



Kenny Loosvelt

Volume 6

PRINCIPAL

Number 3

Be Safe, Be Respectful, Be Responsible

NOVEMBER 2020

Hello YMS Parent(s),

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

I know that in our community we have seen an increase in the number of positive Covid-19 cases in our community. We have had a few students and staff members contract the virus. We have had a few more that have had to quarantine due to exposure from a family member testing positive. I still believe that YMS is a safe place for students to learn. In working with our local health department they are pleased with what is happening both at YMS and in our school district as a whole.

Thank you for continuing to encourage your child to follow the safety protocols at YMS so that we can continue to mitigate the risk of spreading this disease. Thank you for also following the guidance of 4-Corners with your family by encouraging them to follow safety protocols.

This school year will be one like no other but because we are working together and partnering students are in classes and tremendous teaching and learning is taking place at YMS.

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

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

We are going to have a fantastic second quarter at YMS. Teachers and staff are here for your student(s). We are going to continue to push them to grow and be better students and young men and women. We are going to do everything we can to keep them safe and in school. Thank you for your help as we work together to make the years at YMS some of the best years in their academic life.

Kenny Loosvelt, Principal

Middle Years

Working Together for School Success



Short Stops

Attendance matters

Missing even a few classes—whether they're in person or online—can have a snowball effect. Not only does being absent make it hard for your child to keep up, but chronic absenteeism is linked with a higher dropout rate. Make sure your middle grader knows you expect him to be in every class every day, unless he's sick or there's a family emergency.

Digital manners

Before your tween sends a text, post, or email, suggest that she ask herself, "Is this nice? Would I say it in person?" If the answer to either question is no, it's a good idea to reword. *Tip:* If she feels the need to type a disclaimer like "No offense, but ..." she probably shouldn't hit "send."

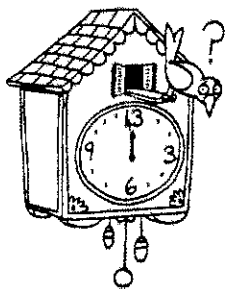
When parents disagree

Children who hear their parents arguing can feel stressed and insecure. Try to avoid topics that cause tension when your middle schooler is within earshot. If he does overhear an argument, offer reassurance: "We were upset, but we worked it out. And we still love each other and you."

Worth quoting

"Go confidently in the direction of your dreams!" *Henry David Thoreau*

Just for fun



Q: What time is it when the clock strikes 13?

A: Time to get a new clock.

Fine-tune your study routine

A good study routine helps your middle schooler manage her workload and make the best use of her time. Use these ideas to help her develop one that works for her.

Set the scene

For one week, challenge your tween to do "quality checks" of her study sessions. She can write down distractions (TV, text messages), note how she feels when she loses focus (fidgety, hungry), and pinpoint time wasters (searching for school supplies, choosing a snack). Together, brainstorm solutions. Maybe she can silence electronics, set a timer to take breaks, and gather supplies and snacks before she starts working.



algebra practice problems (30 minutes)" instead of "Study for math test."

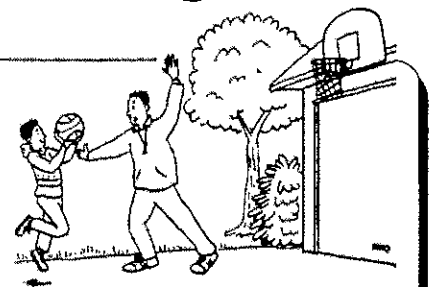
Personalize the approach

The "right" way to study is different for every student. Suggest that your child experiment with study methods to find her favorites. She might notice whether she stays on task better when she studies alone or if she learns more in a study group. Or maybe she'll try reading notes silently and out loud. She may realize that silent reading is faster but that she remembers more when she sees and hears the material. 👍

On common ground

As your child gets older, you can stay close by discovering routines and activities to share. Here's how:

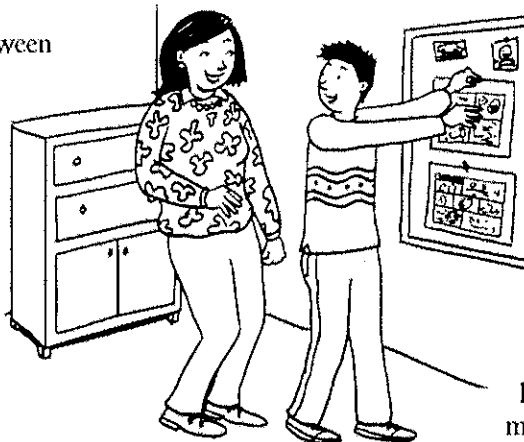
- Choose things you do regularly, like eating and exercising, and try to do them with your tween. For instance, have breakfast together before he leaves for school. Or if he's doing online school, aim to sync your lunch breaks. Invite him to join you on your next run, or offer to shoot baskets with him.
- Look for common interests. Does your middle grader like music you enjoyed at his age? Play "Name That Tune" to see who can shout out titles and artists first. Or did he stream a TV series you loved when it originally aired? Make up trivia questions about the show, and try to stump each other. 👍



Focus on mental health

Strong coping strategies can help your tween navigate difficult situations—including a pandemic. Share these techniques for boosting his mental health.

Let it out. If your middle grader feels anxious or sad, writing may make his feelings more manageable. Suggest that he keep a journal, write poetry or song lyrics, or jot concerns on slips of paper to drop in a “worry jar.” Also, talk to him regularly about his feelings, and



share your own thoughts. (“I miss working in the office with my colleagues, but it’s nice to work in comfy clothes.”)

Look for the good. When your tween is stressed, encourage him to close his eyes, take deep breaths, and visualize one positive thing that happened today. Maybe he got to video chat with a friend he hasn’t seen in a while. Thinking about good times can make worries seem less intense.

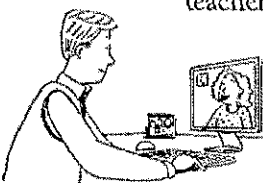
Find humor. Laughter is a proven mental health booster. Your middle schooler might decorate his bedroom wall with things that make him chuckle, such as comic strips or funny pictures. He could even draw his own comics or write silly captions for photos. Ask him to show you the jokes, and enjoy a good laugh together. 🍷

Parent-teacher conferences

There are many great reasons to take part in conferences with your middle grader’s teachers. Here are four.

1. You’ll help your child succeed. Students do their best when parents and teachers work together. Making a personal connection sets the stage for a strong partnership.

2. You’ll get to share information. Hearing about life at home gives the teacher insight into your tween. (“Lucy’s two younger siblings are also doing remote learning.”)



3. You’ll learn what’s expected. Knowing what your middle schooler needs to master helps you support her. Ahead of time, ask if she has questions for her teachers.

4. You’ll send a good message. Taking time to attend conferences shows your tween that school is important to you. *Tip:* Share teachers’ nice comments with her. (“Mr. Walker said you make excellent points during class discussions.”) 🍷

OUR PURPOSE

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

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Parent to Parent

A STEM-powered race

My son Tony loves STEM club, and he asked if we could do STEM challenges at home. So we decided we’d hold a family competition to engineer the best balloon-powered car.

Tony used a paper cup for the body of his car, chopsticks for the axles, and wagon-wheel pasta noodles for the wheels. He poked a hole in the bottom of the cup and threaded an uninflated balloon through the hole. Then, he blew it up and let go—the car whizzed across the room as the air left the balloon.

I made my car out of an empty cream cheese tub, knitting needles, and thread spools. It didn’t go as far as any of my kids’ cars—but Tony helped me redesign it so it would go a lot farther.

