

WEST SALEM MIDDLE SCHOOL

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West Salem, WI 54669
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SPECIAL POINTS OF INTEREST:

School Starts at 7:50!!

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2018

Volume 7 - Issue 2

Dear WSMS Families,

The 2018-2019 school year is off to a great start at West Salem Middle School. Staff members have been hard at work preparing and planning for the start of school and the arrival of our students. The students are loving the new spaces at WSMS and we are very grateful for the community support that made this happen. We are looking forward to working together as a team to provide your child the very best educational experience. Our newsletter is one way in which we maintain communication between school and home. It contains a variety of academic updates, important dates, and items of interest. Thank you for taking the time to read it.

I would like to highlight a date you may want to mark on your calendar. On 9/22/18 we will be holding a dedication ceremony at WSMS from 12:30 – 3pm. We will conduct the ceremony in the new gym to be followed by tours of the facility. All community members are welcome to attend.

WSMS is committed to ensuring a positive learning environment for all. This commitment comes with a focus on learning, consistent attendance, and adherence to the school rules. Consistency in these three areas will allow our students the opportunity to develop the positive habits that will make them successful young adults. While we recognize that students in middle school should be able to be in charge of their own success, parents/guardians can have a great impact in setting the stage. How? Here are a few ideas:

Learning

- Let your child know you think school is important. Talk to him/her about what they're learning.
- Encourage persistence: Children learn persistence when they are successful at a challenging task. Let them know that not everything comes easy. This will help them gain confidence and successfully negotiate difficult situations when they are older.
- Talk to them about their future: School success is one of the keys to a happy and fulfilling future. Talk with them about their dreams/goals and make the connection to how school fits within this vision.

Attendance

- Encourage your child to get enough sleep to ensure that he/she is able to get up in the morning.
- Leave home with plenty of time to get to school.
- Try to schedule appointments before or after school hours.

School Rules

- Familiarize yourself with the school rules, guidelines, and expectations in our handbook.
- Reinforce that school is currently their "job" and just like your job, there are expectations. This will help them prepare for high school and beyond.
- Talk to your kids about the rules at your job. Compare them. For example, what is the dress code at your job? This helps students understand the purpose of school rules.

Finally, encourage your child to develop a great work ethic. Vince Lombardi was quoted as saying, "The only place success comes before work is in the dictionary." A good work ethic will help develop personal pride and ensure that your student feels in control. Hard work pays off!

I feel blessed to be a part of such a strong learning community here in West Salem. We look forward to partnering with you to continue Serving With Passion to Ignite Creativity, Innovation, and Excellence in all of our students. Let's have a great year!

Proud to be a Panther!

Ben Wopat
Principal

Twitter.com/coachwopat



Picture re-take day.....
Friday, Oct. 12

Morning Procedures

Students who report to school prior to 7:43 may report to the commons or recess area.

Students may report to the Success Center at 7:00 a.m. Students should buzz in and report directly to the Success Center classroom. Doors open for students to have breakfast or report to commons at 7:15.

Students are not to be in the halls before 7:43 unless they have a pass from a teacher.

First period starts at 7:50 a.m. and all students will be expected to be in their appropriate classrooms at that time.

Middle School Security...

The middle school doors will be locked during school hours of 8:00am - 3:10pm. When coming to the middle school, you will need to be buzzed into the building by using the button located on the east wall of the main entrance (on East Ave). Once you enter the building, please sign in in the office.



Calendar of Events



- 4 - 1st Day!! 7:50am
- 15 - CC @ Brookwood 10:30am
- 17 -CC @ Myrick Park 4:30pm
- 18 - FB 7 @ Homen- Scrimmage 4:00pm
VB vs GET 4:15pm
- 20 - FB 8 - @Logan- Scrimmage 4:00pm
VB @ Aquinas 4:00pm
- 22 - WSMS Dedication 12:30-3:00pm
- 24 -VB vs Westby 4:15pm
FB 7 vs Logan 4:00pm
- 25 -VB - vs Winona 4:00pm
FB 8 vs Holmen 2 -4:00pm
CC HOME -Maple Grove 4:15pm
- 26 - Gr 5 to OEC (1/2 grade)
- 27 - Gr. 5 to OEC (1/2 grade)
- 28 - Homecoming Parade 2pm

From the Office

Absences, appointments, and messages

If your child will be absent from school, please call the office by **7:50** in the morning or you can call or send a note in advance. In the event you receive the voice mail, leave a message that includes your child's name, grade, and the reason for the absence. If your child is ill, **please be specific with his/her symptoms**. We are required by state law to report numbers of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have accurate count. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

You may also call ahead or send a note with any pre-planned absences, and we will document it. Therefore you will not have to call again the day of the absence.

