



Be Safe, Be Respectful, Be Responsible

December 2019 - January 2020

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 2019 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 education 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 assembly meetings, 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
YMS Principal

Middle Years

Working Together for School Success



Short Stops

A cozy tradition

Family traditions give tweens a sense of security as they deal with the ups and downs of adolescence. Here's one idea: Have hot chocolate parties on cold winter days. Set out toppings like marshmallows, cinnamon, and nutmeg. Then, chat about your day while you enjoy your treat.

Welcome, second semester!

Before your child goes back to school, remind her to check her schedule for any changes second semester will bring. She should make sure she knows where new classrooms are and what supplies she'll need. *Tip:* Send an email introducing yourself to any new teachers she has.

Middle school dating

If your tween mentions classmates who are dating, ask him what that means in middle school. Often, tween relationships start with "talking," which means texting or chatting on social media. Ask your child whether he's interested in anyone, and share your expectations, such as only exchanging messages and photos he'd be okay for you to see.

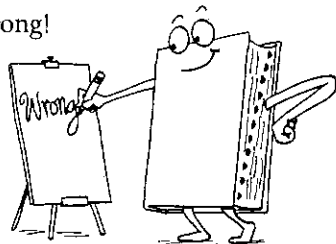
Worth quoting

"There are no shortcuts to anyplace worth going." *Beverly Sills*

Just for fun

Q: What word is spelled wrong in every dictionary?

A: Wrong!

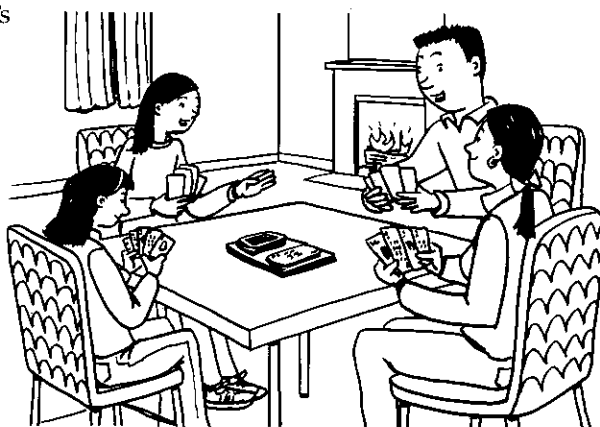


Healthy technology habits

Limiting your middle grader's screen time encourages her to interact with people in real life and focus on schoolwork. Try these tips.

Join in

Setting limits on electronics use for the whole family may make your tween more likely to cooperate. Ask everyone to silence and put away devices during game nights or car rides. You can enjoy conversation and pay attention to each other. Also, set up a charging station where everyone leaves devices at night so that sleep isn't interrupted.



Socialize face to face

Suggest that your child brainstorm screen-free activities to do with friends. *Examples:* Make up dance routines, work on a giant jigsaw puzzle. Or they could use electronics in ways that don't involve staring at screens. Maybe they'll sing along with a free karaoke app or go

outside and see who can take the coolest nature photos.

Stay focused

When your middle grader uses electronics for homework, have her close all apps or windows that she doesn't need for the assignment. She should also turn off notifications so she's not tempted to reopen the apps she closed. And if she takes a break, encourage her to make it screen-free. Perhaps she'll go for a short walk or play with her dog. 🐾

Developing a growth mindset

Does your child know that learning actually makes his brain grow? Help him adopt a *growth mindset*, or an attitude that he can develop his abilities if he works at them, with this advice.

■ **Find alternate routes.** Say the dialogue in a story your tween is writing sounds unrealistic. Rather than thinking, "I'm just not a good writer," he could look for ways to improve his writing. Perhaps he'll ask someone to act out the story with him and decide how the characters would really talk.

■ **Aim for variety.** Encourage your child to strengthen the growing connections in his brain by learning new information in multiple ways. For example, to study Spanish vocabulary, he could choose a picture book and listen to an audiobook version of it in Spanish while he follows along in the book. That way, he'll see, hear, and say the words he's learning. 🙌



Meaningful math

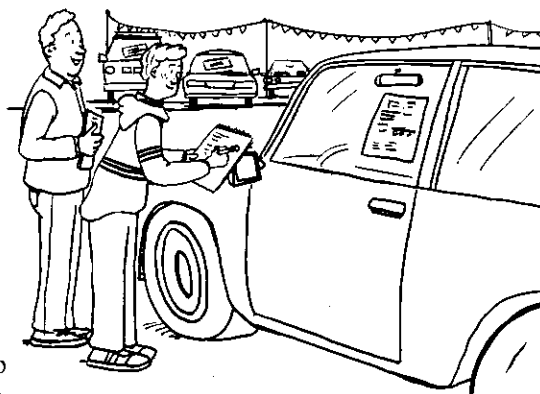
Math isn't just for the classroom. Numbers help to determine professional football team rosters, which TV shows stay on the air, and how new cars are designed. Your child can work with data, ratios, and percentages in areas that interest him. Share these examples.

