



Be Safe, Be Respectful, Be Responsible

November 2016

Hello YMS Parent(s)!

What a fantastic first quarter we had at YMS. Students were challenged by their teachers to be creative, collaborate with each other and to think critically. Teachers at YMS are constantly pushing students to grow. They expect great things from your child and they are happy to be the driving force that pushes them to succeed.

Thank you to all the parents who were able to attend Parent-Teacher Conferences October 5-7. Teachers have let me know that they had meaningful discussions with parents. If you were unable to attend please feel free to contact your child's teachers.

The last week in October was Red Ribbon week at YMS. Red Ribbon week was started by parents in response to the murder of DEA agent Enrique Camarena. The parents wore Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs and alcohol in America. Here are some suggestions for parents of middle school kids from the Partnership for Drug Free-Kids.

- Make it very clear that you do not want them to use alcohol, tobacco, marijuana or other drugs.
- Find out if they really understand the consequences of alcohol, tobacco and other drug use.
- Get to know your child's friends by taking them to and from after-school activities, games, the library, and movies. Check in with their friends' parents often to make sure you share the same anti-drug stance.
- Be sure you know their online friends – as well as other online activities such as websites they visit, with whom they email, chat and instant message, their Facebook page, and whom they text message.
- Volunteer for activities where you can observe your child at school.
- Get your kids involved with adult-supervised after-school activities.
- Make it easy for your child to leave a situation where alcohol, tobacco, or other drugs are being used.
- Call kids' parents if their home is to be used for a party; get assurance that no alcoholic beverages or illegal substances will be at the party.
- Set curfews and enforce them.
- Encourage open dialogue with your children about their experiences.

Have you heard students talking about Growth Mindset? At YMS we are continuously working on changing student and teacher mindsets. *A mindset according to Dr. Carol Dweck is a self-perception or "self-theory" that people hold about themselves. Believing that you are either "intelligent" or "unintelligent" is a simple example of a mindset.*

Here are some examples:

Students with a fixed mindset believe that they are born with basic abilities, intelligence and talents and they can't change that. Their goal is to look smart and never look dumb.

Students with a growth mindset believe that their talents and abilities can be developed through effort, good teaching and persistence. They believe everyone can get smarter if they work at it. They are not afraid to fail and therefore don't mind not knowing the answer.

Students with a fixed mindset fear failure and are less likely to take risks.

Students with a growth mindset value the challenges of taking a risk and know that they will learn from their failure and improve.

Here are some strategies you can use at home to help your child change from a fixed to a growth mindset.

1. Have a daily learning discussion. Ask your student "What did you learn today?" "What did you try hard at today?"
2. DO praise the process DON'T praise ability. Instead of saying "you are so smart" "you are good at playing the piano" say "You really work hard on your Math" "Your many hours of practice on the piano are paying off"
3. Explain to kids that their brain is never done growing. Remind them they can always learn and improve throughout their life.
4. Let your kids fail. It is OK to fail. It is NOT OK to give up. When students fail ask them "How can you get better next time?" "What did you learn from your mistake?" Then as students finally succeed praise their persistence.
5. Encourage positive talk in your home. Stop the use of the words "I can't" and instead remind people in your house to say "I can't, yet."

We are going to have a fantastic second quarter at YMS. Teachers and staff are here for your student(s). We are going to continue to push them to grow and be better students and young men and women.

Thank you for your help as we work together to make the years at YMS some of the best years in their academic life.

Go Dukes!
Kenny Loosvelt
YMS Principal

When your child is going to be absent . . .



When your child is ill and unable to attend school we want to hear from you. Please give us a call at 362-6655, option 1, between 7:30 - 8:30 a.m. For the safety of your child, we make sure all absent children are accounted for.

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.

