

WEST SALEM MIDDLE SCHOOL

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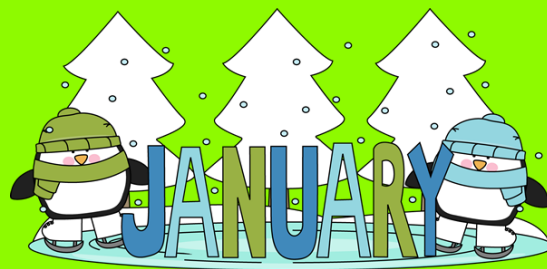
SPECIAL POINTS OF INTEREST:

*Winter Break
December 23 - January 2

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Volume 6 - Issue 6



2018

*In the midst of winter, I found there was,
within me, an invincible summer.
-Albert Camus-*

Dear Families,

We're back from an extra long break, and it's cold out there! I hope you and your children had the opportunity to spend quality time with family, friends, and loved ones during the time away from school. It's important to take advantage of these moments, so we can rejuvenate, refocus, and approach the new year with a renewed sense of purpose. We ended the month of December with a student awards assembly and talent show. Honor Roll and High Honor Roll students were recognized along with student participants in school activities. We also had some holiday themed games for students. A great activity for the entire building! Our annual Christmas Basket food drive held in conjunction with the West Salem Lions Club was also a huge success. Due to the commitment and generosity of students, families, staff, and community members, we were able to fill 44 food baskets for local families in time for Christmas. Well Done Panthers!

I wanted to take a moment to share a few cold weather FYI's as they relate to school. Any cancellations of afterschool programs or co-curricular activities or events will be placed on our school website as soon as the decision to cancel them has been made. Please be sure to check the website if you think something may be canceled due to inclement weather. On most winter days students will continue to go outside for recess. This is an opportunity for our middle school students to get outside, move, play, and get some fresh air. We encourage & remind students to dress for the weather when they go outside.

Our Trimester 2 Parent Teacher Conferences will be held on Monday, February 5th. For these conferences, we will have a drop-in format where families can visit teachers in their rooms. More details on this and other calendar events can be found on page 2. The timing of this conference should work out well with Mid-Term grades due the 16th and MAP testing concluding mid-January.

As we make our way through the winter months, let's take advantage of this time and make sure our students continue to approach each school day with purpose. While staying warm may be a seasonal focus right now, it's important to remember that hard work, learning, and achievement develop the invincible summer that our students can carry with them through every season.

Warmly,

Ben Wopat
Principal



"Meet Us in the Middle"



Calendar of Events...

- 10 - Geography Bee
- 11 - Spelling Bee
- 12 - Mid - Term 2
- 16 - Girls BB vs Logan 3:45pm
- 18 - Girls BB @ Longfellow 4pm
- 19 - Winter Wellness form DUE with money
- 22 - NO SCHOOL -teacher inservice
- 23 - Girls BB vs Lincoln 3:45pm
- 23- Gr. 6 Band & Choir Concert 7pm
- 30- Girls BB @ Winona 4:15
- 30 - District Jazz Concert



Counselor Comments...

We certainly ended 2017 on a very positive and supportive note. In conjunction with our local Lions Club, we helped to assemble 44 food boxes for area families. Our students also made cards/crafts and snowflakes. Mrs. Martinson's 7th grade Panther Time knitted wash clothes to add to the boxes as well. A huge "thank you" to everyone who helped support our community service projects. We will ring in the new year with our all-school Geography and Spelling Bees. Congratulations and good luck to all of our participants. Positive Identity will be the focus for our A/A lessons in January. Topics such as self-esteem, sense of purpose, and personal power will be addressed in our activities. Everyone is leading busy and hectic lives, yet be sure to take the time for people and events that are truly important in life. This will undoubtedly reinforce positive identity in our young adults by increasing their self-esteem and providing them with a sense of purpose!

Wishing you a joyous and prosperous new year all through the year!

Mr. Lang
School Counselor

Parent/Teacher conferences for the 2nd trimester will be held on Monday, February 5. For these conferences we will be stepping away from our "traditional" meet with your child's advisor. Instead, parents/students will go to the teachers' rooms/locations they feel they need to meet with. Of course, advisors will also be available these nights to meet with parents. Parents will not need to sign up for a conference time as they will be "cafeteria style" with teachers in their classrooms. Conference time with individual teachers should be no more than 10 min each. If you feel you need more time, please contact the specific teacher to either phone or e-mail you. Prior to attending please log into Skyward and review your child's current grades and check if there are any missing assignments. If you need assistance with your login or to re-set your password, please contact the school office at 608-786-2090.

Famous
Birthdays in
January -

Cuba Gooding

Eli Manning

Kate
Middleton

Drew Brees

Muhammad Ali

Dwyane Wade

Michelle
Obama

Oprah Winfrey



"Meet Us in the Middle"



WSMS Students of the Month



Grade 8

Adriel R.



Cayden P.



Rachel S.



Grade 7

Steven T.



Danielle S.



Trae A.



Grade 6

Koen M.



