



Be Safe, Be Respectful, Be Responsible

NOVEMBER 2021

Hello YMS Parent(s)!

What a fantastic first quarter we had at YMS. 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.

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.

At YMS we are continuously working on changing student mindsets. *A mindset according to Dr. Carol Dweck is a self-perception or "self-theory" that people hold about themselves. Believing that you are either "intelligent" or "unintelligent" is a simple example of a mindset.*

Here are some examples:

Students with a fixed mindset believe that they are born with basic abilities, intelligence, and talents and they can't change that. Their goal is to look smart and never look dumb.

Students with a growth mindset believe that their talents and abilities can be developed through effort, good teaching, and persistence. They believe everyone can get smarter if they work at it. They are not afraid to fail and therefore don't mind not knowing the answer.

Students with a fixed mindset fear failure and are less likely to take risks.

Students with a growth mindset value the challenges of taking a risk and know that they will learn from their failures and improve.

Here are some strategies you can use at home to help your child change from a fixed to a growth mindset.

- 1) Have a daily learning discussion. Ask your student "What did you learn today?" "What did you try hard today?"
- 2) DO praise the process DON'T praise ability. Instead of saying "you are so smart" "you are good at playing the piano" say "You really work hard on your Math" "Your many hours of practice on the piano are paying off."
- 3) Explain to kids that their brain is never done growing. Remind them they can always learn and improve throughout their life.
- 4) Let your kids fail. It is OK to fail. It is NOT OK to give up. When students fail ask them "How can you get better next time?" "What did you learn from your mistake?" Then as students finally succeed praise their persistence.
- 5) Encourage positive talk in your home. Stop the use of the words "I can't" and instead remind people in your house to say "I can't, yet."

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. 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
YMS Principal

Go Dukes!

From the middle school nurse

National Prescription Drug Take Back Day provides an opportunity to properly dispose of unused medications and to help prevent drug addiction and overdose deaths. Every year, there are 2 days (one in October and one in April) designated as 'take back' days. If you missed the most recent one, you may visit the website: takebackday.dea.gov for information regarding authorized collectors within our area where you may dispose of your unused medications safely. Eliminating the accessibility to prescription and over the counter medications, and disposing of unused medications promptly and properly, will decrease the chance of misuse and abuse.



A Salute to Veterans

We will be honoring our veterans with a special program on **Wednesday, November 10 at 10:00 a.m.** in the high school theater. The program will include presenting the flag, singing the national anthem, reciting the Pledge of Allegiance, singing patriotic songs, and honoring the men and women who have served in the armed forces.

We hope you're able to attend our Veterans Day assembly.



Thanksgiving Break No School

Thanksgiving break will be Wednesday, November 24, Thursday, November 25 and Friday, November 26.
Have a Blessed Thanksgiving!



CHANGE OF WEATHER



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.

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 – **Tuesday, December 14, 6:30pm**

YMS Musical – Thursday, March 17 and Friday, March 18, 7:00pm

YMS Talent Show - Thursday, May 5th, 7:00pm

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



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 to 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



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.

PICTURE RETAKES TUESDAY, NOVEMBER 9

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 9.





YORK FFA HOLIDAY SALES

SALES WILL GO FROM
NOVEMBER 1ST - NOVEMBER
17TH

ITEMS SOLD INCLUDE:
BUTTERBRAIDS, PUFFINS, PIES,
MEATS AND CHEESE, CANDY,
POPCORN, BARBECUE SAUCE,
AND MORE!

ORDER AT YORKFFA.COM

ENTER THE FOLLOWING NAME
AT CHECKOUT TO DONATE 15%
OF THE SALE TO THIS FFA
MEMBER



HARVEST MOON

SILENT AUCTION, LABOR AUCTION, TALENT
SHOW, MEAL, AND HALL OF FAME ARE
INCLUDED






**Purchase Tickets at
yorkffa.com**

\$25

NOVEMBER 7 / DOORS OEPN AT 5:30 PM
@HOLTHUS CONVENTION CENTER

November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 G	2 B	3 2:00 Dismissal G	4 6th Grade D.A.R.E. Graduation 7:00pm @ YMS B	5 G	6 Duke Hoops 8:00-12:00
7 Daylight Savings Time Ends 	8 7 & 8 WR York Invite vs. Crete, David City, Fairbury, Fillmore Central, Hastings @ YHS - 4:00pm Board of Education Mtg. B	9  YMS Picture Retake Day 7 & 8 GBB - Home vs Hastings St. Cecilia @ YMS - 4:30pm G	10 2:00 Dismissal Veteran's Day Assembly 10:00am @ YHS	11 7 & 8 WR @ Crete MS Tri. 4:30pm  Veteran's Day G	12 B	13 Duke Hoops 8:00-12:00
14	15 8 GBB @ Westridge MS 4:30pm G	16 7 & 8 WR @ Westridge MS Tri - 4:30pm B	17 2:00 Dismissal G	18 7 GBB @ Hastings MS 4:15pm B	19 G	20 Duke Hoops 7:00-11:00 7 & 8 GBB York Hoopla Tourn. vs. Col. Scotus, Crete MS, Lakeview (7 @ YHS Aux Gym/8 @ YHS Main GYM 10:00am
21	22 7 GBB @ Crete MS - 4:30pm 8 GBB - Home vs Crete MS (@YMS) - 4:30pm B	23 7 & 8 WR @ Fillmore Central Invite - 4:30pm G	24 NO SCHOOL—Thanksgiving Break	25 Thanksgiving 	26	27 Duke Hoops 8:00-12:00
28	29 B	30 7 GBB - Home vs Northwest @ YMS 4:30pm 8 GBB @ Northwest (Cedar Hollow) 4:30pm G				