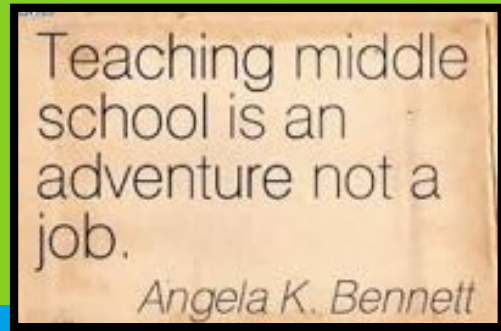


Pella Middle School



January - 2018

Please accept my apologies for not proofreading very well! Last week, I provided you with several incorrect dates in my informational email. Please see the corrections below:

Iowa Assessments were this week: Monday 1/29, Tuesday 1/30, and Thursday 2/1.

Parent Teacher Conference next week: Tuesday, February 6th from 3:30 - 7:00.

Dates for our **elementary conferences** and two-hour early dismissals (1:15 p.m.) are Tuesday, February 13, and Thursday, February 15. No school on Friday, February 16th.

Lastly, Please consider joining us for the viewing of Screenagers on 2/15. (more information below)

Dates to remember:

- 1/31 - 90 Minute Early Dismissal
- 2/1 - Iowa Assessments (a.m.)
- 2/1 - 8th Grade – High School Orientation (p.m.)
- 2/5 - No School
- 2/6 - Parent Teacher Conference 3:30-7:00
- 2/13 - 2 hour Early Dismissal
- 2/15 - Screenagers Viewing at Third Church
- 2/15 - 2 hour Early Dismissal
- 2/16 - NO SCHOOL
- 2/21 - 90 Minute Early Dismissal
- 2/28 - 90 Minute Early Dismissal
- 4/21 – 8th Grade Party 6:30-10:00

Maximizing Life's Opportunities for Every Child

Important Information

8th Grade Party – 4/21/18

8th Grade parents,

Thank you to many of you for stepping up and offering to support this year's 8th Grade Party! This annual tradition continues to be a success thanks to our supportive parents. I appreciate the efforts made to make this an event that focuses on celebrating our eighth grade students in a less formal gathering.

I wish to express my appreciation in advance for those willing to assist with the planning and preparation of this event. If you would like to support the planning process, please contact me via email.

Thanks again for all of your help in planning and facilitating the 8th Grade Party! There will be an email from me coming soon for the first planning meeting.

Respectfully,

Josh Manning



Screenagers

2/15/18

9:00-11:00

Find more
information and a
parent guide below.

Grief Group

We have eight, 7th grade students involved in a grief group in response to needs associated with the death of our student, Caiden Knox. Mrs. Pentico, along with staff members from Hamilton Grief Academy in Des Moines, are facilitating the group that is meeting for three 90 minute sessions. Students who were close friends of Caiden's have been invited to be involved in the group. Hamilton's Grief Academy has provided curriculum for Mrs. Pentico to use for current or future needs of other students.

Ability is what you have; skill is what you learn.

Important Information

Join us for a special screening of

SCREEN AGERS



GROWING UP IN THE DIGITAL AGE

BY: Pella Community Schools

WHEN: 2/15/18 9:00-11AM

WHERE: Third Reformed Church

WHO: 7/8 Students & Parents

screenagersmovie.com



Important Information



GROWING UP IN THE DIGITAL AGE

PARENT GUIDE

Having weekly, short, calm conversations with your family about tech is so important. Tech Talk Tuesday (TTT), our weekly blog, offers you tools and tips for discussions. Families tell us it's making a huge difference. Visit our website www.screenagersmovie.com/tech-talk-tuesdays/ to try one. It's never too late to start a conversation about technology but often doing it in baby steps is more effective. —Delaney Ruston, MD, filmmaker of Screenagers

4 Basic rules to consider— (go to www.screenagersmovie.com to find ways to enforce rules)

1. No screens in bedrooms when kids and teens go to sleep (for younger kids keep screens out completely). Fact: 75% teens get inadequate sleep. The presence of devices disrupts sleep cycles.
2. Set time goals for studying without multitasking and then, also, take tech breaks. Fact: Multitasking is linked to less retention and poorer academic outcomes.
3. Eat family meals without devices. Fact: Face-to-face conversations improve mood and empathy.
4. Put phones and devices away in the car. Fact: More than half of kids report seeing their parents text while driving.

3 Tips to help your child build self-control

1. Science shows that positive rewards work better than punishment. For example, if you observe your child focused while doing their homework without their device, praise them.
2. Build times when tech is out of sight. Self-control is hard, so decrease temptations.
3. Use [TTT](#) to let your kids share with you about the reasons they like tech in their lives—the more they feel understood, the more they'll work with you on tech limits.

Discussion questions

- How much time do you think kids in the US spend looking at screens? (Kids spend an average of 6.5 hours a day on screens, not including classroom or homework.)
- How much time do you think you spend each week on screen-related activities?
- The film featured a study in which baby mice exposed to screen time developed fewer cells in the areas of learning and memory than non-exposed mice. Do you think this is true for humans too?
- Do you think violent video games desensitize people to violence?
- What are some popular games that don't involve violence?
- Have you experienced people using screens to avoid face-to-face interactions? Do you ever make comments online that you wouldn't make in person?

