

# WEST SALEM MIDDLE SCHOOL

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Principal - Ben Wopat  
Associate Principal - Mike Johnson

## SPECIAL POINTS OF INTEREST:

- \*Winter Wellness - March 1
- \*End of Trimester - March 7
- \*Early Release - March 6

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# MARCH

Volume 7 - Issue 8

2019

Dear Families,

With the recent weather we've been experiencing, *flexibility* has been the key as our staff and students have adapted to the conditions. Winter sports have ended, the temperature will eventually increase, and spring will be here before we know it. A big thank you to our staff, students, and parents in ensuring we maintain a focus on learning during the inconsistent routines we've had to adapt to.

We held our annual Winter Wellness day on Friday, March 1. It was great to witness the impact this day had for both our students and staff. This experience provides an opportunity for them to interact in a different setting than the day-to-day school experience. I was also very proud to hear the positive feedback from each location our students visited. Panther Pride was on display in the community as our students were respectful, responsible, and safe in the settings we visited.

In March we continue to provide engaging and enriching activities for our students: State Math Counts, Middle School Musical, Grade 6-8 Band Extravaganza, and the Trimester 2 Awards Assembly. Our Trimester ends on March 7<sup>th</sup>. We have an early release on March 6<sup>th</sup>. See the calendar inside this issue for more details.

An important district referendum will be voted on April 2<sup>nd</sup>. On page 14 of our newsletter you will find access to information on this issue. I encourage you to review this information and exercise your right to vote.

On behalf of our staff, I want to thank you for your continued support. We look forward to working together as a team to provide your child with the an educational experience that strives to meet the district's mission - Serve with Passion to Ignite Creativity, Innovation, and Excellence.

Go Panthers!

Ben Wopat  
Principal  
[www.twitter.com/coachwopat](http://www.twitter.com/coachwopat)



*"Meet Us in the Middle"*



# WSMS Students of the Month



## Grade 8



Eva C.



Jeremiah M.



Kaitlyn K.

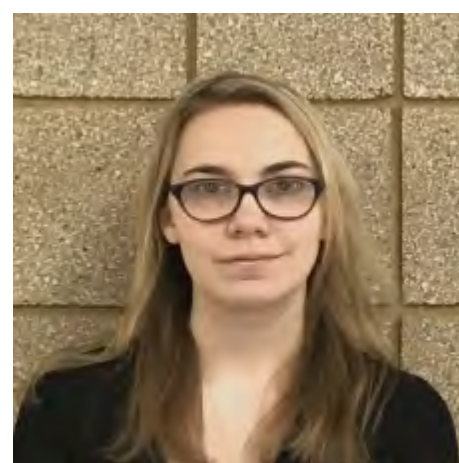
## Grade 7



Reece S.



Desmond W.



Kate F.

**Grade 6**



Izzie C.



Gideon W.



Chandler S.

**Grade 5**



London V.



Emelia T.

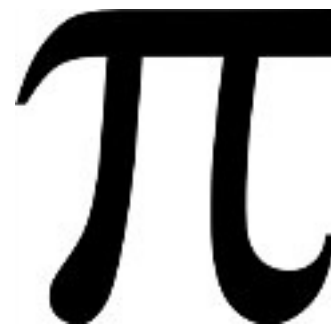


Sydni S.

## March 14 is Pi Day

Pi Day is celebrated on March 14th around the world. Pi (a Greek letter) is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — which is approximately 3.14159.

Pi has been calculated to over one trillion digits passed its decimal. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. While only a handful of digits are needed for typical calculations, Pi's infinite nature makes it a fun challenge to memorize and to computationally calculate more and more digits.



### Calendar of Events...

- 1 - State Mathcounts
- 6 - Early Release - 12:20
- 7 - Trimester 2 ENDS
- 9 - DAYLIGHT SAVINGS - Spring ahead!!
- 13 - Piano Solo & Ensemble
- 15- School IS in session
- 29 - School IS in session

# MARCH



School will be in session

Friday, March 15 and  
Friday, March 29



## Counselor Comments...

February's weather brought more "disruptions" to our Homeroom agenda. However, we were able to discuss Positive Identity and Panther Pride. The concept was to look at the correlation of how thinking and acting in positive ways can help your overall self-esteem which in turn can help you be more "successful." What are things in your life that bring you feelings of joy, appreciation, and love? In terms of Panther Pride, it is essential to always BE RESPECTFUL, RESPONSIBLE, and SAFE. These characteristics also help to build stronger, more meaningful relationships with friends, teachers, and family. The asset for March is Boundaries and Expectations. Areas of focus include family, school, and neighborhood/community boundaries, adult role models, positive peer influences, and high expectations. Often times we are quick to point out mistakes. Even though it is "expected" for our kids to be kind and helpful, we must be sure to acknowledge and compliment them for the good that they have done. A little praise does go a long way. Having clear and consistent rules and high expectations as well as modeling positive behavior is imperative in helping raise healthy, caring, and responsible young adults. We will continue to look at some career and college readiness lessons as well. Of course, this is a start to their exploration and is not intended for them to choose now what they 'should' be doing the rest of their lives!

The Wisconsin Forward Exam window is quickly approaching.

- 6th grade = March 19-22
- 7th grade = March 26-29
- 8th grade = April 2-5
- 5th grade = April 16-19

More information will be coming regarding these tests.



## Healthy Living... Mr. Brewer, Mrs. Olson, Mr. Running

We would like to welcome our seven Professional Development students from UW-LaCrosse. They will be working with our 6th grade and some of our 5th graders on Mondays and Wednesday mornings. Also, we will be welcoming two student teachers at the end of March that will be here with Mrs. Olson and Mr. Running.

Mr. Running is looking for some youth golf clubs for his summer school class. If you have any you would like to donate, please contact him at [running.justin@wsalem.k12.wi.us](mailto:running.justin@wsalem.k12.wi.us)



*"Meet Us in the Middle"*



# Grade Level News...

5



**Math:** Students are continuing to work with whole number and decimal operations. After we wrap up multiplying, students will switch their focus to division. This unit will include long division with multi-digit divisors and decimal numbers! Keep working on those multiplication and division facts at home.

**Reading:** Classes will be focusing on a few different things as different teachers rotate through different materials. Some will continue to work on text structure, while some are starting The Sign of the Beaver book study. All classes will also be focusing on using the R.A.C.E. strategy to answer questions about both fiction and nonfiction text because using text evidence is one of our biggest goals in 5th grade.

**Writing:** Students just completed their DARE and space projects and essays. Individual teachers will continue to work on specific writing skills in their classrooms to help improve nonfiction and overall writing skills.

**Science:** Space is wrapping up which leads to our next Social Studies unit. The projects that the students made really turned out amazing!

**Social Studies:** We will be starting our early colonies unit. This unit teaches the students about how the early settlements eventually turned into separate colonies. Learning about the colonies will prepare the students as they move closer to the American Revolution. Students will also start studying states, capitals, and abbreviations in their homerooms and Social Studies classes. This starts now, but eventually leads to a culminating state research project in May.

