



Be Safe, Be Respectful, Be Responsible

March 2018

Greetings YMS Parent(s):

Thank you to all parents who were able to attend parent-teacher conferences February 7-9. 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.

Mr. Loosvelt,

YMS Principal

Middle Years

Working Together for School Success



Short Stops

Savvy shopper

Show your tween that she can use math to be a smart consumer and save money. In a store, have her compare sale items. Say two brands of shirts cost the same, but one brand is "buy one, get one half off," and another is 40 percent off. Which is the better deal if she buys two shirts?

How-to for parents

If you have parenting questions, you may get answers at free workshops in your community. Speakers might focus on topics like how to ease your child's transition to high school or help him cope with anxiety. To find out about upcoming events, read emails from the school and look for flyers at the library or recreation center.

Lights, camera, action

Many tweens love to make videos—and that can be a great study method. Encourage your middle grader and her friends to record each other reading class notes, demonstrating science experiments, or acting out historical events. They could use props, add music, or think of other creative ways to review the material.

Worth quoting

"If you want children to keep their feet on the ground, put some responsibility on their shoulders." Abigail Van Buren

Just for fun

Q: How do you talk to a giant?

A: Use big words!



Planning for standardized tests

When your middle grader takes a standardized test, having a plan will boost his confidence and help him do his best. Here are strategies to use every step of the way.

The week before...

Encourage your child to try his hardest on practice tests. Even if they're not graded, the results can reveal what he needs to brush up on. Suggest that he try to figure out where he went wrong on incorrect answers and ask his teacher if he's not sure. This may prevent him from making similar mistakes on the actual test.

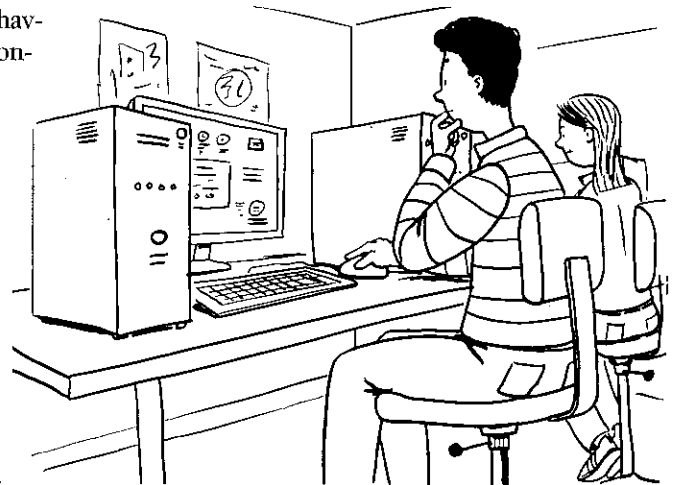
The day before...

Being well rested and well fed can keep your tween focused and alert. Before bedtime, help him plan a breakfast with protein and whole grains. You might hard-boil eggs while he sets out a cereal box, bowl, and spoon. Then, he'll need a good night's sleep (at least 9–11 hours). **Tip:** Have him pack a healthy

snack like an apple, whole-grain crackers, and water, if allowed.

The day of...

Your middle grader should think carefully about how to approach different types of questions. If he's given a passage to read, he might skim the questions first so he knows what information to focus on. For multiple-choice math problems, he could solve first, then look to see if his solution is among the choices—if so, it's likely correct. **Tip:**

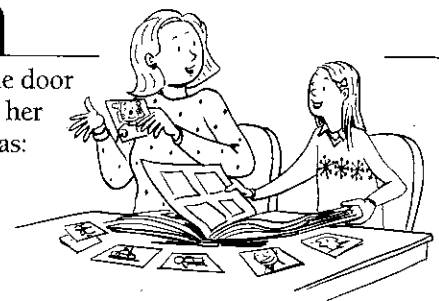


Bonding with your tween

Spending time with your child opens the door to conversation and keeps you involved in her life. Plus, it can be fun! Consider these ideas:

■ Create a family photo album. While you work, talk about memories the pictures bring to mind. **Tip:** When your middle grader has a rough day, flipping through the album together may encourage her to smile and perhaps talk.