Carmen R.



Noah C.





Reading - Mrs. Schultz

January will begin the 6th grade unit on Social Issues. During this unit students will learn about discrimination, do

research on social issues, read newspaper articles, and read one or more novels dealing with race relations in the mid-1900s. The unit begins with mini-investigations on important events and people of the Civil Rights Era. We will look critically at some of the actions and opinions of people during the Civil Rights Movement and those in the novels, revisiting and connecting with the types of conflicts we explored in *Touching Spirit Bear*. Another aspect of this unit is to realize the diversity of human experience and see this period of our history through the eyes of the newspaper reporters, people who were living at the time, and the characters in our novels. Students will also be working with words again this month. Happy 2018!

Social Studies - Mrs. Jeranek

With the New Year, comes new adventures in 6th Grade Social Studies! In December we learned about Greece's geography, governments, and economy. January's adventure will be important battles between Greek city-states, such as Athens and Sparta, and Persia. We'll also learn about the leadership of Alexander the Great and his impact on Greece! Bring on the cold weather, our classroom will be filled with heated battles in January of 2018!



Science - Mrs. Jarosh

I'd like to introduce Mr. Randy Dammon, who will be my long term substitute while I am on maternity leave beginning January 8th. Mr. Dammon is a retired physics/physical science teacher who is excited to share his knowledge with your child. He has subbed for me multiple times this year and loves the questions that 6th graders ask! During his time here, students will be exploring electricity and magnetism!

The learning outcomes are listed below as guiding questions we will look to answer:

What are the properties of a magnet?

How do magnetic poles interact?

How can an atom behave like a magnet?

How can magnets be changed?

How is earth like a bar magnet?

What are the effects of Earth's magnetic field?

How do electric charges interact?

What is an electric field?

How is an electric current produced?

How are conductors different from insulators?

What causes electric charges to flow in a current?

How does resistance affect current?

What are the basic features of an electric current?

How do you calculate electric power?



"Meet Us in the Middle"



English - Mrs. Buisman

In January, sixth grade English students will continue to focus on argument writing. Students will research to find evidence that supports their claim on a given topic. Students will continue to work on producing quality writing.

**Spanish - Mrs. Tofstad**

¡Feliz Año Nuevo! Sixth graders are in full swing this month in Spanish class. We are starting a new unit where we will learn to share what we like to do or what we dislike to do. We will also begin to learn to share our likes and dislikes of different foods. ¿Te gusta comer pizza? Grammatically, we will focus on the verb *gustar*-to like, as well as the verb *ser*-to be. For many Mexican families, as well as many latino families, the holidays continue with the celebration of Día de los Reyes Magos, celebrated on January 6th, and Día de los Candelarios, celebrated February 2nd. We will briefly investigate some cultural practices of both of these two celebrations. Wishing you the very best as we kick off the new year! Lets make it a good one!

Profesora Tofstad

**Math - Mrs. Jehn****Regular Math**

We will complete Chapter 4 in the first few days of January - Areas of Polygons. Students will have learned the areas of parallelograms, triangles, trapezoids, and composite figures and will work with polygons in the coordinate plane.

Chapter 5 follows which includes ratios, ratio tables, rates, unit rates, comparing ratio and rates, percents, and converting measures. This is one of my favorite chapters because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? When was the last time you had to tip a server or hairdresser? Ask your child to shop

with you to help you find unit price, compare purchases, and find the best buy - happy shopping and saving!

Accelerated Math

In December students completed Chapter 5. Please continue to encourage your child to help you figure out how to tip someone, how to find the discounted price using coupons, or how to find the better buy when comparing similar products of different brands. These are great life skills to have!

Student began Chapter 6 before the break and will finish in the first few weeks of January. The title of Chapter 6 is Integers and the Coordinate Plane. For most students understanding positive and negative

numbers comes easily because they have grown up seeing positive and negative temperatures. Later this year, when students learn to use the basic math operations with these integers, this concept becomes a little more difficult and students really have to extend their understanding of integers.

We will continue into Chapter 7 by the end of January which brings us to Equations and Inequalities including writing and solving one-variable equations with the four basic operations and writing equations with two variables. Students will also learn to write, graph, and solve inequalities using the four basic math operations.





Reading - Mrs. Rochester

7th graders will be finishing their dystopian books at the end of

January. Many of

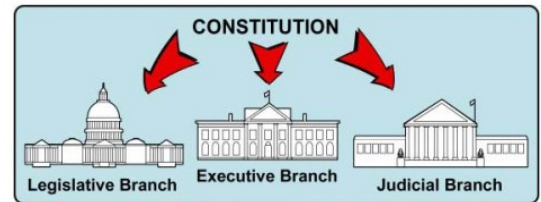
the students have enjoyed reading these books and have read more than one during class! Many of the books chosen are part of a series, so if the students enjoyed the first book, they can continue reading the series on their own. Instead of quizzes during this unit, the students wrote in their journals about specific topics related to dystopias. The students also participated in many meaningful discussions with others reading the same book as well as other dystopian books. They discussed many different aspects of the book including character motives and development, theme, and plot. As a culmination of this unit, the

students will have a choice of many different projects to complete to show what they learned throughout the novel. The students will be given class time to work on these; however, they may need to finish at home. The students will also continue working with Greek and Latin roots. 7th graders should also be reading at least 25 pages between reading classes

Social Studies - Mr. Mahlum

In January we will look at some of the countries found in the book titled Gathering Fireflies. Each student will draw a map of one of the countries and label many of the important geographical features. During the last couple of weeks of the month students will continue examining the different Amendments to our

Constitution. We will focus our attention on the voting rights Amendments during this unit.