**Behavior reminder:** Remind your child to continue to be responsible and finish their assignments. If it is not completed at school, then it is their responsibility to finish it at home. Keep beings respectful, responsible, and safe! **-Grade 5 Team**

## **Art - Mrs. Hemker**

In March students in 5th grade will be working on finishing up the non-traditional canvas project. They are using acrylic paint for these unique and colorful pieces. We will then move on to begin working in clay. Students will create a functional container as well as a sculptural piece.

## **Spanish - Ms. Rose**

We are learning about animal and habitat vocabulary. We are also practicing colors and numbers by describing animals in Spanish. Looking ahead, we will be working on locating Spanish-speaking countries and identifying their capitals.



## Reading - Mrs. Schultz

Mid-March we will be wrapping up our Social Issues unit surrounding the Civil Rights Era.

Students will have finished their novels and are creating projects to show their understanding of this era including the struggles and triumphs of the people who lived through it. Many students had the opportunity to read all 9 of the Civil Rights novel options, and some even choose to continue reading the novels during free read time!

Our next area of study will take on similar social issues, looking at them with a global perspective. English and Reading will be teaming up again! Students will choose a Human Rights topic and conduct some intense research on this which will be used for their final product to be completed in English class with Mrs. Buisman. While researching, students

will use a variety of non-fiction reading strategies when delving into their different resources. They will begin in hardcopy sources, which will be the basis of their information so they can decipher what information on the internet is valid and what isn't.

Students will also have FREE READ time this month. This is independent reading where students can choose **ANY** book they want to read for enjoyment. We will also be working with words again towards the end of the month, exploring different roots and suffixes.

Happy Reading! - Mrs. Schultz and Ms. Dillon



## Social Studies - Mrs. Jeranek

During the month of March, we will finish our study of the Roman Empire. We've found out already that many things we use and follow today began with the Romans. We will then move into a lengthy religion unit. We'll focus on religious beliefs and ways of life that began in the Eastern Hemisphere!

The following are religions we'll study:

- Christianity
- Judaism
- Hinduism
- Buddhism
- Islam



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**English - Mrs. Buisman**

In 6th grade, English students are wrapping up their argument writing. In March, we will review text features and text structures to prepare for our next unit of writing which is informative. We will practice and review many grammar skills to polish up for the Forward exam.

**Spanish - Ms. Rose**

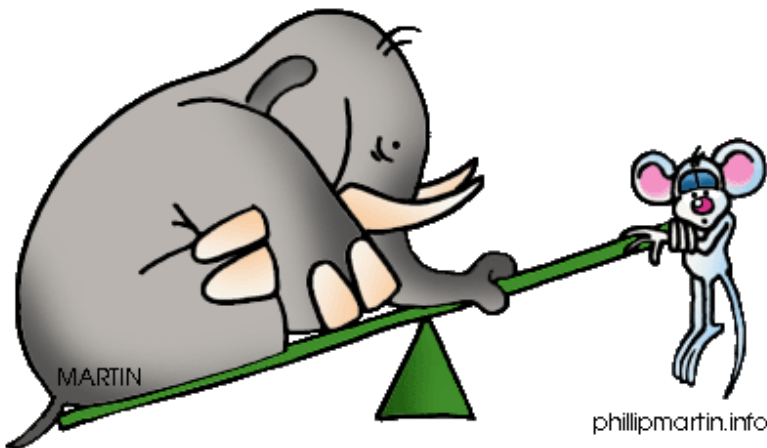
¡Bienvenidos a la clase de Español! As we begin our third trimester and a new group starts Spanish class, we will be learning about introductions, greetings, weather and numbers. We will also talk about Spanish speaking areas within the U.S. ¿Cómo te llamas?

**Art - Mrs. Hemker**

As we begin the Trimester in March 6th grade will be working on two main projects. The first is an autobiographical self portrait. These are large paintings, realistic in style and include backgrounds that describe the artist. The other painting will be abstract. For this work students will discuss the elements and principles of art for creating a quality piece.

**Science - Mrs. Jarosh**

As March quickly approaches, students in 6th grade science will be wrapping up our electricity unit and moving on to learning about the speed, velocity, and acceleration of objects. In this unit, students will be able to describe an object's motion and will relate force to motion. I anticipate this will be a fun and yet challenging unit for students since we will be calculating speed, acceleration, and forces. Here are the learning targets for the month of March: 1. Learning Targets for Force and Motion: 2. Calculate an object's speed, velocity, and acceleration. 3. Demonstrate how unbalanced and balanced forces relate to an object's motion. 4. Understand how the factors such as gravity, friction, weight and mass affect motion. 5. Apply Isaac Newton's three laws of motion to everyday life.



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## Math - Mrs. Jehn & Mrs. Adams Regular Math

We finished Chapter 6 at the end of Trimester 2 and will use those integer skills in Chapter 7 throughout the month of March. This chapter is Equations and Inequalities and focuses on writing, solving, and graphing equations and inequalities. Students will learn to work with one and two variables. These skills are the building blocks for algebra in the future. Understanding a letter can represent any number will be tough. If your child struggles with this, ask them to sing the song *I Think I'm Alone Now*. No, it's not the version of your youth but the tune is the same and will give them a reminder of what to do.

Also, keep taking your kids shopping, having them figure out your bill, asking them to tell you the percentage you will save, and making them figure out the tip, etc. The stories your children are sharing are excellent! Since these are lifelong skills we all use daily, it's great for them to continue honing these skills from Chapter 5 to become better and better at saving money in the future.

## Accelerated Math - Mrs. Jehn

Students spent the end of February in Chapter 11 which actually is the first chapter of 7th grade content. Chapter 11 covered integers and integer rules including adding, subtracting, multiplying, and dividing positive and negative whole numbers. With lots of practice, students will become very fluent in working with integers.

As March began, we moved into Chapter 12 which builds on these skills but applies them to rational numbers. We will also be completing the Forward Exam in mid-March. We will finish March in Chapter 13 working with expressions and equations.



SPRING

### Success Center

The Success Center is a resource room for students before and after school. Here, students can receive help from staff who attend WSMS classes and are equipped to walk students through information they may have missed or just do not understand. It is also the place where students can make up tests and quizzes. It is open from 7am until 7:45am and again from 3:10pm until 4pm. 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. In reading, students are expected to read an 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 off Google Classroom.





### Reading - Mrs. Rochester

During the month of March, seventh grade students will be starting an environmental unit study. During this unit, the students are reading fiction books related to an environmental issue. Similar to the previous unit, students will be given a choice to read one of eight books. Upon completion of the novel this month, the students will conduct research about a specific environmental issue and use the research to

create a documentary in a small group. They will also be reading non fiction articles to enhance their understanding of environmental issues, watching environmental commercials, viewing environmental propaganda, and analyzing the commercials and propaganda. During this unit, students will be studying the following literary elements: tone/mood, foreshadowing, point of view, and the importance of setting. In addition, the students will be continuing to write in their journal every day in response to

what they are reading. The students should also be reading at least 25 pages of their choice book at home.