If your child needs to be picked up for an appointment, please send a note or call the office ahead of time so that your child can be given an out pass in advance. We appreciate advance notification as it eliminates the need for us to try and find your child at the last minute when he/she is being picked up. If your child brings a note from the medical or dental appointment as verification, it is not counted toward the 10 days allowed for your child to be absent from school. Thank you for your cooperation in keeping your child's attendance up to date and informing the school of absences in a timely manner.

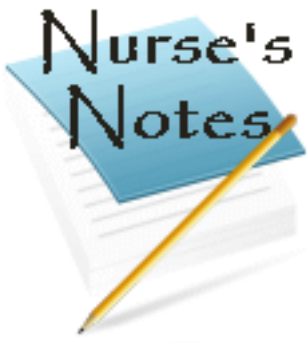
We receive many calls daily from parents asking us to relay messages to their children. Please make every attempt to relay these messages to your child before he or she leaves for school.

Messages called into the office after 1:30 may not get to your child before dismissal.



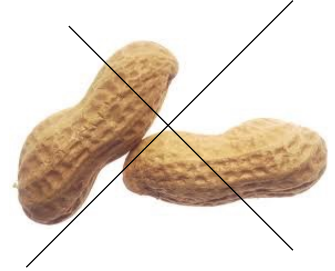
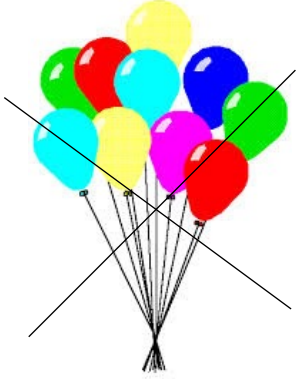
"Meet Us in the Middle"





We have several students in the district who have severe allergies to peanuts, tree-nuts and latex. For this reason we are asking that you follow the district policy below:

Our schools are designated as latex-controlled schools. Materials that contain high concentrations of latex, such as most balloons, are prohibited. Our schools are also designated peanut/tree-nut aware. We ask that you do not send any foods that contain peanuts or tree-nuts (cashews, almonds, pecans, etc.). If you have questions regarding any product or material you may wish to bring to the school, please contact the office or the school nurse before bringing the item into the school.



Student Drop Off and Pick Up

On page 15 you will see a picture of our front loop for the morning traffic flow drop off.

Buses will drop off students at the high school sidewalk then they will use the new sidewalk by the track/football field to walk to the middle school.

In the interest of your child's safety, all students dropped off or picked up by parents needs to take place on East Avenue. **Temporarily stopping your vehicle on Mark St. to have students get out is NOT safe.** Mark St. is very busy during peak morning and afternoon hours.



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The Middle School Newsletters can be found on the district website - www.salem.k12.wi.us. An e-mail reminder will be sent each month to let you know when it is available along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



Student Cell Phone Use

Students at our middle school are **NOT allowed to carry cell phones** with them throughout the school day. If a student brings a cell phone to school it:

- **Must be turned off**
- **Must be kept in the student's locker**

Cell phones are absolutely **NOT allowed on the playground or in the bathroom/locker room.**

Students are **NOT** allowed to use cell phones to take video recordings of other students at school. Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.



Early Release Dates

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

October 3

November 7

December 5

February 13

March 6

May 8



Counselor Comments from Mr. Lang...

WELCOME to all students new to the West Salem Middle School!!!

WELCOME BACK to all of our returning students!!!

With a brand new building, this year will be a new adventure for all of us...regardless of how long we have been here. This year will be unique as half of the student population will be new to our building with both 5th and 6th grade coming across the street! Even our returning 7th and 8th graders will have new places and faces to figure out. Students, you will not be alone in asking "where do I go? How do I get there?" Us adults are still trying to figure that out, too! We will make it through all of this "newness" together, though! Let's have a great year!

NAME CHANGE Our advisor/advisee program (A/A) will be going through a name change this year. A/As have been made up of a mix of 6th, 7th, and 8th graders while fifth graders have homerooms. Instead of having references for A/A and references for homerooms, we are going to refer to everything as HOMEROOMS. Fifth grade will remain in grade-level homerooms while 6th, 7th, and 8th grade will continue to have the mix of grades in their homerooms. The purpose and format of the 6-8 homerooms will continue to be the same as what A/A has been.