Next, we’re going to see who can build the biggest house of cards that stands on its own. 🍷



Q & A Raise a lifelong learner

Q My daughter told me I’m lucky that I don’t have to do school-work or take tests anymore. How can I help her understand that learning is lifelong?

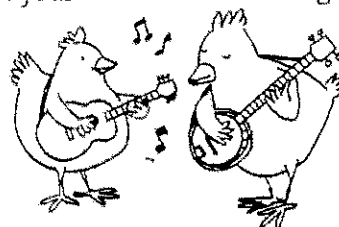
A Knowing that she’ll keep learning throughout life can motivate your daughter to do better in school.

Share with her what you learn each day. You might mention a new cash register system you’re being trained

on at work, an article you read about the Mars rover, or a podcast on food trends that you listened to in the car. Show enthusiasm for learning new things—it may rub off on your child!

Then, talk about how she’ll keep learning outside of class. If she wants to get a puppy, she’ll need to research training tips.

Or if she loves playing guitar, maybe she’ll teach herself to play other instruments like the ukulele and the banjo. 🍷



School Counselor Connection
November 2020
Is Your Child Getting Enough Sleep?

An extremely important factor in the success of your child's education actually happens outside the classroom. It's sleep, and it is vital not only your child's health and well-being but is critical to their success in school.

We have heard about the importance of sleep when it comes to our health. People who do not get enough sleep are more likely to get sick after being exposed to a virus and lack of sleep can affect how fast you recover from an illness.

Did you know that middle-school aged children need 9-10 hours of sleep each night? Their bodies are going through some major physical growth spurts as well as a second developmental stage of cognitive maturation. In order for their bodies to do all of this growing and maturing, they need sleep.

Unfortunately, many middle school aged children do not get the recommended 9-10 hours of sleep they need each night.

To determine whether or not your child is getting enough sleep, keep a sleep diary of their sleep patterns. Does your child wake up easily each morning? Is your child able to stay alert in classes all day long or do they complain about being tired throughout the day?

If you believe your child is not getting enough sleep, below are some things to try:

- Enforce a regular bedtime and stick to it. On the weekends, do not let them stay up or sleep in two or more hours away from their normal sleep and wake times
- Limit caffeine intake
- Make sure your child is getting plenty of exercise
- Ban late-night screen time. Research links light emitted from devices to problems sleeping
- **Keep cell phones and other electronic devices outside of the bedroom overnight. Students need to be sleeping, not checking social media. If they argue they need it for the alarm...buy an alarm clock.**

Jennifer Badura
YMS Counselor



**Thanksgiving Vacation will be Wednesday, November 25,
Thursday, November 26 and Friday, November 27.
Have an enjoyable Thanksgiving Vacation!**

We want to thank those of you who supported the York Middle School Believe Fundraising. We are thrilled to have your support!

Because of your generosity a portion of the sales will be donated back to YMS. Our students and families greatly benefit from these types of activities.

Thank you again for helping us reach our fundraising goal.



PICTURE RETAKES TUESDAY, NOVEMBER 10

If your child did not have his/her school picture taken or if he/she is not satisfied with their picture, retakes will be on Tuesday, November 10.



YMS

Food Drive



Thank you to all those who donated to our annual **CANNED FOOD DRIVE**. Items were collected and will be delivered to the Blue Valley Community Action Center on Thursday, November 5. We appreciate your contributions!



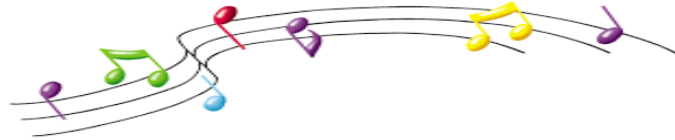
As we move into the fall and winter months the days begin to get colder. Sometimes middle school students feel they are invincible and don't need to wear a coat.

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



When your child is going to be absent . . .

When your child is ill and unable to attend school we want to hear from you. Please give us a call at 362-6655, option 1, between 7:30 - 8:30 a.m.



