

HMS NEWLETTER

SEPTEMBER 2018



PRINCIPAL'S PAGE

Home Football Games . . .

At HMS we want our students to come out and support the Dusters! What we don't want is for their enjoyment of the game to cause a problem for anyone else!

Here are some DOs & DON'Ts:

DO pick up your trash

DON'T throw food or bottles

DO stand and cheer for a good play

DON'T run, chase or play tag in the bleachers

DO bring money for concessions

DON'T leave HMS section until end of quarters

DO be kind to your fellow students

DON'T be rude or disrespectful

Failure to comply with safety rules will put yourself and others in danger. You could also be asked to leave the game.

Mrs. Girard

Important Dates

Sept 3 – No School

Sept 6 – School Pictures

Sept 14 – Homecoming

Sept 21 – Teammates

Included in this Issue

Page 1 – Principals Page

Important Dates

Page 2 - Safety Section

Nurse's Nook

For the Students

Page 3 - Odds and Ends

Page 4 – Counselor's Corner

Safety Section

A huge shout out to the Holdrege Police Department. The Chief and his officers have a consistent presence in our schools and are building positive relationships with staff and students!



Nurse's Nook

Illness

Keegan Anderson, our school nurse, reminds all parents that if your child has a fever of 100 or above, flu-like symptoms, vomiting, or diarrhea, he/she needs to stay home from school. Also, if your child has a fever, it needs to be normal without taking Tylenol or ibuprofen (Motrin) for 24 hours before coming back to school. Please consult your Student Parent Handbook for more detailed information

Absences

If your child is going to be absent, please call the school office before 8:00 to inform us of the absence. If you know ahead of time that your student will be absent, please send a note, call the school office or e-mail the school secretary. We will attempt to contact you if your student is absent and you have not contacted us. If we do not have contact with you and are not informed of the reason for absence, the absence will be considered unexcused. It is also important that you inform us of the reason for the absence, especially when due to illness as we are required to report illnesses to the Health Department on Wednesdays.

For The Students...

Quiz bowl practices will begin Monday, September 10th. They will practice Mon-Thurs from 7:30-7:50 am in the art room. Please plan to attend at least 2 practices per week.

The NJAHS will have a meeting in the art room during lunch on Thursday, Sept 13th. They will be discussing fundraisers for the next year. Please bring your lunch and plan to attend.

Odds and Ends

School Activities

Mrs. McCroden would like to ask all parents to share the pictures they take at middle school sporting events or activities with her at tonya.mccroden@dusters.org for the HMS yearbook?

Introducing Brandon Hanika

I was born and raised in Lincoln, and graduated from Southeast High School in 2008. I am the youngest of three boys, and I am Kathy and Ron Uribe's nephew! Both of my brothers were in the UNL Marching Band, and one got to march in the Rose Bowl parade back in 2001. I graduated from UNK in 2013 with a degree in Elementary Education, and two weeks after that I married my wife, Malaika. We moved to Houston that summer and we taught for two years there before moving back to Nebraska to be closer to family. Mrs. Hanika is a high school Math Teacher, but is taking this year off to substitute and dedicate more time to our kids. We have two girls, Bethany is four and Madalyn is one. They both have daddy wrapped around their finger! In addition to teaching I am a full-time football official and work many sub-varsity basketball games in the Holdrege area. I enjoy a round of golf in my spare time, even though I'm not very good. I am excited to begin my teaching career in Holdrege and look forward to forming many great relationships with people here in the community!



Counselors Corner

From The Counselor's Corner:

Hoping that your child's school year is off to a great start!!! If there is ever anything you have questions about, please don't hesitate to call me here at school 995-5421 or email me:

(jean.berreckman@dusters.org)

Tips for raising your child's grades:

Help your child get organized, it isn't hard, but it's a skill that needs to be developed and practiced. Being organized will make your child's day run smoother and it will save them time.. It will also help them feel like they are in control and on top of things.

ORGANIZATION TIPS:

***Develop routines** - Have a morning routine that gets your child's day off to a good start. Get up early enough to eat a good breakfast and not be hurried. Before they go to bed, get everything ready for the next day. Have them put their book bag and anything else they will need in the same place each night. If there's something they need to remember in the morning, have them leave themselves a note.

***Create a study plan and a study area** - talk with your child to see when they study best and create a study plan and place that works for them. At the kitchen table so you can supervise them, or a desk in their bedroom. Identify anything that could interrupt your child's study plan and figure out how you can help them eliminate or avoid it.

