

# YMS



Kenny Loosvelt

PRINCIPAL

Volume 8

Number 5

**Be Safe, Be Respectful, Be Responsible**

**FEBRUARY 2023**

Greetings YMS Parent(s):

What a great start we have had for the second half of our school year. Students and teachers came back ready to put forth a great effort and to improve each and every day. This is an important time for the growth of your child(s) education this year. Some of the most significant gains and unfortunately losses can occur in the winter months of a school year. The adults in this building are going to work hard to make sure students at YMS show gains and we know that you will support YMS by doing the following:

1. Make sure that your child gets schoolwork/practice done. Let your child know that you think education is important and that schoolwork needs to be done each day. You can help your child with practice by setting aside a special place to study, establishing a regular time for practice, and removing distractions such as the television and social phone calls during work time.
2. Ask questions. If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these — What specific problem is my child having with reading? What can I do to help my child with this problem?
3. Demonstrate a positive attitude about education to your children. What we say and do in our daily lives can help them to develop positive attitudes toward school and learning and to build confidence in themselves as learners. Showing our children that we both value education and use it in our daily lives provides them with powerful models and contributes greatly to their success in school.
4. Monitor your child's television, video game, and Internet use. American children on average spend far more time watching TV, playing video games, and using the Internet than they do completing homework or other school-related activities. Make time each day for your child to read and do homework before the technology is turned on.
5. Encourage your child to be responsible and work independently. Taking responsibility and working independently are important qualities for school success. You can help your child to develop these qualities by establishing reasonable rules that you enforce consistently, making it clear to your child that he has to take responsibility for what he does, both at home and at school, showing your child how to break a job down into small steps, and monitor what your child does after school, in the evenings and on weekends.

A perfect time to talk to your child(s) teacher is February 8 & 9 from 4:30-8:30 or February 10 from 8 am-noon & 1 to 3 pm. Our teachers want to partner with parents because we both want the same thing ..... for your child to succeed. Please come talk with us at PTC!

We are going to have a great second semester as both parents, teachers, and staff work to improve the educational experience for students at YMS.

Kenny Loosvelt  
YMS Principal

## Middle School Band

The bands have been reviewing and working towards new skills at the beginning of the semester.

The 8th grade band has started digging into concert band music and working on creating our York Duke Band sound. The 7th grade bands have been reviewing terms, embouchure, and counting. While the 6th grade band has been working on the beginning of our instrumental musical journey. I am excited at the growth of all my students. I hope that they are sharing their experiences with you at home.



### YORK MIDDLE SCHOOL BAND

#### Twenty-first Annual York Middle School Honor Band Day

YMS will be hosting the 21st annual honor band on Saturday, March 18th, 2023. All 7th and 8th grade students are invited to attend. Students rehearse in the afternoon to prepare for a final concert in the York High School Theater. It will cost \$25 per student, paid to the school. A form will be sent home with all of the details and information.

## THE YMS 2023 MUSICAL WILL BE



**March 16 & 17**

**YHS Theater at 7:00 p.m.**

Auditions are finished and the rehearsals are underway. Students from the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade choirs are working hard to prepare for the musical *Newsies Jr.*

York Middle School's performance of *Newsies Jr.* will take place on Thursday, March 16th and Friday, March 17<sup>th</sup> at 7:00 p.m. at the York High School Theater. Admission is \$3 for students and \$4 for adults, no passes will be accepted.

We will also be needing many parent volunteers to help with set, props, snacks, etc. Please be watching for more information and contact us if you are willing to help, [jessica.wagner@yorkdukes.org](mailto:jessica.wagner@yorkdukes.org).

Parents just a reminder, if your child is a part of the musical cast they need to bring their \$20 in as soon as possible. We're looking forward to another great show!



**Wednesday, February 8 from 4:30 - 8:30 p.m.**

**Thursday, February 9 from 4:30 - 8:30 p.m.**

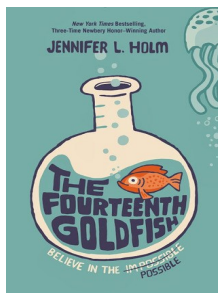
**Friday, February 10 from 8:00 a.m. - 3:00 p.m.**

Parent-Teacher Conferences are scheduled for York Middle School. Prior to conferences, please look over your child's school work. Check tests and homework grades. If you find low grades on any work, it can then become an area of focus at the conference. Talk to your child, he or she is likely to have insights on what's happening academically at school. Please make a list of questions so you won't forget anything you may want to say or ask. Feel free, to be honest with your concerns.

After the conference with the teacher, go over what was said with your child. In the end, the students are the ones who must take charge of their education. They need to know the positives and the areas that are recommended for improvement.

YMS is blessed to have such tremendous support from our parents. We hope to see you at our upcoming Parent-Teacher Conferences!