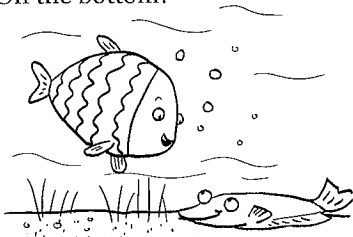
Worth quoting

"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. 🍊



How math adds up

Math isn't just for math class. Knowing how to use numbers will benefit your middle grader in his other courses, too. Share these ideas.

Social studies

When your child makes a time line of historical events or uses coordinates to locate a city on a map, he's doing math. Here's a fun way to combine math and social studies at home: Encourage him to watch this month's election-night coverage and figure out which combinations of states would lead to the 270 electoral votes needed to win the presidency. Or have him hold a mock election among friends



and family members, and calculate the percentage of votes each state or local candidate receives.

Science

In science class, your middle grader will measure liquids for experiments, figure out speed and velocity, and graph results.

In fact, most science experiments involve math in some way. Remind him to double-check formulas and calculations on lab reports—just as he would check his work in math class. He will see the connection between what he's learning in algebra, geometry, or regular math class and what he's doing in science. 👍

Parent to Parent A jarful of gratitude

Sometimes I feel like my 12-year-old son, Brock, takes things for granted, like the rides I give him or the Internet I pay for. For example, he won't be ready when it's time to leave or he'll complain that a friend has faster Internet. A neighbor shared an idea her family uses to remember what they're thankful for, and I decided to try it.

I had Brock cut colored construction paper into squares and stack them near an empty glass jar. In the weeks leading up to Thanksgiving, I asked everyone to pay attention to small things they appreciated. Each time they noticed something, they could write it on a square and drop it into the jar.



Before our holiday meal, we are going to pass the jar around and have everyone read a square. Then, we're going to start a new jar for each month so Brock learns that being thankful isn't just for Thanksgiving. 👍



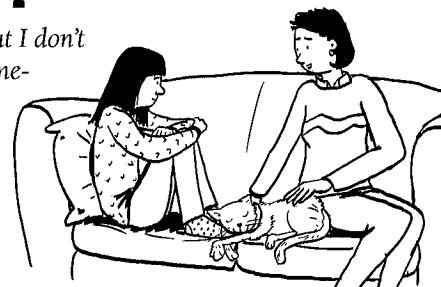
Q & A

Tween blues—or depression?

Q My daughter seems down lately, but I don't know if it's normal mood swings or something more serious. How can I tell?

A Mood swings are a normal part of adolescence. But if your child is sad or irritable for more than a couple of weeks—and if it interferes with her regular activities—she may be depressed. Other clues include withdrawing from friends and family, frequent headaches or stomachaches, or sleeping too much or not enough.

Point out what you've noticed by saying something like, "You seem kind of quiet lately." If she says she feels "angry at the world" or "hopeless," don't try to downplay her feelings by saying "You shouldn't feel that way" or "That's no big deal." Instead, listen and tell her you want to help. Then, contact her pediatrician or the school counselor for guidance. *Note:* If she insists nothing is wrong but symptoms continue, seek help anyway. 👍



Talking without screens

Face-to-face communication can fall by the wayside if your tween sticks to texting or chatting on screens. By actually talking to people, she will build interpersonal skills and pay attention to the world around her. Consider this advice:

■ Make screens off-limits for everyone—parents included—during meals or while riding in the car. This will get your child talking to the people she's with, rather than those "inside her phone."

■ If your middle grader participates in activities after school, she'll naturally spend more time talking to friends than in texting them. For instance, if she

works for the school newspaper, she will interview classmates or toss around article ideas with fellow staff members. 👍



OUR PURPOSE

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

Resources for Educators,
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128 N. Royal Avenue • Front Royal, VA 22630
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SALUTE TO OUR VETERANS

York Public Schools



**Thursday, November 10th
at 10:00 AM**

York High School Theater

Please join us as we celebrate our veterans. Cookies and coffee will be available. Students from public and parochial schools will be in attendance as well as we show respect for our brave men and women of the armed forces.