***Eliminate clutter** - Put away or get rid of the things your child doesn't need.

***Use a monthly wall calendar** - A monthly wall calendar will help you and your child keep track of major events, project deadlines, vacations, etc.

***Homework folder** - have your child have a specific folder, on one side pocket of the folder they keep to do homework on the other side pocket they keep finished homework that is due the next day.

***Clean out backpack and locker** - encourage your child to clean their backpack out once a week and get rid of old papers etc. It is also a good idea to have your child clean out their lockers on a regular basis. To get rid of unnecessary items and extra coats, sweatshirts etc.

Being organized will not only make your child a better student, it will help them succeed in their career, and in life.

IMPORTANT WORDS and what they mean. I feel that it is important to clarify and define what these three words mean, because not everything is bullying. A student can be mean or rude to another student and it is not necessarily being a bully.

***BULLYING** - is **INTENTIONAL, REPEATED and HURTFUL BEHAVIOR** that is aimed at a less powerful target. (There is a power imbalance).

***MEANNESS** - is offensive, selfish, unaccommodating or nasty behavior.

***RUDENESS** - Is bad-mannered, discourteous or impolite behavior.

It is important to stress to your child about that there are going to be mean and rude students in this world and it's in learning not to engage with these type of students.

So sometimes, just ignoring the person, so it doesn't give them the power they want, tell them to please stop and then walk away, do not engage or argue with them. **If the behavior is intentional, repeated and hurtful it is BULLYING and it needs to be REPORTED to an adult.** (A teacher, Mrs. Girard, Mrs. Berreckman, if it is during lunch recess it needs to be reported to Mr. Ganser, Mrs. Edgren - recess supervisors).

KINDNESS DOES MATTER!

SOCIAL MEDIA TIP: Discuss the importance of being respectful and kind to others online. Also remind your child to never put anything online that he/she would not want a parent, teacher, college admissions officer or potential employer to see.

TEAMMATES MENTORING PROGRAM UP-DATE: If a student wants to be in TeamMates they need to be nominated by a parent, teacher, or they may nominate themselves. Stop by Mrs. B.'s office to pick up a nomination form. This is a 3 year commitment with the goal of staying with your mentee until they graduate from high school. We are still in need of more adult mentors. Must be 18 years of age and want to be a friend and role model to a student. If interested contact Mrs. Berreckman (jean.berreckman@dusters.org)

HMS CLUBS: Our Positive Climate Committee will be sending all students a survey on-line about their interest in joining a club. Some of the clubs we have had in the past are: CHESS, BOOK, 3-D PRINTING, COOKING, LEGO, DEBATE. If you have a talent and would be interested in starting a club, please contact: Mrs. B. or Mrs. Hartzog and we will find a teacher you could work with.

**Be Somebody Who Makes Everybody
Feel Like a Somebody!**

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>NO SCHOOL</i>	4 FB @ Kearney Catholic 5PM	5 Stu Co mtg @ lunch	6 -Yearbook mtg -7th VB @ Axtell 4PM -8th VB vs Kearney 4PM (home) School Pictures	7	8
9	10 Quiz Bowl Prac. 7:30-7:50	11 -Quiz Bowl Prac. 7:30-7:50 -7th VB @ Adam Central 4:30PM -8th VB vs Adam Central (home) 4:30PM -FB @ Lex 5PM	12 -Quiz Bowl Prac. 7:30-7:50	13 -Quiz Bowl Prac. 7:30-7:50 -NJHS mtg -CC @ Heritage Hills 6:30PM	14 <i>HOMECOMING</i>	15
16	17 -7th VB vs Lex (home) 4PM -8th VB @ Lex 4PM	18 -7th VB vs Cozad (home) 4PM -8th VB @ Cozad 4PM -FB vs Cozad (home) 5PM	19 Stu Co Mtg @ lunch	20 Yearbook mtg -7th VB vs McCook (home) 4:30PM -8th VB vs McCook (home) 4:30PM - CC @ West Wind	21 Teammates tailgate party 5:45-6:30PM	22
23	24 -7th VB vs Gothenburg (home) 4:30PM -8th VB @ Gothenburg 4:30PM	25 -8th VB @ Hastings 4PM -FB @ Gothenburg 5PM	26	27 -CC @ Wildhorse	28	29
30	1	2	3	4	5	6