Sports

Let your middle grader compare stats of teams and players in his favorite sport. He might look up and chart a hockey team's win-loss record and the star player's goals, assists, and total points. What percentage of the team's goals has that player scored so far this season?

TV shows

Television networks and streaming services decide which shows to keep based on how many people watch them. For a



month, suggest that your child follow weekly Nielsen ratings online for your family's favorite shows (see nielsen.com/us/en/top-ten/). By what percentage do viewer numbers change from week to week for each show?

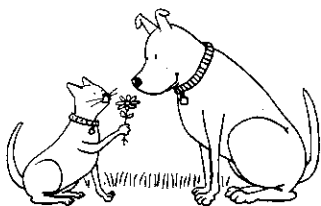
Cars

Engineers use math to design fuel-efficient cars. Ask your tween to look up the weight and gas mileage for various cars and calculate the weight-mileage ratio. He'll discover that lighter cars generally get better gas mileage. 🍷



Spread kindness

Q I recently overheard my daughter and her friend making mean remarks about another girl. How can I encourage my child to be kinder?



A Being kind has benefits that matter to tweens, like helping them make and keep friends and feel good about themselves.

Suggest that your daughter challenge herself to do at least one kind act each day. Maybe she could smile and say good morning to the bus driver or custodian, or invite someone who's sitting alone in the cafeteria to eat lunch with her.

When you ask your child about school at the end of the day, be sure to include, "Who were you kind to today?" and "Who was kind to you?" Tell her what you did that was kind, too—you'll give each other ideas to try another day. 🍷

Ready, set, debate

When would you want your tween to argue with you? During a friendly debate! Knowing how to make a strong argument can help her write persuasive essays and participate in class discussions. Here's a fun way to practice.



1. Choose a topic. You might debate whether it's better to shop online or in stores, or whether we should colonize Mars or the moon.

2. Prepare arguments. Have each person write down facts that support each side. *Examples:* Shopping online saves time because you don't have to drive to a store, and you can quickly compare options from several sites. But in a brick-and-mortar store, you can choose the vegetables you want or try on clothes, and you'll get in more steps for the day.

3. Hold a debate. Assign half the family to one side and half to the other. Then, present your arguments for your side. Next, swap sides—each person argues the opposite position. Did anyone's opinion change as a result of the debate? 🍷

Parent to Parent

Nervous? Try this

My son Ben loves to play piano, but he was nervous about this year's recital. I recently gave a big presentation at work, so I knew how he felt. I decided to talk to him about strategies I used to calm my nerves.

I told Ben that I practiced a lot. That helped me feel more confident because I knew the material better. Then during the presentation, I looked for friendly faces in the crowd. I

also kept going even when I stumbled over a few words.

Ben has been practicing for his recital, and he has also asked me to listen so he could play in front of an audience.

He said that on recital day, he plans to glance at our family for a boost of confidence before he sits down to play. I'm hoping that following my advice will make him a little less nervous. 🍷



OUR PURPOSE

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
800-394-5052 • rfecustomer@wolterskluwer.com
www.rfonline.com

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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 3, 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 5:30 to 6:45 p.m.



Choir Concert

Come join us for the YHS & YMS Christmas Choir Concert. The students have been working hard and are looking forward to giving you a great performance. It will be held on Monday, December 16 at 7:00 p.m. in the York High School Theater. The concert will feature selections by the YMS 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.



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 14 and Wednesday, January 15.

This year's show is going to be great and we want to see a great turn out at auditions!



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 20 End of First Semester

The last day of the first semester of school is December 20 with a 2:00 p.m. dismissal.



CHRISTMAS BREAK

Christmas Vacation will begin on Monday, December 23. School will resume on Monday, January 6.

A message from the school nurse.....

Your decision to get a flu shot or not goes well beyond you. It also affects everyone around you. Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia and the worsening of other chronic health conditions. Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year and to practice frequent handwashing.

With a new year on the horizon, consider making a healthier home one of your family's resolutions.

Healthy You: Make healthy food choices, be active, make an appointment for a check - up, know your numbers: weight/blood pressure/cholesterol, wash your hands frequently, keep hands away from the T-zone (eyes/nose/mouth) and get a flu shot.

Healthy Family: eat more meals together as a family, encourage and model physical activity, keep pets vaccinated and healthy, spend more time together, dress for the weather and get outside for fresh air.

Healthy Home: Install smoke alarms and carbon monoxide alarms on every level--avoid carbon monoxide poisoning -never use generators, grills, camp stoves, or similar devices indoors, keep cleaning products and medications away from children, have a winter weather emergency plan and stock your home and car with necessary supplies.