YMS Canned Food Drive

Food Drive



Thank you to all those who donated to our annual **CANNED FOOD DRIVE** once again this year. Over 2,701 lbs. of food were collected and delivered to Blue Valley Community Action Center. Of this amount, \$567.75 was cash donations.

CHANGE OF WEATHER

As we move into the fall and winter months the days begin to get colder. Sometimes middle school students feel they are invincible and don't need to wear a coat.



Please take time to address this issue with your child. On days when we are not having precipitation or it is not extremely cold we will continue to go outside over lunch time.

Lunchtime Solutions Inc., York School District's food service provider is looking for kitchen help. Interested persons can fill out an application online at lunchtimesolutions.com or pick up application at the superintendent's office.



It's not too late for flu shots.

There are several places in York that offer walk-in clinics (no appointment necessary) to get your flu shots for minimal cost or some will bill to your insurance depending on your coverage. Consider having your school age child immunized this year.

The flu shot or Influenza vaccine protects you from a virus that causes symptoms like chills, fever, runny nose, sore throat, muscle pains, headache (often severe), coughing, weakness/ fatigue and general discomfort. The flu shot does not keep you from getting the nausea, vomiting or diarrhea type "flu" also seen in these fall/winter/spring months. Keep in mind that the flu shot takes about 2 weeks before it is working in your body to provide protection. Influenza season may start as early as October and last as late as May with the peak usually in January and February. Your student should stay home from school with a temperature of 100 F or above.

These are some options in York for the flu shot.

Call to see when their walk-in clinics are or if you need an appointment.

Many insurances cover the cost of the shot. Depending on your circumstance you may be eligible for a free or low cost shot.

Home Care Plus/York County Immunization Clinic

402-362-2566

Urgent Care

402-745-6279

Walgreen's

402-362-1280

Walmart

402-362-2092

York Medical Clinic

402-362-5555





The American Psychological Association (APA) released its Stress in America[™] report highlighting the stress experienced by American youth (teens ages 13-17) stating "high stress and ineffective coping mechanisms appear to be ingrained in our culture". Since the survey has begun, it has continued to find that American adults report higher stress levels than what they believe to be healthy. For example, recent results indicated that adults report that stress impacts their physical health (30 percent) and mental health (33 percent). This report, continues to drive home one important message, "we need to improve our health system to equally address both physical and mental health".

Suggestions for coping with stress for your student

Get some sleep Between homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. Ideally, adolescents should get nine hours a night. To maximize your chance of sleeping soundly, cut back on watching TV or engaging in a lot of screen time in the late evening hours. Don't drink caffeine late in the day and try not to do stimulating activities too close to bedtime.

Focus on your strengths Spend some time really thinking about the things you're good at, and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you're artistic, take a photography class. Focusing on your strengths will help you keep your stresses in perspective.

Engage in physical activity Physical activity is one of the most effective stress busters. That doesn't mean you have to go for a jog if you hate running. Find activities you enjoy and build them into your routine such as yoga, hiking, biking, skateboarding or walking. The best types of physical activities are those that have a social component. Whether you're into team sports, or prefer kayaking or rollerblading with a friend or two, you're more likely to have fun — and keep at it — if you're being active with friends.

Do things that make you happy Besides physical activities, find other hobbies or activities that bring you joy. That might be listening to music, going to the movies or drawing. Make a point to keep doing these things even when you're stressed and busy.

Talk to someone It's so much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or other trusted adult. They may be able to help you find new ways to manage stress. Or they may help put you in touch with a psychologist who is trained in helping people make healthy choices and manage stress.



