

# Hutchinson Middle School

Guidelines for Success – Be Respectful, Be Responsible, Be Safe, and Excel

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HMS Parents,

We are in full swing for the 2015-2016 school year at Hutchinson Middle School. The attached Middle Years newsletter has some great advice for each of us and our students. Please take a few minutes to read the information and discuss it with your child. As educators, one of our most powerful tools is having a “planned conversation” with a student. Planned conversations are great ways to communicate at home as well.

October 26-30 is Red Ribbon Week at HMS, please read and take the Red Ribbon Week Pledge below. Middle school is a critical time for our young people in making decisions about friends and healthy habits.

**Take the Red Ribbon Pledge now and be a part of the creation of a drug free America.**

**WHAT'S THE PLEDGE ABOUT?**

1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
2. We will set clear rules for our children about not using drugs.
3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

**I PLEDGE TO SET GUIDELINES TO HELP CHILDREN GROW UP SAFE, HEALTHY AND DRUG-FREE.**

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Thank you for your continued support, please let me know if you ever have any questions or just need some help.

Sincerely,

David T. Patterson, Principal

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### **Important - Choking Game – Please Read and Discuss with your Children**

A MINUTE OF HEALTH WITH CDC: The Choking Game Can Be Deadly “Choking Game” Deaths among Youth Aged 6–19 Years — United States

This program is presented by the Centers for Disease Control and Prevention – safer, healthier people.

It's called the “choking game,” but it's no game, and there are no winners. Some kids are choking themselves or each other, by hand or with some form of noose. The intent is to get a high, caused by a temporary lack of oxygen to the brain. Tragically, this so-called 'game' sometimes goes too far and results in death.

Parents should be aware of the warning signs of the choking game. Mention of the choking game or one of the many names it goes by can be a sign, and bloodshot eyes, marks on the neck, and ropes, belts, or scarves tied to bedposts or doorknobs are other clues.

If your child is participating in the choking game, let them know that the game can be deadly.

Thank you for joining us on A Minute of Health with CDC. To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov)

PDF is at

[http://www2c.cdc.gov/podcasts/media/pdf/mmwr1\\_022108\\_transcript.pdf](http://www2c.cdc.gov/podcasts/media/pdf/mmwr1_022108_transcript.pdf)

### **Final Friday**

Our school-wide recognition and extra help system includes one day each month called Final Friday. Students who have earned A's, B's, and C's will be dismissed to the gymnasium for the final 40 minutes of the school day at the end of each month. Students with D's and F's will remain in Advisement/Seminar for extra help. Students may also visit with specific teachers during this time for extra help and guidance. We hope to see more and more students in the gym each month. Please encourage your student to work hard and get extra help throughout the month.

HMS 7 & 8 – October Final Friday – Wednesday, November 4th

### **Gear-Up – Homework Club**

Extra help is also provided once per week at each building. Help will be provided as well as encouragement and guidance. Please encourage your child to attend if they need extra help with academics.

HMS 7 Gear Up – Tuesdays, 3:30 p.m. – 5:00 p.m.

HMS 8 Gear Up – Thursdays, 3:30 p.m. – 5:00 p.m.

### **HMS Site Council**

Site council is open to all parents. We will have an agenda each month covering our “key priorities” as well as be available to answer questions.

Upcoming Site Council Dates:

October 28<sup>th</sup> @ HMS 7

November 18<sup>th</sup> @ HMS 8

December 16<sup>th</sup> @ HMS 7

All meetings begin at 4:30 p.m.

### **Basketball Tryouts**

Basketball tryouts will be conducted on October 27, 28, and 29<sup>th</sup> after school. Students must have physical and concussion forms turned in before participating. For more information on important dates, please read our weekly bulletins or call the office at any time.

### **End of First Trimester**

The first trimester ends on Thursday, November 12<sup>th</sup>, with no school on Friday, November 13<sup>th</sup>.

### **Tips for Having a Planned Conversation**

The following information is adapted from the book, *Interventions: Evidence-Based Behavioral Strategies for Individual Students*, Ph.D. Randy Sprick (2008)

Step 1 – Prepare to meet with your student

Identify the central concern and set-up a time and neutral setting for the meeting. Take your child out for ice cream or to get their favorite soda.

Step 2 – Meet with your student

Work with your student to tell them your concerns, setup a plan, and set a time for a follow-up meeting. Give words of encouragement!

### Step 3 – Follow up with your student

Encourage effort, meet once a week, determine more structured plans if necessary, and continue to provide follow-up, support and encouragement.