Science - Mr. Baker

Before winter break, we finally started talking about genetics! Students have also been working on a family pedigree project where they need to track one trait through their family tree. This is a great time to be talking to your kids about any interesting family history you may have. Genetics will continue through January and students will be modeling genetic inheritance using marshmallows and then testing their tongues to determine how likely they are to enjoy broccoli! Mixed in, we will also be taking a winter trip to the school forest to do some cross country skiing,

snowshoeing, and winter forest ecology.

English - Mrs. Martinson

In January, the 7th graders will begin the informative writing piece. We will start with a week's worth of work on background knowledge on The Vietnam War and the Hmong fighting in the Vietnam War. Then each student will be assigned a topic related to Gathering Fireflies and/or The Vietnam War. Part of the note taking process is figuring out key words to search and finding appropriate web sites to search for material. Ms. Diederich has put together a web page on the library page to help students get started with their searching. We will spend a couple of weeks taking notes for the essay students will be writing in February. We continue with our parts of speech review by

taking verb notes, practicing nouns, pronouns, adjectives, and compound sentences. This work is on-going all year long.



Math - Mr. Jones

Regular Math

We will be working through Chapter 5: Ratios and Proportions. Common Core Standards for Chapter 5:

- *Find unit rates associated with ratios of fractions, areas, and other quantities in like or different units
- *Decide whether two quantities are proportional using ratio tables and graphs
- *Identify the constant of proportionality in tables, graphs, equations, diagrams, and verbal descriptions
- *Explain what a point (x,y) means on a proportional graph in context,

particularly $(0,0)$ and $(1,r)$, where r is the unit rate.

*Use proportionality to solve ratio problems.

Advanced Math

We will be covering Chapter 4: Graphing and Writing Linear Equations. Common Core Standards for Chapter 4:

- *Use similar triangles to explain why the slope is the same between any two points on a line.
- *Graph proportional relationships, interpreting the unit rate as the slope.

*Compare proportional relationships represented in different ways.

*Derive $y = mx$ and $y = mx + b$



Project & Inquiry - Mrs. Ebert

After a short stretch of class discussions and a few worksheets, the students are happier now that they are constructing mechanisms. They are learning how to use their VEX materials which include an array of metal pieces, shafts/axles, hardware, gears, sprockets, wrenches, etc. Unlike many "kits," the combinations and applications with these VEX materials are endless. In seventh grade, students utilize them to learn about mechanisms.

After constructing each specific mechanism, the team endures a little question-and-answer session with Mrs. Ebert to review important concepts. Then each student documents the construction and its features on his/her iPad. The result is an

impressive Pages document! Ask your son/daughter to share it with you! Construction of the ten mechanisms will continue into January.





Math - Mrs. Bentzen

Regular Math (Chapter 4)

We started Chapter 4 called "Graphing and

Writing Linear Equations" on December 7. We will finish this chapter on January 23rd.

The objectives for Chapter 4:

- *understand that lines represent solutions of linear equations
- *graph linear equations using x-y tables
- *find slopes of lines by using graphs, tables, and two points on the line
- *identify parallel and perpendicular lines using slopes
- *write and graph proportional relationships
- *find slopes and y-intercepts of graphs of linear equations
- *graph linear equations written in slope-intercept form
- *graph linear equations written in standard form
- *write equations of lines in slope-intercept form
- *write equations of lines using the slope and a point and by using two points

Algebra (Chapter 6)

We finished Chapter 5 (Writing Linear Equations) on January 12th. We will take a Semester Exam on Chapters 1-5 on January 18th (good practice for high school). We will then learn how to solve and graph linear inequalities (Chapter 6).

The objectives of Chapter 6:

- *write, solve, and graph one-step and multi-step inequalities
- *learn to reverse an inequality sign when multiplying or dividing by a negative number
- *solve and graph compound inequalities using "and" and "or"
- *solve absolute value equations using "or"
- *solve and graph absolute value inequalities using "and" and "or"
- *graph linear inequalities in two variables

Art - Ms. Lotspaih

The 8th grade class has been very busy in the art room! After completing their portfolios, students worked with oil pastel to create an abstract drawing that symbolized their favorite quote. This was a wonderful way for students to express their individuality! They recently completed designs for t-

shirts they will wear to 8th Grade Promotion. The 8th grade class will be voting on the top three designs and the winner will have their artwork printed on t-shirts for everyone to wear. This is an incredible opportunity for students to display their creations.