■ Have monthly living room campouts. Put out sleeping bags and popcorn. Then, take turns reading aloud or telling stories by flashlight. **Tip:** Your tween may be more likely to chat in the dark. When you turn out the lights, share something about your day, and she might follow suit. **Tip:**



Be an active reader

Does your middle grader ever turn the page of a book only to realize she's not sure what she's just read? Reading more mindfully can help her understand and remember important information. Try these tips.

Preview. Suggest that your tween scan for "coming attractions" before she reads. Skimming subheads, captions, charts, or diagrams can tell her what to expect. That way, her mind will be better prepared to take in the material.



Apply. Doing something with the information as she reads can keep your middle grader engaged. She might draw a map showing locations of the scenes in a novel, for instance. Or she could make an outline of a textbook chapter. That will help her remember key details and see how facts are related.

Tip: When your child reads online, suggest that she turn off any notifications and close all windows except for the one she's reading so she won't get distracted. 🍷

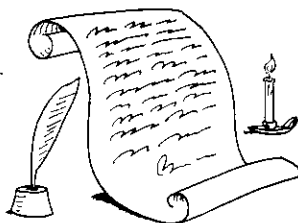


This day in history

Your tween can learn about the past—and discover that history is being made every day—with these activities.

Research the past

Encourage him to find out what happened on today's date in previous years. He could check the library or search "on this day in history" online. Then, ask him to share the "old news" with your family at dinner-time. For example, on March 1, he might report that the Peace Corps was established on this day in 1961.



Parent to Parent

Learning to lead

I had always believed the saying "Leaders are born, not made." So at a recent work seminar, I was surprised to discover that leadership can be learned.

My son Jack had been wanting to start a neighborhood baseball team, and I realized it would be a good way for him to practice leadership skills. I suggested he call the local league and ask what to do first. They told him that he needed to find players and a coach and then get a local business to pay the league fees (in exchange for putting the company logo on the players' jerseys).

When I explained that a good leader delegates tasks, he asked three neighborhood kids to help him hang flyers and recruit players. Jack has been working hard on this project, and he has enough kids for a team now. Next, he will call a players' meeting to work on finding a coach and a sponsor. 🍷



Capture the present

Suggest that your middle grader make a record of the immediate past by starting his own "Today in History" calendar. When he learns about an event (say, a record-breaking blizzard or the release of a new cell phone model), have him jot it down on the correct day. Then, he might add a brief explanation or draw a symbol to represent it. 🍷

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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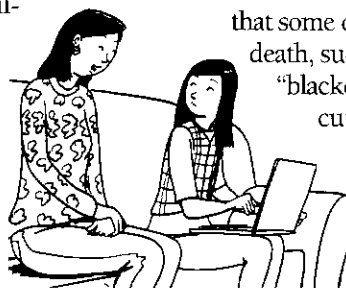
Q & A

The dangers of internet challenges

Q I've been hearing about "internet challenges" where kids dare each other to do dangerous things.

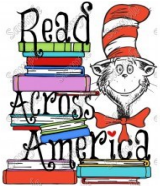
How can I keep my daughter from getting involved in these kinds of risky games?

A In today's online world, dares can spread like wildfire. Children may be encouraged to post videos of themselves eating hot peppers or being duct-taped to a pole, for example. Other kids see the videos and might be tempted to copy them.



Keep an eye on your daughter's online activities, and make sure to stick to websites' age limits. For instance, you must be 13 to post on YouTube and most other social media sites.

Also, ask your daughter to tell you when she hears about a challenge. Explain that some can cause serious injury or even death, such as the "choking game" or "blackout game," where participants cut off their own air supply. Be sure she knows she can come to you if she ever feels pressured to do something that makes her uncomfortable. 🍷



Read Across America

Friday, March 2

NEA'S Read Across America Day takes place each year on or near March 2, the birthday of 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. Celebrate the joy of reading with your child!