If you would like help with this process please contact a school administrator or counselor to setup a meeting. We often think as our children get older, that we need to spend less time with them. Research tells us that our children need our time and attention at this critical phase in their development. The most precious gift we have for our children is our time.

#### **Additional Notes:**

- Please do not drop-off and pick-up students in bus lanes before and after school.
- Students may begin arriving to school after 7:15 a.m.
- Breakfast is served at 7:25 a.m. each morning.
- Bus Shuttles depart at 7:35 a.m. each morning for students.

October 2015

# Middle Years

**Working Together for School Success**


## Short Stops

### Language lessons

Is your child learning a foreign language this year?

Plan a special dinner with foods from the country he's studying. *Example:* Eat gazpacho and paella if he's learning Spanish. Have him teach you words and phrases for passing food and saying "please" and "thank you." Consider doing this each quarter—he'll be proud to show you his progress.

### A good sport

Explain to your tween that by showing good sportsmanship, she will represent herself—and her school—in a good light. When she's in the stands, encourage her to respect players, coaches, and referees. For instance, instead of booing to disagree with a call, she might cheer, "The next goal is yours!"

### It's private

As middle graders get older, they become more private. Try not to take it personally—it's natural for your child to want some time alone. In fact, increased privacy often signals growing maturity. Honor your tween's privacy by knocking before entering his room. If he shares a room, help him find places or times he can have privacy.

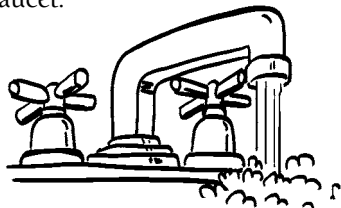
### Worth quoting

"Nothing can dim the light which shines from within." *Maya Angelou*

### Just for fun

**Q:** What runs but can't walk?

**A:** A faucet.



## Homework problems—solved

Homework is part of your middle grader's daily routine, but stressing about it doesn't have to be. Try these ideas to handle common dilemmas.

**Problem:** Your child puts off homework until the last minute.

**Solution:** One reason students procrastinate is that they feel overwhelmed. Suggest that your tween decide in what order to do her work so she knows where to start and what to do next. Also, encourage her to put steps in her planner for big tests or long-term assignments. That way, she can tackle them one at a time. *Example:* "Review notes, make a study guide, quiz myself for a test."

**Problem:** She rushes to finish homework.

**Solution:** Requiring a set amount of daily study time may keep your child from hurrying through math to watch TV or meet her friends. Ask teachers how much time she should spend on homework each day (typically 60–90 minutes in the middle grades). Let your youngster know her work isn't done until she double-checks it and corrects



mistakes. With leftover homework time, she might read, do extra-credit assignments, or work ahead on projects.

**Problem:** She gets frustrated when she's stuck.

**Solution:** Have your middle grader make a list of resources to turn to if she's stumped. She could list phone numbers of classmates or older students, along with information for homework hotlines or websites. Suggest that she check the public library or community center to see if they offer homework help. If she's still having trouble, she can ask her teacher the next day. 👍

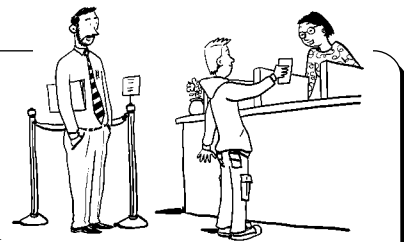
## Nice save!

When your child earns or receives money, he may be tempted to spend it all. Teaching him to save will start a valuable habit. Consider these tips.

■ **Make it automatic.** Discuss what percentage of money he should set aside. Have him put that amount in a savings account when he gets money for odd jobs, allowance, or gifts. Explain that this will help him save for big purchases like a new bike.

■ **Stick to the plan.** If he's thinking about dipping into his savings, he can ask himself whether he would rather have a new video game now or a bike later. To stay motivated, he might hang a picture of the bike he wants and imagine himself riding it.

■ **Stretch what's left.** Your child's spending money will go further if he looks for ways to do things for less. He could borrow a book from the library instead of buying one, for example. 👍



# Dealing with cyberbullying

The digital world has opened up a whole new realm for bullying. Help your middle grader stay safe with this advice.



**1.** Explain that what may seem like common online behavior can be cyberbullying. If friends post or share embarrassing photos or videos of others, classmates spread rumors on cell phones, or peers send hurtful messages via social media, that's crossing a line. If done purposely and repeatedly, it's considered cyberbullying.