### Science - Mr. Baker

We finally finished up our genetics unit with a few fun labs including one of my favorites, "Supertasters!" With that out of the way, we began to delve into the inner workings of DNA and molecular genetics! How does DNA code for all the things in your body? To find out, we will be creating our own secret messages using DNA as the code.



Our winter school forest trip was a little different for both halves of the 7th grade, but we made it work! All students were able to spend some time snowshoeing, learning about wolves, and compete in a snowshoe building challenge! Even if half had to do these things at school, at least we had plenty of snow which made these activities all the more fun.



**Math - Mrs Weber****Regular Math**

WOW!! It has been a crazy month. With seven snow days in January/February, we have just finished our Unit 6 in math! We are moving on to Algebra and solving one-step and two-step equations. Let's hope we can make it through this unit without so many breaks in our schedule.

**Advanced Math**

I think the kids are excited (and I am sure you will be also) to hear that we are on our last Math Counts homework. This has been a great challenge for them and gives them a little preview of concepts they will be learning in the years to

come. We have just started our unit on slope and linear equations. Next we will move onto systems and linear equations. They are important units, and we will be moving rather quickly. So far, the kids have done a great job of keeping up!!

**7th Grade Half-Math - Mrs. Coe**

Students in seventh grade half math will be introduced to and practicing skills they are going to be learning in their math class with Mrs. Weber. We will be reviewing adding, subtracting, multiplying and dividing integers so they are prepared to start solving equations in Chapter Three. They will be

introduced to factoring out a greatest common factor with variables, and we will practice solving multiple step equations to help prepare them for their Chapter Three test.

**7th Grade Half-Accelerated Math**

The accelerated half math students have now perfected their castles and are beginning to find their area and perimeter of each shape and room in their house. They will soon be creating a realistic scale factor and deciding if their rooms, hallways, closets, etc have a realistic size. They will also be introduced to skills needed to graph and write linear equations.

**English - Mrs. Bice - Long Term sub for Mrs. Martinson**

Seventh grade Language Arts students will be reading two short stories and writing follow-up descriptive pieces. We will also write response essays to the read aloud *All of the Above* by Shelley Pearsall. We continue to study parts of speech. We'll work with adjectives and adverbs and use them in the descriptive writing pieces. We received our pen pal letters and responded to them in late February. We also created congratulatory cards to welcome Mrs. Rochester's baby boy.

**STEM - Mr. Jones**

During the month of March, the students will apply their knowledge from the paper bridge challenge to build a truss bridge using toothpicks and glue. They have a great start and are having fun doing so! Once we build our toothpick bridges, we are going to test them to see how much weight our design can hold. This

should be a fun friendly competition to see which group can design a bridge which holds the most weight.

**Spanish - Ms. Rose**

¡Bienvenidos a la clase de Español! As we begin our third trimester and a new group starts Spanish class, we will be reviewing greetings and farewells, numbers, feelings, the date and weather. We will also look at the use of SER and use it to describe ourselves. ¿Cómo eres?

**Art - Mrs. Hemker**

We will spend the month of March experimenting with drawing from different points of view. One of the projects will require students to recreate and alter an already existing work of art. Another project will be the complete opposite where students will create the entire drawing from scratch by observing an inanimate object.

**Social Studies - Mr. Mahlum**

For 7th grade social studies our students will be focusing on the Legislative and Judicial Branches of government. Students will learn how each one works and who are the people serving in each branch. Students will understand how they work together and how the Executive Branch fits in as well. To finish the unit, students will research a Supreme Court case. We will use our LMC for this project.



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**Math - Mrs.  
Bentzen  
Regular Math  
(Chapter 7)**

We will learn about real numbers and the Pythagorean Theorem.

The objectives for Chapter 7:

- \*find square roots of perfect squares and cube roots of perfect cubes
- \*evaluate expressions involving square roots and cube roots
- \*use square roots and cube roots to solve equations
- \*provide geometric proof of the Pythagorean Theorem
- \*use the Pythagorean Theorem to find missing lengths of right triangles
- \*use the converse of the Pythagorean Theorem to identify right triangles
- \*use the Pythagorean Theorem to find distances in a coordinate plane
- \*solve real-life problems
- \*define irrational numbers
- \*approximate square roots and values of expressions involving irrational numbers

**Algebra (Chapter 9)**

We will learn about polynomials.

The objectives for Chapter 9:

- \*identify and classify polynomials
- \*add and subtract polynomials
- \*multiply polynomials and find special products of polynomials
- \*solve polynomial equations in factored form
- \*factor polynomials and factor special products
- \*factor polynomials completely

**Mrs. Coe  
8th Grade Half Math:**

8th grade math students are still working on their statistics and probability unit. They will be working with experimental and theoretical probability and relating probability to the popular March Madness basketball tournament. They will fill out brackets, find the probability of their bracket being 100% correct and a seed 1 team going all the way. We will also be preparing for the Forward exam coming up in April.

**8th Grade Half Algebra:**

We will be practicing skills Mrs. Bentzen is teaching in Algebra over the month of March. We will be working on operations on polynomials, special products of polynomials and factoring polynomials. We will also be working to prepare for the Forward Exam in April.

**STEM - Mr. Jones**

During the month of February, our 8th graders have been working hard designing and programming to make the VEX kits do different tasks. This month students will be building Robot Dragsters, Spinning Signs, and Turnstile Bridges. They will also be programming these to work based on various challenges. They have completed one task already! Feel free to look up my youtube channel WSMS STEM periodically as I will post some of their solutions throughout the year.

**English - Mrs. Sackett**

In 8th grade English, we are moving on to the last big writing assignment: the argument. Students will spend some time reading several articles, looking at both sides of an argument, choosing a position, and writing a paragraph. Eventually the students will be choosing a topic, researching, writing, and presenting an argument presentation. In addition to the argument writing, we are still reviewing parts of speech and will be putting all eight parts of speech together. Compound and complex sentences continue to be something that we practice on a regular basis.



### **Social Studies - Ms. Morgan**

Eighth Grade Social Studies students recently completed their National History Day projects. This year we had a great variety of topics. We even had students with family connections to events in history that they chose to research. Watch next newsletter for a list of students who were chosen to compete at the regional competition at UW-La Crosse the end of this month.

By the end of March, students should be able to:

- describe how Washington's presidency shaped our current government
- compare and contrast the election of 1800 with modern elections
- explain how the Supreme Court gained the power of judicial review
- discuss the importance of the Louisiana Purchase
- analyze primary sources from the Lewis & Clark expedition
- explain the challenges and successes of Jefferson's presidency

### **Reading - Ms. Friell**

**Supplies:** To be prepared for class, students must bring the following to class every day: pen/pencil, iPad, book of choice (fiction or non-fiction), and a Reading binder. The students' Reading binders stay in the classroom, so they only have to get it off the shelf at the beginning of class!