YMS CHOIRS

This year's YMS choirs are off to a great start. We have large ensembles, which are showing potential for a great year and therefore some great performances for you, their parents and friends. Please mark your calendars for their three big performances left this year.

YMS Choir Christmas Concert – Monday, December 15, 6:30pm

YMS Musical – Thursday, March 18 and Friday, March 19, 7:00pm

YMS Talent Show - Thursday, May 6th, 7:00pm

All of these performances will be held at the York High School Theater.

york ffa

HARVEST MOON UPDATE

Sunday, November 8th

2:00pm-6:00pm at the Holthus
Convention Center Lobby
Silent Auction Only

We welcome you to come walk through and view our silent auction items in the lobby of the convention center. Masks are required and all bidding will take place online. All info for online bidding will be posted on our social media and available at the event.





YORK MIDDLE SCHOOL FFA
PARTNERS WITH KILEY
PALMERTREE

Cupcakes: Split The Pot

PURCHASE TO-GO CUPCAKES AT THE HARVEST MOON EVENT FOR A CHANCE TO WIN CASH IN A 'SPLIT THE POT' STYLE WINNING. IF YOU GET THE CREME FILLED CUPCAKE YOU ARE THE WINNER! THE OTHER HALF OF PROCEEDS WILL BE DONATED TO THE BEAUTIFICATION OF DOWNTOWN YORK.



YORK FFA

2020 Talent Show

All acts will be pre-recorded and judged by a panel of judges.

Acts will be posted on social media on Sunday, November 8th.

Winners will be selected based on judges score AND public votes. You can vote for your favorite act by purchasing a vote for \$1 online at yorkffa.com

ALL proceeds from public votes will be donated towards the Parker, Peyton, Lane Playground fundraiser. Public will be allowed to vote through November 14.

Winner will be announced on November 15 via York FFA social media. The winner of the show will receive a \$500 prize provided by Cornerstone Bank!

YORK FFA PRESENTS

holiday sales 2020



Visit yorkffa.com to check out
our holiday sales items and
support your favorite FFA
member in the process!

November 13th is the FINAL DAY

All items will be delivered to you in early
December by the FFA member you choose
to support.



