



Kenny Loosvelt

PRINCIPAL

Volume 7

Number 3

Be Safe, Be Respectful, Be Responsible

DECEMBER 2021 - JANUARY 2022

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 2021 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



*Sounds  
of the  
Season*

## 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 7<sup>th</sup>, in the 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 to 7:00 p.m.



## Choir Concert

Come join us for the 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 **Tuesday, December 14<sup>th</sup> at 6:30 p.m.** in the York High School Theater. **PLEASE NOTE THIS DATE CHANGE**, due to the basketball game. The concert will feature selections by the 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade choirs and the Expressions Show Choir.



## 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 18, and Wednesday, January 19.

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



## December/January School Counselor Connection

I recently read a great article titled "Why Social Media is Not Smart for Middle School Kids."

Of course the title grabbed my attention.

Admittedly, I used to be of the camp that believed we just needed to teach students how to use their devices and social media in appropriate ways. In other words, I believed it was ok for them to have social media and as adults we simply need to teach and monitor its appropriate use.

Well, I've changed my stance. The article mentions several reasons why middle school brains are too immature to use social media appropriately. I'd have to say I agree. Below are key points I came away with:

- A middle schooler's frontal cortex is undeveloped and cannot manage the distractions nor the temptations of social media use.
- The average teen spends nine hours a day on social media. Social media, like video games, is highly addictive.
- For middle schoolers, risk taking is high and impulse control is low. These are not good ingredients to put with social media use.
- Social media can cause teens to lose connection with family and friends.
- Social media is entertainment technology. It is not a learning tool. It does not help with social development.

After several years of watching students become more and more addicted to social media and watching them make bad decisions and have their mental health suffer from too much screen time, I now realize that teaching and monitoring is not enough. So what can we do? Take it away. Delay access. Closely follow and monitor their accounts. Limit use. Spend more non-tech time together. Don't give the smartphone the power in your home. Your children have only a limited time with you. Make the most of it.

In conclusion, I was working with a group of 7th grade students. I asked them the question "If you could plan the perfect day, what would you do? Where would you go? Who would you take with you?" Their responses amazed me. They said they would like to spend an entire day with their family and one or two close friends. Some said they would like to go on a bike ride, some said to go hiking in Colorado, some would like to sit on a beach by the ocean, some said shopping, some said they would go to their favorite restaurant. Every single one said that they would have the rule of NO PHONES ALLOWED. Interesting.



### December 17 End of First Semester

The last day of the first semester of school is December 17 with a 3:13 p.m. dismissal.

### CHRISTMAS BREAK

Christmas Vacation will begin on Monday, December 20. School will resume on Tuesday, January 4.





#### VISION TEST

Vision, hearing and dental screenings will be conducted during the 3rd quarter for 7th and 10th grade students.

If a student does not meet the screening guidelines set forth by the state, a letter recommending further evaluation will be sent to the parent/guardian. Normal hearing and vision are vital for learning.



Good dental health improves overall health, decreases the risk of chronic disease, prevents plaque and tooth decay and is necessary for healthy adult teeth.



#### HEARING TEST

If you have concerns regarding your child's hearing, vision or dental health, please follow up with a physician/eye doctor/dentist, even if you do not receive a letter of referral.

**December 6-12 is National Handwashing Week!** Washing your hands is one of the most important health habits to practice in your effort to protect yourself and others from germs and viruses. I am sharing information from the CDC which addresses how and when to use soap/water vs. hand sanitizer.

Have a healthy December!



## WEATHER RELATED EMERGENCY SCHOOL CLOSING PROCEDURES

**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](http://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!!**



# Hand Sanitizer Use Out and About

Germs are everywhere! They can get onto hands and items we touch during daily activities and make us sick. Cleaning hands at key times with soap and water or hand sanitizer that contains at least 60% alcohol is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and using hand sanitizer. Soap and water work to remove all types of germs from hands, while sanitizer acts by killing certain germs on the skin. Although alcohol-based hand sanitizers can quickly reduce the number of germs in many situations, they should be used in the right situations. Soap and water are more effective than hand sanitizers at removing certain kinds of germs like [norovirus](#), [Cryptosporidium](#), and [Clostridioides difficile](#), as well as chemicals.

Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead.

Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.