Social Studies - Ms. Morgan

We will be beginning our research project. This year students will be selecting a historical topic of interest to them. The only requirements will be that the topic must be at least 25 years old. Additionally, the topic must match the qualities someone receiving the Medal of Honor must meet: commitment, courage, sacrifice, integrity, patriotism, and citizenship. Upon completing their research in February, students will be producing a short iBook on his/her topic.



Reading - Ms. Friell

Independent Reading: Students should be reading independently at home on a daily basis (a minimum of 20 minutes). They are also given 20 minutes to read their choice books during every Reading class. Students learned how to use a variety of websites to find titles that interest them and titles within their lexile range. Please ask your son/daughter to tell you about what he/she is reading!

Journal Entries: Students are required to complete journal entries (in class). These journal entries are saved in google docs and turned in via google classroom. That way they are never lost and can be used as a reference throughout the year. They will write about their own books and the class read-aloud. Journal entries ask them to address specific aspects of the books (story elements, literary devices, mood, tone, style, etc.).

Vocabulary: In addition to "A Word A Day" (from the book *100 Words Every Middle Schooler Should Know, 100 Words To Make You Sound Smart*, and www.englishcompanion.com), students continue their study of Greek and Latin roots. We also work with new words in the fiction and non-fiction we read as a class.

All of the 8th graders finished the novel Freak the Mighty by Rodman Philbrick before winter break. In January 8th graders will write an essay about the novel. The essay will address many of the 8th grade ELA standards including analyzing theme, characters, plot, and how a filmed production "stays faithful to or departs from the text."

English - Mrs. Sackett

Winter Break was needed, and now we are back and ready to continue to improve our writing. Before break, we were in the middle of working on our research papers. We will continue where we left off in the writing process and eventually get to the point of publishing our work. First, we will use our notes to complete the outline. Next, we will draft and revise. Finally, we will edit and publish. We are learning to start with a strong thesis to guide the rest of the paper. Part of the process of writing this paper is learning about and using proper parenthetical citations to credit the sources from our research.

Additionally, we will continue to review and learn more about parts of speech. The next part of speech we will learn is the adverb. As always, we will continue to practice writing compound and complex sentences.

Science - Ms. Smith-Waller

Happy New Year! As we completed 2017 we worked on our Geologic Timescale Project, which we will finish up this month. In 2018 we will continue to study Earth's changing surface focusing on weathering and erosion. When we finish looking at Earth's surface, we will learn about what is inside the Earth as we study about plate tectonics, earthquakes, volcanoes, and mineral and rock classifications. Glad to have you all back in the classroom!

Unit Objectives:

1. Describe the unique geological features in Wisconsin (moraines, drumlins, drift-less area, etc).
2. Describe the events in Earth's history and identify the geological time periods in Earth's history.

Future Objectives

3. Describe the processes of plate tectonics, the types of plate boundaries, sea-floor spreading, and subduction and explain the evidence of why each of these processes happen.
4. Understand how plate tectonics can cause earthquakes, volcanoes, and mountain ranges and use data to predict these events.



The WSMS Music Dept.

WSMS Gr. 6 Choir & Band Winter Concert

January 23 - 7pm - Marie W. Heider Center for the Arts

Students should report in band uniform by 6:30pm

*Students are required to wear their orange Panther Music shirt, black pants, black socks and black shoes.

Congratulations to Abi Koch and Calista Robaczewski for being selected to the 2018 Wisconsin All-State Junior Band.

They will participate in the honors band on January 20th at the UW-Eau Claire Fine Arts Center as part of the National Band Association-Wisconsin Chapter State Conference.

District Jazz Band Concert

Monday, January 29

Marie W. Heider Center for the Arts

Report time: 6:30pm

Concert starts at 7pm

WSMS Jazz performs first, followed by WSHS Jazz II & I, and the West Salem Adult Jazz Band. Students are expected to stay for the entire concert.

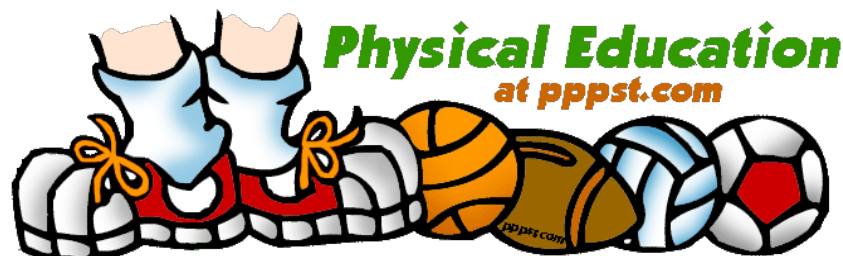


WINTER WELLNESS

Thursday, February 8

*ALL students will be off campus at their activity from approximately 8:30-3:00

After a fantastic fall weather wise, we are beginning to focus on our net wall strategies as well as some archery and classroom time. During our classroom time, we will be paring up with the one and only Mrs. Dederich for some digital citizenship lessons.



