BRIAN TONNIGES

Volume 9

PRINCIPAL

Number 2

Dukes

YMS



October 2014



York Public Schools Mission Statement

York Public Schools will prepare each learner with the knowledge, skills, and attitudes necessary to become an effective citizen by providing diversified curriculum and experiences.

Our Purpose is 'The Education and Success of each of our students.'

The Homework Dilemma

Although the majority of YMS students have shown the ability to complete homework activities, there continues to be students who struggle with the responsibility of homework completion.

Homework is used to measure student's understanding of class concepts, practice opportunities, and the reinforcement of previous lessons. Teachers use HW as an additional way of finding out what their students know and what they can do. The teacher can adjust lessons based on what the HW has told them and reteach the necessary content to their students.

If a student struggles with the responsibility of HW completion, they are missing out on the varying opportunities that will reinforce the learning that occurs. An additional benefit of HW is the life lesson of 'deadlines do exist and are important.' Developing the ability to perform the tasks given to us and complete them within the established timelines, will enable us to be successful in life's endeavors and challenges.

Parents play a vital role in this process. Students that come from structured environments that support the demands of education, perform better at school and on local, state, and national tests. They also develop the vital characteristics that will help them be happy and productive adults.

Homework Tips for Parents

- Establish a routine and schedule for homework (a specific time and place) and adhere to the schedule as closely as possible. Don't wait until the last minute.
- Limit distractions in the home during homework hours (eg, reduce unnecessary noise, activity, and phone calls; turn off the TV).
- Assist your child in dividing assignments into smaller parts or segments that are more manageable and less overwhelming.
- Assist your child in getting started on assignments (eg, read the directions together, do the first items together, observe as your child does the next problem/item on his or her own). Then get up and leave.
- Monitor and give feedback without doing all the work together. You want your child to attempt as much as possible independently.
- Praise and compliment your child when he or she puts forth good effort and completes tasks. In a supportive, noncritical manner it is appropriate and helpful to assist in pointing out and making some corrections of errors on the homework.

Parting Thoughts

Here are some extra ways your child can put forth extra effort on his/her homework:

- Stop by the teachers desk and ask for an explanation of the assignment.
- Do more. Read an extra chapter. Get familiar with the next math concept to be learned.
- Stay organized. Write all assignments down.
- Ask questions and help your child. If they see that it is important to you, it will be more important to them.
- Help your child study for tests. Study together. Quiz your child in a variety of formats.
- If your child struggles with reading, help by reading the material together or reading it to your son or daughter.
- Always complete homework on time. Make it neat and presentable.

If you have any questions, please feel free to contact the middle school at 362-6655.

Sincerely, Brian Tonniges, Principal

www.yorkdukes.org Like us on Facebook

October 2014

York Middle School Brian Tonniges, Principal

Working Together for School Success

nort School: tops everyda

School: An everyday thing

Make sure your child knows you expect her to go to school every day, even if she's "too tired" or "needs a break." Review the school attendance policy together, and discuss acceptable reasons to be absent (illness, family emergency). *Tip*: Point out that missing even one day can lead to lots of make-up work—that might make it less appealing to miss class time.

Fall for fun

Looking for a weekend family outing? Take advantage of autumn with fun seasonal activities. You might attend a nearby harvest festival, go apple picking, watch a high school football game, or drive scenic routes to view changing leaves. It could be the start of a tradition to celebrate each new season together!

Code games

Help your tween practice logical thinking by creating and deciphering codes. Suggest that each family member invent a secret code using a symbol for every letter of the alphabet. (*Example*: $A = \clubsuit$, $B = \clubsuit$, $C = \Box$.) Write coded messages, trade papers, and see who cracks a code first.

Worth quoting

'The important thing is not to stop questioning." *Albert Einstein*

Just for fun

Q: What do you get if you cross a skunk with a boomerang?

A: A terrible smell you can't get rid of!



Rules that work

Your tween may be growing up, but he still needs the security that discipline provides. Setting rules and consequences can help him stay safe and feel cared for, even if he doesn't act like it. Consider these ideas.

