

HMS NEWLETTER

October 2018



PRINCIPAL'S PAGE

MIDDLE SCHOOL HOMEWORK

AS A RULE OF THUMB, HOMEWORK SHOULD BE RESERVED FOR TEST PREPARATION, PRACTICE ON THINGS STUDENTS HAVE ALREADY LEARNED IN CLASS AND/OR WORK NOT COMPLETED DURING ALLOTTED CLASS TIME.

5TH GRADE – 50 MINUTES

6TH GRADE – 60 MINUTES

7TH GRADE – 70 MINUTES

8TH GRADE – 80 MINUTES

THERE ARE EXCEPTIONS TO EVERY GUIDELINE. YOUR CHILD MAY HAVE SLIGHTLY LESS OR MORE HOMEWORK DEPENDING ON NEEDED MODIFICATIONS OR HIGHER ABILITY CLASSES. WORK SHOULD ALSO BE AT A CHILD'S ABILITY LEVEL WITH A BIT OF CHALLENGE FOR GROWTH.

THE HMS STAFF IS CHARGED WITH EDUCATING AND CHALLENGING OUR STUDENT POPULATION. WE CHALLENGE THEM TO NOT ONLY PUSH THEMSELVES EDUCATIONALLY, BUT TO STRIVE TO BE THE BEST VERSION OF THEMSELVES EVERY DAY!

MRS. GIRARD

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Important Dates

Oct 1 – No School

Oct 17 – End of 1st Quarter

Oct 22-24 – Fall Book Fair

Oct 23 – Parent Teacher Conference 4-8pm

Oct 24 – Parent Teacher Conference 2-6pm

Oct 25-26 – No School, Fall Break

Oct 30 – Picture Retake Day

Safety Section

Holdrege Public Schools will work in conjunction with our local police and sheriff's department on a new safety app. Please download this free app and look for more information in the coming month.



Nurse's Nook

ATTENTION: With the weather getting colder, we will still be having outdoor recess. Please come to school dressed for the weather!

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...

Music News: Monday Oct 15th is the 7-12 Fall Choir Concert. The concert is 7pm @ the Tassel. 7-8 Choir members need to be in their seats at 6:50pm. All choir members need to wear jeans and their black choir polo. All singers are also required to stay for the entire concert. The concert will be approx. one hour long. NO CELL PHONES are permitted at the concert.

Odds and Ends

School Activities

Student Council and the All About Kindness Club have combined this year and we have made some changes! Students were elected to the newly formed group- now called Duster Union- by being nominated by students and teachers. Then an election was held to choose 4 students from each grade to represent their classmates during biweekly meetings.

One focus of the group this year will be to be more inclusive. Therefore, all 5th graders and their parents have been invited to sign up for volleyball concessions here at the middle school. An email with a short explanation (check the top of the sign-up page) was sent out through sign-up genius last week. Check your junk mail folders if you missed it. We will progress through the other grades as we enter new athletic seasons: basketball, wrestling and track.

Plans are being made for activities including mix-it-up at lunch day, kindness projects, community service projects, dances, and assemblies. Pairs of students will be developing their ideas for projects each month, then sharing their plans with the rest of the Duster Union members who will implement those projects with their respective classes. We are excited to hear all their ideas and to see how this will make us a more supportive, kind and compassionate student body.

Introducing Darla Windholz

Hi! My name is Darla Windholz. I am the new Family and Consumer Science Teacher at Holdrege Public Schools. I received my BS from FHSU and have previously taught two years in Kansas and 9 years in Wyoming. Then I decided to be a stay at home mom while my daughter was little. She is now a sophomore in college. I am married and my husband is currently employed by the Department of Transportation.

I have spent the last five years staying busy subbing in four different schools districts. I am very excited to once again have my own classroom and to share my passion about Family and Consumer Science with the students



FCCLA

Sign up to join the new FCCLA Chapter which stands for Family, Career and Community Leaders of America at Holdrege MS. FCCLA builds leaders for healthy families, successful careers, and strong communities. It is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through Family and Consumer Sciences Education. Sign up with Mrs. Windholz and to find out more.

Coke Product Lid Contest

The Holdrege Middle School just finished our first Coke Product Lid Contest. The Coke Lid Contest requires student to collect Coke Product Lids and carton codes. Our second Coke Lids Contest will run from September 28-December 21th. The Coke Contest is being used to help purchase shooting shirts for the 8th grade Girl's basketball team. If you have any questions about the Contest, please contact Coach Tom Ridenour (308-991-4198)

Here is a list of winners.

Ava Pineda	Sami Roach
Reyna Pineda	Jenna Gustafson
Isabelle Vap	McKenna Nelson
Khole Waston	Tiger Franks
Morgan Pfeifer	Hannah Van Campen
Sabrina Schemper	Jackson Karn
Keely Vaughan	Aldyn Hadley
Mason Clement	Jacob Tilson

Ava Wells
Keep Collecting!!!!!!