General Music 6 “Keyboards and More” - Mrs. Glasel

The students have been working on learning how to read music on the grand staff. They have begun playing two fingers at the same time and are even playing both hands together in isolated spots. They are learning about intervals (2nd, 3rd, 4th) and the difference between melodic and harmonic intervals.

They are now using the GarageBand app to create a composition using pre-recorded loops. They will work on getting the loops to sound good together in a musical way through balance, layering, and good compositional techniques. Even though we are not writing the music, we are still learning how to arrange the music to make a great sounding composition. It is also helping them learn how to use more of GarageBand's features.

Our [Music Alive](#) magazine article this month focus on Vinyl Records and older types of recorded music.

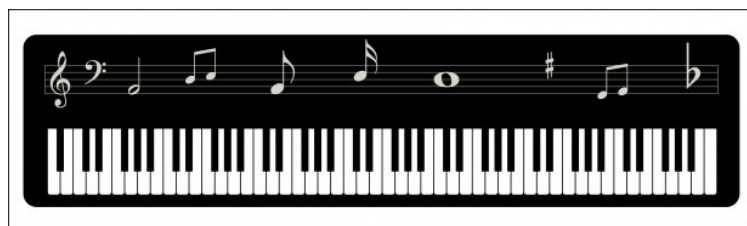
General Music 7 “Guitars and Musicals” - Mrs. Glasel

The students are continuing to practice songs with 4 strings on the guitar. Later this month, they will learn some very simple one finger/three string chords (C and G7 chords).

The students have completed watching the musical [Fiddler on the Roof](#). They found the story to be interesting, sad, and even funny in parts. They learned that the Jewish culture in the early 1900s is very different than ours, and there were a lot of struggles. Later in the month, we will jump to the US culture in the 1950s with [Bye, Bye Birdie](#).

General Music 8 “Keyboards and Guitars” - Mrs. Glasel

The students are playing at different levels depending if they were new to my class and learning guitar or keyboard for the first time or have taken my general music classes before and are at a more advanced level. To express what each group is doing would be difficult, so I encourage you to ask your child what they are learning specifically on their instrument.



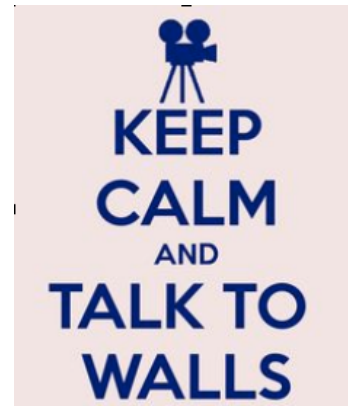
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This great co-curricular activity continues in grades 9-12 and helps students develop speaking skills they will use throughout life. Students practice during their lunch/recess. They are also able to practice before and after school, so involvement doesn't conflict with their other activities. Contact Ms. Friell at friell.nicole@wsalem.k12.wi.us for more information.

Level 1 meet is Monday, February 5 in Holmen

Level II meet is Monday, February 19 in Whitehall



Submitting Baby Pictures of 8th graders for the Yearbook

It's time to submit baby/early childhood pictures of our 8th graders for the yearbook. This has become tradition at WSMS. Some people actually submit a "baby" picture. I suggest sticking with in your first couple of years (you don't want the pictures to be "too" obvious). If you have a scanner at home, you can email the picture to friell.nicole@wsalem.k12.wi.us. If you want me to scan it for you, bring it to school. I'll scan it and return it to you.

Eighth graders (or their parent/guardians) have until January 31st to submit the picture. Our goal is to get a photo of every 8th grader, so please don't forget!

Students should put the picture in the envelope taped to Ms. Friell's front board (they will be scanned and returned).





Mathcounts News

The following students made the 2018 WSMS Mathcounts Team:

Elsa Mitchell, Brennan Holst, Adam Chandler, Chase Jones, Calista Robaczewski, Magei Farley, Nels Lebakken, Jackson Fry, Max Wolf, Celia Mitchell, and Blaine Wheeler.

Congratulations everyone! We will compete at the regional competition in LaCrosse on Friday, February 2.



Cancellations

If there are any after school programs/events or co-curricular activities that get cancelled due to inclement weather please go to our school district website www.wsalem.k12.wi.us go to Middle School then click on the Cancellation page.

We will try and update this page as promptly as possible.

Thank you.