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. Sausage & Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	2 A. Choc. Chip Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	3 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices	4 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices
7 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears Milk Choices	8 A. Iced Long John B. Cereal Choices and Toast Mixed Fruit Juice Choices Milk Choices	9 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	10 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches Milk Choices	11 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce Milk Choices
14 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	15 A. Sausage & Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Apple Sauce Milk Choices	16 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange Milk Choices	17 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	18 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices
21 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices	22 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Apple wedges Milk Choices	23 NO SCHOOL	24 NO SCHOOL 	25 NO SCHOOL
28 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges Milk Choices	29 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple Milk Choices	30 A. Waffles with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit Milk Choices		

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
	1 A. Pizza Hut B. Sloppy Joe BBQ Beans 	2 A. Breaded Beef Fingers B. Home-style Chicken & Noodles Mashed Potatoes with Gravy	3 A. Home-style Chicken Ranch Pasta Dinner Roll B. Mini Corn Dogs Green Beans Sugar Cookie 	4 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie
7 A. Cheeseburger B. Chicken Stew over Fresh Baked Biscuit Mixed Vegetables	8 A. Pizza Hut NEW! B. California Lasagna Breadstick Peas Chocolate Chip Cookie 	9 A. Toasted Cheese Sandwich & Tomato Soup B. Pork Fritter Sandwich Baked Beans	10 A. Home-style Beef Goulash B. Grilled Chicken Sandwich Green Beans	11 A. Home-style Buffalo Chicken Pasta B. Hot Dog Golden Corn Veteran's Day Cookie
14 A. Chicken Fajitas B. Baked Corn Dog Refried Beans	15 A. Pizza Hut B. Beef & Bean Burrito Steamed Carrots 	16 A. Cheeseburger B. Teriyaki Chicken Sandwich Green Beans Carnival Cookie	17 A. Roasted Turkey Dinner Roll B. Chicken Nuggets Dinner Roll  Mashed Potatoes Gravy Golden Corn Frosted Pumpkin Bar Home-made Cranberry	18 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas
21 A. Home-style Cajun Chicken Penne B. Hot Dog Green Beans	22 A. Pizza Hut B. Home-style Beef Stroganoff Golden Corn 	23 NO SCHOOL	24 NO SCHOOL 	25 NO SCHOOL
28 A. Pancakes & Sausage B. Sloppy Joe Potato Triangle	29 Fusion Food: Curry Macaroni and Cheese B. Pizza Hut Peas Carnival Cookie 	30 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Black Beans		

This institution is an equal opportunity employer and provider.



November 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1 Student Senate Mtg. 7:30am B	2 2:00 Dismissal G	3 D.A.R.E Graduation 7:00 pm YMS Gym B	4 <i>School Picture Retakes</i>  G	5 Dukes Hoops 9:30-11:30 Girls at YMS
6 Daylight Saving Time Ends FFA Harvest Moon Celebration @ Holthus Convention Center	7 7 & 8 WR - YMS Invite w/Crete, Fairbury, Fillmore Ctrl., Hastings 4:00 pm B	8 Student Senate Mtg. 7:30am 7 & 8 GBB @ Hastings St. Cecilia 4:30 pm G	9 2:00 Dismissal B	10 7 & 8 WR @ Schuyler Tri w/Crete 4:30pm Salute our Veterans 10:00 am @ YHS G	11  Veteran's Day B	12 Dukes Hoops 9:30-11:30 Girls at YMS
13	14 8 GBB - Home vs G.I. Westridge @ YMS 4:00 pm Board of Education Mtg. G	15 Student Senate Mtg. 7:30am 7 & 8 WR - Home Tri w/Aurora/GI Westridge 4:30 pm B	16 2:00 Dismissal G	17 7 GBB - Home vs. Hastings 4:00 pm B	18 G	19 Dukes Hoops 9:30-11:30 Girls at YMS 7 & 8 GBB - York Hoopla Tournament w/Central City, Crete, Schuyler @ YHS 10:00 am
20	21 8 GBB - Home vs Crete M.S. @ YMS 4:30 pm 7 GBB @ Crete M.S. B	22 7 & 8 WR @ Fillmore Central Tournament (Fillmore H.S.) 4:30 pm G	23 NO SCHOOL - Thanksgiving Break	24  Happy Thanksgiving	25	26
27	28 Board of Education Mtg. B	29 Student Senate Mtg. 7:30am G	30 2:00 Dismissal B			