**Independent Reading:** Students have been reading books of their choice since the second week of school. They should be reading these books at home on a daily basis (a minimum of 20 minutes). They are also given 20 minutes to read their choice books during Reading class. Please ask your son/daughter to tell you about what he/ she is reading.

**Vocabulary:** In addition to "A Word A Day" (from the book *100 Words Every Middle Schooler Should Know*) and studying Greek and Latin roots, students should be using context clues strategies while working with new words in the fiction and non-fiction works we read as a class.

Students recently created a google slide as a means of "advertising" their most recent self-selected books with other students at WSMS.

In late February, students read other teens' editorials on [teenink.com](http://teenink.com) and wrote one of their own. This process of forming an opinion and defending reasons for this opinion will carry over to the argument writing they'll be doing in English this trimester.

In addition to reading editorials, this month, students will read, interpret, and analyze different types of media (print and digital). They started this by surveying the La Crosse Tribune.

We will also continue (and finish up) our read aloud, *We Are All Made of Molecules*, by Susan Nielsen. When we finish, students will write an essay about themes presented in the novel.

### Science - Ms. Smith-Waller

How is it possible we are already finishing with the 2nd trimester of the year?!? We have worked through a lot of information so far, but we still have some new topics to discover. We have finished up our study of Earth's Geologic History and will now move into looking at the processes that help to change Earth's surface. We will focus on Plate Tectonics and some of the geologic processes that result in the movement of those plates. We will also look at data to provide evidence of the plate motions. Let's cross our fingers that the winter weather comes to a close as we look forward to spring's arrival!

#### Essential Learning Outcomes:

1. I can analyze data of the distribution of fossils and rocks.
2. I can interpret data of the distribution of fossils and rocks.
3. I can provide evidence of past plate motions.

### Spanish - Ms. Rose

¡Bienvenidos a la clase de Español! As we begin our third trimester and a new group starts Spanish class, we will review all of the basics covered in sixth and seventh grade. We will work on counting 1 to 1000 and talk about likes vs. dislikes.

**8th Grade Elective** - The eighth grade elective class has been working hard talking about what they plan to do in the near future. We will continue this by using vocabulary to identify where we want to go and what we want to do. Culturally, students will be learning about specific places in Spanish speaking countries and what makes them unique.

### Art - Mrs. Hemker

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. The next will be a Poster featuring a quote that describes them. The poster will include a hand-written font. 8th graders will also begin a pop art piece that may be a self portrait, or they may choose another way to represent themselves.



April 2, 2019

For more information on the upcoming Operational referendum  
<http://www.wsaalem.k12.wi.us/content/our-district/referendum>



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## 2019 REGIONAL MATHCOUNTS NEWS!

The regional Mathcounts competition was held on Wednesday, February 6 in La Crosse. There were 51 competitors representing eight different schools.

The team results were as follows: 3<sup>rd</sup> place – Holmen, 2<sup>nd</sup> place – Onalaska, and 1<sup>st</sup> place – West Salem. Other schools participating were Viroqua, Prairie du Chien Bluff View, Ithaca, Richland Center St. Mary of the Assumption, and Wauzeka-Steuben. West Salem's team consisted of Brennan Holst, Celia Mitchell, Jackson Fry, and Alyssa Kruse.

The individual results were as follows: 10<sup>th</sup> place – Josie Eastman (Prairie du Chien), 9<sup>th</sup> place – Nathan Novak (Holmen), 8<sup>th</sup> place – Benjamin Stowell (St Mary of the Assumption), 7<sup>th</sup> place – Cedar Semanchin (Viroqua), 6<sup>th</sup> place – Jackson Fry (West Salem), 5<sup>th</sup> place – Arthur Wu (Onalaska), 4<sup>th</sup> place – Benjamin Hsieh (Onalaska), 3<sup>rd</sup> place – Celia Mitchell (West Salem), 2<sup>nd</sup> place – Daniel Yao (Holmen), and 1<sup>st</sup> place – Brennan Holst (West Salem). Alyssa Kruse finished in 14<sup>th</sup> place (tie). Also competing for West Salem was Haley Chandler in 12<sup>th</sup> place (tie), Andy Johnson in 14<sup>th</sup> place (tie), Reece Sackett and Xavier Valdez in 20<sup>th</sup> place (tie), Peter Lattos in 24<sup>th</sup> place (tie), and Amalia Hemker in 34<sup>th</sup> place.

Mathcounts is a national program designed to promote excellence in math and science in grades 6-8. Mathcounts allows students to improve their problem solving skills as individuals as well as in teams of four. West Salem's team of four advances to the State Competition on March 2 in Sheboygan. West Salem's coaches are Tammy Bentzen and Sarah Weber.



*“Meet Us in the Middle”*



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

The students are continuing to work on their keyboard skills as they are learning about the intervals of a 4th and 5th. More of our songs are starting to have both hands playing together and doing two different things at once. We will soon begin to play in a new hand position - G position.

The students are recently starting to learn about how the music affects our mood, learning and memory. They will continue learning about the Science of Sound: sound production, how we hear, and the prevention of hearing loss. As hearing loss is occurring at a much younger age than in the past, it is an important to understand why it is happening and what we need to do to prevent it. They will learn which sounds that they can listen to at a safe decibel and how long they can listen before hearing damage could occur.

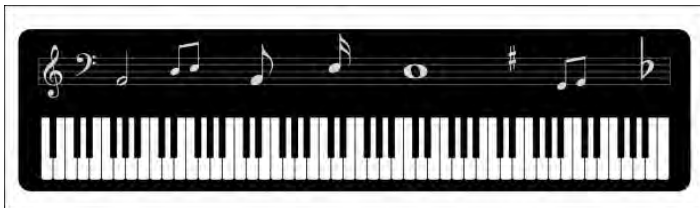
Our Music Alive magazine articles this month will focus on the Music of the Olympics.

### General Music 5 - Mrs. Glasel

The students are continuing to review pitch reading and music terminology by playing pitch reading games and writing short excerpts of music.

New songs that we've learned recently include “Peace Like a River”, “You Are My Sunshine”, and “Siyahamba”. We added African percussion instruments to “Siyahamba”.

As the students are approaching the time that they will get to make their choice for music next year, we are beginning to learn about the 4 families of instruments and each individual instrument. They are learning about them through the composition “Young Person’s Guide to the Orchestra”.



*“Meet Us in the Middle”*







**Tuesday, March 12**  
**WSMS BAND EXTRAVAGANZA**

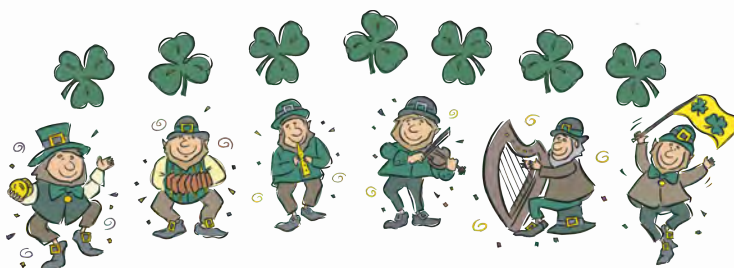
Location: The NEW WSMS GYM!

