



Kenny Loosvelt

Volume 11

PRINCIPAL

Number 6

Be Safe, Be Respectful, Be Responsible

March 2017

Greetings YMS Parent(s):

Thank you to all parents who were able to attend parent-teacher conferences February 15, 16, and 17. Your attendance proves that you are making your child's education a priority. If you were unable to attend for any reason and would like to speak with your child's teacher you can call the school at 402-362-6655 option 1, or you can find the teacher's e-mail by searching www.yorkpublic.org

In my office I often get student issues with social media. Parents, here are some tips on how you can keep your child safe and a responsible social media user from the National Crime Prevention Council and Parents.com

- Keep your home computer in a busy area of your house.
- Set up email and chat accounts with your children. Make sure that you know their screen names and passwords and that they don't include any personal information in their online profiles.
- Tell your children not to respond to any cyberbullying threats or comments online. However, do not delete any of the messages. Instead, print out all the messages, including the e-mail addresses or online screen names of the cyberbully.
- Regularly go over their instant messenger "buddy list" with them. Ask who each person is and how your children know him or her.
- Talk regularly and specifically with your children about online issues. Let them know they can come to you for help if anything is inappropriate, upsetting, or dangerous.
- Build trust with your children. Set time limits, explain your reasons for them, and discuss rules for online safety and Internet use. Ask your children to contribute to establishing the rules; then they'll be more inclined to follow them.
- If there are threats of physical violence or the bullying continues to escalate, get law enforcement involved.
- Tell your children that you won't blame them if they are cyberbullied. Emphasize that you won't take away their computer privileges - this is the main reason kids don't tell adults when they are cyberbullied.

With these few simple tips you can help your child be safe and responsible users of social media. If you would have any concerns please don't hesitate to contact Mr. Ciccone or Mr. Loosvelt.

The month of March is an important month for the students at YMS. The adults in this building will continue to work hard to give your son or daughter a great middle school experience. Go Dukes!

Kenny Loosvelt, YMS Principal

Middle Years

Working Together for School Success



Short Stops

A+ feedback

When your middle grader gives a classmate feedback (say, on a presentation or a rough draft of a report), encourage him to be positive *and* honest. First, he could tell what he liked (“Your opening really grabbed my attention”). Then, he should offer suggestions for improvement (“Try adding transition words”). Giving constructive criticism may help your child accept feedback on his work, too.

Just you and me

Carve out one-on-one time with your tween while you tackle your to-do list this holiday season. Write down everything that needs to be done, and let her choose some tasks to work on with you. You might, for example, make table centerpieces and napkin rings or address greeting cards together.

Spatial reasoning

The ability to visualize shapes, sizes, and positions of objects is an important thinking skill. Give your middle schooler practice by having him load the dishwasher, bag groceries at the self-checkout, or pack items in boxes. He'll have to picture what could go where and how everything will fit.

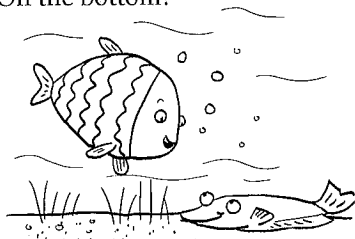
Worth quoting

“Don't count the days, make the days count.” *Muhammad Ali*

Just for fun

Q: Where is the ocean the deepest?

A: On the bottom!



Study smart

Good study skills let your tween accomplish more each time she studies—and they prepare her for high school and college. Suggest that she try these different ways to study and stick with the ones that work best.

Rewrite material

After your child reviews notes or completes assigned reading, writing the information in a different format will help her learn and remember it. She might be creative and make up a song about the parts of the nervous system or write a poem using vocabulary terms. Or she could teach the information to a peer by writing key information on a small whiteboard or chalkboard.

Picture it

Suggest that your middle grader think of a way to turn information into something visual. That can help her make sense of it. She may draw a picture with arrows to show steps in the water cycle, a bar graph to display income statistics



for an economics project, or a chart to compare two novels by the same author.

Make your own tests

Testing herself on what she learns will show your student what she knows and what she needs to review. Encourage her to create a test using old worksheets or quizzes and her textbook. She can check her answers and grade herself. Or she could think of and answer essay questions. *Idea:* Suggest that she team up with a friend and make up tests for each other to do. 👍

Conferences are worth attending

Now that your child is in middle school, parent-teacher conferences may be different from what you're used to. Here's what to expect:

- You'll get an overview of how your tween is doing in each subject. If you meet with one teacher who shares notes from a team, ask about scheduling a follow-up conference with a particular teacher if you'd like more information or have concerns.

