

# YMS



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PRINCIPAL

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Be Safe, Be Respectful, Be Responsible

DECEMBER 2022 - JANUARY 2023

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Greetings YMS Parent(s):

We had a fantastic first semester. Students have grown **academically**. Teachers have been constantly **challenging** them to think critically, be creative, problem-solve, and 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 a change in their young lives.

As we finish our first semester this year and say goodbye to 2022 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 to 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 that 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, and 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

## Notes from the school nurse . . . . .



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. If you have concerns regarding your child's hearing, vision or dental health, please follow up with your healthcare provider, eye doctor or dentist, even if you do not receive a letter of referral. If you do not want your child to participate in these screenings, please notify the school office prior to January 9th, 2023.



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 its way, 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.

## The last day of the second quarter is Thursday, December 22

### with a NOON DISMISSAL!





## YMS 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 13<sup>th</sup> at 6:30 pm in the York High School Theater. The concert will feature selections by the 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade choirs as well as Expressions.



### YMS Musical March 16 & 17



The title of the annual YMS Musical has not been announced yet...  
but please plan on auditioning Tuesday, January 17<sup>th</sup> and Wednesday, January 18<sup>th</sup>!  
Auditions are open to all YMS choir students.



## HOLIDAY BAND CONCERT AND SOUP SUPPER



Rehearsals are underway for this year's Holiday Band Concert which will be held at 7:00 p.m. on Tuesday, December 6<sup>th</sup>, in the High School Theater. The concert will feature selections from middle school and high school bands. The order of the concert will be 6<sup>th</sup> grade, 7<sup>th</sup> grade, 8<sup>th</sup> grade, and 8<sup>th</sup> grade jazz band. Followed by the High School Jazz Band, and High School Band. Due to the high number expected for the concert and the limited seating, parents are free to pick up their students at the end of their performances. Please have the students arrive between 6:35-6:40 p.m. in the high school band room. Due to the soup supper, we ask that you do not bring your musician earlier to drop off as there will not be any adult supervision at that time. There is no admission charge for the concert.

Prior to the concert, a Soup Supper hosted by the Band Boosters Organization will be held in the YHS Cafeteria Commons before the concert. They will be serving from 5:00 to 6:45 p.m. It is a free-will donation. We would love to host as many people at the supper and concert as possible.

## CHRISTMAS BREAK



Christmas vacation will begin on Friday, December 23.  
School will resume on Wednesday, January 4, 2023!



## STRATEGIES TO STRENGTHEN RESILIENCE

Resilience is the ability to cope with or bounce back after adversity. If your children struggle with resilience, try the following strategies to help them strengthen their resiliency skills.

1. Make a routine of self-care. Sit down with your children and plan routines that work for them. Examples include bedtime/sleeping schedules, eating routines (healthy meals and snacks), exercising, and doing what they love.
2. Practice mindfulness. When setbacks happen, being able to recognize what's happening in the moment and calm down can help your children cope in positive ways. There are many ways to practice mindfulness with your children. One example is taking a nature walk and focusing on the five senses (e.g., "Listen- what do you hear? Look- what do you see? Do you feel the wind? What does that apple taste like? What do you smell?"). Other ideas include participating in meditation and doing breathing exercises.
3. Build and use a support system. Help your children make a list of people in their support system including phone numbers as needed. These should be people who love your children and make them feel comfortable. Remind your children that they can talk to these people whenever they need help or are feeling low.
4. Find purpose. Help your children set SMART goals (specific, measurable, attainable, relevant, and time-based). Having a specific purpose or goal will help your children bounce back and keep going when things get hard.
5. Practice positive self-talk. Encourage your children to talk to themselves like they're talking to a friend, using kind language and asking helpful questions, such as "how should we go about this?" Challenge your children to change the way they think by replacing negative thoughts with positive thoughts.

## REMEMBER 988

Suicide is the second-leading cause of death for young people in the United States. For every person who dies by suicide each year, 316 people seriously consider suicide. The Lifeline has received calls from over 20 million people.