Time: Concert Starts at 7 pm, with students reporting to the Middle School band room at 6:30 pm

Who: All 6th, 7th, & 8th Grade Band Students

Attire: Panther Music Polos, Black Pants, Black Socks, Black Shoes

Each band will perform three selections and then combine forces for a finalé performance.



# Forensics

**Congratulations** to the 7th and 8th grade students who participated in Forensics this year! All 37 participants received the highest rating at their competition held in Bangor on February 19.

Kate F. (Moments in History)

Morgan Q. (Moments in History)

Danielle S. (Solo Acting)

Ava M (Prose Reading)

Amanda V (Non-Original Oratory)

Zipa X, Zana S, Marissa K (Play Acting)

Noelle Z, Eva C, Kiley C, Annika P, Rebekah K, Madeline P (Play Acting)

Caitlin R, Madison M, Madison O, Aspen S (Play Acting)

Reagan R, Zach C, Xavier D, Ben H (Readers Theatre)

Sunnie J, Maria C (Readers Theatre)

Signe R, Taylor B, Emily S (Readers Theatre)

Autumn B, Corbin F, Delaney J (Readers Theatre)

Macy H, Presley D, Addison W (Readers Theatre)

Hailey P, Grace W, Alena D, Maddie G (Readers Theatre)

Forensics is a great opportunity for students to practice their speaking and performance skills while having fun with peers and meet students from neighboring school districts. Students practiced during their recess time and before or after school.



# Activities to Support Reading at Home

Your child should read at least 20 minutes outside of school to maintain or increase their reading abilities. Research has shown that the best way to develop strong readers is to have them read more, but with books at their level that are interesting to them. Let your child choose what to read within these guidelines.

The following are some suggestions for how to support reading at home:

- Have discussions about the current classroom novel or their independent reading book. Find out your student's opinions of them and what he/she think may happen as they continue to read. Revisit this discussion days later.
- Encourage your child to read to a younger sibling, a pet, or to you!
- Expose your child to sophisticated vocabulary. This will assist with understanding vocabulary he/she may encounter in their independent reading. Explain any challenging words you use.
- Subscribe to magazines that will interest your child.
- Read the newspaper together. Discuss interesting articles or editorials.
- Take your child to the public library. Check out books together. Check out audio versions of difficult text to follow along with. Read a book that was made into a movie and watch the movie together as a reward for finishing the book. Discuss similarities and differences.
- Find a book to read together. Read it aloud or individually, but stop every once in a while to discuss the text and see if your child has any questions or confusions to clear up.
- Listen to books in the car.
- Limit the amount of time spent watching TV and playing video games.
- Provide time and space for your child to read. Children love converting closets or corners of rooms into reading nooks with bean bags and reading lights!
- When out and about, have your student read aloud information. For example, at restaurants have your student read the descriptions of menu items. At a museum have him or her read the information available for the different exhibits. Pick up brochures for upcoming trips and let your student read it to the family in preparation.
- Make reading fun and enjoyable!

## Important Dates for 8th graders...



### **8th grade fundraiser for end of the year class trip/activities.**

8th graders will be selling Joyful Traditions Cake Rolls as a fundraiser,

Order sheets will be **handed out on February 25** and will be **due back to their 8th grade teachers on March 11**. The cake rolls will be **delivered on March 21 at 2pm**.

**Families have two options for pickup:** have an adult with a vehicle pickup the pastries at school **between 2:30-4:30 on March 21** or have the student carry them home after school that day. We are unable to store the boxes of cake rolls due to no freezer access.

Cake Rolls come in 3 flavors - Pumpkin, Red Velvet and Carrot and will be \$14.00. **The student will receive \$7.00 for every box sold.**

This is an individual fundraiser -- each student will have his/her profit deducted from the cost of the last week of school activities (either the DC trip or from the cost of the field trips back here at school during the last week of school).



**8th grade Promotion is on May 30 at 7pm in the Heider Center.** Students need to be in the high school commons at 6:30. The ceremony will last about one hour.

**The attire for all 8th graders will be the 8th grade Class Shirt which was designed by an 8th grade classmate.**

**8th grade class trip.....June 2 - June 7**

## 8th gr. Tentative D. C. Itinerary

### Sunday, June 2, 2019

6:30 a.m. Depart West Salem  
11:00 a.m. Lunch stop at IL Toll Plaza  
11:30 a.m. Travel to Skokie, IL  
1:00 p.m. Arrive at Illinois Holocaust Museum  
in Skokie  
3:00 p.m. Depart Museum  
7:30 p.m. Dinner on Toll Road  
9:30 p.m. Arrival at hotel-- Independence, OH

### Monday, June 3, 2019

5:30 a.m. Breakfast at Hotel  
6:00 a.m. Depart for Shanksville Flight 93  
(9/11) Memorial  
11:00 a.m. Arrive at Shanksville Flight 93  
Memorial  
1:00 p.m. Lunch on toll road  
4:00 p.m. Arrival at Gettysburg  
4:30 p.m. Battlefield Tour  
6:30 p.m. Supper at Outlet Mall  
9:00 p.m. Arrive at hotel--DC area

### Tuesday, June 4, 2019

7:00 a.m. Breakfast at hotel  
8:30 a.m. Depart for US Capitol  
10:40/10:50 US Capitol Tour  
12:30 p.m. Reagan Building  
2:00 p.m. Pick up guides in Washington DC--  
tour monuments & Arlington National  
Cemetery  
6:00 p.m. Magills' Pizza Buffet  
7:30 p.m. Evening Tour of DC  
10:30 p.m. Arrive at hotel

### Wednesday, June 5, 2019 (STUDENTS MUST WEAR THEIR CLASS T-SHIRTS TODAY)

6:00 a.m. Breakfast at hotel  
8:30 a.m. Visit sites in DC  
12:00 p.m. Lunch at Reagan Building  
1:30 p.m. National Zoo & Other DC sites  
5:30 p.m. Twilight Tatum Concert and Boxed  
Supper  
9:00 p.m. Evening Tour of DC-- Last minute  
sites  
11:00 p.m. Arrive at hotel

### Thursday, June 6, 2019

7:00 a.m. Breakfast and check out of hotel  
10:00 a.m. Museum of American History  
1:00 p.m. Lunch & Supper at Six Flags  
1:30 p.m. Visit Six Flags  
5:00 p.m. Supper at Six Flags  
5:30 p.m. Depart for Home

### Friday, June 7, 2019

7:00 a.m. Breakfast in Rockford, IL  
11:00 a.m.- 1 p.m. Arrive at WSMS





### Early Release Dates

Wednesdays - Release at 12:20

Buses leave at 12:30

March 6

May 8

### **2018 Summer School Program**

It's that time of year again to start thinking about West Salem's Summer School! Be sure to mark your calendars! This year Summer School will be held July 23rd through August 10th 8:30 - 11:40 for K - 8 students.