- You may discover interests or talents you didn't know your youngster has, and the teacher might recommend electives for next year that let him use and develop these strengths.

- Find out how your child interacts with teachers and peers. For example, you could ask about how he works with classmates. 👍



Learn to bounce back

Resilient youngsters deal well with problems and stressful situations by having the ability to overcome setbacks. Consider these ideas for developing resilience in your middle schooler.

Be consistent

A safe, loving home with regular routines goes a long way toward building resilience. Try to stick to rituals like talking to your tween about his school day and eating dinner together. Being able to



count on these everyday events will make it easier for him to deal with bumps in the road, such as not getting invited to a party or chosen for the school play.

Keep going

Thinking about next steps will help your middle grader move forward—and feel more in control of his destiny. If your family is coping with a divorce, for exam-

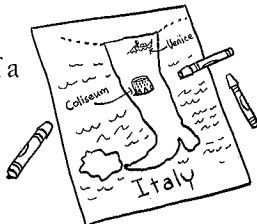
ple, suggest that he create a color-coded calendar showing which parent he is with each day. Also, share ways that you cope with challenges. You might tell him about a problem at work that you were able to turn around. Learning from your experiences shows him how people he respects overcome setbacks and succeed. 👍

Location, location

How can your middle grader explore geography without ever leaving home? Suggest these activities.

■ **Build.** Your tween could use Legos to build the Eiffel Tower or mold clay into the ancient pyramids. Or she might create the Grand Canyon out of paper mache.

■ **Draw.** Have your youngster draw a picture of a place she would like to visit. She might sketch boot-shaped Italy and add the canals of Venice, the Leaning Tower of Pisa, and the Coliseum in Rome.



■ **Celebrate.** Encourage your middle schooler to spearhead a family celebration of a holiday that's celebrated in a faraway land, such as China's Lantern Festival or Youth Day in Zambia.

■ **Play.** Over dinner, play "Geography." Your child begins by naming any city, state, or country. The next person has to say one starting with the last letter (Morocco, Oregon, New York City). Keep going until someone is stumped, and then start again. 👍

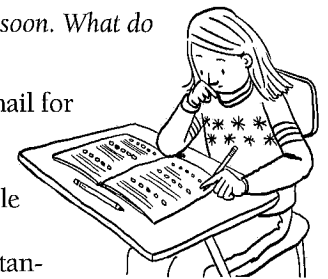


Q & A The lowdown on standardized tests

Q My daughter will be taking standardized tests soon. What do I need to know?

A Watch your daughter's backpack or your email for information on when the tests will be given and what types she will take. Also look for notices about practice tests—these will make your youngster more comfortable with the real tests.

In middle school, your child may take one or more standardized tests each year. Her teacher will devote class time to test prep, so try to be sure your daughter doesn't miss any school days. To do well, students need to be in class and pay attention during reviews. Your child should also listen for any changes. For instance, the types of questions may be different from those in the past, and tests may no longer be timed. 👍



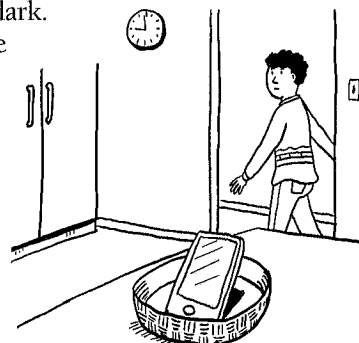
Parent to Parent Run phone interference

There were many nights when I passed my son Nathan's bedroom and saw his cell phone glowing in the dark. When I insisted that he shut off his phone, he would complain, "What if I miss something important?"

I realized that his phone was disrupting his sleep. We had a talk, and I set a couple of boundaries: no

phone after 9 p.m., and he had to leave it in the kitchen overnight. I suggested that he tell his friends he won't be using his phone during these times so they'll know he isn't ignoring them.

Nathan wasn't thrilled with the changes, but I tried to help him see that any texts or updates would still be there later. And while he hasn't admitted it, I can see he's waking up more refreshed. 👍



OUR PURPOSE

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

SEVENTY-SIX TROMBONES HERALD
ARRIVAL IN YORK ON MARCH 16 & 17

AT THE YORK HIGH SCHOOL THEATER AT 7:00 PM



The 6th, 7th, and 8th grade choirs are working hard to prepare for the musical *The Music Man Jr.*

Please join us for this year's production of *The Music Man Jr.* It's a beautiful story about how a musician can transform a person and a community.