02	03	04	05	06
Entree * Fresh Baked Ham & Cheese Sub * Spicy Chicken Sandwich * Creamy Macaroni & Cheese Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Combo Sub * Hot Pepperoni Sub * Chicken Nuggets with Dinner Roll * Strawberry Banana Yogurt Parfait with Graham Crackers Vegetables Fresh Broccoli Florets Candied Carrots Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Home-style Spaghetti * Mini Corn Dogs Vegetables Fresh Baby Carrots Fiesta Corn Salad Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * Breaded Beef Patty Sandwich * Beefy Taco in a Bag * Vanilla-Berry Yogurt Parfait with Goldfish Grahams Vegetables Fresh Broccoli Florets Black Turtle Beans on Fruit & Veggie Bar Fruit Fruit of the Day Desserts Fresh Baked Sugar Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Turkey Sub * Honey Garlic Glazed Chicken over Rice * Pizza Station: Fresh Baked Beefy Pizza Vegetables Fresh Baby Carrots Creamy Broccoli & Bacon Salad Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
09	10	11	12	13
Entree * Fresh Baked Ham & Cheese Sub * Grilled Chicken Sandwich * Classic Beefy Chili and Crackers Vegetables Fresh Baby Carrots Golden Corn Fruit Fruit of the Day Desserts Fresh Baked Cinnamon Bun Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Combo Sub * Cheeseburger * Chicken Ranch Pasta * Chef Salad with Roasted Flatbread Vegetables Fresh Broccoli Florets Steamed Carrots Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Oven-Roasted Hot Dog * Caramel Apple Yogurt Parfait with Graham Crackers Vegetables Fresh Baby Carrots Crinkle Cut Fries Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * BBQ Rib Sandwich * Popcorn Chicken Bites * Fajita Salad with Tortilla Chips Vegetables Fresh Broccoli Florets Roasted Ranch Garbanzo Beans on Fruit and Veggie Bar Fruit Fruit of the Day Desserts Brownie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Turkey Sub * Taco Burger * Pizza Station: Fresh Baked Cheesy Pizza Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
16	17	18	19	20
Entree * Fresh Baked Ham & Cheese Sub * Crispy Chicken Sandwich * Chicken Nuggets Vegetables Fresh Baby Carrots Mashed Potatoes with Chicken Gravy Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Combo Sub * Pork Fritter Sandwich * Soft Shell Beefy Tacos * Chocolate Cherry Yogurt Parfait with Graham Crackers Vegetables Fresh Broccoli Florets Black Turtle Beans on Fruit & Veggie Bar Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Turkey & Cheese Sub * Corn Dog * Baked Breaded Steak Fingers Vegetables Fresh Baby Carrots Mixed Vegetables Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Cheese Sub * Creamy Macaroni & Cheese * Chicken Chef Salad with Roasted Flatbread Vegetables Fresh Broccoli Florets Fiesta Corn Salad Fruit Fruit of the Day Desserts Fresh Baked Carnival Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Fresh Baked Ham & Turkey Sub * Honey Glazed Chicken on a Biscuit * Pizza Station: Fresh Baked Pepperoni Pizza Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
23	24	25	26	27
Entree * Fresh Baked Ham & Cheese Sub * Traditional Sloppy Joe * Strawberry Banana Yogurt Parfait with Graham Crackers * Popcorn Chicken Bites Vegetables Fresh Baby Carrots Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Home-style Scalloped Potatoes & Ham with Dinner Roll * Fresh Baked Combo Sub * Grilled Chicken Sandwich Vegetables Fresh Broccoli Florets Classic Green Bean Casserole Fresh Veg of the Day Fruit Fruit of the Day Desserts Fresh Baked Holiday Cookie Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Misc. No School	Misc. No School	Misc. No School
30				
Entree * Fresh Baked Ham & Cheese Sub * Pancakes & Sausage * Spicy Chicken Sandwich * Vanilla-Berry Yogurt Parfait with Goldfish Grahams Vegetables Fresh Baby Carrots Hash Brown Triangle Green Beans Fruit Fruit of the Day Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk				

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- 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) 696-7442; or
- email: program.intake@usda.gov.

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November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends 	2	3	4 2:00 Dismissal	5	6	7 Duke Hoops 8:00am
	B	G	B	G	B	
8	9 7 & 8 WR York Invite vs. Crete, David City, Fairbury, Fillmore Central, Hasting @ YMS - 4:00 pm Board of Education Mtg.	10 7 & 8 GBB @ Hastings St Cecilia 4:30pm School picture retakes 	11 2:00 Dismissal 	12 7 & 8 WR - Home Tri. vs. Crete, Schuyler @ YMS 4:30pm	13 Staff Work Day Student Intervention	14 Duke Hoops 8:00am
	G	B	G	B	G	
15	16 8 GBB - Home vs. Westridge MS @ YMS - 4:30pm	17 7 & 8 WR @ Aurora MS Tri. 4:30pm	18 2:00 Dismissal	19 7 GBB - Home vs Hastings MS @ YMS - 4:30pm	20	21 Duke Hoops 8:00am 7 & 8 GBB - York Hoopla Trn. vs. Col. Scotus, Crete, Lakeview 7 @ YHS Aux Gym/8 @ YHS Main Gym 10:00am
	B	G	B	G	B	
22	23 7 GBB @ Crete MS 4:30pm 8 GBB - Home vs. Crete MS @ YMS 4:30pm Board of Education Mtg.	24 7 & 8 WR @ Fillmore Central Invite - 4:30pm	25	26 	27	28
	G	B	Thanksgiving Break— No School			
29	30					
	G					