Spelling Bee Finalists

6th Gr. - Celia Mitchell, Carmen Rislow, Ethan Schwarz, Dominic Daoust, and Scarlet Fullwood

7th Gr. - Ian McBride, Ben Hanson, Jackson Fry, Brody Lance, and Mathew Stratton

8th Gr. - Adam Chandler, Tessa Deal, Maggie Marshall, Elsa Mitchell, Emma Schran and Dylan Moran (alternate)

School level Spelling bee will be on January 12th



Geographic Bee Finalists

6th gr. - Anya Sandvick, Ben Bakkum, Danica Brenengen and Reece Sackett (alternate)

7th gr. - Peter Lattos, Xavier Davidson, Brennon Holst and Alena Donahue (alternate)

8th gr. - Isaac Baxter, Sophia Block, and Kenzie Kepler

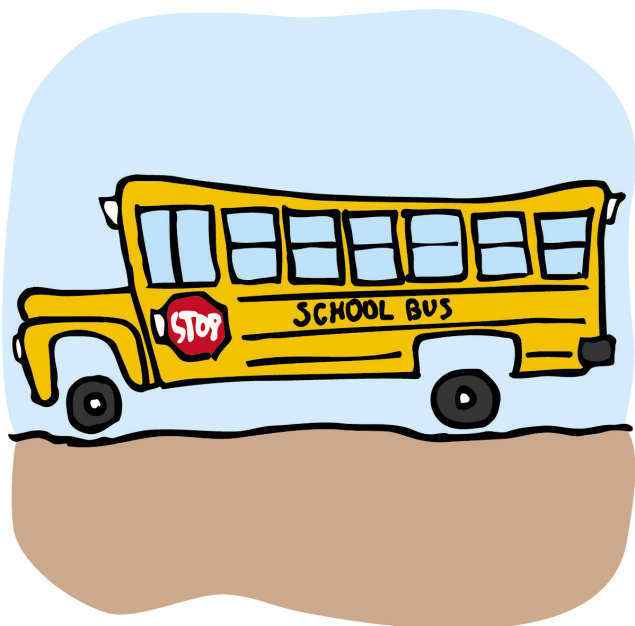
School level Geography bee will be on January 11th

Success Center

The Success Center is a resource room for students before and after school, students receive help from staff who attend classes and are equipped to guide students through information they may have missed or do not understand. It is also the place where students make up tests and quizzes. It is open from 7:00-7:45 am and from 3:10-4:00 pm. If students attend the Success Center, parents are responsible for transportation to and from school.

Homework

Students should expect to have homework in math and reading on a regular basis. Math homework will be an extension of what is learned during class. Students will be given class time to work, but most will have to take the homework home to complete it. In reading, students are expected to read and independent reading book nightly for a minimum of 20 minutes. Most other classes will have homework on an intermittent basis. You should not expect more than an hour of homework nightly. When absent, students should be getting the information missed using Edmodo.



Early Release Dates

Wednesdays - Release at 12:20
Buses leave at 12:30

February 14

March 7

May 9





WEST SALEM SCHOOL DISTRICT 2018-2019 CALENDAR

AUGUST 2018				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

SEPTEMBER 2018					19
M	T	W	T	F	
NS	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

OCTOBER 2018					21
M	T	W	T	F	
1	2	ER	4	5	
8	9	10	11	12	
15	16	17	18	NS	
22	23	24	25	NS*	
29	30	31			

NOVEMBER 2018					19
M	T	W	T	F	
			1	2	
5	6	ER	8	9	
12	13	14	15	16	
19	20	NS	NS	NS	
26	27	28	29	30	

DECEMBER 2018					15
M	T	W	T	F	
3	4	ER	6	7	
10	11	12	13	14	
17	18	19	20	21	
NS	NS	NS	NS	NS	
NS					

JANUARY 2019					21
M	T	W	T	F	
	NS	2	3	4	
7	8	9	10	11	
14	15	16	17	18	
NS*	22	23	24	25	
28	29	30	31		

FEBRUARY 2019					19
M	T	W	T	F	
				1	
4	5	6	7	NS	
11	12	ER	14	15	
18	19	20	21	22	
25	26	27	28		

MARCH 2019					19
M	T	W	T	F	
				1	
4	5	ER	7	8	
11	12	13	14	SD	
18	19	20	21	22	
25	26	27	28	NS*	

APRIL 2019					20
M	T	W	T	F	
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	NS	
NS	23	24	25	26	
29	30				

MAY 2019					22
M	T	W	T	F	
		1	2	3	
6	7	ER	9	10	
13	14	15	16	17	
20	21	22	23	24	
NS	28	29	30	31	

JUNE 2019					3
M	T	W	T	F	
3	4	5	SD	SD	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

First Day of School: September 4, 2018
Last Day of School: June 5, 2019
Graduation Day: May 26, 2019
Early Release Days:
 October 3, November 7,
 December 5, February 13,
 March 6, May 8
October 15: Annual Meeting

SERVE WITH PASSION TO IGNITE CREATIVITY, INNOVATION, AND EXCELLENCE

NS = No School for students

ER = Early Release (Students dismissed at 12:20, Buses leave at 12:30)

SD = Snow Day or Make-up dates (March 15 June 6, June 7)

*** = Teacher Inservice (August 28 & 29, October 26, January 21, March 29 + 2 Floating)**

11/27/17



Middle Years

Working Together for School Success



Short Stops

Snow day plans

Plan ahead for school closings and delays because of bad weather. Sign up to receive email, phone, or text alerts from the school, or check the school website. If needed, make arrangements with friends or family who can watch your child during a delay or closing.

Go-get-'em goals

Your middle schooler can make the most of the new semester by setting specific goals for each class. *Examples:* "I will improve my math grade." "I will fill out my reading log every night." Encourage him to write his goals inside the cover of his planner or binders.