Spell it out

As your child finds himself in new situations, he may make assumptions that you don't like. To prevent problems, go over guidelines in advance. For instance, you might want him to call if he's at a friend's house and the parents invite him to go somewhere. That way, you can say yes or no. *Note:* Explain why you're setting this rule. ("We might have other plans, and you wouldn't be home when we needed you.")

Choose consequences carefully

Holding your tween accountable shows him you're serious about your rules. Decide ahead of time what will happen if he breaks one, and be sure he knows what that is. It works best if you pick a consequence that's related to his

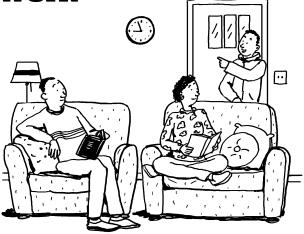
Stay on top of math

Since each new math concept builds on previous ones, it's important for your middle grader to keep up. These strategies can help.

■ **Work backward.** When she's not sure how to approach a homework problem, suggest that she look for a similar problem that's already

solved in her book or online. By starting with the answer, she could do the sample problem in reverse to see how each step led to the solution.

Pinpoint mistakes. Encourage your child to pay careful attention when teachers go over returned assignments and tests. That way, she can learn where she made errors and how to correct them. If she's still confused, she should arrange to meet with her teacher.



behavior—and, of course, one that you can enforce. *Example*: If he plays video games and doesn't finish his chores, video games are off limits for two days.

Expand privileges

As your middle schooler shows he can be trusted, you can reevaluate his limits and consider giving him more freedom. But make it clear that those liberties may be revoked if he slides back. For instance, you might allow a later curfew if he consistently keeps the one you set and still has more than enough time for sleep.



Middle Years

Research: Dig in

The amount of information available to your child increases rapidly every day. That means good research skills are crucial. Share these ways to help her gather the facts she needs.

Focus on key questions. Have her set up a system that helps her concentrate on finding the relevant information. For example, she could draw a vertical line to divide a sheet of paper in half. In the left column, she should write the questions she needs to answer. Then, as she works through library books, textbooks, newspapers, or websites, she can fill in the answers in the right column.

Take notes actively. Encourage your middle grader to write particularly interesting facts or words on individual sticky notes. For instance, if she's researching Roald Dahl, she could write, "Gobblefunk: Dahl's own language." As she writes her paper, these words can act as reminders and spark ideas. She might also sketch as she researches-for instance, drawing Orion's Belt when reading about constellations—so she has a reference point later.

Tip: Writing down her sources as she goes will make compiling a bibliography easier. It will also speed up fact-checking or finding additional information. Suggest that your child keep a list in her notebook or in a computer file. \in

Know what's up

Being part of your youngster's school experience can help him succeed, even in the middle grades. Here's how to stay in the loop.

Stay informed

Ask how the school, PTA or PTO, teachers, and advisers send out announcements. You might join the PTO Facebook page, a teacher's email list, or a sports team's phone tree. If you don't have computer access, provide another way to be contacted.

Watch for opportunities

Check announcements frequently. Requests for help will probably vary. You can choose those that fit your interests and availabilitysay, painting at Family Art Night or contributing a dish for social studies Greek Day.

Talk about it

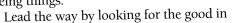
Mention events to your tween that you hear about, like a fall dance or a debate tournament. Keeping an eye on happenings at his school shows support, even if you're not directly involved.

U R PURPOS U To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting. Resources for Educators, a division of CCH Incorporated 128 N. Royal Avenue • Front Royal, VA 22630 540-636-4280 • rfecustomer@wolterskluwer.com www.rfeonline.com ISSN 1540-5540

© 2014 Resources for Educators, a division of CCH Incorporated

I My son tends to be a "glass half empty" kind of person. How can I encourage him to be more optimistic?

Having a positive outlook will help your son feel happier, cope with stress better, and be more pleasant. Even if he's not naturally optimistic, he can develop a brighter way of seeing things.



situations. You might say, "It's going to be a busy day, but I'll feel great getting so much done!" To inspire him to do the same, prompt him to look on the bright side when things don't go as planned. ("We could work on our puzzle together since your baseball game was rained out.") Eventually, he may pick up the habit.