**Please note: YMS will have a 2:00 p.m. dismissal on Thursday, February 9. NO SCHOOL at YMS on Friday, February 10 and Monday, February 13.**



**York Middle School staff and students  
are participating once again in One Book One School!**

**The Fourteenth Goldfish  
By Jennifer L Holm**

Students at YMS are participating in One Book One School. Students are reading "The Fourteenth Goldfish" by Jennifer Holm. The book is about a belief in the possible and that science can change the world . . . but can it go too far? Eleven-year-old Ellie has never liked change. She misses fifth grade. She misses her old best friend. She even misses her dearly departed goldfish. Then one day a strange boy shows up. He's bossy. He's cranky. And weirdly enough . . . he looks a lot like Ellie's grandfather, a scientist who's always been slightly obsessed with immortality. Could this pimply boy really be Grandpa Melvin? Has he finally found the secret to eternal youth? With a lighthearted touch and plenty of humor, Jennifer Holm celebrates the wonder of science and explores fascinating questions about life and death, family and friendship, immortality . . . and possibility.



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

**February is Dental Health month.**



Teens need to continue to practice and develop healthy habits to ensure that their adult teeth stay with them for a long time! Healthy teeth are strong teeth.

- Brush teeth and clean between teeth twice a day, every day.
- Limit snacks and beverages with lots of sugar. Water is the perfect drink of choice.
- Dental sealants (a special plastic coating) act as a barrier for teeth and help to protect cavity-prone areas. Talk to your teen's dentist about their recommendation for your child.
- Use mouth guards to give protection to their teeth when playing sports or participating in activities like skateboarding. Mouth guards help to protect teeth from getting broken or knocked out.
- Schedule regular dental checkups as a preventative measure.

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 a physician/eye doctor/dentist even if you do not receive a letter of referral.

### Buy a YMS Yearbook

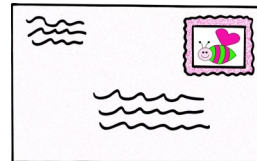
- Preserve great memories!
- Remember fun events!
- The YMS yearbook is loaded with school experiences, quotes, and candid photos!



### Just for Fun

Q: What did the stamp say to the envelope?

A: Stick with me and we'll go places!



**March 20**  
**First Day of**





<https://www.education.ne.gov/safety/suicide-prevention/>



# Help for Parents: Dealing with Suicide Concerns

Help for Parents  
Dealing with  
Suicide  
Concerns



Nebraska School Safety

*Find more resources at the Nebraska Department  
of Education Suicide Prevention Website:*  
[education.ne.gov/safety/suicide-prevention/](https://www.education.ne.gov/safety/suicide-prevention/)



# VAPING & RESOURCES TO QUIT



Cigarette smoking and chewing tobacco remain serious concerns for teens/adolescents. Fortunately, through education and other prevention efforts, the use of nicotine products continues to decline among youth, with the exception of nicotine vape products.

As a matter of fact, “vaping” has become one of the most popular substance-use trends among adolescents/teens. According to a study released in October of 2022 by the FDA (Food and Drug Administration) and the CDC (Centers for Disease Control), more than 2.5 million middle and high school students in the United States reported current (past 30-day) vaping use in 2022.

And while there are new laws and regulations that prohibit refillable vape devices that use flavoring, with the exception of menthol, these laws and regulations don’t include disposable vape devices. That’s why we are seeing more and more teens using disposable vaping devices. The disposable devices not only have dozens of flavors to choose from, they almost always contain higher levels of nicotine than cigarettes.

## School Community Intervention and Prevention

*SCIP is funded in part by: Lincoln Public Schools, United Way of Lincoln/Lancaster County, Region V Systems, Nebraska DHHS: Division of Behavioral Health and Region 4 Behavioral Health System*

Furthermore, the aerosol from vaping is not just water vapor, like many kids and adults believe. It actually contains chemicals such as diacetyl, a chemical linked to serious lung disease, heavy metals and other particles that are hazardous to a person's health. And of course, marijuana or other drugs can also be used in vaping devices.

Below are pictures of a few of the disposable/one-time use vaping devices teens can purchase online.



Here are some of the signs that a teen/adolescent might be vaping:

- **A sweet/flavored scent in the air**...for example the smell of cotton candy in a room where there is no cotton candy
- **Drinking more water**...chemicals in vape aerosols often cause dry mouth
- **Nosebleeds**. ...chemicals in vape aerosols also tend to cause nasal cavities to become dry which can lead to nosebleeds
- **Cough or mouth sores**
- **Other new health issues**...Vaping contains poisonous aerosol chemicals that can impact the lungs and heart
- **Thrown away refillable vaping pods and/or disposable devices**
- **Use of vaping slang**...the use of vaping slang such as “sauce” referring to e-juice; “nicked”, referring to the euphoric feeling with high doses of nicotine and/or “nic sick” referring to heart palpitations, nausea/vomiting and/or lightheadedness from using nicotine vapes.

As we know, nicotine is in most vapes and often at higher nicotine levels than cigarettes. We also know that nicotine is a highly addictive drug.