Healthy school and workplace: Stay home if you are sick and keep your family members home if they are sick, wash hands often, participate in healthy lifestyle programs, take steps to reduce and deal effectively with stress and help others to do the same.






In case of a weather emergency, we will follow the same procedure that has been in practice in the past years. That procedure is as follows:

1. Radio Station KOOL (103.5 FM 1370 AM), and KTMX-FM (104.9) will again serve as our primary source for dispensing "school closing information." They are 24 hour stations.
2. If severe weather necessitates an early dismissal, a school cancellation, or information concerning school buses, it will be broadcast on KOOL and KTMX.
3. Bus drivers are instructed to use good judgment in determining whether a road is passable. The Transportation Department will notify parents where children can be loaded if a specific road cannot be traveled. Buses will travel the regular routes and maintain a time schedule consistent with the conditions of the roads.
4. "Emergency Messages" will be sent to our student's parents and guardians who have an email or cell phone number listed in Infinite Campus, and the YPS Staff. Information will be posted on our website at www.yorkpublic.org, on our Facebook page at York Public Schools and on Twitter at @MitchBartYPS (#yorkdukes). **Parents and Guardians – please be sure to provide the school secretaries with your current email address and cell phone number in order to be notified!!**



DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>One-Act School Performance</i> 2:30 pm @ YHS Theater B	3 7 GBB - Home vs Northwest @ YMS 4:30pm 8 GBB @ Northwest (@ Chapman School) 4:30pm Band Boosters Soup Supper 5:00-6:45pm YMS/YHS Band Concert 7:00pm - YHS Theater  G	4 2:00 Dismissal B	5 7 GBB - Home vs Aurora (@ YMS) 4:30pm 8 GBB @ Aurora 4:30pm 7 & 8 WR - Home Dual vs David City @ YHS 4:30pm G	6 B	7 Pearl Harbor Remembrance Day
8	9 7 GBB @ Seward MS -4:30pm 8 GBB - Home vs Seward MS -4:30pm 7 & 8 WR Central City Invite (@ Central City HS) 5:00pm Board of Education Mtg. G	10 B	11 2:00 Dismissal G	12 7 & 8 GBB Home vs Adams Central (7 @ YES/8 @ YMS) 4:30pm B	13 G	14 7 & 8 WR Boone Central Invite (@Boone Central HS) - 9:30am
15	16 YMS/YHS Christmas Choir Concert 7:00pm @ YHS Theater  B	17 7 & 8 GBB @ Beatrice - 4:00pm G	18 2:00 Dismissal B	19 G	20 End of 2nd Qrt. 2:00 Dismissal B	21 7 & 8 WR @ Seward MS Tournament 9:00am
22	23 Board of Education Mtg.	24 Christmas Eve	25  Christmas	26	27	28
..... NO SCHOOL ~ Christmas Break						
29	30 ... NO SCHOOL ~ Christmas Break . .	31 New Year's Eve				

JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day  NO SCHOOL - Christmas Break	2	3 NO SCHOOL Teacher Flex Day	4
5	6 School Resumes  G	7 B	8 2:00 Dismissal G	9 B	10 G	11
12	13 Board of Education Mtg. B	14 G	15 2:00 Dismissal B	16 G	17 B	18
19	20 NO SCHOOL MLK In-Service Day Martin Luther King Jr. Day	21 G	22 2:00 Dismissal B	23 7 BBB - Home vs Beatrice (@YMS) 4:00pm 8BBB @ Beatrice 4:00pm G	24 B	25 7 & 8 BBB - York Hoopla Tournament vs. Columbus Scotus, Crete MS, Northwest 7th @ 9:30 am 8th @ 8:30 am @ YHS
26	27 8 BBB @ Aurora 4:30pm Board of Education Mtg. G	28 B	29 2:00 Dismissal G	30 B	31 G	



York School District 2019-2020 Breakfast, Grades 6-8 December 2019

Mon	Tue	Wed	Thu	Fri
2 Breakfast Entree * Chocolate Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	3 Breakfast Entree * Fresh Baked Sausage Biscuit Sandwich * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	4 Breakfast Entree * Blueberry Muffin with Hard Boiled Egg * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	5 Breakfast Entree * Breakfast Sliders * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	6 Breakfast Entree * Fresh Baked Cinnamon Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
9 Breakfast Entree * French Toast Sticks with Syrup Dipping Sauce * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	10 Breakfast Entree * Home-style Stuffed Potato Breakfast Burrito * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	11 Breakfast Entree * Fresh Baked Biscuits and Gravy * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	12 Breakfast Entree * Bacon & Egg Breakfast Pizza * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	13 Breakfast Entree * Iced Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
16 Breakfast Entree * Ham, Egg & Cheese Biscuit Bake * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	17 Breakfast Entree * Maple Long John * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	18 Breakfast Entree * Scrambled Eggs and Sausage with Toast * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	19 Breakfast Entree * Pancake Sausage Stick * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable	20 Breakfast Entree * Fresh Baked Caramel Roll * Cereal Choices with Toast * Smucker's Peanut Butter & Jelly Uncrustable
23 Misc. No School	24 Misc. No School	25 Misc. No School	26 Misc. No School	27 Misc. No School
30 Misc. No School	31 Misc. No School	1 Misc. No School	2 Misc. No School	3 Misc. No School

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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
 fax: (202) 690-7442; or
 email: program.intake@usda.gov.