**You're never too old,
too wacky, too wild,
to pick up a book
and read to a child.**
-Dr. Seuss



YMS Track

Money for t-shirts and permission slips are due Tuesday, March 6th.

Our first day of practice and checking out sweats will be March 13th.

Before checking out sweats, be sure that you have a physical and a parent consent form on file in the YMS office.



Buy a YMS Yearbook

\$20

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

Make checks payable to YMS.
The yearbooks will be delivered in the fall.



YMS Musical



Coming soon to the YHS Theatre..... the annual YMS Musical!

This year's production is *Beauty and the Beast Jr!*

Please note that a mandatory dress rehearsal for **ALL** cast will be held Wednesday, March 14 in the YHS theatre from 2:30 p.m. – 4:30 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 15 & Friday, March 16 in the YHS Theater at 7:00 p.m.

Healthier Middle Schools

Every parent can help.

Your child needs your involvement at home and school.

At home you do what you can to make sure your kids eat healthier and stay active. But since they spend so much of their day in middle school, your influence is needed there, too.

Parents are key to making middle schools healthier. Together we can influence:

- ✓ **Cafeteria menus**
- ✓ **Vending machine choices**
- ✓ **Fundraiser options**
- ✓ **Physical activity time during and after school**

There is power in numbers.

The USDA is reaching out not only to you but also to middle school teachers, school principals, food service managers, and students. Why? Because in schools where healthier change has successfully been made, people from all of these groups worked together to make it happen.

Physical activity and healthier foods can help your kids do better in school.

As almost any teacher will tell you, healthy foods and regular physical activity can make a positive difference in the classroom.^{1,2,3,4,5} They may help kids to:

- ✓ **Concentrate better**
- ✓ **Perform at their best**
- ✓ **Have better attendance**



**Parents
have the
power.**



Some of the best ideas are on the back of this flyer, along with a web address where you can find ready-to-use materials to get started.

1. Florence MD, Asbridge M, Veugelers PJ. Diet quality and academic performance. *J Sch Health*. 2008; 78:209-215.

2. Fu ML, Cheng L, Tu SH, Pan WH. Association between unhealthful eating patterns and unfavorable overall school performance in children. *J Am Diet Assoc*. 2007; 107:1935-1943.

3. Sifúsdóttir ID, Kristjánsson AL, Allegrante JP. Health behaviour and academic achievement in Icelandic school children. *Health Educ Res*. 2007; 22:70-80.

4. Kim HY, Frongillo EA, Han SS, Oh SY, Kim WK, Jang YA, Won HS, Lee HS, Kim SH. Academic performance of Korean children is associated with dietary behaviours and physical status. *Asia Pac J Clin Nutr*. 2003; 12:186-192.

5. Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Middle schools get healthier when **parents** use their power.



Start a conversation.

Let people at school know this issue is important to you. Talk with the principal, your child's favorite teacher, or other parents. Ask who is working on ways to improve food or physical activity options and how you can help.



Let your kids see you making healthier choices.

Middle school kids still need their parents to show them the way. Be their role model for healthy foods and physical activity at home and school. Encourage them all you can.



Sign up. Join in.

Volunteer for a project or join a parent's committee on wellness.

Get on the agenda at the next parent's association meeting. Or start a parent's group online.



Make fundraisers healthier.

Instead of the usual candy and dessert foods, how about selling fresh fruit or holding a car wash or walkathon? Healthier choices can work just as well and are better for everybody.



Start small and work with others.

The important thing is to get something going now. Even small changes can make a healthy difference.



Get started today at **TeamNutrition.usda.gov.**

You'll find ready-to-use tools, like conversation starters and checklists. You'll also see what other middle school parents are doing to make their schools healthier.

Thanks for your help.



United States
Department of
Agriculture

TeamNutrition@fns.usda.gov

TeamNutrition.usda.gov

USDA is an equal opportunity provider and employer.