Master showman Harold Hill (Jake Schmid) is in town and he's got "seventy-six trombones" in tow. Can upright, uptight Marian Paroo (Jaylen Naber), the town librarian, resist his powerful allure? The story follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band he vows to organize. The catch? He doesn't know a trombone from a treble clef. Prim librarian and piano teacher Marian sees through him, but when Harold helps her younger brother Winthrop (Dawson Schwarz) overcome his lisp and social awkwardness, Marian begins to fall in love. Harold risks being caught to win her.

Please note that a mandatory dress rehearsal for **ALL CAST** members will be held Wednesday, March 15 in the YHS theater from 3:00-5:30 p.m. This allows them time to work with light, sound and stage crews from YHS.

Please join us for the performance on Thursday, March 16 & Friday, March 17 in the YHS theater at 7:00 p.m. Admission is \$3.00 for adults and \$2.00 for students.



YMS TALENT SHOW



The final performance for the YMS Choirs will be the annual Talent Show.

It will take place on Tuesday, May 2nd. Auditions will be held in April. More details will be made available to the students during class time. We are looking forward to another great show!!



YORK PUBLIC SCHOOL'S 3rd Quarter Community Coffee will be at YMS on March 8th at 9:00AM. We will showcase YMS STEM classes, YMS manufacturing/woods projects, and other awesome things going on at the middle school.





Read Across America

Thursday, March 2



NEA'S Read Across America Day takes place each year on or near March 2, the birthday of beloved children's author Dr. Seuss. Across the country, thousands of schools, libraries and community centers participate by bringing together kids, teens, and books, and YOU CAN TOO!

On March 2, the National Education Association calls for every child to be reading in the company of a caring adult. We encourage all of you to read with your children! Celebrate the joy of reading with a child!



YMS Track Starts on Tuesday, March 7

Track check-out will be on Tuesday, March 7th from 3:30-4:30 p.m. Before checking out sweats, be sure that you have a physical and parent consent form on file in the YMS office. The first workout will be on Wednesday, March 8th from 3:45-5:00 p.m. at the YHS Track.

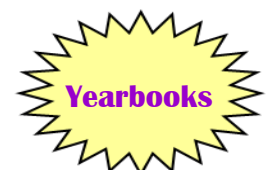


Wessels Living History Farm Jazz Clinic Concert

The Wessels Living History Farm is providing an outstanding opportunity for our Senior High Jazz Band to work with Emmy Award winning composer, educator and noted jazz pianist Dr. Rex Cadwallader. He will provide a jazz clinic for our 8th Grade and Senior High Jazz Band students and perform a concert with us on Friday, March 24th at 1:30 p.m. in the York High School Theater. Our Middle School students will attend the concert, but there is plenty of room in the theater for anyone to join us at no charge. Please note the time change for the concert from what was printed in the school calendar. Don't miss your chance to attend!

Buy a YMS Yearbook!

- Preserve great memories!
- Remember fun events!
- The YMS yearbook is loaded with school experiences, quotes, and candid photos.



Privacy, Surveillance, and Self-Disclosure

Online privacy is tricky. The information that we put in digital form can now be readily accessed by unintended viewers, whether because of an oversight in selecting privacy settings, the vulnerability of “secure” online data, sharing passwords that grant others access to personal accounts, or simply because a friend’s eyes wander to read personal text messages. Work together with your kids to be vigilant about keeping private information private.

- **Underscore that any digital information has the potential to go public.**

Information posted online or shared digitally (a picture, a status update, a text message) is searchable, easily copied, and often permanent. Even if your kids set strict privacy settings, there is the chance that a friend could copy/paste, take a screenshot, save, or forward something your kid didn’t want to get widely shared. Or, a curious onlooker may simply steal a glimpse at their screens and read private messages. Password sharing with friends, while often done causally, leads to serious privacy issues and should be avoided. Make sure your kids know that it is their responsibility to set privacy settings thoughtfully and to keep passwords private - but also remind them that anything shared digitally might be seen by unintended audiences.

- **Together, set privacy settings on all social media accounts.**

On a daily basis, you and your children probably use different apps and sites. Together, explore how varied privacy settings and privacy policies are. Discuss how companies use their members’ personal information, and urge your children to be responsible and use “friends only” privacy settings. Many social media platforms default to mostly “public” settings — requiring users to set privacy controls. And many sites frequently require updates, which reset all settings back to the default. Not only will these opportunities help safeguard you and your children, but you will get insight into how and why your child participates in the digital world.

