to make known publicly. Beatrice Middle School students and staff held their annual Veterans Day Celebration honoring America's military veterans with an assembly on Monday, Veterans Day. Mr. Ben Essam's and Mr. Mike Policky's mentor classes hosted the assembly. The students of the classes were responsible for the organization of the assembly including set-up, contacting the guest speaker and the color guard, providing music, and for conducting the ceremony. The Veterans Day assembly is an annual event that the eighth grade students of Beatrice Middle School have sponsored for over 20 years.



Members of the Color Guard of the American Legion Post #27 were guests at the assembly and brought the American flag into the assembly. The guest speaker for the program was Mr. Jason Sharp. Sergeant Major Sharp is a resident of Beatrice, serves the community as a deputy for the Gage County Sheriff's office, and takes pride in the fact that he is a Veteran. Sharp has served in the Army National Guard the past 22 years. His service has included deployments to Kosovo, twice to Afghanistan, and to Cuba. In his speech, Sergeant Major Sharp made reference to Nebraska's ties to the military, military events in history, and why we as citizens should show respect to our Veterans and honor them. He encouraged kids to honor Veterans and to focus on the sacrifices that they have made for us because "Freedom is not free." Sharp also said to be sure to thank veterans for their service and sacrifices.

Those in attendance at the assembly were entertained by 8th graders who sang the National Anthem and God Bless America, the playing of "Taps", and the first and second quarter Civics classes singing the Preamble of the American Constitution. The ceremony was topped off with the presentation of a Quilt of Valor. This honor was given to Mrs. Faye Winkle who was a secretary to Commanding Officer William H. Schwartz, Jr. during the Korean War. Mrs. Winkle was presented the quilt made by Family Consumer Science teacher Jan Smaus, Jane Esau of the Gage County 4-H, and students from Smaus' 9th period activity. This is a highlight of the yearly program.

The students involved in the assembly displayed many Character Counts characteristics as well as Boys Town Skills in which Beatrice Middle School participates. The students of Beatrice Middle School received several compliments from the veterans, guests, and administration present at the ceremony regarding the appropriate citizenship displayed during the assembly. The celebration is also being recognized by the Nebraska Secretary of State and the Beatrice Daily Sun that did a news story on the event. The staff and administration thank Mr. Essam, Mr. Policky, and the students of BMS for a job well done.

## PATRIOTS PEN WINNERS

We have the winners of the VFW Post 1077 Patriots Pen essay contest. This year's theme was, "What Makes America Great".

1st place: Sophia Poole

2nd place: Bryan Price

3rd place: Sean Hayden



## 8TH GRADE NATIONAL HISTORY PROJECTS ON DISPLAY

All are invited to view the National History Day projects that will be on display in the BMS library December 11th and 12th from 8:30 to 2:30. The top boards will be on display December 13th from 8:30 to 2:30. This year's NHD theme is: BREAKING BARRIERS IN HISTORY.



Mr. Policky and Mr. Essam

# 6TH GRADE STUDENT COUNCIL REPRESENTATIVES FOR THE 2019-2020 SCHOOL YEAR

Congratulations to the 2019-2020 6th grade Student Council Representatives! Thank you to all who ran for student council, we are proud of all of you!



Sophia Gleason  
Anna Hamilton  
Brealyn Manes  
Troy Moppin

## \*\* 7TH GRADE VOCAB PARADE OVERALL WINNERS \*\*



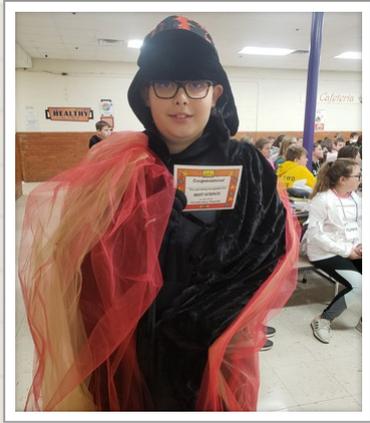
BEST COSTUME  
OVERALL



BEST LANGUAGE  
ARTS



BEST MATH



BEST SCIENCE



BEST SOCIAL STUDIES



MOST ORIGINAL



BEST HAT



BEST SHIRT



FUNNIEST



BEST POSTER

OUR LOST AND FOUND BOX IS OVERFLOWING!

Please check the lost and found at the BMS office for anything that may be yours. All unclaimed items will be distributed to area agencies **Wednesday, December 18.**



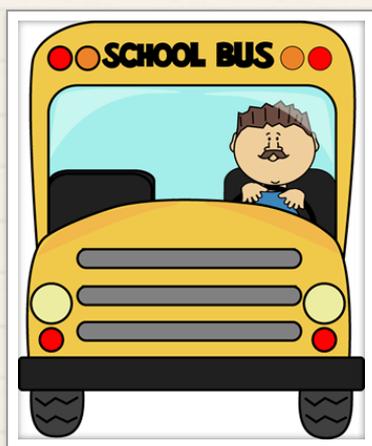
## SCHOOL CLOSING INFORMATION

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.



You may also call 402-223-1555 to hear information on Beatrice Public Schools closing or late start due to inclement weather.

## 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.

December, 2019 BMS Calendar

# January, 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