Curse words: Not cool

Today's "plugged-in" teens may get used to hearing and reading foul language and decide it's no big deal. Explain to your middle grader that cursing can make a bad impression on teachers, coaches, and even friends. Suggest that she substitute words like "ugh" or "darn" instead.

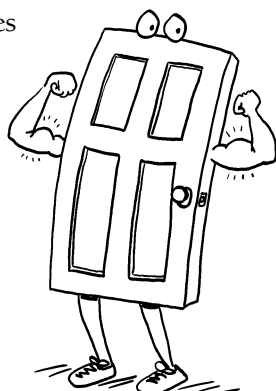
Worth quoting

"If you want to lift yourself up, lift up someone else." *Booker T. Washington*

Just for fun

Q: What gives you the strength to walk through walls?

A: A door.



The power to stop bullying

Bullying typically peaks in the middle grades, as tweens try to figure out where they fit in with their peers. These ideas will help your middle schooler know what bullying can look like—and learn how to be a part of the solution.

Recognize

Ask your child if he has seen bullying at school. Discuss how bullying comes in many forms, including spreading rumors, making threats, or leaving someone out on purpose. Even if your tween hasn't seen anyone trip or punch a fellow student, he might realize that the kid who is frequently called names or whispered about is being bullied.

Stand up

Children who are bullied need to know they have someone on their side. If your middle grader witnesses bullying, he can calmly step in by saying something like "That's not funny" or "You're being mean." Or he might ignore the bully and address



the target: "Let's sit at another table" or "I think your shoes are cool."

Report

Tweens may be afraid that bullying will get worse if they tell an adult. But explain that school staff can often resolve an issue without revealing who reported it. For example, if your child sees a kid knock papers out of someone's hands on the bus, he could alert the driver. At school, he can privately tell a teacher or the principal about bullying—and encourage other students to do so, too. 👍

Better public speaking

Public speaking is part of school life, from giving class presentations to leading team meetings. Here are ways your tween can boost her skills and confidence.

Find an audience. Practicing will calm her nerves. She might give her speech in front of a mirror, present it to family members, or even use a pet as her audience.

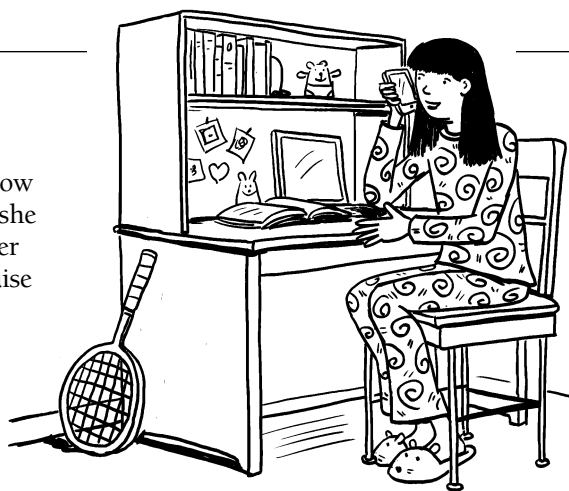
Get rid of "extras." Pesky filler words such as *like* and *um* can slip into your tween's sentences without her realizing it. Suggest that she record her speech and play it back, making a tally mark each time she hears an unnecessary word. Then, she could focus on reducing the number of marks each time she practices. 👍



No problem!

When your tween has a problem, how she handles it can determine whether she overcomes it or remains stuck. Help her see problems as opportunities in disguise with these steps.

1. Put it in perspective. Knowing that problems are a normal part of life may keep your middle grader from feeling stressed out by them. Share a similar problem you had at her age (forgetting about a big test) or recently (a disagreement with a friend). Then, explain how you resolved it.



2. Consider options. Encourage your tween to investigate solutions instead of ignoring a problem. Say she loses a library book. She might call the library rather than letting fines pile up. She may be surprised to find they will give her an extension to look for the book—or that the cost of replacing it is less than she thought.

3. Reframe the situation. Putting a positive spin on a problem will help her solve it. Instead of thinking, “I hate it when Crystal cancels our plans,” she could tell herself, “Now I’ve got time to finish that book I’m in the middle of.” 👍



Q & A Keep a learning journal

Q My older daughter recently mentioned she’s keeping a “learning diary” for her college classes. Is that something that could help my middle schooler?

A A learning diary is simply a place for students to reflect on their studies. Keeping one is a great way for your tween to think more about what she learns.



Suggest that your middle grader get a notebook she likes and label each entry with the class and date. She might write about topics that interest her, like how a novel she read in English helped her understand an important period in history. She could also record questions and ideas to investigate, such as a science experiment to try.

Encourage your girls to share their journals from time to time—your younger daughter will get a glimpse of what goes on in college! 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Parent to Parent

Connect without electronics

My son Eli got in the habit of playing video games the minute he got home from school. When I tried to talk to him, his eyes stayed glued to the screen, and he barely responded.