- **Be patient and take the time to understand all the features.**

While companies don’t always make it easy to understand their privacy settings and privacy policies, take the time to dig in. Be wary of “social sign-in” (like using your Facebook or Twitter login to sign onto other sites), because that entitles third parties to collect data from your accounts. Set privacy settings for each and every type of content — profile information, posts, comments, and photos. And learn what individual features do, like tagging and blocking, to help you and your children manage and control your presence online. If your kid’s school provides devices, it may have the right — and responsibility — to monitor all content on the machines. Make sure your children know that they can’t assume their digital life is private from you or from anyone else.

Seasonal Allergies Starting Early This Year (or they never stopped)



The nurse's office sees many students with symptoms of seasonal allergies and in Nebraska sometimes that is all year long. This year, because we have not had a long hard freeze to kill off some of the causes of seasonal allergies, we are seeing symptoms earlier.

You are probably aware of the most common, first symptoms of seasonal allergies like runny nose, watery eyes and sneezing. If left untreated those symptoms cause other issues like sore throat, swollen tonsils, stuffy/painful ears and sinuses and even upset stomach because some of the drainage from the nose and throat make it into the stomach. Sinus pressure can cause terrible headaches.

If your child is too stuffy at night they will not get a good night's sleep. If allergy symptoms are left untreated it wears your body down leading to infections like tonsillitis, strep throat, ear infections, viral colds and bronchitis to name a few and that will mean a trip to the doctor for prescription treatment.

The nurse's office does not provide medication for seasonal allergies so we ask that you consider talking to your doctor to find out what treatment you should be doing at home so your child is happy and healthy at school.

What can you do?

Control your environment For example, staying indoors with the windows closed during your worst pollen days. (Watch or listen to weather reports or go to pollen.aaaai.org.) Also, be aware that trees predominantly pollinate in the morning, so if you are planning an outdoor activity, save it for the afternoon. Wearing a pollen face mask while outside, blowing your nose to get the

allergens out and using a HEPA filter to clean the air in your home can help too. Dust, vacuum, change furnace filters as directed and wipe surfaces with a damp cloth in your home every day or every other day. Stay away from others that smoke.

Over the counter treatments- always check with your doctor first

Nasal saline flushings. To flush your nose of both mucus and allergens buy a sterile nasal saline rinse at the drugstore. Lean over the sink with your head tilted to one side and use a squeeze bottle or neti pot to pour the solution into your top nostril, letting it flow out the bottom. Then switch sides. Some research has found that using a neti pot can clear nasal passages without dryness or "rebound" congestion. But be sure the solution is sterile—tap water can hold germs that cause serious infection.

Oral antihistamines. These familiar drugs work by blocking your body's reaction to allergens. The first generation of antihistamines, such as Benadryl, could make people sleepy and worked for only 4 to 6 hours; the second, longer-acting generation includes loratadine (Claritin), cetirizine (Zyrtec), and fexofenadine (Allegra). These medication work well if you alter them every couple weeks and start them before allergy season really kicks in.

Nasal sprays. An allergy strategy used by some doctors is to combine an over the counter oral antihistamine with a prescription nasal spray. Prescription sprays containing corticosteroids (including Flonase and Omnaris) reduce inflammation and mucus production, while sprays with antihistamines (such as Patanase and Astepro) block symptom-causing allergy reactions. Dymista combines both kinds of medicine. For an OTC spray, consider a cromolyn sodium spray (like NasalCrom).

Decongestants. Here's how decongestants work: If allergies are not well controlled they make the lining of your nose swell. Decongestants shrink swollen blood vessels and tissues. That relieves the congestion. But decongestants can't help with sneezing or itching.

Decongestants come in pills, liquids, nose drops, and nasal sprays. Many are available without a prescription. Common decongestants include:

- Afrin, Dristan, Vicks Sinex (oxymetazoline)
- Sudafed PE, Suphedrin PE (phenylephrine)
- Silfedrine, Sudafed, Suphedrin (pseudoephedrine)

As with many illness – if you are not feeling better in 7 days or so with the treatment you have been trying at home – call your doctor and seek his / her help.



**2017-2018
TRANSPORTATION REGISTRATION**

Students must register prior to the deadline every year in order to ride the bus the first week of school. The deadline for the 2017- 2018 school year is July 7, 2017. The transportation registration form is included in this newsletter and is also available at the high school office. Completed forms can be turned in to the high school office or the Bus Barn at 2904 Enterprise Ave. Thank you for registering early!



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



Fruit and Juice Available Every Day

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

Stop & Go Breakfast-High School Only

STOP by the cafeteria. Bag your breakfast, and **GO** on with your day!

Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams



Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.

