



Be Safe, Be Respectful, Be Responsible
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 DECEMBER 2018/JANUARY 2019

Greetings YMS Parent(s):

We have had a fantastic first semester. Students have grown **academically**. Teachers have been constantly **challenging** them to think critically, be creative, problem solve and to collaborate with other students.

While we certainly have been busy growing academically, we also have seen tremendous growth **socially** and **emotionally** at YMS. The adults in this building pride themselves on developing the **whole child** as they navigate through some of the busiest times for change in their young lives.

As we finish our first semester this year and say goodbye to 2018, I would like to **ask for your help** in a few different areas to help **improve your child's experience at YMS**.

1. Remind your child(ren) that the **last few weeks** of this semester are **critical**. We have many important educational topics to discuss and experiences to encounter to finish off a positive first semester. Encourage them to **run all the way through the finish line**.
2. Continue to foster a **growth mindset** at home. Encourage the process not the ability. Remind them that it is ok to fail, but **not OK to quit** and that it is always possible to **improve** any situation.
3. This is a **challenging time** for young people and sometimes they can have doubts about themselves. Help remind your child(ren) during this period of doubt that **the only thing that matters is how you see yourself**.
4. Now that the normal daily temperature has fallen please try to make sure your student(s) are **dressed for the weather**. Even though it might be a bit colder, most of the time we will be sending kids outside at noon recess. We will not go outside if it is dangerously cold but will send them out if only to, as my dad would say, "**blow the stink off of em**" and let them release some energy.

In our Friday assemblies, we talk about five ways to deal with a bully. These steps empower students to begin to manage their actions when faced with bullying behaviors.

1. Ignore- Acting like you don't care can deter a bully.
2. Walk Away- Walking confidently away can let the bully know that you are not going to be bullied.
3. Talk Friendly- "Please stop saying/doing that to me." "I really don't like it when you do/say that."
4. Talk Firmly- "Stop that! Don't say/do that again! I have had enough!"
5. Tell an adult- When all of these steps have failed it is time to tell an adult.

We also have discussed with students a saying which states, "The only thing that matters is how you see yourself!" We tell kids if you **think you are** strong, caring, brave, kind, confident, curious, genuine, self-reliant **then you are!**

I hope you take time during the holiday break to enjoy family and friends. Thank you for all your effort to make this first semester at YMS one of the best for your child. I can't wait to finish off this fantastic first semester and then work hard to make the second semester even better than the first. Go Dukes!

Kenny Loosvelt

Middle Years

Working Together for School Success



Short Stops

Getting the message

Let your tween know you're counting on her to keep you in the loop about school news. During morning announcements, she might jot down reminders ("Ask for a ride to basketball tryouts, Saturday 9 a.m."). Or have her post flyers on the refrigerator where you'll see them.

Mealtime manners

Encourage your child to be polite when he's offered food. If he doesn't like something, he could take a small portion to try—maybe he'll enjoy it after all! If he has a food allergy or eats a vegetarian diet, he can mention it and say, "Thank you anyway."

Turning in assignments

Your middle grader's homework isn't finished until she hands it in. Suggest that she take it out of her backpack as soon as she sits down in each class so it's ready to be collected. Or perhaps she'll keep homework in one folder to carry to every class so she doesn't leave any assignments in her locker.

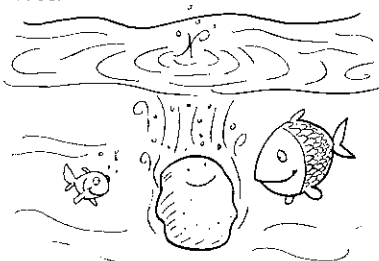
Worth quoting

"Happiness often sneaks in through a door you didn't know you left open."
John Barrymore

Just for fun

Q: If you throw a blue rock into the Red Sea, what will it become?

A: Wet!



Growing responsibility

Picture your middle grader as a responsible young adult. How do you help him get there? Consider these ideas for planting the seeds of responsibility now so he'll grow into the dependable person you're trying to raise.