So I made a new rule: no screens for the first hour after we all get home from school and work. That way, we can reconnect and talk about our day. Sometimes we play a quick card game or tell jokes before I start dinner and Eli does homework.

Next, we’re going to try something “radical”—an entire device-free evening. If we need the tablet or computer for homework or our jobs, that’s okay. But “recreational use” is off-limits for that night. I hope Eli will see that family comes first—and that it’s possible to survive for a few hours without electronics. 👍



Community service for tweens

Being involved in the community can teach your middle grader compassion for others and give him a sense of belonging. Consider these tips:

■ Start by volunteering together. Community centers, places of worship, and your local United Way can suggest family-friendly opportunities. You and your child might sort donated clothing for a homeless shelter or bake cookies for a charity bake sale.

■ When your middle grader is ready to volunteer on his own, he could ask his

school counselor about options. Perhaps he’ll be paired with a student who has special needs so they can read together in the school library. Or he may join in a park or stream cleanup day.

Tip: Encourage your tween to keep a record of his volunteer experience that includes supervisors’ contact information and his dates of service. This will come in handy when he applies for jobs or programs in high school. 👍



January 2018

West Salem Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day - No School	2 <ul style="list-style-type: none"> Meatballs & Gravy with Buttermilk Biscuit Chicken Tenders Mashed Potatoes Strawberries 	3 <ul style="list-style-type: none"> Wild Mike's Pepperoni Pizza Cheesy Mac Bake Harvest Moon Blend Vegetables Fresh Sliced Apples 	4 <ul style="list-style-type: none"> Mini Cheese Ravioli Marinara Sauce Buffalo Chicken Pizza Honey-Glazed Carrots Bananas MixMi Frozen Yogurt Cup 	5 <ul style="list-style-type: none"> Hamburger on WG Bun Cheeseburger on WG Bun Mozzarella Stuffed Breadstick with Marinara Dipping Cup Waffle Fries Grapes
8 <ul style="list-style-type: none"> Homemade Sloppy Joe on WG Bun Cuban Flatbread Sandwich Peas Cantaloupe Chunks 	9 <ul style="list-style-type: none"> Chicken Patty - Hot and Spicy Golden Crunchy Fish Sticks and Goldfish Crackers Corn on the Cob Blueberries 	10 <ul style="list-style-type: none"> Three Cheese Calzone Bratwurst on a Bun Roasted Broccoli Watermelon Chunks 100% Fruit Juice Slushy 	11 <ul style="list-style-type: none"> Pasta with Chicken Cajun Alfredo Pasta with Chicken Alfredo Italian Breadsticks California Blend Vegetables Bananas 	12 <ul style="list-style-type: none"> BBQ Teriyaki Chicken Seasoned Brown Rice Mini Corn Dogs Roasted Garlic Cauliflower Orange Slices
15 <ul style="list-style-type: none"> Bakalar's Hot Dog on WG Bun Chef Salad w/Chicken & Cheese Oven Baked French Fries Raisins 	16 <ul style="list-style-type: none"> Beef Stroganoff over Noodles Turkey BLT on White Wheat Sandwich Bread Wisconsin Winter - Vegetable Blend Strawberries 	17 <ul style="list-style-type: none"> Wild Mike's Cheese Pizza Breaded Chicken Patty on WG Kaiser Bun Honey-Glazed Carrots Grapes 	18 <ul style="list-style-type: none"> Walking Taco on Frito Corn Chips Chicken and Cheese Quesadilla Refried Beans Bananas Taco Topping Bar 	19 <ul style="list-style-type: none"> Popcorn Chicken Saucy Orange Popcorn Chicken Vegetable "Not Fried" Rice Country - Vegetable Blend Fresh Sliced Apples
22 Teacher Inservice - No School	23 <ul style="list-style-type: none"> General Tso's Chicken Chicken Nuggets Vegetable "Not Fried" Rice Strawberries 	24 <ul style="list-style-type: none"> BBQ Pulled Pork Sandwich Alaskan Pollock Fish Sandwich on WG Bun Baked Sweet Potato Crinkle Fries Fresh Sliced Apples Fruit Smoothie Pops 	25 <ul style="list-style-type: none"> Pasta with Marinara Sauce Pasta with Meatballs in Marinara Garlic Toast Asparagus Bananas 	26 <ul style="list-style-type: none"> Mini Corn Dogs Mozzarella Stuffed Breadstick with Marinara Dipping Cup Roasted Brussel Sprouts Watermelon Chunks
29 <ul style="list-style-type: none"> Meatball Marinara Sub on Hoagie Roll BBQ Pork Rib Sandwich Peas & Carrots Craisin 	30 <ul style="list-style-type: none"> Turkey Pot Roast in Gravy with WG Dinner Roll Ham, Salami & Provolone Cheese Sub Mashed Potatoes Strawberries 	31 <ul style="list-style-type: none"> Cheesy Garlic French Bread Pizza Marinara Dipping Cup Chicken Bacon Ranch Wrap Island Blend Vegetables Red Grapefruit Sections 		

More Details: <http://wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/>
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