As we kick off the new school year, our initial focus will be on Bonding/Connecting/Getting to Know each other in homerooms (of course, this will be a year-long process!). We will quickly turn our focus to the asset of Commitment to Learning: achievement, motivation, school engagement, homework, bonding to school, and reading for pleasure. Students who are focused and ready to learn right away will have a solid foundation to continue to be motivated and connected to school/learning for the whole year... and beyond! We are looking forward to a fun-filled, educational year. There will be so much going on that it may feel overwhelming at times for students and parents. Please be patient as the year unfolds and new endeavors occur. Certainly, reach out and ask questions if you are not certain about something your child is involved with at the middle school. We want this to be the most positive experience for you and your child(ren).

Substitutes Needed

For the 2018-2019 School Year
In the following areas:

Secretarial	Paraprofessionals
Food Service	Custodians
Bus Drivers	Teachers

If interested, please stop at the District Office at
405 East Hamlin St, West Salem OR call
608-786-0700 OR go to www.wsalem.k12.wi.us
for a substitute application



"Meet Us in the Middle"



5th Grade Update:

We are so excited for you to be the first group to “Meet Us in the Middle” at our new school. It was great to see so many of you at WEB and open house. We know there are going to be a lot of new and exciting experiences for us all, but we wanted to give you a few important reminders.

With a new building comes new expectations for 5th graders. Students are responsible for dressing appropriately for the weather. We want students to stay healthy and be at school because it is the best thing for their learning. If they do miss school, they are also responsible for catching up after any absences. In 5th grade, we use Google Classroom to help keep students up to date on assignments. They can utilize the Success Center to help them catch up or complete assignments. This is a new resource for 5th grade, and we are very excited to offer this to our students. The Success Center is open before and after school to allow students to finish assignments or make up tests and quizzes. The staff is equipped to assist students with things they may have missed or do not understand. It is open from 7:00am-7:45am and 3:10pm-4:00pm.

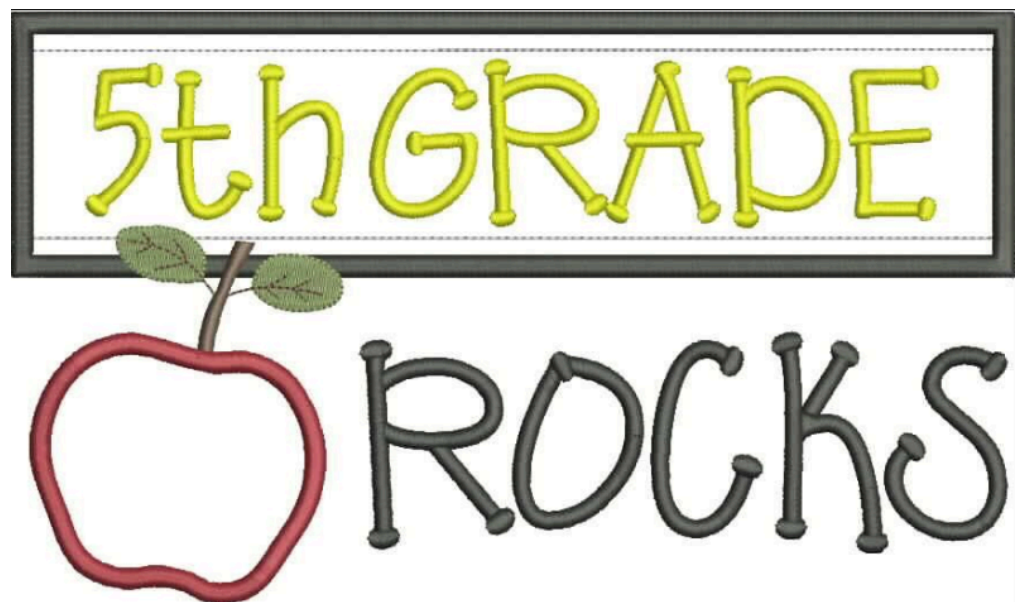
As a 5th grade team, we decided that iPads will not be sent home every night. Instead, iPads will only come home when students have an assignment or activity that they need to complete that night. We want to ensure that students understand that the iPads are tools to help them be successful in school, so we feel that this is a fair way to help them understand that responsibility. As the year progresses, we might start to allow them to go home on a more regular basis.

We understand that there will be some new challenges for our students, but we are here to help that transition go as smoothly as possible. With the help of WEB leaders and the rest of the Middle School staff, we can help all of our students feel comfortable and excited for this new adventure!

Let's have a FANTASTIC year!

The 5th Grade Team

- Martha Burdick
- Mary Czajka
- Katie Fink
- Kamry Kjos
- Teri Lassig
- Ethan Ringlien



Welcome to 6th Grade!