Promote consistency

Sticking to routines makes handling responsibilities a natural part of your tween's day. For instance, if he needs a tablet for school, he might charge it on the kitchen counter every night. Or suggest that he bring his PE uniform home on Fridays so he can wash it.

Pass the "baton"

Imagine you're in a relay race and you're passing the "responsibility baton" to your child. Make the handoff by switching from giving instructions to asking questions. Say he's getting ready for a chorus concert. Instead of telling



him to put on his dress shoes and find his sheet music, try saying, "What do you need to do to get ready?"

Discuss accountability

Experience is an excellent teacher—and it can make your middle grader more responsible. Share an example from your own life ("I forgot about my doctor's appointment, so now I have to pay a no-show fee"). Then, explain what you learned ("I need to put appointments on my calendar right away").

Brainstorm for project success

Your tween may have heard the expression "Two heads are better than one." That's especially true when it comes to brainstorming! Share these tips she can use the next time she works on a group project.

■ **Get organized.** Decide what the group will accomplish (say, picking a topic for a class presentation). Review the assignment guidelines, and appoint one person to record ideas.

■ **Consider all possibilities.** Encourage your middle grader to call out any idea that comes to mind, even if she's not sure it'll work. An off-topic or half-formed suggestion may lead others to think of ideas that will work.

■ **Read and evaluate.** At the end of the brainstorming session, look over all the contributions. Think of ways to combine or tweak everyone's favorites.



Writing is fun!

Motivate your tween to write more often with these activities. She'll practice using parts of speech and descriptive language.

Make up Mad Libs. Your middle grader could create a silly story by leaving blanks for you to fill in. Encourage her to think carefully about where to put blanks and label each with the part of speech needed (noun, verb, adjective). For example, will



she leave out a noun so you can choose the character? ("I looked up to see a giant _____ walking down the street.") Or will she pick the character and let you supply an adjective to describe it? ("There was a _____ wildebeest on the loose.")

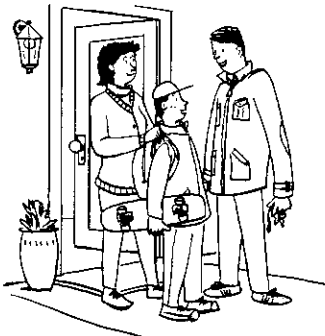
Write shape poetry. Can your

child write a poem in the shape of her topic? With *concrete poetry*, she'll do just that. First, have her select an object to write about, such as an apple, and think about what it brings

to mind (baking apple pies with Grandma, visiting an apple orchard). She should draw an outline of an apple in pencil, write lines of poetry in pen to fit the shape, and erase the outline. 🍏

Parent to Parent Peaceful co-parenting

After our divorce, my ex-wife and I used a co-parenting app to communicate because talking in person was awkward.



When I mentioned the app to my counselor, he suggested that it would be good for our son, Aiden, to see his parents getting along—in person.

I realized he was right, so lately I've started going to my ex-wife's door to pick up Aiden rather than waiting in the car. I caught my son smiling when he saw me talking to his mother about how he's doing in school and about our plans for the weekend.

We still use the app, but it's getting easier to set aside our emotions for Aiden's sake. He's realizing that we can work together even though we have our differences. 🍏

Q & A

Avoid the gossip scene

Q I recently heard my daughter talking with her friends about a rumor that's going around at school. How can I encourage her not to gossip?

A First, talk to your daughter when her friends aren't around. You could suggest that she always assume rumors are false. Point out that people who start or share them often don't even know if they're true. They may gossip because they want attention or to get revenge, for example.

Then, have your tween think about how the person being talked about would feel if he overheard the gossip. Instead of staying silent, your middle grader might speak up and say, "That sounds like a rumor." She should also avoid spreading the rumor.