**2.** Point out that what happens online may have serious, real-life consequences. A humiliating photo gone viral could cause the victim to stay away from friends or hurt himself. And the bully can get into trouble at home, at school, or even with the law.

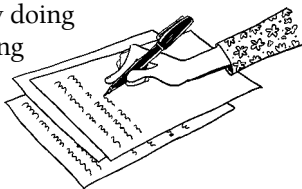
**3.** Go over rules. Your middle grader should avoid doing or saying anything online that he wouldn't do or say in person. Encourage him to think about how someone might feel before he texts or posts.

**4.** Tell your tween not to respond to a bully. It may make the situation worse. Have him save, print, or take a screen shot of the post to keep a record of what happened. Then, he should block the sender and tell you what happened so you can decide what to do, such as notifying your Internet service provider or the school. 👍

## Q & A Writing for pleasure

**Q** My daughter used to enjoy writing, but now she sees writing assignments as a chore. How can I help her find the joy in it again?

**A** Your child might rediscover her enjoyment by doing creative writing activities that don't have grades attached.



For example, suggest that she write and decorate an inspiring poem to put inside her locker. Or she could make up funny captions for photos and share them with family.

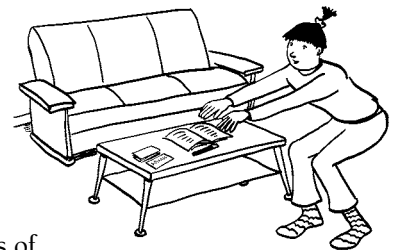
She can even write with friends by having a paper "snowball fight." One person writes an opening sentence of a story on a piece of paper, crumples it, and tosses it to another player. That person adds a sentence, re-crumple the paper, and tosses it again. Keep writing, crumpling, and tossing until the page is full. Then, read the story aloud.

Writing for fun may take the pressure off and unleash her imagination. And that can help her loosen up and enjoy written assignments in school more. 👍



## Fit in fitness

With school in full swing, your child probably has many demands on her time, and she may not be thinking about staying fit. Here are easy ways to add activity into her day.



**Start a 60/30 challenge.** Doing 60 minutes of activity a day for 30 days might kick-start a fitness habit. The hour can be spread throughout the day (30-minute dance class + 10-minute walk to a friend's house + 20-minute bike ride after dinner). Have her record her totals.

**Make a "random activities" pile.** Your tween could brainstorm exercises to do for 1–2 minutes, such as squats, push-ups, or sit-ups. She can write them on index cards and leave the cards by her desk and the TV. During homework breaks and commercials, she should draw one and do what it says. She might note on the back how many she completed and try for more next time. 👍

## Parent to Parent Work your way to success

My son Blake was surprised and disappointed when he auditioned for seventh-grade band and wasn't placed in the highest level. Until then, he had done well at whatever he tried. He wasn't prepared to handle it when something didn't come easily.

I explained that it was okay to struggle—and in fact, it was a normal part of life. I shared stories of times I've had to work to get better. In my first job, I

told him, I messed up a few customers' orders, so the manager had to review the steps with me for a week.

I encouraged Blake to see his trumpet playing as a work in progress. He brainstormed ways he could improve a little at a time.

Then, he taped a note to his music stand that says, "Aim for progress, not perfection." He has been practicing extra each day, working on the parts that give him trouble—and on his perseverance. 👍



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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# Middle Years

Trabajando para el éxito escolar



## Notas Breves

### Lecciones de lengua

¿Estudia su hijo un idioma extranjero este año? Planee una cena especial con platos del país que está estudiando. *Ejemplo:* Coman gazpacho y paella si está estudiando español. Pídale que le enseñe a usted palabras y frases para pasar la comida y a decir “por favor” y “gracias”. Procure hacer esto cada periodo de evaluación: le dará gusto enseñarle a usted sus avances.

### Deportividad

Explíquelo a su hija que cuando dé muestras de deportividad dará una buena imagen de sí misma y de su escuela. Cuando esté en las gradas, anime-la a que respete a los jugadores, a los entrenadores y a los árbitros. Por ejemplo, en lugar de abuchear cuando no esté de acuerdo con una decisión podría animar: “¡Vas a marcar el siguiente gol!”

### Es privado

Al hacerse mayores, los estudiantes de la escuela media necesitan más privacidad. Procure no tomárselo a título personal: es natural que su hijo quiera pasar más tiempo solo. Lo cierto es que un aumento de la privacidad a menudo indica más madurez. Respete la privacidad de su hijo llamando a la puerta antes de entrar en su cuarto. Si comparte habitación, ayúdelo a localizar lugares y momentos en los que tenga privacidad.