## When should I use?

### Soap and Water

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** [changing diapers, or cleaning up a child who has used the bathroom](#)
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- If your hands are visibly dirty or greasy

### Alcohol-based Hand Sanitizer

- **Before** and **after** visiting a friend or loved one in a hospital or nursing home, unless the person is sick with *Clostridioides difficile* (if so, use soap and water to wash hands).
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains **at least 60% alcohol**, and wash with soap and water as soon as you can.

**DO NOT** use hand sanitizer if your hands are visibly dirty or greasy—for example, after gardening, playing outdoors, fishing, or camping. If a handwashing station is available, wash your hands with soap and water instead.

After blowing your nose, coughing, or sneezing, you should clean your hands by immediately washing your hands with soap or using alcohol-based hand sanitizer to avoid spreading germs.

## How should I use?

### Soap and Water

- **Wet** your hands with clean running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

### Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains **at least 60% alcohol**. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Put** enough sanitizer on your hands to cover all surfaces.
- **Rub** your hands together until they feel dry (this should take around 20 seconds).

**Do NOT** rinse or wipe off the hand sanitizer before it's dry; it may not work well against germs.



LIFE IS BETTER WITH

**CLEAN  
HANDS**








[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



CS310275-A

# December 2021



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

Wishing you a Merry Christmas! School Resumes January 4, 2022

# December 2021

York Middle School, Grades 6-8  
2021-2022 Lunch, Grades 6-8

					01	02	03		
					Entree * Classic Beefy Chili with Crackers * Grilled Chicken Sandwich * Fresh Baked Turkey & Cheese Sub * Crispy Chicken Sandwich * Oven-Roasted Hot Dog * Uncrustable & Cheese Platter Vegetables Golden Corn Fruit Fruit and Veggie Bar Desserts Fresh Baked Cinnamon Bun Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Italian Dunkers with Marinara Dipping Sauce * Breaded Steak Fries with Dinner Roll * Crispy Chicken Salad with Roasted Flatbread * Uncrustable & Cheese Platter * Fresh Baked Combo Sub * Spicy Chicken Sandwich Vegetables BBQ Baked Beans Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Pizza Station: Fresh Baked Pepperoni Pizza * Home-style Scalloped Potatoes & Ham with Dinner Roll * Vanilla-Orange Peka Dot Parfait with Graham Crackers * Crispy Chicken Sandwich * Cheeseburger * Uncrustable & Cheese Platter Vegetables Peas Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk		
					06	07	08	09	10
					Entree * Pizza Pasta Bake * Baked Pork Fritter * Vanilla-Berry Yogurt Parfait with Goldfish Grahams * Cheeseburger * Oven-Roasted Hot Dog * Uncrustable & Cheese Platter Vegetables Steamed Carrots Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Soft Shell Beefy Tacos * Fish Nuggets with Dinner Roll * Chef Salad with Roasted Flatbread * Crispy Chicken Sandwich * Cheeseburger * Uncrustable & Cheese Platter Vegetables Refried Beans Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Creamy Macaroni & Cheese with Dinner Roll * Oven-Roasted Hot Dog * Fresh Baked Turkey & Cheese Sub * Crispy Chicken Sandwich * Cheeseburger * Uncrustable & Cheese Platter Vegetables Lemon Herbed Broccoli and Cauliflower Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Baked Ham with Dinner Roll * Popcorn Chicken Bites with Dinner Roll * Fajita Salad with Tortilla Chips * Strawberry Banana Yogurt Parfait with Graham Crackers * Uncrustable & Cheese Platter * Spicy Chicken Sandwich Vegetables Scalloped Potatoes Fruit Fruit and Veggie Bar Desserts Apple Crisp Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Pizza Station: Fresh Baked Cheesy Pizza * Toasted Cheese Sandwich with Creamy Tomato Soup * Spicy Chicken Sandwich * Vanilla-Orange Peka Dot Parfait with Graham Crackers * Cheeseburger * Uncrustable & Cheese Platter Vegetables Green Beans Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
					13	14	15	16	17
					Entree * Chili Cheese Fritos * Crispy Chicken Sandwich * Vanilla-Berry Yogurt Parfait with Goldfish Grahams * Cheeseburger * Oven-Roasted Hot Dog * Uncrustable & Cheese Platter Vegetables Golden Corn Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Hot Pepperoni Sub * Cheeseburger * Taco Salad with Tortilla Chips * Crispy Chicken Sandwich * Oven-Roasted Hot Dog * Uncrustable & Cheese Platter Vegetables Crinkle Cut Fries Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Chicken Ranch Pasta with Dinner Roll * Corn Dog * Fresh Baked Turkey & Cheese Sub * Crispy Chicken Sandwich * Cheeseburger * Uncrustable & Cheese Platter Vegetables Peas Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Tater Hotdish with Dinner Roll * Chicken Nuggets * Grilled Chicken Salad with Roasted Flatbread * Strawberry Banana Yogurt Parfait with Graham Crackers * Uncrustable & Cheese Platter * Oven-Roasted Hot Dog Vegetables Baked Beans Fruit Fruit and Veggie Bar Desserts Rice Crispy Treat Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk	Entree * Pizza Station: Fresh Baked Taco Pizza * Ham & Pasta Hotdish with Dinner Roll * Crispy Chicken Sandwich * Vanilla-Orange Peka Dot Parfait with Graham Crackers * Cheeseburger * Uncrustable & Cheese Platter Vegetables Mixed Vegetables Fruit Fruit and Veggie Bar Milk 1% Unflavored Milk Chocolate Skim Milk Skim Unflavored Milk
					20	21	22	23	24
					Misc. No School	Misc. No School	Misc. No School	Misc. No School	
					27	28	29	30	31
					Misc. No School	Misc. No School	Misc. No School	Misc. No School	

