

# YMS



Kenny Loosvelt

PRINCIPAL

Volume 8

Number 3

Be Safe, Be Respectful, Be Responsible

**NOVEMBER 2022**

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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 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 raising 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 texts 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" or "you are good at playing the piano" say "You really work hard on your Math" or "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



**Thanksgiving Break**  
**No School**

Thanksgiving vacation will be Wednesday, November 23,

Thursday, November 24 and Friday, November 25.

Have a Blessed Thanksgiving!



**YMS is beginning its annual Blue Valley Food Drive!**

**Official kick off is Monday, October 31.**

**The Food Drive will run through**

**Thursday, November 10th.**

**This will be a friendly grade level competition.**

**The winning class will have an extra recess**

**8th period on Friday, November 11th!**

**The goal is for each grade level to bring/donate 900 pounds of food, for a total YMS goal of 2,700 pounds. All food items will be weighed by Student Senate members. THANK you to everyone who donates! Go Dukers!**



### **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.

### **School Picture Retakes**

**Tuesday, November 8**



If your child did not have his/her school picture taken or if they aren't satisfied with their picture, retakes will be on Tuesday, November 8



The YMS Band performed at the October 24th concert. This was the first formal concert of the year. The students will wear concert black for the remainder of the year during their concerts. I am excited to see the growth of the band over the upcoming few months.

A few helpful points for success. Encourage your student musician to bring their instrument home and demonstrate their learning for you. It goes a long way in their growth in these early stages. Also, encourage them to bring their instrument to class on their music days.

If you're needing to order from Dietze Music Store, they deliver on Tuesdays. By contacting the store in Lincoln directly they will take your order and payment over the phone.

Thank you for your support of the band program.



We want to thank you for supporting 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.

Together We Transform Lives

# TEAMMATES

MENTORING  
of YORK

Parents, did you know that your child has the opportunity to participate in the local TeamMates mentoring program? TeamMates is a school based mentoring program where a trained adult meets with a student at school for about an hour once a week to focus on the student's strengths. Matches are made based on common interests and hobbies. Mentors serve as an adult friend and guide students with a focus on the positives and provide encouragement.

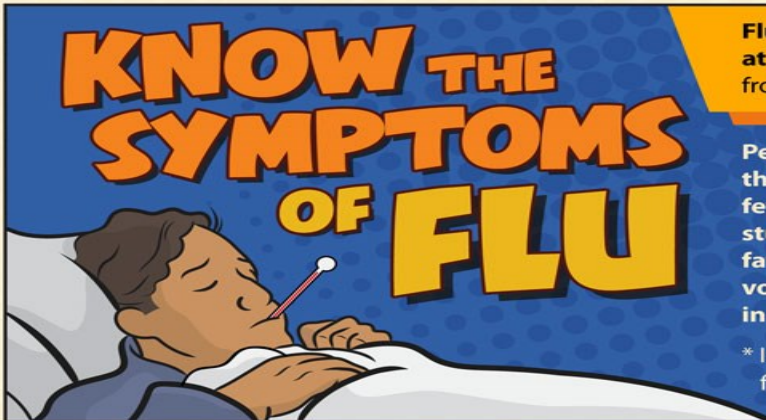
TeamMates is open to any student in grades 3-12. For more information, please contact Stephanie Howe at 402-366-0849 or by email at [steph.strong.howe@gmail.com](mailto:steph.strong.howe@gmail.com)





# SICK WITH FLU? KNOW WHAT TO DO!

**Influenza (or flu)** is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.



## KNOW THE SYMPTOMS OF FLU

**Flu viruses can cause mild to severe illness, and at times can lead to death.** The flu is different from a cold. The flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms: **Fever\*** or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children.

\* It's important to note that not everyone with flu will have a fever.



## TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!

Antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu and people who get flu symptoms who are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.



## STAY HOME WHEN SICK

When you are sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

\*Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.



# YORK FFA HOLIDAY SALES

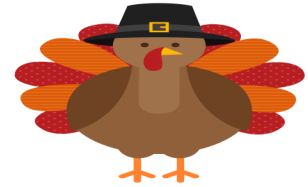
PURCHASE ONLINE @  
[YORKFFA.COM](http://YORKFFA.COM)  
FROM NOV. 1ST - 15TH

ITEMS AVAILABLE:  
BUTTERBRAIDS, PUFFINS,  
PIES, MEATS & CHEESE,  
CANDY, AND MORE!

MAKES A GREAT GIFT WHILE  
SUPPORTING YORK FFA!



# NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b>	<b>2</b> 2:00 Dismissal	<b>3</b>	<b>4</b>	<b>5</b>
		G	B	G	B	
<b>6</b>  Daylight Savings  FFA Harvest Moon	<b>7</b> 7 & 8 WR York Invite vs Crete, David City, Fairbury, Fillmore Cntl, Shelby-Rising City @ YHS 4:00pm	<b>8</b>  School Picture Retake Day 7 & 8 GBB @ Hastings St. Cecilia - 4:30pm 6th grade D.A.R.E. Graduation 7:00pm @ YMS	<b>9</b> 2:00 Dismissal	<b>10</b> 7 & 8 WR @ Schuyler Tri w/Crete 4:30pm Veterans Day 	<b>11</b>	<b>12</b>
	G	B	G	B	G	
<b>13</b>	<b>14</b> 8 GBB –Home vs Westridge MS @YMS -4:30pm  Board of Education Mtg.	<b>15</b> 7 & 8 WR-Home Tri w/Aurora, Westridge 4:30pm	<b>16</b> 2:00 Dismissal	<b>17</b> 7 GBB - Home vs Hastings MS @YMS 4:30pm	<b>18</b>	<b>19</b> 7 & 8 GBB - York Hoopla Tourn. vs Columbus Scotus, Crete, Lakeview 7 @ YHS Aux Gym/8 @ YHS Main Gym 10:00am
	B	G	B	G	B	
<b>20</b>	<b>21</b> 7 GBB @ Crete 4:30pm 8 GBB - Home vs Crete @ YMS 4:30pm	<b>22</b> 7 & 8 WR @ Fillmore Cntrl. Invite 4:00pm	<b>23</b>	<b>24</b>  HAPPY THANKSGIVING!	<b>25</b>	<b>26</b>
	G	B	..... NO SCHOOL - Thanksgiving Break .....			
<b>27</b>	<b>28</b>  Board of Education Mtg.	<b>29</b> 7 GBB - Home vs GINW @ YMS 4:30pm GBB @ GINW (Cedar Hollow) 4:30pm 7 & 8 WR @ Lakeview Dual 5:00pm	<b>30</b> 2:00 Dismissal			
	G	B	G			