### **Summer Swimming Lessons ~**

The school district will again be offering swimming lessons. Please note swimming lessons are not held during the July-August summer school session. The lessons will be June 11-22, June 25-July 6, or July 9-20.





# CYBER CORNER

WSSD Tech News

**PLEASE NOTE:** This content was produced by the WI Internet Crimes Against Children Task Force. We (WSSD Technology Department) agree with the mission of this organization and believe their materials can be helpful for children, parents and educators. However, we have not fully tested the recommendations in this guide.

## A Guide to Parental Controls by Device

Chances are your devices already include robust protection features. You just need to activate (and in some cases download) them. Here's how to do it on the most popular devices:

### Android Parent Controls



**Features:** You can restrict apps, games, movies, and TV your child tries to download from the Google Play Store.

**Limits/Tracking:** You need to download the Family Link app, then create a Google account for your child. From there, select your child's name and tap the Daily limits card, then select Edit limits and follow the instructions. Your child will get a notification when time is almost up and the device is about to be locked. You can also keep track of your child's device's location when it's turned on.

**Can You Set Up Separate Accounts?** Yes, you can create an account for each child in Family Link.

**Best For:** Any age. For an older child, download a third-party app to filter mature content.

**Where To Start:** Open the Play Store app. From the top left Menu, choose Settings, then turn Parental controls. Here you'll select a PIN so that only people who know the PIN can change the parental control settings. Next, select the type of content you want to filter and how you want to restrict access.

**Keep in Mind:** Make sure your device works with Google Play (some lower-end models don't) so you can download mainstream apps.

### Amazon Fire Parent Controls

**Features:** FreeTime (built into every device) restricts purchases, bans ads, and allows access only to content you approve.

**Limits/Tracking:** Yes. You can set time restrictions for various activities and prevent the playing of games or videos until your child, say, reads for a set amount of time.

**Can You Set Up Separate Accounts?** Yes, you can create two password-protected adult accounts and four child accounts; it's easy for you to toggle between them.

**Best For:** Kids 8 and under. FreeTime is too limiting for older kids. However, Amazon's two-year "worry-free guarantee" promises a replacement if your child drops or breaks the Fire Kids Edition, a huge plus.

**Where To Start:** Open Settings > Parental Controls > tap the switch next to Parental Controls > enter a password and hit "Finish"

**Keep in Mind:** Your child's device can be used as a regular Fire tablet by switching to the adult setting on the FreeTime profile.

## iOS Parent Controls

**Features:** Use Screen Time to restrict the use of built-in apps and block iTunes and app store purchases such as movies, music, and TV with specific ratings. You can also limit your child's browsing to sites you specify.

**Limits/Tracking:** Go to Settings > General > Accessibility. Under Learning, select Guided Access > tap Time Limits. Once that's enabled, you can set time limits on any app by clicking the Home button three times in a row when the app is open.

**Can You Set Up Separate Accounts?** Unless you're using a shared iPad purchased for an educational setting, there's no simple solution for multiple user profiles on one device.

**Best For:** Kids 6 and older who are ready for their own device.

**Where To Start:** Go to Settings > Screen Time and create a passcode your kids don't know.

**Keep in Mind:** Unless you hide your own past purchases by logging into iTunes, your child will be able to see every app, song, and movie you buy.

## Windows 10 Parent Controls

**Features:** FreeTime (built into every device) restricts purchases, bans ads, and allows access only to content you approve.

**Limits/Tracking:** Yes. You can set time restrictions for various activities and prevent the playing of games or videos until your child, say, reads for a set amount of time.

**Can You Set Up Separate Accounts?** Yes, you can create two password-protected adult accounts and four child accounts; it's easy for you to toggle between them.

**Best For:** Kids 8 and under. FreeTime is too limiting for older kids. However, Amazon's two-year "worry-free guarantee" promises a replacement if your child drops or breaks the Fire Kids Edition, a huge plus.

**Where To Start:** Open Settings > Parental Controls > tap the switch next to Parental Controls > enter a password and hit "Finish"

**Keep in Mind:** Your child's device can be used as a regular Fire tablet by switching to the adult setting on the FreeTime profile

*To read the full article, visit:*

<https://www.parents.com/parenting/better-parenting/advice/a-guide-to-parental-controls-by-device/>

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**Don't forget gaming systems!** Parental controls are available for all current consoles, handhelds, smartphones, and computers, and can be activated to block games by age rating. Certain device settings even allow parents to restrict access to the Internet, disable in-game purchases, regulate the amount of time your child can play and more.

Get guides on how to activate the parental controls on different game systems, such as Nintendo Switch, Xbox One or Xbox 360, Playstation 3 or 4, Wii U, Nintendo 3DS, and Playstation Vita on the Entertainment Software Rating Board's website: <https://www.esrb.org/about/settingcontrols.aspx>

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

### Winter Wellness Day! (Rescheduled)

Breakfast will be served until 8:10am. Panther Packs are available for purchase, during breakfast time, for students needing that days' lunch meal.

### Grab and Go

- Panther PBJ Pack

**4**

### From the Grill

- Bakalar's Hot Dog on WG Bun
- Side of Mac n' Cheese
- Green Peas

### Home Style

- Creamy Mac N' Cheese or Bacon Mac! (new)
- Italian Breadsticks
- Green Peas

### Deli

- Ham & Swiss on WG Croissant
- Chicken Noodle Soup

### Grab and Go

- Panther PBJ Pack

**5**

### Breakfast for Lunch!

### From the Grill

- French Toast Sticks Jones
- Dairy Sausage Links Warm
- Cinnamon Apples

### Home Style

- Colby Cheese Omelet Jones
- Dairy Sausage Links Warm
- Cinnamon Apples Honey Bun
- Goldfish

### Deli

- Turkey BLT on WG Sub Roll
- Broccoli Cheese Soup

### Grab and Go

- Panther PBJ Pack

**6**

### Early Release!

### From the Grill

- Popcorn Chicken
- Vegetable "Not Fried" Rice

### Home Style

- Saucy Orange Popcorn Chicken
- Vegetable "Not Fried" Rice

### Deli

- Golden Crunchy Fish Sticks and Goldfish Crackers
- Vegetarian Minestrone

### Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

**7**

### From the Grill

- Texas Style BBQ Pulled Pork Sandwich
- Carolina Style Pulled Pork Sandwich

### Home Style

- Mashed Potatoes
- Meatballs & Gravy with Buttermilk Biscuit

### Deli

- Mashed Potatoes
- Chicken Bacon Ranch Wrap
- Chicken Dumpling Soup

### Grab and Go

- Panther PBJ Pack

**8**

### From the Grill

- Cheese Pizza - Personal Pan (Vegetarian Option)
- Hawaiian Pizza - Personal Pan
- Honey-Glazed Carrots