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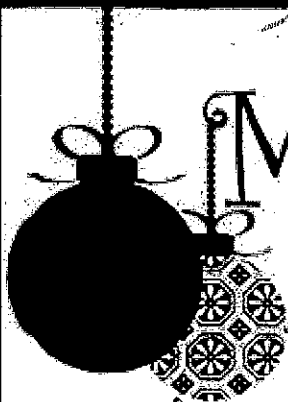
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- mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410
- fax: (202) 690-7442; or
- email: [programintake@usda.gov](mailto:programintake@usda.gov).

This institution is an equal opportunity provider.





# Merry Christmas

From the Staff at YMS  
Chad Mattox  
Brenda Stern

Catherine

Justine  
Connie Nickel

Deb Williams

Amanda Williams  
Jenna Schwan  
Nurse Sue

Larry Hunt

Matt Buchanan

Jennifer  
Baker

Kelly  
Curtis

Randy  
Hawes

Patsy Beins

Abbi

Barbara  
Coleman

Janet  
Hull

Brett  
Mauler

Nelise  
Manning

Kerry  
Cramer

Steph

Paul  
Farrar

V. O'Brien

Cylen  
Christel

Bill McKinney

Nicole  
Legg

Donna  
Hirschfeld

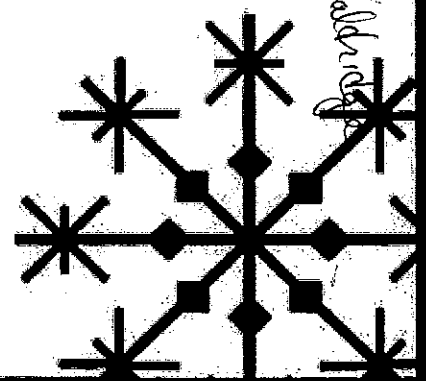
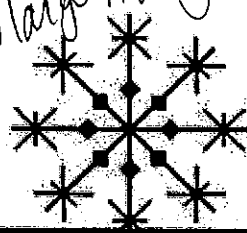
Carmen  
Fowler

Kesey  
Gray

Mike  
Berkman

M. H. Kern  
GO DUKES

Marg  
Macy Cole



# January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 NO SCHOOL Teacher Flex Day	4 School Resumes  G	5 2:00 Dismissal  B	6  G	7  B	8
9	10  Board of Education Mtg. G	11  B	12 2:00 Dismissal  G	13  B	14  G	15
16	17 NO SCHOOL MLK In-Service day  Martin Luther King Jr. Day	18  B	19 2:00 Dismissal  G	20  B	21  G	22 7 & 8 BBB - York Hoopla Tourn. vs Columbus Scotus, Crete, Northwest 8:30am 7 @ YHS Aux Gym 8 @ YHS Main Gym
23	24 8 BBB @ Aurora 4:30pm  Board of Education Mtg. B	25  G	26 2:00 Dismissal  B	27 7 BBB - Home vs Columbus @ YMS - 4:30pm 8 BBB @ Columbus 4:15pm G	28  B	29 7 & 8 BBB - Home vs Hastings St. Cecilia @ YMS 9:00am Sing Around Nebraska (Grades 4-6) YHS Theater
30	31  G					