Book Fair



Book Fair: HMS Media Center

Thursday, Oct. 18: 7:30 am – 4:00 pm

Friday, Oct. 19: 7:30 am – 2:30 pm

Monday, Oct. 22: 7:30 am – 4:00 pm

Tuesday, Oct. 23: 7:30 am – 2:00 pm & 4:00 pm – 8:00 pm*

Wednesday, Oct. 24: 7:30 am – 6:00 pm*

Remember.....encouraging your child to read helps to ensure his or her success!

Bring friends and family to shop for birthdays or just to stock up on summer reading materials. The Scholastic Book Fair will include the newest titles as well as books that are fun, interesting and inspirational. Adult titles are also available. Out of town family members may also shop at our online book fair. Beginning October 15 through October 26 you may visit <http://www.scholastic.com/bf/holdregemiddleschool> to place an order online. Books will ship to the school. All proceeds from the book fair will go to purchasing books for our library. Help support our school while encouraging your entire family to read!

Nebraska Digital Citizenship Symposium

The following students attended the 2018 Nebraska Digital Citizenship Symposium on Tuesday, September 25 at the Educational Service Unit in Kearney. Bottom row (left to right) Maycen Wilson, Morgan Pfeifer, McKaden Smith, Ava Wells, Top row - Zac Sundquist and Beau Jensen.

#BeKindBeSafe was the title of the Symposium. Both Karen Haase, Attorney of Education Law, and Investigator Dean Christensen, Nebraska State Patrol, talked to the students about social media/cell phone use, Instagram, sexting and consequences of the law, Snapchat and Cyberbullying. "There's a way to use Technology wisely and a way to use it unwisely." Students were reminded that there are consequences for your actions.



A special multi-media presentation was given by two of our Duster Union leaders, Ava Wells and McKaden Smith, entitled: "All About Kindness!" These two students, along with Mallory Pfeifer and Breck Miller who are now freshman at Holdrege High School, attended the Digital Citizenship Symposium last year. The four of them along with Renelle Hartzog and Tonya McCroden, their sponsors, came away positively affected and thought it would be a great idea to start a group that would bring kindness to our school. Ava and McKaden shared with the students attending the symposium the things that their A.A.K. group did last year to promote kindness.

All About Kindness



Jody Bauer who works at our Educational Service Unit in Holdrege as the Technology Curriculum Consultant asked McKaden Smith and Ava Wells to do a Multi-media presentation entitled: All About Kindness to all the students that attended the 2018 Digital Citizenship Symposium.

PTO Information

Please be looking for an email from PTO (holdregemspto@gmail.com) about upcoming activities. As always, we will be providing a meal to the teachers during parent teacher conferences in October and will be discussing a Box Top Competition.



Duster Union

HMS DUSTER UNION

Back row: Mckaden Smith, Malachi Connell, Mitchell May, Ava Wells, Jenna Samuelson, Maycen Wilson and Morgan Pfeifer.

2nd row: Zac Sundquist, Beau Jensen, Ella McClymont, Pyper Wells, Lorna Weides.

Front row: Michael Golus, Ellie Pelster and Titus Epp. Not pictured: Addy Stutzman.

Duster Union is our newly formed Student Council and Kindness group.
The Mission Statement of Duster Union: Is being a positive force in the lives of others.

Counselors Corner

October is National Bullying Prevention Month

I will be going into the classroom and do education regarding bullying, cyber-bullying. Here are the main topics I will be covering:

- *Treat Everyone with Respect*
- *What is the definition of Bullying, Cyber-bullying, being Mean and Rude*
- *Different Types of Bullying - Physical, Verbal, Social and Cyber*
- *What to Do If You're Bullied*
- *Protect Yourself from Cyberbullying*
- *Stand Up for Others*
- *Get Involved*

What Parents Can Do To Prevent

Bullying? Teach your son/daughter how to be: *Caring of others, get along, deal with angry feelings, be assertive without being aggressive in standing up for themselves.*

Kids need to understand how important it is to report bullying. Parents can help by encouraging their kids to talk about what is happening at school, in the hallways, on the playground, on the bus etc.

It is also important to teach your son/daughter the difference between TELLING and TATTLING.

**TATTLING is reporting to an adult about someone else's behavior in order to get them in trouble.*

**TELLING is reporting to a responsible adult about someone else's behavior in order to help someone - themselves or someone else.*

When your child is the bystander, or the one who sees the incident happen, encourage your child to report bullying and practice skills that will help them develop the confidence to speak up.

BULLYING affects everyone. It is up to everyone to create safety at school. **Silence only makes the problem worse!** I will be reminding ALL STUDENTS to report bullying to me, Mrs. Girard, a staff member - teacher, para, lunch room or recess teacher. We also have the "BULLY BOX" this is a place where students may write up the situation on piece of paper and place it in the locked "BULLY BOX" Mrs. Girard checks the box weekly

"Together We Can Create a World Without Bullying!"