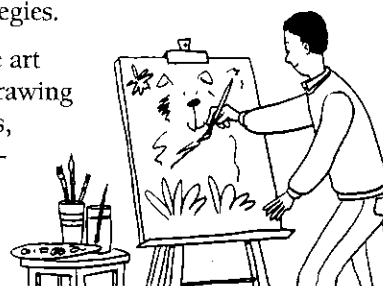
Finally, explain that sharing rumors can cause friends not to trust her. After all, if they know she's willing to gossip, they may wonder if she'll gossip about them one day, too. 🍏



Creative tweens

Ever wonder what happened to your singing, doodling, spontaneous child? He's still there! Since middle graders are usually more self-conscious, they might need a little coaxing to express their creativity. Try these strategies.

1. Put an inexpensive art easel and supplies (drawing paper, paints, brushes, markers, colored pencils) in a corner of your home. When you're not looking, your tween may



decide to sketch a pet, paint a sunset, or try his hand at abstract art.

2. Put your middle grader in charge of making signs on the computer or on poster board for family members' birthdays. He can download pictures specific to the person (favorite food or movie star) and write a clever greeting. *Example:* "Happy birthday from the whole bunch" with a picture of bananas. 🍌

OUR PURPOSE

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

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YMS & YHS Band Concert

HOLIDAY BAND CONCERT AND SOUP SUPPER

Rehearsals are under way for this year's Holiday Band Concert that will be held at 7:00 p.m. on Tuesday, December 4, in the York High School Theater. The concert will feature selections from the middle school and high school bands. There is no admission charge for the concert.

Our middle and high school solo and small ensemble groups will be performing holiday music during a Soup Supper hosted by the Band Boosters organization in the cafeteria prior to the concert. They will be serving from 5:00 p.m. to 6:45 p.m.



Choir Concert

Come join us for the YHS & YMS Christmas Choir Concert. The students have been working very hard and are looking forward to giving you a great performance. The concert will be held on Monday, December 10 at 7:00 p.m. in the York High School Theater. The concert will feature selections by the middle school 6th, 7th & 8th grade choirs and the Expressions Show Choir. The concert will also include the YHS Choirs, including the Dukes & Duchesses. This evening will fill your heart with song and joy!



YMS MUSICAL

The first choir performance of the spring will be the YMS musical. The students are anxiously waiting to hear what this year's show will be! We will be learning the audition materials after the Christmas Concert and holding auditions on Tuesday, January 15 and Wednesday, January 16.

December

School Counselor Connection

Smartphones: They drive our world these days, and for many preteens and teenagers, they often shape their world. Unfortunately, technology can come with a price. Cell phone problems arise with preteens and teens. Problems with parents and others in authority as well as problems with peers.

Several individuals (adults included) are addicted to their cell phone. When the ringtone sounds or a vibration is felt, the need to check the device seems to take precedence over everything else. A lot of research has been done that shows students (and adults) who spend too much time texting, gaming, or on social network sites are at a higher risk for extreme anxiety, depression, school absenteeism, and risky behaviors. Throw in the problems associated with cyberbullying and digital dating abuse and the problematic issues of technology use is multiplied.

As I talk with middle school students, many admit to being addicted to their cell phones and several actually admitted they feel better when their cell phones are off and out of site.

So what can we do as parents? As a parent of teenagers, I have done some research and wanted to share some suggestions I have found online:

- Talk together as a family regarding overuse.
- Discuss online safety with your child.
- Talk about cyberbullying, sexting, digital dating abuse, etc. so children know about it and feel comfortable coming to you when it occurs.
- Decide as a family appropriate times for cell phone use and non-use (e.g. no cell phone after 9:00 p.m., no cell phones in the bedroom, no cell phone until homework is completed, no cell phone during meals, etc.)
- Make your child responsible for part of the cell phone bill and show them the actual bill each month.
- If your child experiences cell phone abuse and seems to be overly addicted, there are apps that can be used to block cell phone use. There are several out there but a few I have heard about include OurPact, TeenSafe, and IgnoreNoMore.
- Create a cell phone use contract with your child that includes Responsibilities, Behavior, and Consequences.
- Model appropriate cell phone use.
- Create meaningful family times that do not include cell phones or gaming devices such as board game night, going for a walk, going sledding, talking during car rides, etc.
- Finally, talk about the importance and the need for face to face social interactions.