Thank you for the great turnout to WEB orientation and open house. For those of you who couldn't make it or those of you who were overwhelmed with the amount of information, we wanted to remind you of a few things.

Personal responsibility is very important in middle school. Included in that is attendance, which is critical with block scheduling since we only see students every other day. However, please have your child stay home if he/she are truly sick. If your child is absent, there are several ways to get caught up. Students should go speak with their teachers about what they missed, but they should also check Google Classroom, call or email friends, and utilize the Success Center to receive support in homework completion and understanding.

Google Classroom is an educational app we use to inform students of homework, assessments, classroom activities, etc. Students are also able to view information from classes they may have missed and will need to make up.

The Success Center is a resource room for students before and after school to receive help from staff who attend various classes in the building and are equipped to walk students through information they may have missed or just do not understand. It is also the place students make up tests and quizzes. It is open from 7:00 a.m. until 7:45 a.m., at lunch, and again from 3:10 until 4:00 p.m. If students attend the Success Center, parents are responsible for transportation to and from school.

Speaking of homework, students should expect to have homework in math and reading on a nightly 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 an independent reading book nightly for a minimum of 20 minutes. Most other classes will have homework on an intermittent basis. Please encourage your child to complete their homework the same night they had class so they are able to recall what they learned more readily.

During the first few weeks of school, the 6th grade team will be working with your student to make the transition run as smoothly as possible. Your child is in good hands!

We are looking forward to a great year!

The 6th Grade Team

Kari Schultz - Reading

Becky Buisman - English

Heather Jehn - Math

Chelsea Adams - Math

Alyssa Jarosh - Science

Sara Jeranek - Social Studies

Amy Marshall - Resource

Meghan Adams - Resource

Raena Housker - Resource



"Meet Us in the Middle"





General Music ~ Mrs. Glasel

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

This month will focus on getting to know the 6th grade students and making them feel comfortable with middle school. They will learn some basic music skills (pitch reading and rhythms) to get started at learning the piano keyboard, while also doing music appreciation activities to learn about their musical tastes and interests. We also read articles from a music magazine called Music Alive. Articles this month will focus on marching bands and the polka.

General Music 5 - Mrs. Glasel

I will be teaching half of the 5th grade general music classes. This is the start of my 29th year of teaching, all here at West Salem, and excited to get back to also teaching 5th grade. I taught 5th grade for my first 16 years of teaching before moving completely to the middle school to teach middle school general music and band lessons.

My class will focus on a lot of moving, singing, and activity. I will start off each class with a song, mostly from the Get American Singing...Again! books which are songs that should be common repertoire in our American culture. Then after doing a rhythm or pitch activity, we will focus on a topic or song that reflect history and culture, folk music, and holidays. We will end with a listening or movement activity.

The WSMS Marching Band will be performing
Band Night at WSHS Football game
Friday, Sept. 14



Dedication Ceremony
West Salem Middle School
440 East Avenue, West Salem, WI
Saturday, September 22, 2018
12:30 p.m. Ceremony

After a year of construction, including additions and renovations, a few setbacks, and lots of moving around and cooperation from our staff, our middle school is complete! We will be holding a dedication ceremony and open house for the community on Saturday, September 22, 2018 from 12:30 p.m. to 3:00 p.m. We will have students available as tour guides to show you around the school. We hope you'll join us to celebrate our first year in our brand-new building! Our new building features individual pods for grades 5-8, a wonderful new commons and office space, cafeteria, gym, music rooms, art rooms and LMC, as well as the addition of the Boys & Girls Club in the basement area. It truly is a beautiful facility, and we are so appreciative of the community support that has allowed us to create this space for our students and staff.



September Thoughts from the 7th Grade Teachers:

WELCOME TO 7TH GRADE! WE ARE HAPPY TO HAVE YOU HERE!

Mr. Mahlum- social studies
Mrs. Rochester- reading
Mrs. Weber- math
Mrs. Coe- math
Mr. Baker- science
Mrs. Martinson- ELA
Mr. Jones- STEM



Attendance- Please be in school when you are feeling well. We want students to be in our classes!



We only get to see you every other day! A lot of what we do in class cannot be made up.

Google Classroom- This is a change for all students. We are using Google Classroom instead of Edmodo this year. Teachers post to Google Classroom daily. The posts include the daily plan and handouts students need. When you are absent, it is your responsibility to check it and talk with the teacher about make up work.