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	\$1.45
Adult Breakfast	\$2.15
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. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	2 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
5 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	7 A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	8 NO SCHOOL	9 NO SCHOOL
12 NO SCHOOL	13 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	14 A. Yogurt with Goldfish Crackers B. Cereal Choices and Toast Juice Choices Apple Wedges	15 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	16 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Sliced Peaches Juice Choices
19 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	20 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	21 A. Pancakes with Syrup B. Cereal Choices and Toast Juice Choices Mixed Fruit	22 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	23 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
26 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	27 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Pineapple	28 A. Iced Long John B. Cereal Choices and Toast Juice Choices Apple Wedges	29 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	30 NO SCHOOL

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or m.novak@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 include breadsticks
M-F Uncrustable, String Cheese, Bread stick

Lunch Meal Prices & Extras

MS Lunch	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.55	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 m.novak@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
<i>Chef Entrée</i> Chicken Fried Rice  Delicious fried rice tossed with seasoned vegetables and chicken.	Epic Meltdown Little Italy Grilled Cheese  The classic Italian Hoagie inside of a grilled cheese. Pepperoni and ham, topped with a seasoned marinara sauce, join melted provolone grilled cheese.		1 A. Home-style Beef Goulash B. BBQ Rib Sandwich Green Beans Sugar Cookie	2 A. Tuna & Noodles B. Cheeseburger Peas
5 A. Chicken Fajitas B. Corn Dog Refried Beans	6 A. Home-style Chicken and Noodles B. Baked Breaded Beef Fingers Mashed Potatoes and Gravy	7 A. Beef and Bean Burrito B. Pizza Steamed Carrots	8 NO SCHOOL	9 NO SCHOOL
12 NO SCHOOL	13 A. Cuban Hot Dog B. Pizza Hut Pizza Mixed Vegetables 	14 A. Home-style Chicken Ranch Pasta B. Cheeseburger Green Beans	15 A. California Lasagna & Garlic Breadstick B. BBQ Pork Sliders BBQ Beans	16 A. Italian Dunkers with Marinara Sauce B. Teriyaki Chicken Sandwich Golden Corn Chocolate Chip Cookie
19 A. Sloppy Joe A. Pancakes with Sausage Links Potato Triangle	20 A. Hot Ham & Cheese Sandwich B. Pizza Golden Corn	21 A. Home-style Cheese Quesadilla & Beef Enchilada Soup B. Crispy or Spicy Chicken Sandwich Zesty Black Beans	22 A. Homestyle Cavatini B. Mini Corn Dogs Green Beans Sugar Cookie 	23 A. Home-style Golden Macaroni & Cheese B. Buffalo Ranch Chicken Wrap Peas Carnival Cookie
26 A. EPIC MELTDOWN Little Italy Grilled Cheese B. Grilled Chicken Sandwich  Baked Beans	27 A. Toasted Cheese Sandwich & Tomato Soup B. Pizza Hut Pizza Mixed Vegetables 	28 A. Baked Ham Slice and Dinner Roll B. Chicken Nuggets and Dinner Roll Scalloped Potatoes Home-style Green Bean Casserole Holiday Cookie	29 A. Taco in a Bag B. Hot Dog Guacamole Cinnamon Breadstick 	30 NO SCHOOL

This institution is an equal opportunity employer and provider.



March 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1 G	2  B	3
4	5 G	6 B	7 2:00 Dismissal End of 3rd Quarter G	8 NO SCHOOL Spring Break	9 NO SCHOOL Spring Break
10					
11 Daylight Savings Time Starts 	12 NO SCHOOL Spring Break Board of Education Mtg.	13 Track practice Starts ~ check-out sweats  B	14 2:00 Dismissal G	15 YMS Musical 7:00 pm YHS Theater  B	16 YMS Honor Band 1:00-8:00pm YHS Theater 
17					
18	19 B	20 G	21 2:00 Dismissal B	22 G	23 8th grade class College Campus visit B
24					
25	26 7 & 8 TR @ Central City Tri w/G.I. Westridge 2:00 pm Board of Education Mtg. G	27 B	28 2:00 Dismissal G	29 B	30 NO SCHOOL Easter Break Good Friday
31					