December 21

End of First Semester

The last day of the first semester of school is December 21 with a 3:13 dismissal. School resumes on Thursday, January 3.

Notes from the school nurse

Early Cold and Influenza Signs

The common cold typically begins with a sore throat, which can make swallowing and even talking difficult. This condition usually lasts for a couple days and is often joined by runny nose and chest congestion. Overall, these symptoms should only last somewhere between a few days and a week. Influenza, however, proceeds in a different way. For one, all of the symptoms above are more severe and they're joined by other issues—including fever, headache, muscle aches, and soreness. Importantly, the flu is often marked by vomiting and diarrhea, which are rare with the common cold.

A prime differentiator between cold vs. influenza is that similar symptoms will come on and worsen gradually with a cold, compared to a influenza which hits suddenly and hard with the following symptoms...

- 1. Fever** - The initial sign that you have influenza, and not just a routine cold, will be a high fever that soars between 102- and 106-degrees Fahrenheit (or 38-degrees Celsius). Typically, children's fevers will be higher than adult fevers and can last 3 to 4 days before breaking.
- 2. Breathing Difficulty** - Congestion and stubborn coughing will often cause chest tightness, constricted nasal passages, and as a result restricted breathing that can become labored. Influenza can also make existing asthma or breathing issues worse.
- 3. Chills** - Periodic cold chills caused by sweating (particularly night sweats) as your fever comes and goes is very common with a nasty influenza as your body fights the illness and pushes it out of your body.
- 4. Headache** - Headache, or more commonly, nasal and sinus pain, due to congestion is very typical with influenza, which will worsen before it gets better.
- 5. Achy Muscles** - Aching muscles all over the body is very typical as influenza comes on. You'll especially notice muscle tenderness in the back, arms, legs, and chest (if you have a stubborn cough).
- 6. Cough** - Chest congestion that starts with a loose, hacking cough and develops into a persistent, dry cough is common with influenza. The persistent hacking can become severe and cause the throat and chest to be very tender.
- 7. Nasal Congestion** - Sinus and nasal congestion is common with influenza and a common cold. However, with influenza, the chances of it developing into bronchitis, pneumonia, or a sinus infection is much higher, and for young children and seniors, it can be life-threatening.
- 8. Fatigue** - Weakness that drains and completely exhausts you is common with influenza. Compared to a regular cold, influenza fatigue comes on rapidly and can last up to 2 or 3 weeks before your energy returns fully.
- 9. Sore Throat** - One of the most common symptoms of influenza is a sore throat, which can be described as burning or scratchy (particularly in the back of the throat). It may cause glands to swell and swallowing to become difficult.

What should I do if I get sick? Most people with influenza have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of influenza and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious influenza -related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for influenza. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick? No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with influenza symptoms and are at high risk of influenza complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the influenza, you may catch it from people who do have it.

What are the emergency warning signs of influenza sickness?

In children *Fast breathing or trouble breathing * Bluish skin color * Not drinking enough fluids * Not waking up or not interacting * Being so irritable that the child does not want to be held * Flu-like symptoms improve but then return with fever and worse cough * Fever with a rash*

In addition to the signs above, get medical help right away for any infant who has any of these signs: *Being unable to eat * Has trouble breathing * Has no tears when crying * Significantly fewer wet diapers than normal or not urinating much*

In adults *Difficulty breathing or shortness of breath * Pain or pressure in the chest or abdomen * Sudden dizziness * Confusion * Severe or persistent vomiting * Influenza -like symptoms that improve but then return with fever and worse cough*

Are there medicines to treat influenza? Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications.