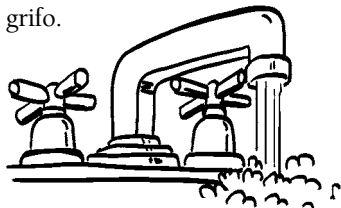
### Vale la pena citar

“Nada puede disminuir la luz que brilla desde dentro”. *Maya Angelou*

### Simplemente cómico

**P:** ¿Qué corre pero no camina?

**R:** Un grifo.



## Problemas de deberes: resueltos

Los deberes son parte del día a día de su hija, pero estresarse por ellos no tiene que serlo. Ponga a prueba estas ideas para hacer frente a dilemas habituales.

**Problema:** Su hija deja los deberes para el último momento.

**Solución:** Una razón por la que los estudiantes posponen los deberes es porque se sienten abrumados. Sugírela a su hija que decida en qué orden hacer su trabajo para que sepa por dónde empezar y qué hacer a continuación. Anímela también a que escriba en su agenda los pasos previos a un examen importante o a tareas a largo plazo. Así puede hacerlas de una en una. *Ejemplo:* “Repasar los apuntes, hacer una guía de estudio, hacerme preguntas antes del examen”.

**Problema:** Hace los deberes demasiado deprisa.

**Solución:** Exigirle a su hija que estudie una cantidad de tiempo fija cada día puede evitar que haga las matemáticas deprisa y corriendo para ver la TV o encontrarse con sus amigas. Pregunte a los maestros cuánto tiempo debería dedicar a los deberes cada día (lo normal es de 60 a 90 minutos en la escuela media). Explíquelo a su hija que los



deberes no están hechos hasta que los repase y corrija los errores. Si le queda libre tiempo de deberes, podría leer, hacer tareas para crédito extra o trabajar en sus proyectos.

**Problema:** Se frustra cuando se atasca.

**Solución:** Dígale a su hija que haga una lista de recursos a los que puede acudir si se atora. Podría hacer una lista de números de teléfonos de compañeros o estudiantes mayores, junto con información sobre líneas de ayuda para los deberes o sitios web. Sugírela que pregunte en la biblioteca o en el centro comunitario si ofrecen ayuda para hacer los deberes. Si sigue teniendo dificultades, puede preguntarle a su maestra al día siguiente. 👍

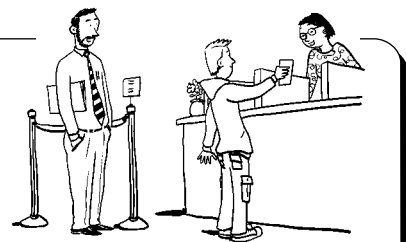
## ¡Bien ahorrado!

Cuando su hijo gane o reciba dinero quizá sienta la tentación de gastárselo todo. Enseñarle a ahorrar formará un valioso hábito. Tenga en cuenta estos consejos.

■ **Que sea automático.** Decidan qué porcentaje de dinero debería reservar. Dígale que ponga esa cantidad en una cuenta de ahorro cuando reciba dinero por trabajos sueltos, su asignación o regalos. Explíquelo que esto le ayudará a ahorrar para compras importantes como una bici nueva.

■ **Siga el plan.** Si su piensa sacar dinero de sus ahorros, puede preguntarse si preferiría tener un videojuego nuevo ahora o una bici más tarde. Para no perder la motivación podría colgar una foto de la bici que quiere e imaginarse que la monta.

■ **Estira lo que te queda.** El dinero para gastos de su hijo le alcanzará para más si piensa en maneras de hacer más por menos. Por ejemplo, podría sacar un libro de la biblioteca en lugar de comprarlo. 👍



# Cómo hacer frente al ciberacoso

El mundo digital ha abierto un campo nuevo para el acoso. Ayude a su hijo a mantenerse a salvo con estos consejos.

**1.** Explíquelo que lo que parece un comportamiento normal en la red puede ser ciberacoso. Si sus amigos cuelgan o comparten fotos o vídeos bochornosos de otras personas, los compañeros esparcen rumores mediante los celulares o sus colegas envían mensajes hirientes por las redes sociales, están pasándose de la raya. Si lo hacen a propósito y repetidamente, el comportamiento se considera ciberacoso.