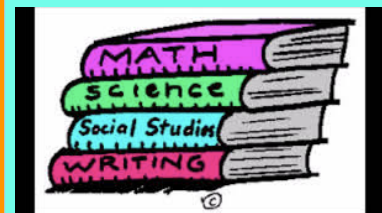
Skyward- Homeroom teachers check grades on Skyward weekly. Students and parents can check Skyward, too. Teachers usually enter grades weekly. Please be patient with teachers to get grades entered after a test or project.



Please, please, please keep your iPad charged! Plug it in every night.



Homework- Students will usually have time to start homework during class. However, there will be times when the students need to finish work at home. Please have a reliable method for you to keep track of your homework- it could be an assignment notebook, planner, or some other way to keep track of homework.



Grade 8 news...

Math - Mrs. Bentzen **Regular Math (Chapter 1)**

This will be our fifth year in a new textbook series called "Big Ideas Math." This series exposes students to highly motivating and relevant problems. Woven throughout the series are the depth and rigor students need to prepare for career-readiness and other college-level courses. In addition, the "Big Ideas Math" series prepares students to meet the challenge of state testing.

The objectives for Chapter 1:

- *solve simple equations using addition, subtraction, multiplication or division
- *use inverse operations to solve multi-step equations
- *use Distributive Property to solve multi-step equations
- *solve equations with variables on both sides
- *determine whether equations have no solution or infinitely many solutions

*rewrite equations to solve for one variable in terms of the other variable(s)

Algebra (Quick Review Chapters 1 and 2, Chapter 3)

We will be practicing some basic skills of algebra while learning about the real number system. We will solve linear equations. We will start Mathcounts early in the month. Students will be required to complete a problem solving worksheet every week.

The objectives for Chapter 1:

- *write and evaluate expressions, equations and inequalities
- *apply the order of operations to solve real world problems
- *represent functions as rules and as tables
- *graph functions given a rule or table of values

The objectives of Chapter 2:

- *classify real numbers/compare and order integers and rational numbers

*perform basic operations and find square roots

- *apply properties to evaluate and simplify expressions
- *use the Distributive Property to write equivalent expressions
- *use conditional statements and logical reasoning to reason with real numbers

The objectives of Chapter 3:

- *use properties of equality to solve one-step, two-step and multi-step equations in one variable
- *use properties of equality and the distributive property to solve equations with variables on both sides
- *write ratios and proportions, solve proportions using cross products
- *solve percent problems, such as finding the percent of a number, a base, and part of a base
- *rewrite equations in function form
- *solve formulas and literal equations for one variable

English - Mrs. Sackett

In 8th grade English, we are beginning the year by getting to know each other and establishing our classroom routine. We begin each class with a journal write and then move on to lessons developing writing skills. The first writing focus of the year will be various paragraph types. In addition, this fall, in Reading and English classes, we are going to be participating in a global read aloud. A book was selected for this read aloud, and we will join classrooms around the world in reading this book and making global connections. We will also start the year reviewing some of the grammatical principles learned in 7th grade; for example, we will review parts of speech and compound sentences. I am excited to work with this group of 8th graders and look forward to a great year!

Science - Mrs. Smith-Waller

Welcome back everyone! I am so excited to be starting a new year here at our newly remodeled West Salem Middle School. I hope you enjoyed the summer break and are eager for a fun-filled year in 8th grade science. I am excited to teach you all about the Earth! Before we dig into learning about many aspects of our amazing planet Earth, we refresh our memories on how to become better scientists. We will be using the scientific method to solve problems and will introduce the scientific way of measuring by using the metric system. These first few units are full of hands-on activity and experiments that will keep you engaged and will re-ignite your passion for learning about science! Please don't hesitate to contact me with questions or concerns, and once again, welcome! Specific Learning Targets:

1. Solve a problem using the PHEOC Method (Problem, Hypothesis, Experiment, Observation, and Conclusion)
2. Create and conduct a scientific experiment including posing a question, creating and testing a hypothesis, collecting and analyzing data, making observations, and drawing conclusions.
3. Measure and convert measurements using the metric system. 3) Measure and convert measurements using the metric system.



"Meet Us in the Middle"



Reading - Miss 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 will stay in the classroom, so they only have to get it off the shelf at the beginning of class!

Independent Reading: In the first two weeks of school students will go to the library and check out books of their choice. 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 every 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*), we continue to work on vocabulary in the following ways: studying Greek and Latin roots, working with new words in the fiction and non-fiction works we read as a class (often coordinating with other 8th grade curricular areas), and by keeping an independent vocabulary list.

Students will begin the year by completing an independent project about an abstract word. The project will demonstrate their understanding of denotation and connotation, literary devices, and how to use reference materials.