Also, help your child see setbacks as temporary and recognize things he can fix. Say he doesn't do well on a test. Point out that it doesn't mean he won't do well on future tests, and have him make a plan to improve. \in

GREEK

DAY

An earth-friendly party

My daughter Sarah wanted to throw a surprise birthday party for her best friend, but she didn't have much money to spend. I had heard of "zero waste" parties that not only help the environment, but also keep costs down since you don't buy many supplies. The idea

is not to have any trash left that can't be recycled or reused.

I told Sarah about this, and she decided to try it. First, instead of buying and mailing invitations, she made a free invitation online and emailed it. She also asked everyone to bring foodand, in keeping with the "green" theme, to use recyclable containers.

For the party, she used real plates, silverware, and cups instead of buying paper or plastic ones. She and another girl even decorated an old sheet to use

Her friend enjoyed

the party, and Sarah

liked making her

friend's birthday

special by being

much! ਵੀ ਪ

good to the earth —

and not spending

as a tablecloth. birth





FALL PARENT-TEACHER CONFERENCES

4:30-8:30 P.M. Wednesday, Oct. 8 4:30-8:30 P.M. Thursday, Oct. 9 8:30 A.M.-2:00 P.M. Friday, Oct. 10

This fall, Parent-Teacher Conferences are scheduled for Wednesday, October 8, from 4:30 - 8:30 p.m., Thursday, October 9, from 4:30 - 8:30 p.m., and Friday, October 10, from 8:30 a.m.- 2:00 p.m. Your child's grade level team will conference with you as a group. All three grade levels will have pre-scheduled individual conference times with parents and will meet during a time that works for both parents and staff. Your child's exploratory teachers will be available to conference with you individually in classrooms if you wish to conference with them. We hope this method works for you, and you get the information you need regarding your middle school student.

Good communication between parents and staff is the cornerstone of a good school. Parent-teacher conferences are one of the most effective methods provided to promote parent and staff interaction. Please take the time to meet with your child's grade level team and exploratory teachers to find out how your son/daughter is doing academically so far this school year. If you are unable to meet with your child's teachers, grades will be mailed!



Congratulations on being selected for Expressions!

Kaiya Alexander Gwen Arthurton Hannah DeHart Elizabeth Ellison Kaitlyn Ericson Nely Flores Kaylee Gibson Daniel Gomez Juan Gonzalez Bradyn Heiss Morgan Lamberty Brendan Lee Luis Loza Emily Nunnenkamp Morgan Peterson Shianne Philipp Kaitlyn Phinney Grace Sinsel Mina Steider Emily Timmerman Bailey Wallingford

Congratulations 2014-2015 Student Senate Team!!!

<u>6th Grade</u> Drew Baldridge Ella Hoegh Bo Lucas Gracie Booth

<u>7th Grade</u> Morgan Conner Lilly Holthus Lindsey Stuckey Reed Malleck

8th Grade Max Kohmetscher Sam Kohmetscher Garrett Snodgrass Maxx Troester



Choir Concert



The first concert for the York Middle School's ensembles is just around the corner. This concert will be on Monday, October 27th at 7:00 p.m. at the York High School Theater. This is a concert consisting of the middle school's 6th grade choir, 7th & 8th grade choirs and Expressions. Also performing at this concert will be the York High School Women's Ensemble, Concert Choir and Dukes & Duchesses.

Please mark your calendar! This will be a great opportunity for you to hear what the students have been working on throughout the first quarter. All choir students are required to be at this performance.

Concert Dates for 2013-2014

Monday, October 27 – 7:00 p.m. – YHS/YMS Fall Choir Concert Monday, December 15 - 7:00 p.m. – YHS/YMS Christmas Choir Concert Thursday & Friday, March 19 & 20 - 7:00 p.m. - YMS Musical Tuesday, May 12 - 7:00 p.m. – YMS Talent Show

<u>Student Family at York Middle School:</u>

"My fellow Americans, ask not what your country can do for you, ask what you can do for your country." John F. Kennedy

Our student families do a variety of service projects throughout the year to develop an awareness and importance of giving back. One of our service activities this year we will be "pulling" together for the Ronald McDonald House Charities in Omaha. The Ronald McDonald House helps provide a lending hand to families with children who are sick and need medical attention. They remove the worry about food and lodging so families can focus on helping their children get better.