### Home Style

- Pepperoni Pizza - Personal Pan
- Honey-Glazed Carrots

### Deli

- Chef Salad w/Chicken & Cheese
- Creamy Chicken Pot Pie Soup

### Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

**11**

### From the Grill

- Mozzarella Stuffed Breadstick with Marinara Dipping Cup
- Mixed Vegetables

### Home Style

- Tater Tot Hot Dish
- Buttermilk Biscuit
- Mixed Vegetables

### Deli

- Ham, Turkey and Cheddar Sub
- Beef and Vegetable soup

### Grab and Go

- Panther PBJ Pack

**12**

### Taco Tuesday!

### From the Grill

- Chicken and Cheese Quesadilla
- Refried Beans

### Home Style

- Walking Taco Nacho Chips
- Refried Beans

### Deli

- Homemade Grilled Cheese
- Creamy Tomato Soup

### Grab and Go

- Panther PBJ Pack

**13**

### From the Grill

- "Chicken and Waffles!"
- Natural Chicken Tenders WG Waffle
- Waffle Fries

### Home Style

- "Chicken and Waffles!"
- Natural Chicken Tenders WG Waffle
- Waffle Fries

### Deli

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

### Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

**14**

### Sweet Treat Thursday!

- 100% Fruit Juice Slushy
- Offered with meals in all lines

### From the Grill

- Meatball Marinara Sub on Hoagie Roll
- Garlic Roasted Green Beans

### Home Style

- Pasta with Italian Meat Sauce
- Pasta with Marinara Sauce
- Italian Breadsticks
- Garlic Roasted Green Beans

### Deli

- Chicken Caesar Wrap
- Potato, Cheese & Ham Soup

### Grab and Go

- Panther PBJ Pack

**15**

### From the Grill

- Cheesy Garlic French Bread Pizza or
- Pepperoni Pizza Dippers

- Marinara Dipping Cup
- Whole Kernel Sweet Corn

### Home Style

- Alaskan Pollock Fish Sandwich on WG Bun
- Whole Kernel Sweet Corn

### Deli

- Garden Salad with Cottage Cheese
- Chicken Tortilla Soup

### Grab and Go

- Panther PBJ Pack

**18**

### From the Grill

- Homemade Sloppy Joe on WG Bun
- Crispy Coleslaw

### Home Style

- Oven Roasted Chicken
- Basket Crispy Coleslaw Sun Chip Snack Mix

### Deli

- Ham and Swiss on Croissant
- Chicken Noodle Soup

### Grab and Go

- Panther PBJ Pack

**19**

### Taco Tuesday!

### From the Grill

- Taco Truck Burritos (New!) in TWO VARIETIES! with Cilantro Lime Rice

### Home Style

- (Low-Fat) Loaded Beef Nachos with Cilantro Lime Rice
- Taco Topping Bar

### Deli

- Turkey BLT on Sub Roll
- Broccoli Cheese Soup

### Grab and Go

- Panther PBJ Pack

**20**

### From the Grill

- Chicken Nuggets with WG Dinner Roll
- Mashed Potatoes

### Home Style

- Turkey Pot Roast in Gravy with WG Dinner Roll
- Mashed Potatoes

### Deli

- Chef Salad w/Chicken & Cheese
- Creamy Chicken Pot Pie Soup

### Grab and Go

- Panther PBJ Pack
- Panther YOGURT Pack

**21**

### From the Grill

- (Cheese) Hamburger on WG Bun
- Potato Stars

### Home Style

- (Cheese) Hamburger on WG Bun
- Potato Stars

### Deli

- Cuban Flatbread Sandwich
- Chicken Dumpling Soup

### Grab and Go

- Panther PBJ Pack

**22**

### From the Grill

- Stuffed Crust Pepperoni Pizza
- Peas & Carrots

### Home Style

- Stuffed Crust Cheese Pizza (Vegetarian Option) or
- Fish Nuggets Goldfish Crackers

### Deli

- Peas & Carrots

### Grab and Go

- Alaskan Pollock Fish Sandwich on WG Bun
- Vegetarian Minestrone

### Grab and Go

- Panther PBJ Pack

**25****From the Grill**

- Chicken Patty - Hot and Spicy Whole Grain Bun
- Steamed Broccoli

**Home Style**

- Mini Cheese Ravioli Choice of Marinara or Italian Cheese Sauce
- Garlic Toast
- Steamed Broccoli

**Deli**

- Ham, Salami & Provolone Cheese Sub
- Beef and Vegetable Soup

**Grab and Go**

- Panther PBJ Pack

**26****Taco Tuesday!****From the Grill**

- Pork Taco on Soft Shell Tortilla
- Refried Beans

**Home Style**

- Chicken Fajitas Soft Shell Tortilla
- Fajita Blend Vegetables

**Deli**

- Homemade Grilled Cheese
- Creamy Tomato Soup

**Grab and Go**

- Panther PBJ Pack

**27****From the Grill**

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese Whole Grain Bun
- Oven Baked French Fries

**Home Style**

- BBQ Teriyaki Chicken Seasoned Brown Rice
- Mixed Vegetables

**Deli**

- Southwest Chicken Salad
- Brown Chicken & Wild Rice Soup

**Grab and Go**

- Panther PBJ Pack
- Panther YOGURT Pack

**28****Sweet Treat Thursday!**

- Rice Krispie Treat Offered with meals in all lines

**From the Grill**

- Mini Corn Dogs
- Chex Mix - Cheddar
- Honey-Glazed Carrots

**Home Style**

- Pasta with Chicken Alfredo or Alfredo
- Pasta with Chicken Cajun

- Garlic Breadstick

- Honey-Glazed Carrots

**Deli**

- Chicken Caesar Wrap
- Potato, Cheese & Ham Soup

**Grab and Go**

- Panther PBJ Pack

**29****From the Grill**

- Pepperoni Pizza - Slice
- Whole Kernel Sweet Corn

**Home Style**

- Cheese Pizza or
- Homemade Taco Pizza
- Whole Kernel Sweet Corn

**Deli**

- Garden Salad with Diced Chicken
- White Chicken Chili

**Grab and Go**

- Panther PBJ Pack

More Details: [wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/](http://wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/)  
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# Middle Years

Working Together for School Success



## Short Stops

### Write a poem

Encourage your tween to experiment with language by writing a family poem. Together, make up a title about something your family loves (*Tasty Tortilla Soup*). Agree on a format, such as a limerick or free verse (no rhyme or regular rhythm). Then, take turns writing the lines, and let your child read your poem aloud when you finish.

### Problem-solving pro

If your middle grader leaves for school without something she needs (book, graphing calculator), resist the urge to rescue her. Handling the situation herself will teach her to be a good problem solver. She might find alternatives like borrowing from a friend who has the same class during a different period.

### DID YOU KNOW?

Taking an opioid like oxycodone for as little as five days can lead to addiction. Share this fact with your teen, and explain that he should never take medication that isn't prescribed for him. If he is injured or has surgery, ask his doctor about alternatives to opioids. And if anyone in your home takes an opioid, keep it locked up, and discard leftovers immediately.