Our first read aloud will be *Refugee* by Alan Gratz. For the first time, 8th grade students will participate in the Global Read Aloud, a project created in 2010. The goal is to have students around the world reading a book that is relevant to all of us. During the reading, students are able to connect with other students around the world. Perhaps you'd like to read or listen to *Refugee* and discuss it at home! The historical fiction novel follows three young adults on their journeys to escape their home countries for a better life.

Social Studies - Miss Morgan

Eighth grade Social Studies explores the history of our nation from the events that led to the American Revolution through the Civil War which nearly tore the country apart. Throughout the year, students will work to develop the skills that historians use each and every day-- analysis, research, critical thinking, and so much more. Through early November, we will be joined in the classroom by Mr. Brent Stoughtenger, a student teacher from Viterbo University.

Students will one again be research and developing a National History Day project which will focus on this year's theme "Triumph and Tragedy". Students may choose a historical topic of their choice as long as it occurred 25 years or more ago and it fits with the theme. Upon completion of their research, students will present their findings in the form of one of the following: exhibit, website, documentary, historical paper, or performance. The best projects from WSMS will participate in the regional competition at UW-La Crosse in mid-March.

Following their learning in September, students will be able to:

- Explain pop culture and historical events that occurred within their lifetimes
- Describe important facts (who, what, when, where, why) of current events
- Develop an argument about why the American Revolution was justified



“Meet Us in the Middle”



Healthy Living Team ~ Mr. Brewer, Mrs. Olson, Mr. Running

Welcome back!! We are excited for a new year! More information will be coming on our new standards based grading, however, know that things will look a bit different for Healthy Living this year. We are really excited about our new bikes we earned from a Riding for Focus grant. Our bikes should be arriving shortly, look for pictures soon!



Daily Physical Activity!
It can happen!

Looking ahead to TESTING dates!!!

We will be doing WI Forward Testing next Spring the dates are not set yet but sometime between Mid-March and April.

Success Center

The Success Center is a resource room for students before and after school to receive help from staff who attend various classes in the building and are equipped to walk students through information they may have missed or just do not understand. It is also the place students 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 it. 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 of [Edmodo](#).

Important 8th grade dates:

Candle Fundraiser (for end of year trips) - Mid November

Puffin Pastry Fundraiser (for end of year trips) - February/March

Career Day in La Crosse - January

Civil Way Day - May

Promotion - May 30

Washington DC trip - June 2-7

Student Council -

Want to be a positive role model for West Salem Middle School? Want to make fun videos and plan team building activities for the whole school? Then you should sign up for student council!

Student council will be starting up right away this school year. We have many activities to plan in the community and throughout the school year to make it an exciting year. We will plan activities for homecoming, fundraisers to raise money for the school, and many more activities.

This year, student council meetings will be on Monday mornings from 7:15-7:40am.

Applications are in the office and in Mr. Tashner's room. More information will be made during morning announcements.

If you have any questions feel free to email me, tashner.benjamin@wsalem.k12.wi.us or call the school.



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Middle Years

Working Together for School Success



Short Stops

Connect after school

Your middle grader may not feel like talking the minute he gets home from school. Try simply saying, “Hi, I hope your day went well!” and giving him time to relax. Later, you might ask about a class or an assignment, such as what he did in art or how his history presentation went.

A load off your back

Carrying a heavy backpack can strain muscles and cause shoulder, neck, and back pain. Let your tween weigh herself and then her backpack to make sure it's no more than 10–20 percent of her body weight. Also, she should carry the bag over both shoulders so the weight is evenly distributed.

Guess my number

This fun family game stretches your child's logical thinking skills. Take turns choosing a number between 1 and 100. Have everyone else ask yes or no questions (“Is it odd?” “Is it more than 60?”) until someone figures out the correct number. Then, that person picks a new range (say, between 475 and 600) and a new secret number.

Worth quoting

“Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success.” *William J. H. Boetcker*

Just for fun

Q: Who is strong enough to move a castle?

A: A chess player!



A+ organizing strategies

As the school year gets underway, your middle grader will be calmer and more confident if she knows she's on top of things. Strategies like these can help her get organized.

Create “command centers”

Encourage your tween to keep school-related materials in specific places so she'll always know where they are. She could store homework supplies on a kitchen shelf or in a box on her bedroom desk. Have her choose a spot near the front door for items like her backpack, musical instrument, and gym shoes so they'll be ready to go when she is.



file what she needs and throw away what she doesn't.