Digital Citizenship Symposium - Mrs. Wells and myself took

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL *5pm 7th & 8th VB @ Broken Bow	2 *4:30 pm FB vs Adams Central	3 *Duster Union Mtg @ lunch	4	5	6
7	8 *4:15pm 8th VB vs Keamey Sunrise	9 *Cooking club 3:40-4:45 *4PM 7th & 8th VB @ Minden	10	11	12	13
14	15 *7pm Fall Choir Concert	16	17 *End of 1st Quarter *Duster union Mtg	18 *Cooking club 3:30-4:45	19	20
DIGITAL CITIZENSHIP WEEK OCT. 15-19						
21	22 Middle School Fall Book Fair	23 *1:30 dismissal *4-8pm Parent Teacher Conference	24 *1:30 dismissal *2-6pm Parent Teacher Conference	25 NO SCHOOL FALL BREAK	26	27
28	29	30	31			

“Together we can create a World without Bullying!”

<p>1 Misc. No School</p>	<p>2 Lunch Entree * Creamy Macaroni & Cheese * Breaded Beef Patty Sandwich * Crispy Chicken Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Fajita Deli Wrap * Uncrustable & Cheese Platter</p>	<p>3 Lunch Entree * Pancakes & Sausage * Traditional Sloppy Joe * Fresh Baked Ham & Turkey Sub * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>4 Lunch Entree * Pizza Pasta Bake * Mini Corn Dogs * Southwest Salad with Tortilla Chips * Roasted Ham & Cheddar Deli Wrap * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter</p>	<p>5 Lunch Entree * Hot Shredded BBQ Chicken Sandwich * Pizza Station: Fresh Baked Buffalo Ranch Pizza * Pizza Station: Fresh Baked Pepperoni Pizza * Pizza Station: Fresh Baked Cheesy Pizza * Fresh Baked Turkey & Cheese Sub * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter</p>
<p>8 Lunch Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Cheeseburger * Ham & Turkey Sandwich * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter</p>	<p>9 Lunch Entree * Taco in a Bag * Oven-Roasted Hot Dog * Fajita Salad with Tortilla Chips * Fruit, Yogurt & Cheese Platter * Fajita Deli Wrap * Uncrustable & Cheese Platter</p>	<p>10 Lunch Entree * Hearty Meatloaf with Dinner Roll * Country Potato Bowl with Fresh Baked Biscuit * Fresh Baked Ham & Turkey Sub * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>11 Lunch Entree * Hot Pepperoni Sub * Chicken Nuggets with Dinner Roll * Grilled Chicken Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Roasted Ham & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>12 Lunch Entree * Veggie Melt * Pizza Hut Pizza * Fresh Baked Roasted Chicken Sub * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter</p>
<p>15 Lunch Entree * Chicken Fajita * Pork Fritter Sandwich * Ham & Cheese Sandwich * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter</p>	<p>16 Lunch Entree * Beef Stroganoff * Corn Dog * Oriental Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Fajita Deli Wrap * Uncrustable & Cheese Platter</p>	<p>17 Lunch Entree * Turkey & Gravy with Dinner Roll * Baked Breaded Steak Fingers with Dinner Roll * Fresh Baked Combo Sub * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>18 Lunch Entree * Traditional Beefy Lasagna with Garlic Breadstick * Spicy Chicken Sandwich * Chef Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Roasted Ham & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>19 Lunch Entree * Mexi Tots with Dinner Roll * Pizza Station: Fresh Baked Philly Pizza * Pizza Station: Fresh Baked Pepperoni Pizza * Pizza Station: Fresh Baked Cheesy Pizza * Fresh Baked Ham & Turkey Sub * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter</p>

<p>22 Lunch Entree * Super Nachos * Grilled Chicken Sandwich * Turkey & Cheese Sandwich * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter</p>	<p>23 Lunch Entree * Popcorn Chicken Bites * BBQ Rib Sandwich * Southwest Salad with Tortilla Chips * Fruit, Yogurt & Cheese Platter * Fajita Deli Wrap * Uncrustable & Cheese Platter</p>	<p>24 Lunch Entree * Tater Hotdish with Dinner Roll * Oven-Roasted Hot Dog * Fresh Baked Turkey & Cheese Sub * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>25 Misc. No School</p>	<p>26 Misc. No School</p>
<p>29 Build-A-Meal Lunch Entree * Chicken Pot Pie * Hot Ham & Cheese Melt * Ham & Turkey Sandwich * Turkey Combo Deli Wrap * Uncrustable & Cheese Platter</p>	<p>30 Build-A-Meal Lunch Entree * Soft Shell Beefy Tacos * Mini Corn Dogs * Chef Salad with Roasted Flatbread * Fruit, Yogurt & Cheese Platter * Fajita Deli Wrap * Uncrustable & Cheese Platter</p>	<p>31 Build-A-Meal Lunch Entree * Crispy Chicken Sandwich * Cheeseburger Macaroni Skillet with Breadstick * Fresh Baked Roasted Chicken Sub * Turkey & Cheddar Deli Wrap * Uncrustable & Cheese Platter</p>	<p>1 Build-A-Meal Lunch Entree * Chicken Ranch Pasta * Fresh Baked Italian Sub * Roasted Ham & Cheddar Deli Wrap * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter</p>	<p>2 Build-A-Meal Lunch Entree * Taquito Grande with Dipping Sauce * Cheese Pizza * Roasted Chicken & Cheese Sandwich * Grilled Chicken Deli Wrap * Uncrustable & Cheese Platter</p>