How long should I stay home if I'm sick? CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick? Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others. Drink plenty of fluids and rest. Over the counter medications like acetaminophen and ibuprofen can help. Foods and drinks with vitamin C help boost the immune system. Warm fluids like tea with honey or chicken / beef broth help to soothe the throat.

DECEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 7 GBB @ Seward MS 4:30pm 8 GBB Home vs Seward @ YMS 4:30pm 7 & 8 WR @ Central City 5:00pm G	4  Band Booster Soup Supper 5:00-6:45 YHS Gym Commons Holiday Band Concert 7:00pm @ YHS B	5 2:00 Dismissal G	6 7 & 8 GBB @ Adams Central 4:30pm B	7 G	8 7 & 8 WR @ Boone Cntrl. Invite - 9:30am
9	10  Choir Concert 7:00pm - YHS Theater Board of Education Mtg. B	11 7 & 8 GBB-Home vs Beatrice 7 @ YES/8 @ YMS 4:00pm G	12 2:00 Dismissal B	13 G	14 B	15 7 & 8 WR @ Seward MS 9:00am
16	17 G	18 B	19 2:00 Dismissal G	20 B	21 End of 2nd Quarter G	22
23	24 Christmas Eve	25  Christmas	26	27	28	29
 NO SCHOOL - Christmas Break					
30	31 NO SCHOOL - Christmas Break New Year's Eve					



WE
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YOU A
Merry
CHRISTMAS

Kerry Hunt
 Matt Kern
 Lisa Eichengol
 Brenda Eamhart
 Jenna Schwoyer
 Amanda Williams
 Barbara Coleman
 Dan Bo
 Kimberly Hodgess
 Perry Connor
 Lynn Hirschfeld
 Nicole Vegg
 Donelle Ellisen
 Cathy Piper
 Paul Johnston
 Brendo Sterna
 Donelle Ellisen
 Jamie Royal
 Kelsey Gray
 Sally Badridge
 Greg Latham
 Zade
 Carmen Fowler
 Andy Haver
 Mike Brunkhan
 Chad Mattox
 Connie Nickel
 Jill Rerimney
 Paul Detersen
 Amy May
 Matt Brunkhan
 Matt Kern
 Stephen Santer
 Dan Bo
 Kimberly Hodgess
 Perry Connor
 Lynn Hirschfeld
 Nicole Vegg
 Donelle Ellisen
 Cathy Piper
 Paul Johnston
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 Jamie Royal
 Kelsey Gray
 Sally Badridge
 Greg Latham
 Zade
 Carmen Fowler
 Andy Haver
 Mike Brunkhan
 Chad Mattox
 Connie Nickel
 Jill Rerimney
 Paul Detersen
 Amy May
 Matt Brunkhan
 Matt Kern
 Stephen Santer

January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day <div>.. NO SCHOOL – Christmas Break ..</div>	2 Teacher Flex Day 	3 SCHOOL RESUMES Boy's Basketball Practice starts B	4 G	5
6	7 B	8 G	9 2:00 Dismissal B	10 G	11 B	12
13	14 Board of Education Mtg. G	15 B	16 2:00 Dismissal G	17 7 BBB-Home vs Beatrice @YMS 4:00pm 8 BBB @ Beatrice M.S. 4:00pm B	18 G	19 7 & 8 BBB York Hoopla Tourn. w/Col. Scotus, Crete, NW Jr. High 7th @ YHS 9:30am 8th @ YHS 8:30am
20	21 NO SCHOOL MLK In-Service Day 8 BBB-Home vs Aurora @ YMS 4:30pm Martin Luther King Jr. Day	22 B	23 2:00 Dismissal G	24 B	25 G	26 7 & 8 BBB @ Hastings St. Cecilia M.S. 7th @ 9:00am 8th @ 10:00am
27	28 Board of Education Mtg. B	29 7 BBB-Home vs. Seward @ YMS 4:30pm G	30 2:00 Dismissal B	31 7 & 8 BBB - Home vs Col. Scotus 7th @ YES 8th @ YMS 4:30pm G		