Use “5-minute wonders”

Suggest these habits that take only a few minutes. Before leaving school each day, she can scan her planner to check dates and deadlines for tests, assignments, and forms. That way, she'll know which books and papers to take home. At home, she could quickly leaf through her folders and notebooks, then

Keep an estimate log

Knowing how long tasks actually take will give your tween an edge when organizing her time. Suggest that she time herself completing different types of schoolwork, such as doing research for a report or reviewing Spanish vocabulary. She could write the times in her planner and refer to them later to help her budget accurately in the future. 👍

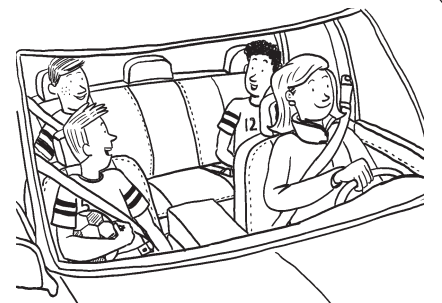
Part of the group

Joining an extracurricular activity gives your child a productive—and fun—way to spend his free time. Try these ideas.

■ **Find a good fit.** Suggest that your middle grader listen to morning announcements or check the school website for a list of activities. He can ask the coach or advisor for more details about ones he's interested in.

■ **Arrange transportation.** Set up a carpool with other parents. Or have him find out whether there's a late bus he can ride and get the schedule.

■ **Show interest.** If he joins a sports team, cheer him on at games or meets. Or if he's in the science club, ask him to tell you about an experiment he enjoyed. 👍



Homework: Smooth sailing

In middle school, your tween is the captain of the ship when it comes to handling homework. He can sail smoothly with these tips.

Discuss expectations. Encourage your child to think about what he expects of himself. He might say he will turn in assignments when they're due and get in the habit of looking over math problems to be sure he didn't



make careless mistakes. Also, let him know what you expect when it comes to homework. Consider writing down your expectations, such as doing his best and turning assignments in when they're due.

Step back. Have your middle grader decide when to do homework, whether it's after school or after dinner. When it's time for him to start, be matter-of-fact.

You could say, "Looks like it's time to do homework. Let me know if you need anything." Then, allow him to work independently. This shows him you have confidence in his abilities and encourages him to take responsibility for his own work. 👍

What is "vaping"?

The good news: Fewer middle schoolers are smoking cigarettes. The bad news: More tweens are vaping, or using electronic cigarettes. Here's what you need to know.

What it is:

Electronic devices are used to inhale vapor that usually contains nicotine. Vaping appeals to kids because it comes in flavors like cotton candy or bubble gum. The devices are often small and easy to hide—some even look like flash drives and can be plugged into laptops to charge.



Why it's dangerous: Nicotine is addictive, and it harms growing brains and lungs. And the verdict is still out on what additional damage the chemicals could cause.

What you can do: Don't allow any type of smoking, and let your child know the consequences if she breaks this rule. Also, be on the lookout for signs of vaping, such as giant clouds of vapor or unexplained odors. And search for images of e-cigarettes online so you'll know what they look like. 👍



Parent to Parent

Encourage initiative

I mentioned to my neighbor Jeanne what helpful kids she has, since I often see them getting the mail or working in their yard. Jeanne said they do a lot without being asked, so I wanted to know her secret to raising children who take initiative!

Jeanne explained that when her youngest started middle school, she went back to work and had less time to do things around the house. So she taught her kids that rather than waiting for her to change the trash bag or start the dishwasher, they needed to handle those things themselves. Eventually, they got used to taking on bigger roles in the household.

I decided to take a page from Jeanne's book and have my daughter start doing her laundry and packing her snack. After the first few days, I stopped reminding her—and when she didn't have clean clothes or a snack, she learned to remind herself. She may not offer to do the gardening overnight, but at least I'm sending the right message! 👍



Q&A In school every day

Q Last year, my son asked to stay home when he was tired or "needed a break." I know he has a lot to do—should I let him stay home occasionally?

A One of the best ways to help your child have a successful year is to make sure he attends school every day from start to finish.

Start the year by reading the attendance policy in the school handbook together. That way, you'll both be on the same page about what counts as

an acceptable reason for missing school, such as illness or a family emergency.