**2.** Indíquele que lo que sucede en la red puede tener serias consecuencias en la vida real. Una foto humillante que se convierte en viral puede ser la causa de que la víctima se aleje de sus amistades o se haga daño a sí mismo. Y el acosador puede meterse en problemas en casa, en la escuela e incluso con la ley.

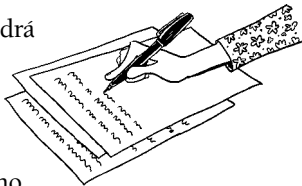
**3.** Repasen las normas. Su hijo debe evitar hacer o decir cosas en la red que no haría o diría en persona. Anímelo a que, antes de enviar o publicar algo, piense en cómo se sentiría alguien que lo leyera.

**4.** Dígame a su hijo que no conteste a los acosadores. Esto puede empeorar la situación. Dígame que guarde, imprima o haga una captura de pantalla para registrar lo sucedido. A continuación debería bloquear al remitente y decirle a usted lo que ha ocurrido para que usted pueda decidir qué hacer, por ejemplo notificar a su servidor de Internet o a la escuela. 👍

## PER Escribir por placer

**P** A mi hija le gustaba escribir, pero ahora las redacciones le parecen una tarea. ¿Cómo puedo ayudarla a que encuentre de nuevo el gusto por escribir?

**R** Su hija podrá disfrutar otra vez escribiendo redacciones creativas que no conlleven una calificación.



Por ejemplo, sugiérale que escriba e ilustre un poema edificante y lo ponga en su casillero. También podría escribir pies de foto divertidos y compartirlos con la familia.

Puede incluso escribirse con sus amigos organizando una “batalla de bolas de nieve”. Una persona escribe una frase como comienzo de una historia en un papel, arruga el papel y lo lanza a un jugador. Esa persona añade una frase, vuelve a arrugar el papel y lo lanza de nuevo. Sigán escribiendo, arrugando y lanzando hasta llenar el folio. Al final lean la historia en voz alta.

Escribir por placer puede eliminar presión y estimular la imaginación de su hija. Y eso puede ayudarla a relajarse y a disfrutar más de las redacciones que le manden en la escuela. 👍

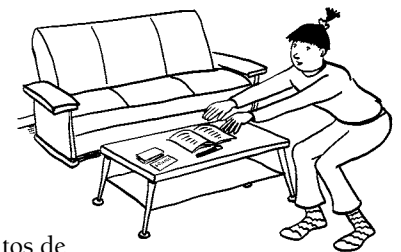


## Tiempo para el ejercicio

Con el curso en todo su apogeo, es probable que el tiempo del que dispone su hija sea escaso y que no piense en mantenerse en forma. He aquí maneras fáciles de añadir actividad física a su día.

**Empiecen un desafío 60/30.** Hacer 60 minutos de ejercicio durante 30 días podría formar un hábito saludable. La hora puede distribuirse a lo largo del día (30 minutos de clase de baile + 10 minutos caminando a casa de un amigo + 20 minutos montando en bici después de cenar). Dígame que anote sus totales.

**Hagan una pila de “actividades al azar”.** Su hija podría pensar en ejercicios que pueda hacer durante 1–2 minutos como sentadillas, flexiones o elevaciones de tronco. Podría escribirlos en fichas de cartulina y dejar las fichas cerca de su mesa de trabajo y de la TV. Dígame que saque una durante los descansos durante los deberes y los anuncios y que haga lo que dice. Podría anotar en el reverso cuántas ha hecho y procurar hacer más la vez siguiente. 👍



## De padre a padre Al éxito por el trabajo

A mi hijo Blake le sorprendió y le decepcionó que cuando se presentó a las pruebas de selección para la banda en el séptimo grado no le colocaran en el nivel más alto. Hasta entonces le había ido bien en todo lo que había probado. No estaba preparado para aceptar que algo no le costara trabajo.

Le expliqué que no importa tener dificultades con las cosas y que, de hecho, es una parte normal de la vida. Compartí con él anécdotas de ocasiones en las que he tenido que esforzarme

para mejorar. En mi primer trabajo, le dije, confundí los pedidos de unos cuantos clientes y el encargado tuvo que repasar conmigo los pasos durante una semana.

Animé a Blake a que pensara en que tocar la trompeta es un proyecto en curso.

Pensó en maneras de mejorar poco a poco. Luego colocó en su atril una nota que dice: “Que el progreso, no la perfección, sea tu meta”. Ha estado practicando un poco más cada día, haciendo hincapié en los pasajes con los que tiene dificultades y en perseverar. 👍



### NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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