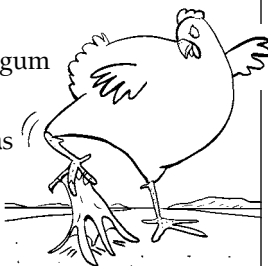
### Worth quoting

"Happiness is when what you think, what you say, and what you do are in harmony." *Mahatma Gandhi*

### Just for fun

**Q:** Why did the gum cross the road?

**A:** Because it was stuck to the chicken's foot.



## Respect: The 4th R

Treating people with respect can help your tween form strong relationships with classmates, teachers, and family members. Consider these ideas to help your middle grader show consideration for others.

### Look for examples

Point out respectful behavior to your child, such as knocking on a closed door or being quiet while others are speaking or performing. Likewise, let her know what disrespectful behavior looks like. After a concert, you might say, "It was not nice when the people behind us were whispering. That was disruptive to the musicians—and the audience."



### Be a model

Middle graders are quick studies when it comes to life. What they see is what they learn. If you treat your child respectfully, she is apt to follow your lead. And if you embarrass her in front of her friends or invade her privacy for no reason, she will get the idea that actions like these are acceptable.

### Set limits

Make it clear that disrespectful language is never allowed. If your tween loses her cool and behaves rudely, suggest that she take a break. Tell her you'll listen when she calms down. Letting her know that you won't tolerate disrespect provides the guidance she needs to change her behavior. 👍

## Spring science

Warm weather brings opportunities to explore science outdoors. Share these activities with your tween.

**Design detective.** Georges de Mestral invented Velcro after noticing burrs stuck to his dog! Suggest that your child observe objects in nature, pick one, and invent something inspired by its structure. Maybe he'll watch a turtle emerge from its shell, then design a retractable phone case.

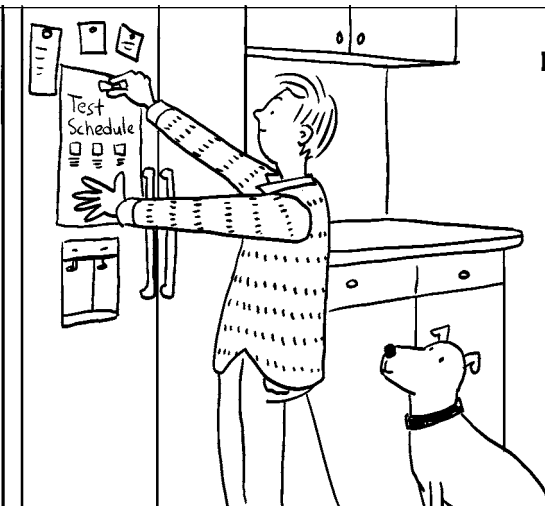
**Energy consultant.** Have your middle grader look closely at renewable energy sources like solar panels on buildings or wind turbines spinning in the March breeze. Based on his observations, perhaps he'll try making a model turbine that will spin in the wind. 👍



# Standardized test success

Your child may be gearing up to take standardized tests soon. Here are ways to support him so he can do his best.

**Plan ahead.** Have your tween post the school testing schedule on the refrigerator and highlight dates for the ones he's taking. Then, try to be sure he gets 9–11 hours of sleep and eats a healthy breakfast on test day (and every day).



**Ease nerves.** Talk calmly and positively about the tests to reassure your middle grader. Explain that effort is what matters most. Also, he'll feel well prepared if he's in class each day leading up to the tests, since teachers often review material or give practice tests.

**Follow up.** After each test, ask your tween how it went. Which parts did he find easier, and which were more difficult? Reflecting on a test can help him do better on the next one.

*Note:* When you receive the test results, go over them together. 👍

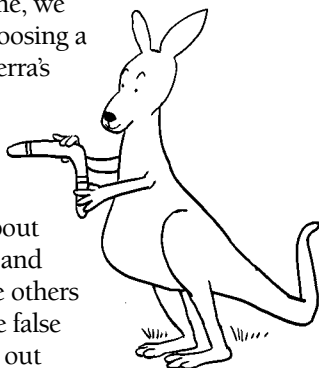


## Parent to Parent

### Wordplay

Our family loves games like Scrabble and Boggle. They're fun, and they help my daughter, Sierra—and all of us—build vocabulary. Recently, we've started adding variety by inventing our own word games.

In one game, we take turns choosing a word from Sierra's textbooks or vocabulary lists and writing three statements about it—two true and one false. The others try to spot the false fact. I figured out Sierra's incorrect fact



for the math word *acute* ("A boomerang has an *acute* angle"), so it was my turn to pick a word.

We also made up a vocabulary version of 20 Questions. One player thinks of a word. Then we ask yes-or-no questions like "Is it a living thing?" and "Does it have fur?" The first person to figure out the word selects the next one. I wonder what new game we'll come up with next! 👍

### OUR PURPOSE

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

Resources for Educators,  
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## Q & A A perfect image online

**Q** My eighth grader is new to social media. When she sees classmates' posts, she thinks they have perfect lives. Help!

**A** Suggest that your daughter compare scrolling through social media posts to watching a movie trailer. The trailer doesn't tell the whole story—it just shows scenes that will attract viewers' interest. On social media, children (and adults!) tend to share happy moments, not ones that are boring or embarrassing.

If your daughter feels jealous of a classmate's vacation pictures, for instance, have her think back to a trip she took, perhaps when you went camping last summer. Ask which moments from the trip she would and would not want made public.

Also, set limits on your child's social media use. Maybe she can check her accounts once after she finishes homework and then log off for the evening. Kids need time away from social media to experience real life—not the lives their friends are "creating" online. 👍



## "Sunny" mornings

Daylight saving time begins March 10. Even if it's still dark when your tween wakes up, you can make mornings bright and cheerful in your home—and send him off to school ready to learn. Try these tips.

### 1. Turn on the lights.

Light sends signals to the brain that it's time to wake up.

**2. Play music.** Ask your middle grader to make a playlist called "Good morning!" He can include everyone's favorite upbeat songs.



**3. Laugh.** When you hear or see a funny joke, save it for morning. You could tell it at the breakfast table.

**4. Exercise.** Have sneakers and headlamps or reflective gear ready to go the night before, and head out for a quick run or to walk the dog together.

**5. Enjoy trivia.** Get everyone's brain in gear with a question of the day. Keep a deck of trivia cards on the table, or ask your smart speaker for today's Jeopardy question. 👍



# 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					

1/15 Late Start

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		

2/7 & 2/12 Closed

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	15	
18	19	20	21	22	
25	26	27	28	29	

3/15 & 3/29 School In Session

1/22, 1/28, 1/29, 1/30, 1/31 Closed

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	

May 8-ER  
\*ER K-8 Only  
\*9-11 No School  
\*12-SEP presentation day

JUNE 2019					3
M	T	W	T	F	
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

June 6-7: School In Session

**First Day of School: September 4, 2018**  
**Last Day of School: June 7, 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, + 2 Floating)**

2/15/19