Here are some signs that a teen/adolescent might have a nicotine vaping addiction:

- **Strong cravings**
- **Failed attempts to quit**
- **Irritable and/or agitated**
- **Difficulty focusing/concentrating**
- **Problem with sleeping/Insomnia**

School Community Intervention and Prevention

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So, what can you do to help a teen/adolescent that is addicted to nicotine actually quit using/vaping? First, be supportive, encouraging and understanding. Quitting nicotine use is not an easy feat to overcome for anyone. Having support from family and peers is important.

Here are some simple techniques that might be helpful to someone who is addicted to nicotine and wanting to quit:

- **Exercise**...moving around and getting physical exercise can release the same kind of chemicals that your brain is craving from nicotine. This can be as simple as taking a walk, going on a bike ride, playing catch, etc.
- **Small, Simple Distractions**...nicotine/vaping cravings tend to intensify and grow stronger the more a person focuses/thinks about vaping/using nicotine. Take your mind off the temptation through small tasks like drawing/doodling, writing/texting, playing a board or card game, or listening to music.
- **Identify triggers**...Smoking/Vaping is usually centered around certain times and/or particular activities. For instance, waking up and going to bed are common times for someone to use. Other common times people tend to use/vape are just before or after eating or while driving. Understanding and anticipating when cravings are likely to occur can help someone more effectively stave off a craving.

Listed below are some links that focus on helping teens quit vaping/tobacco use:

- <https://teen.smokefree.gov/>
- <https://teen.smokefree.gov/quit-vaping>
- <https://truthinitiative.org/thisisquitting#:~:text=This%20is%20Quitting%20is%20a,successfully%20quit%2C%20e%2Dcigarettes>

In addition to the resource links above, below are additional links to sources referenced for this article that contain more information for parents on teen vaping/tobacco use and prevention.

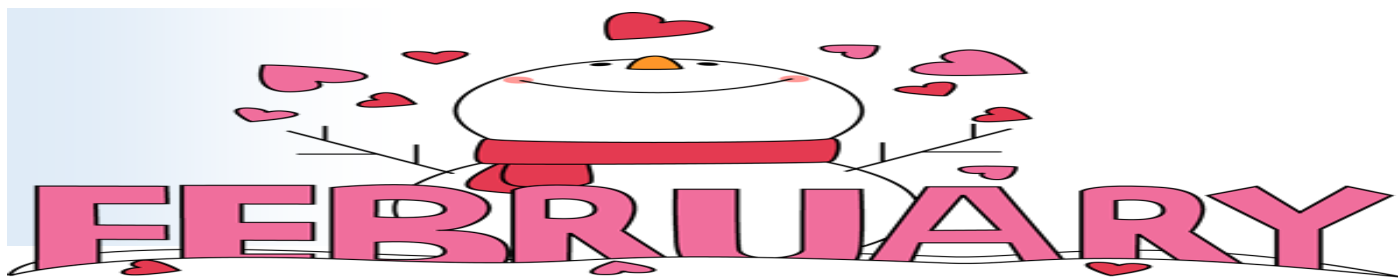
- <https://truthinitiative.org/curriculum>
- <https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>
- [https://drugfree.org/drugs/vaping/?gclid=Cj0KCQiA4OybBhCzARIsAlcfn9nu6nhne8DOWnwK2g5RR0RNKY6zc1bbAQsfSqPRtG7fnBa40yf2XvQaArGbEALw\\_wc](https://drugfree.org/drugs/vaping/?gclid=Cj0KCQiA4OybBhCzARIsAlcfn9nu6nhne8DOWnwK2g5RR0RNKY6zc1bbAQsfSqPRtG7fnBa40yf2XvQaArGbEALw_wc)

School Community Intervention and Prevention

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<https://scipnebraska.com>





# FEBRUARY

	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00 Dismissal York County Spelling Contest  G	2 7 & 8 BBB-Home vs Columbus Scotus 4:30pm (7 @ YES/8 @ YMS) B	3 G	4
5	6 B	7 7 BBB @ Aurora 4:30pm G	8 2:00 Dismissal YMS P-T Conferences 4:30-8:30pm B	9 2:00 Dismissal 7 BBB @ Adams Cntrl - 4:30pm YMS P-T Conferences 4:30-8:30pm G	10 YMS NO SCHOOL YMS P-T Conferences 8:00am-3:00pm	11
12	13 NO SCHOOL Board of Education Mtg.	14 7 BBB @ Crete 4:30pm 8 BBB - Home vs Crete @ YMS 4:30pm Valentine's Day  B	15 2:00 Dismissal G	16 7 BBB - Home vs Hastings @ YMS 4:30pm B	17 G	18
19	20 President's Day  B	21 8 BBB @ Aurora 4:30pm G	22 2:00 Dismissal B	23 G	24 B	25
26	27 Board of Education Mtg. G	28 B		<div> <b>Parent - Teacher Conferences</b>             Weds., Feb. 8 from 4:30 - 8:30 p.m.            Thurs., Feb. 9 from 4:30 - 8:30 p.m.            Fri., Feb. 10 from 8:00 a.m. - 12:00/1:00 - 3:00 p.m.         </div>		