This institution is an equal opportunity provider.



York School District

2019-2020 Lunch, Grades 6-8

December 2019

Mon	Tue	Wed	Thu	Fri
2 Lunch Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Cheeseburger * Baked Breaded Fish Sandwich * Fresh Baked Combo Sub * Roasted Chicken & Cheddar Deli Wrap * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter	3 Lunch Entree * Taco in a Bag * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Hot Hawaiian Pizza * Chicken Caesar Deli Wrap * Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter	4 Lunch Entree * Hearty Meatloaf with Dinner Roll * Pork Fritter Sandwich * Grilled Chicken Sandwich * Fresh Baked Italian Sub * Uncrustable & Cheese Platter * Strawberry Banana Yogurt Parfait with Graham Crackers	5 Lunch Entree * Original Beef Goulash * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Supreme Pizza * Tuna Salad Deli Wrap * Fajita Salad with Tortilla Chips * Uncrustable & Cheese Platter	6 Lunch Entree * Home-style Chicken & Noodles * Oven-Roasted Hot Dog * Ham, Egg & Cheese Biscuit Sandwich * Sweet Pepper Vegetarian Salad with Roasted Flatbread * Vanilla-Berry Yogurt Parfait with Goldfish Grahams * Uncrustable & Cheese Platter
9 Lunch Entree * Honey Garlic Glazed Chicken over Rice * Pork Fritter Sandwich * BBQ Rib Sandwich * Fresh Baked Combo Sub * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter	10 Lunch Entree * Beef Stroganoff * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked BBQ Chicken Pizza * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter * Chocolate Cherry Yogurt Parfait with Graham Crackers	11 Lunch Entree * Baked Breaded Steak Fingers with Dinner Roll * Crispy Chicken Sandwich * Spicy Chicken Sandwich * Fresh Baked Italian Sub * Chicken Caesar Salad with Roasted Flatbread * Uncrustable & Cheese Platter	12 Lunch Entree * Baked Spaghetti with Garlic Breadstick * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Cheeseburger Pizza * Fajita Salad with Tortilla Chips * Tuna Salad Deli Wrap * Uncrustable & Cheese Platter	13 Lunch Entree * Chicken Ranch Pasta * Breaded Beef Patty Sandwich * Grilled Chicken Sandwich * Fresh Baked Ham & Turkey Sub * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter
16 Lunch Entree * Creamy Macaroni & Cheese * Cheeseburger * BBQ Rib Sandwich * Fresh Baked Combo Sub * Roasted Chicken & Cheddar Deli Wrap * Uncrustable & Cheese Platter	17 Lunch Entree * Super Nachos * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Buffalo Ranch Pizza * Chef Salad with Roasted Flatbread * Uncrustable & Cheese Platter * Caramel Apple Yogurt Parfait with Graham Crackers	18 Lunch Entree * Cheeseburger Soup with Dinner Roll * Baked Breaded Fish Sandwich * Oven-Roasted Hot Dog * Fresh Baked Italian Sub * Uncrustable & Cheese Platter * Fruit, Yogurt & Cheese Platter	19 Lunch Entree * Baked Ham with Dinner Roll * Pizza Station: Fresh Baked Cheesy Pizza * Pizza Station: Fresh Baked Mac Cheese Pizza * Crispy Chicken Deli Wrap * Fajita Salad with Tortilla Chips * Uncrustable & Cheese Platter	20 Lunch Entree * Loaded Hash Browns with Dinner Roll * Fresh Baked Ham & Turkey Sub * Teriyaki Chicken Sandwich * Ham, Egg & Cheese Biscuit Sandwich * Uncrustable & Cheese Platter * Strawberry Banana Yogurt Parfait with Graham Crackers
23 Misc. No School	24 Misc. No School	25 Misc. No School	26 Misc. No School	27 Misc. No School
30 Misc. No School	31 Misc. No School	1 Misc. No School	2 Misc. No School	3 Misc. No School



Merry Christmas

From the Staff at York Middle School

Jamie Royal
The Super
Laura Case
Stephen Sautter
Krissey Brad
Carmen Fouch
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Kelly Siler
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