The seemingly insignificant tab you use to open your soft drink is very important. Each year, millions of aluminum can tabs have been collected and recycled to help defray operational costs for the Ronald McDonald House.



We are challenging the 16 student families at YMS to once again "pull" together for a greater cause. Each month we will weigh in and declare a winning student family at our Friday assembly. The winning student family will be treated to a pizza party. A very special thank you to Sam & Louie's for donating the pizzas each month. We are very grateful! Our goal is to collect 1 million tabs during the 2014-2015 school year, in hopes of being part of the "Thanks a Million Club."

Start saving your tabs and let's all "pull" together to provide families with critically ill children a "home away from home."

If you would like to learn more about the Ronald McDonald House Charities in Omaha go to <u>www.rmhcomaha.org</u>



Dear Parents and Families:

Reading is the most important skill you can teach a child. Of all the skills children learn, it is the one you can influence the most.

We invite you to visit our Scholastic Book Fair and experience a celebration of reading that provides families the opportunity to get involved in a universal mission: *encouraging kids to read every day so they can lead better lives*.

Our Book Fair is part of a reading event that brings to school a wonderful

selection of fun, engaging, and affordable books kids want to read. Giving kids access to good books and the opportunity to choose books will motivate them to read more. As with most acquired skills, the more kids practice reading, the better they'll get.

Reading is vital to every child's success, and raising kids as readers means getting involved while they're young. Now is the time. Since there will never be a substitute for a parent's direct involvement in his/her child's education, please make plans to visit our Book Fair.

Book Fair Dates: Monday, October 6th – Friday, October 10th Shopping Hours: 7:45 a.m.– 3:30 p.m. AND open during P-T Conferences 4:30 p.m. – 8:30 p.m. (W, TH)

If you're all booked up during Book Fair week, be sure to visit the Book Fair online at <u>http://</u> <u>bookfairs.scholastic.com/homepage/yorkdukes</u>. *Our Online Fair is available for an extended time from Wednesday, October 1st to Tuesday, October 21st.*

We look forward to having you participate in our Book Fair, and remember, all purchases benefit our school.

Sincerely,

Stephen Sautter

6-12 Media and Technology Specialist

#yorkdukes Read!





LABELS FOR EDUCATION

We're collecting Campbell's labels, Our Family UPC's,

General Mills Box Tops and Grand Central cash register receipts.

Please ask your relatives and friends to save their labels too!

OUR FAMILY PRODUCTS: Just save the UPC and front label.

CAMPBELL'S: Save the UPC and the Campbell icon.

GENERAL MILLS: The Box Tops for Education coupon is on the product.

GRAND CENTRAL: Just the cash register receipt is all that is needed!

Together we can work to make a difference in the education of our children.





York Middle School Band at Yorkfest Parade

YORKFEST MARCHING COMPETITION RATINGS

Superior (I) Ratings from both judges and a "2nd Place Class A" trophy at Yorkfest made a nice beginning to our middle school band's marching season. Congratulations to our 7th and 8th grade marchers!

Homecoming Parade



Wednesday, October 1

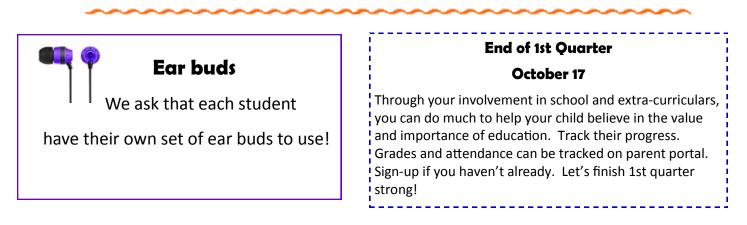
The 7th and 8th grade band's next marching performance is for the Homecoming Parade to be held on Wednesday, October 1st at 3:00 p.m. in downtown York. We will be wearing our band polo shirts and blue jeans or blue jean shorts for this parade.

Marching Band Highlights Concert

Thursday, October 30

This year's 6th Grade Band's first performance, the 7th and 8th Grade Marching Band and Drumline along with the Senior High Band, Drumline, and Flag Squad will all be featured at our Marching Band Highlights Concert on Thursday, October 30th in the high school gymnasium at 7:00 p.m.