Breakfast Meal Prices & Extras

Student Breakfast	\$1.40
Adult Breakfast	\$2.10
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
		1 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	2 NO SCHOOL	3 NO SCHOOL
6 NO SCHOOL	7 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	8 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	9 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	10 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
13 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	14 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	15 A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	16 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	17 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
20 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	21 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	22 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	23 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Pears	24 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
27 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	28 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	29 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	30 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	31 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or mitch@lunchtimesolutions.com
 Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.



Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



Each student is required to have 1/2 cup of fruits or vegetables on their tray.

Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's selection on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Daily Entrée Choices :

C. Sub/Salad/Sandwich Entrées

- M-W** Sub Sandwich Choice
- T-Th** Entree Salad Choice
- F** Sandwich Choice

Choices vary. See menu board for details.

D. Deli Wrap Entrées

- M** Combo Deli
- T** Fajita Chicken
- W** Turkey Deli
- Th** Ham Deli
- F** Grilled Chicken

E. Vegetarian Entrées

- M-W** Vegetarian Salad
 - T-Th-F** Fruit, Yogurt & Cheese Plate
- All E. include breadsticks








Lunch Meal Prices & Extras

MS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.45	Extra Milk	\$0.45
Adult ONE TRIP	Fruit & Veggie Bar		\$1.75

Questions or comments:

Contact: Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com

Applications for Free and Reduced Price meals are available in the school office. Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
Spring		1 A. Toasted Cheese Sandwich and Tomato Soup B. Baked Fish Sandwich Baked Beans	2 NO SCHOOL	3 NO SCHOOL
NO SCHOOL	6 7 A. Beef & Bean Burrito B. Pizza Steamed Carrots 	8 A. Chicken Fajitas B. Corn Dog Refried Beans Tortilla Chips with Fresh Mango Salsa 	9 A. Home-style Beef Chili and Crackers B. Chicken Nuggets Green Beans Frosted Cinnamon Roll	10 A. Spaghetti with Meat Sauce B. Baked Fish Sandwich Peas Gelatin Dessert
13 A. Cheeseburger Macaroni B. Hot Ham & Cheese Sandwich Steamed Broccoli	14 A. Pizza B. Crispy/Spicy Chicken Sandwich Mixed Vegetables 	15 A. Beef Stroganoff B. Bosco Sticks with Marinara Golden Corn	16 A. Home-style BBQ Pork Sandwich B. Hot Dog BBQ Beans Chocolate Chip Cookie	17 A. Southwest Enchilada Bake B. Chicken Nuggets Steamed Carrots Cinnamon Bread Stick
20 A. Sloppy Joe B. Mini Corn Dogs Potato Salad Decorated Holiday Cookie	21 A. Crisпитos B. Pizza Golden Corn 	22 A. Ham and Pasta Hotdish B. Crispy/Spicy Chicken Sandwich Baked Beans	23 A. Home-style Beef Goulash B. Pork Fritter Sandwich Green Beans Carnival Cookie 	24 A. Home-style Golden Macaroni & Cheese B. Buffalo Ranch Chicken Wrap Peas
27 A. Cheeseburger B. Chicken Florentine Pasta and Dinner Roll Baked Beans	28 A. Toasted Cheese Sandwich and Tomato Soup B. Pizza Mixed Vegetables 	29 A. Fusion Foods : Chimichurri Tots With Dinner Roll B. Chicken Nuggets and Dinner Roll Peas 	30 A. Home-style Lasagna B. Grilled Chicken Sandwich Candied Carrots Chocolate Chip Cookie	31 A. Taco in a Bag B. Italian Dunkers With Marinara Chili Lime Corn Cinnamon Bread Stick

This institution is an equal opportunity employer and provider.

March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00 Dismissal	2 NO SCHOOL - Spring Break	3	4
5	6 NO SCHOOL Spring Break	7 Track check-out 3:30 - 4:30pm 	8 Community Coffee 9:00am 2:00 Dismissal Track practice starts 3:45-5:00pm at the YHS Track.	9	10 End of 3rd Quarter	11
12 	13 Board of Education Mtg.	14 Student Senate 7:30 am	15 2:00 Dismissal	16 YMS Musical - 7:00 pm - YHS Theater	17  St. Patrick's Day	18
19	20 First Day of Spring 	21 Student Senate 7:30 am	22 2:00 Dismissal	23	24	25
26	27 Board of Education Mtg.	28 Student Senate 7:30 am	29 2:00 Dismissal Staff Appreciation Day 	30 7 & 8 TR @ G.I. Westridge M.S. Tri w/Central City 2:00 pm	31	