Recently the National Suicide Prevention Lifeline was changed to the 988 Suicide & Crisis Lifeline. Though the previous Lifeline phone number (1-800-273-8255) will remain available for use, the new three-digit number (988) is intended to make it easier for people to remember and access mental health crisis services. This service is open 24/7 and is confidential. Anyone who calls, texts, or chats 988 will be connected to a trained counselor who will listen, provide support, and, if necessary, direct to other resources. Specific details of what calling, texting, or chatting 988 entails can be found [here](#).

To learn more about the 988 Lifeline, visit [988lifeline.org](https://988lifeline.org).





# YORK FFA

## Upcoming Events

- Winter Chapter Fun Activity:  
Date TBD
- District Leadership Development  
Events 01/18
- Rise to the Top LDE State  
Qualifier Preview: Date TBD
- State Degree Interviews 02/01
- District Proficiency Judging  
02/01
- District Welding Contest 02/15
- National FFA Week 02/18-02/25
- District Career Development  
Events 02/28
- State FFA Convention 03/29-  
03/31
- End of the year Banquet Date:  
TBD

Huge thank you to ALL community members, businesses, parents, and alumni who support us through all these activities and opportunities. Have a Merry Christmas and Happy New Year!

# December



SUN	MON	TUE	WED	THU	FRI	SAT
				1 7 GBB-Home vs Aurora @ YMS 4:30pm 8 GBB @ Aurora (Penner Crts) 4:30pm B	2 G	3
4	5 7 GBB @ Seward MS - 4:30pm 8 GBB - Home vs Seward @ YMS 4:30pm 7 & 8 WR @ Central City Invite 5:00pm B	6  Band Booster Soup Supper 5:00-6:45pm YHS Cafeteria Commons YMS/YHS Holiday Band Concert 7:00 pm YHS Theater G	7 2:00 Dismissal B	8 7 & 8 GBB @ Adams Cntrl 7 @ Elem/8 @ HS 4:30pm G	9 B	10 7 & 8 WR @ Boone Cntrl Invite - 9:30am
11	12 7 & 8 GBB - Home vs Columbus 7 @ YES/8 @ YMS 4:30pm Board of Education Mtg. G	13  YMS Christmas Choir Concert 6:30pm YHS Theater B	14 2:00 Dismissal G	15 B	16 G	17 7 & 8 WR @ Seward MS Tourn. 9:00am
18	19 B	20 G	21 2:00 Dismissal B	22 End of 2nd Qtr. Noon Dismissal G	23 NO SCHOOL Christmas Break	24  Christmas Eve
25  CHRISTMAS	26 Board of Education Mtg.	27	28	29	30 New Year's Eve	31

Wishing you a Merry Christmas! School Resumes January 4, 2023

# January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>New Year's Day</i>	2 NO SCHOOL Christmas Break	3 NO SCHOOL Teacher Flex Day	4 SCHOOL RESUMES 2:00 Dismissal  B	5 G	6 B	7
8	9 Board of Education Mtg. G	10 B	11 2:00 Dismissal G	12 B	13 G	14
15	16 NO SCHOOL MLK In-service Day Martin Luther King Jr. Day	17 B	18 2:00 Dismissal G	19 B	20 G	21 7 & 8 BBB - York Hoopla Tourn. vs Columbus Scotus, Crete, GINW 7 @ YHS Aux Gym/8 @ YHS Main Gym 10:00am
22	23 8 BBB - Home vs Aurora @ YMS 4:30pm Board of Education Mtg. B	24 G	25 2:00 Dismissal B	26 7 BBB - Home vs Columbus @ YMS 4:30pm 8 BBB @ Columbus MS 4:15pm G	27 B	28 7 & 8 BBB @ Hastings St. Cecilia 9:00am
29	30 G	31 7 BBB - Home vs Seward @ YMS 4:30pm 8 BBB @ Seward MS - 4:30pm B				