Plan to come out and see all of YPS's band students in action!



Wellness News from Donelle Ellison, YPS school nurse . . .

Reminder for 7th grade parents: A physical is required by the State of Nebraska for students in 7th grade. In addition, more immunizations are required by the State of Nebraska for 7th grade students. If you have any questions or concerns, please contact the school nurse at 402.362.6655.

All forms need to be turned into the middle school office.

If your child has Asthma and uses an inhaler and/or has severe allergies that require the use of an Epi Pen please contact the school nurse so a plan can be prepared if an incident should happen at school. We want to be ready if your child has a reaction so we can help them recover faster.

In just the short amount of time school has been open we have seen many children with seasonal allergy symptoms, headaches and stomach aches. Here are few tips that may help your child.

• Drink more water. Drinking more water helps keep away headaches and can help with some of the sinus drainage associated with seasonal allergies. Water is also a good way to prevent constipation.

• Gargling with a little warm salt water helps relieves sore throats and cuts down on the drainage stuck in the back of your throat. Also, talk to your doctor if an over the counter allergy medication is right for your child. If taken every day for a few weeks, through the allergy season, it can cut down on colds and misery.

• Eating a little bit of something before school helps with concentration in class and helps prevents stomach aches. We all are short on time in the morning so plan ahead and have quick things for breakfast like: baggies of dry cereal, crackers and cheese, pop-tarts, and granola bars. Be creative when shopping and have foods that can be eaten on the way to school. The school also serves breakfast in the mornings.

Medications: We will need written permission to give you child any prescription medications. The forms are available in the nurse's office. The bottle must be labeled. When possible over the counter medications need to be given at home, but if they are required to be given at school we will again need written permission and a well labeled bottle.

A BIG THANK YOU TO WAL-MART VISION CENTER FOR HELPING WITH VISION SCREENINGS THIS YEAR. SAY THANK YOU TO CORRIE AT THE VISION CENTER IF YOU SEE HER.



Did you know??? You Shop....Amazon Gives!

- AmazonSmile is the same Amazon you know. Same products, same prices, same service. smile.amazon.com
- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to York Public School Foundation whenever you shop on AmazonSmile and choose the York Public School Foundation as your charitable organization!

Thank you for your support!!!



ORK MIDDLE SCHOOL GR 6-8

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.



October Selection: Apples

How many types have you tried? Check out the poster in the dining room or go to:

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

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées	E. Vegetarian Entrées
M Combo Deli Wrap T Fajita Chicken Wrap W Turkey Deli Wrap Th Ham Deli Wrap F Grilled Chicken Wrap	M-W Vegetarian Salad T -Th, Fruit, Yogurt & F Cheese Plate (All E. include roll or breadstick

Lunch Meal Prices & Extras

MS Lunch	\$2.60	Extra Entrée	\$1.75
Chef Entrée	\$2.00	Extra Side	\$0.50
Adult Lunch	\$3.35	Extra Milk	\$0.45

Adult ONE TRIP Fruit & Veggie Bar

Chef Day Chicken Lo Mein - 10/28

A yearly favorite - Chef Joe will be in York to prepare stir-fry chicken with classic Asian vegetables combined with Lo Mein noodles and Asian-seasoned sauté sauce. This entrée is available for \$2.00. The Fruit and Veggie bar and

Milk can each be purchased separately for an additional amount. You must have money in your account to choose this entrée.