Then if he asks for a "day off," explain that learning is his job. To keep up with new material and participate in class, he has to be there. You can let him know that his days off come during winter break and spring break. Regular attendance at school now will create a habit that he'll continue throughout his school years—and one day, on the job. 👍



OUR PURPOSE

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

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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				
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				
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				
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				
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				
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				
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				
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				
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				
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				
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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- 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
 - Soup - Chicken Baja Enchilada
- Grab and Go**
- Panther PBJ Pack

2

- 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

3

- Early Release!**
- From the Grill**
- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese
 - 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

4

- From the Grill**
- Mini Corn Dogs
 - Chex Mix - Cheddar
 - Honey-Glazed Carrots
- Home Style**
- Pasta with Chicken Alfredo or Pasta with Chicken Cajun Alfredo
 - Garlic Breadstick
 - Honey-Glazed Carrots
- Deli**
- Chicken Caesar Wrap
 - Potato, Cheese & Ham Soup
- Grab and Go**
- Panther PBJ Pack
 - Panther YOGURT Pack

5

- From the Grill**
- Pepperoni Pizza - Slice
 - Whole Kernel Sweet Corn
- Home Style**
- Cheese Pizza or
 - Homemade Taco Pizza
 - Whole Kernel Sweet Corn
- Deli**
- Chicken Tortilla Soup
- Grab and Go**
- Panther PBJ Pack
 - Garden Salad with Diced Chicken

8

- 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 & Cheese Sub
 - Chicken Noodle Soup
- Grab and Go**
- Panther PBJ Pack

9

- 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 White Wheat Sandwich Bread
 - Broccoli Cheese Soup
- Grab and Go**
- Panther PBJ Pack

10

- From the Grill**
- Texas Style BBQ Pulled Pork Sandwich
 - Carolina Style Pulled Pork Sandwich
 - Mashed Potatoes
- Home Style**
- Meatballs & Gravy with Buttermilk Biscuit
 - Mashed Potatoes
- Deli**
- Chef Salad w/Chicken & Cheese
 - Creamy Chicken Pot Pie Soup
- Grab and Go**
- Panther PBJ Pack
 - Panther YOGURT Pack

11

- From the Grill**
- Popcorn Chicken
 - Vegetable "Not Fried" Rice
- Home Style**
- Saucy Orange Popcorn Chicken
 - Vegetable "Not Fried" Rice
- Deli**
- Chicken Bacon Ranch Wrap
 - Chicken Dumpling Soup
- Grab and Go**
- Panther PBJ Pack

12

- From the Grill**
- Cheese Pizza - Personal Pan
 - Hawaiian Pizza - Personal Pan
 - Honey-Glazed Carrots
- Home Style**
- Pepperoni Pizza - Personal Pan
 - Honey-Glazed Carrots
- Deli**
- Turkey Sub
 - Vegetarian Minestrone
- Grab and Go**
- Panther PBJ Pack

15

- From the Grill**
- Mozzarella Stuffed Breadstick with Marinara Dipping Cup
 - Mixed Vegetables
- Home Style**
- Tater Tot Hot Dish
 - Buttermilk Biscuit
 - Mixed Vegetables
- Deli**
- Ham, Salami & Provolone Cheese Sub
 - Soup - Chicken Baja Enchilada
- Grab and Go**
- Panther PBJ Pack

16

- 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

17

- From the Grill**
- "Chicken and Waffles!" Natural
 - Chicken Tenders WG Waffle
 - Waffle Fries
- Home Style**
- General Tso's Chicken
 - Vegetable "Not Fried" Rice
- Deli**
- Southwest Chicken Salad
 - Brown Chicken & Wild Rice Soup
- Grab and Go**
- Panther PBJ Pack
 - Panther YOGURT Pack

18

- 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 Meatballs in Marinara
 - Pasta with Italian Meat Sauce
 - Italian Breadsticks
 - Garlic Roasted Green Beans
- Deli**
- Chicken Caesar Wrap
 - Potato, Cheese & Ham Soup
- Grab and Go**
- Panther PBJ Pack

19

No School - Teacher Inservice

22**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 & Cheese Sub
- Chicken Noodle Soup

Grab and Go

- Panther PBJ Pack

23**Taco Tuesday!****From the Grill**

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

Home Style

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

Deli

- Turkey BLT on White Wheat Sandwich Bread
- Broccoli Cheese Soup

Grab and Go

- Panther PBJ Pack

24**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

25**From the Grill**

- (Cheese) Hamburger on WG Bun
- Potato Stars

Home Style

- Cuban Flatbread Sandwich
- Potato Stars

Deli

- Chicken Bacon Ranch Wrap
- Chicken Dumpling Soup

Grab and Go

- Panther PBJ Pack

26

No School - Teacher Inservice

29**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

- Soup - Chicken Baja Enchilada

Grab and Go

- Panther PBJ Pack

30**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

31**Happy Halloween!****From the Grill**

- Kick'n Chicken-Crispy Patty with Pepper Jack Cheese
- 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

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