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
	Menu Notes: All breads comply with USDA whole- grain rich standards. Homestyle/Scratch Vegetarian Non-Grain Fiber	New to the Menu—10/1 Cajun Chicken Penne Pasta- We've added a little spice to your pasta! Try our new Penne Pas- ta with creamy mild Ca- jun sauce and tender chicken. Yummm!!	 NEW! 1 A. Cajun Chicken Penne Pasta ⊕ Breadstick B. Italian Dunkers with Marinara Sauce C. Sub Sandwich Mixed Vegetables 	2 A. Homestyle BBQ Pork Sandwich B. Hot Dog C. Taco Salad BBQ Beans ✓ Fresh Baked Sugar Cookie	³ No School
ter in .pdf	6 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Sloppy Joe C. Combo Sandwich Tri-Tator Hashbrown	7 A. Hot Ham & Cheese Sandwich B. Pizza Hut Pizza ✔ C. Sub Sandwich Golden Corn ✔	 8 A. Soft Shell Tacos B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Black Beans ✓ 	9 A. Homestyle Cavatini Breadstick B. Mini Corn Dogs C. Chef Salad Breadsticks Green Beans ✓ Frosted Cake	No School 30
ly: <u>ées</u> alad & sticks)	13 No School	A. Pizza ✓ B. Toasted Ham & Cheese Sandwich with Tomato Soup C. Turkey & Cheese Sandwich Mixed Vegetables ✓	15 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich C. Oriental Salad Breadsticks Baked Beans ✓ Fresh Baked Chocolate Chip Cookie	 A. Homestyle Meatloaf Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy 	17 A. Taco in a Bag B. Hot Dog C. Fajita Salad Locally Grown Apples on F&V Bar Golden Corn Cinnamon Breadstick
51.75 50.50 50.45 51.75	20 A. Fajita B. Pork Fritter Sandwich C. Ham & Cheese Sandwich Black Beans ✓	21 A. Taco Burger B. Pizza Hut Pizza C. Sub Sandwich Peas	 A. Spaghetti with 22 Meat Sauce ↔ Breadstick B. Baked Crispy or Spicy Chicken Sandwich C. Chef Salad Breadsticks Green Beans ✓ Gelatin Dessert 	23 A. Turkey & Gravy (over Mashed Potatoes) Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy	24 A. White Bean Chicken Chili w/ Crackers ↔ B. Corn Dog C. Crispy Chicken Salad Breadsticks Golden Corn ✓ Frosted Cinnamon Roll
York Asian Iles ar and mount. èe.	27 A. Orange Chicken Whole Grain Rice B. Cheeseburger C. Combo Sandwich Green Beans ✓	28 A. Pizza ✓ B. Cowboy Beans over a Fresh Baked Biscuit C. Sub Sandwich Golden Corn ✓	29 A. Italian Dunkers with Marinara Sauce ✓ B. BBQ Rib Sandwich C. Sub Sandwich Steamed Carrots ✓	30 A. Super Nachos B. Baked Breaded Fish and Cheese Sandwich C. Oriental Salad Breadsticks Refried Beans ✓ Cinnamon Breadstick	A. Tator Tot Hot Dish Whole Grain Roll B. Hot Dog C. Taco Salad Mixed Vegetables Halloween Sugar Cookie

LUNCH MENU - OCTORER 2014

Questions or Comments? Contact: Susan Gracey, Area Manager at (402) 984-4546 or susang@lunchtimesolutions.com or Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com

This institution is an equal opportunity employer and provider.

MY LUNGINL



October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	YMS Monday Friday	k out the Book Fair 1, Oct. 6 - 1, Oct. 10 edia Center	1 2:00 Dismissal G	2 7 VB-Home vs Aurora @ YES 4:30 pm 7 FB @ Seward (SHS) 4:30 pm 8 VB @ Aurora (AHS) 4:30 pm B	3 NO SCHOOL YMS Only NAMLE Conference @ YMS	4
5	6 7 & 8 VB @ Central City 7 @ CC H.S. 8 @ CC M.S. 4:30 pm	7 7 & 8 FB-Home vs GINW 7th @ 4:30 pm 8th @ 6:00 pm	8 2:00 Dismissal YMS Parent Teacher Conferences 4:30 - 8:30 pm	9 2:00 Dismissal YMS Parent Teacher Conferences 4:30 - 8:30 pm B	10 NO SCHOOL YES & YMS ONLY YMS Parent Teacher Conferences 4:30 - 8:30 pm	11 Dance 200 pm, YMS Commons Hosted by: FBLA
12	13	14	15	16	17	18
	NO SCHOOL		2:00 Dismissal	8 FB @ Aurora 4:30 pm	End of 1st Quarter	
	Board of Education Mtg.	G	В	G	В	
19	20	21	22	23	24	25
			2:00 Dismissal			
	G	В	G	В	G	
26	27	28	29	30	31	
	YHS/YMS Choir Concert 7:00 pm YHS Theater		2:00 Dismissal		Happy Halloween	
	В	G	В	G	В	