Resources at www.screenagersmovie.com

- Screen Time Contracts—Tips and screen time contracts templates, including Tessa's contract
- Parenting Apps—Tools that automatically turn off tech at certain times
- Digital Citizenship—Links to help teach this at home and in schools
- Parenting Tips—Ongoing practical advice from our blog, TTT and more

Become a Person of Integrity and Personal Balance

The Middle School Student Council was awarded a grant this Fall from the Marion County Community Foundation to explore leadership. The Student Council consists of 14 elected students from both 7th and 8th grade. On Monday, January 15, the members of the Council were able to take part in the John Maxwell Leadership Game for Teens. This event was facilitated by Desi Payne out of Ottumwa who has a background and certification from the John Maxwell Institute. During the course of the event, the students interacted and affirmed leadership traits and characteristics that they see in each other, as well as assessed some of their own strengths as a leader. Some of the concepts or leadership topics that were discussed were the Law of Victory, Law of Reflection, Law of Influence, and the Law of Design. The students did some goal setting and pinpointed how crucial listening is in being leaders. It was a great afternoon and an opportunity for some of our Pella Middle School students to focus on their strengths and their future as leaders.

Ruby Payne from the John Maxwell's Team leads the Pella Middle School Student Council in a leadership activity.



A big part of being successful is being prepared.

Exhibiting Global Awareness

Peer PE @ Simpson College

Catch the action: <https://www.youtube.com/watch?v=pBcjEiRF-AI&t=7s>

Students in first semester Peer P.E. class recently attended an event sponsored by Heartland AEA and the Simpson College basketball teams. Middle schools and high schools that have an adapted P.E. program are invited to participate in stations such as dribbling, shooting, jumping rope, and tossing games. Simpson College basketball players assist at stations and provide modifications with the activity or equipment. Other fun activities include watching a shooting contest between the college basketball players, performing a school cheer and ending the day by dancing on the basketball court. Over 300 individuals were estimated to be in attendance at this year's event.



You can be the best, you can do the best, or you can give it your best shot.

Pursuing Excellence

8th Grade

Mrs. DeHaan's, Mrs. Knight's, Mrs. Boots's, & Mrs. Bogaard's 8th grade language arts students created children's novels to share with the Madison and Lincoln Elementary students prior to Winter Break.



Nona VanBerkum and Quinn Rhamy read in Mrs. Roorda's kindergarten class.



Readers

The students did an outstanding job presenting to the elementary students, and the elementary students and teachers were grateful again for the 8th graders' efforts and visit.



Ella Corbin, Eli VandeKieft, Nolan Clayberg & Jayden Divelbiss
read in Mrs. Fessler's 1st grade class

The only time success comes before work is in the dictionary.

Unchangeable

by Macy Van Gorp



Macy Van Gorp won First Place in the Three Rivers Reading Council contest for her poem "Unchangeable." Her poem is now in the state contest and Macy will attend a celebration with other contestants on April 9 at Pella Christian Schools. Congratulations, Macy!



You think that you're not worthy.
You think that you're dull. Unsightly. Offbeat.
You think that you need to fit into the realm of society,
Where you're labeled, twisted, replaced.
Replaced by somebody that you're not.
You think you need acceptance.
From everybody.
But in the midst of altering who you are,
You forget to accept yourself.
You try to fit into the social hierarchy,
Because it'll make you "normal."
Because non-conformism is unorthodox.
You crave attention.
Because it won't make you stand out.
But why?
Because that's what society tells you to do?
When did you start listening to a falsifier,
And stop listening to yourself?
When will you realize that by trying to "fix" yourself,
You're breaking inside?
And by "fixing" yourself,
You're transforming into somebody that you still don't welcome,
Yet the person that you once craved to be.
And for what?
To be consumed with materialistic things?
To be camouflaged by stereotypical labels?
To become a part of society that defines worth based on what you own?
What you look like?
What you value?
I tell you this:
It's all absurd.
Changing yourself for others is ludicrous.
And you don't need acceptance
From anybody but yourself.
You don't need to live up to anybody's standards
Except for your own.
So why waste your life trying to be like somebody else,
When you can just be yourself?
Underneath that mask of perfection,
You're flawed.
And that's okay.
Because you're not alone,
No matter how alone you think you are.
Others struggle with insecurities, too.
We all do.
But the things we can't change,
Are the things we need to embrace.
Because the things that will never change,
Are unchangeable.

Maximizing Life's Opportunities...

Who says Iowa Assessments Can't be Fun?

The building leadership team (BLT) and student council came up with our very first Cabin Fever week to break up the final week of January, Iowa Assessments, and their cabin fever.

Monday (testing): Don't sweat Iowa Assessments – sweatpants and sweatshirt day

Tuesday (testing): Shine so bright on Iowa Assessments – wear neon or mismatch

Wednesday: Tired of Testing? – wear your pj's

Thursday (testing) – Finish strong – wear your favorite team apparel

Friday: Pella Pride – wear your Pella Dutch apparel and bring snacks to 10th period.

A very special “thank you” to our local HyVee and Fareway. HyVee donated fruit daily for our students, and Fareway donated bottled water and Rice Krispy treats. We are grateful for their generosity!



Character Counts



Calendars and Helpful Links

2017-2018 Approved District Calendar:

<http://www.pellaschools.org/wp-content/uploads/2017/02/FINAL-of-2017-18-approved-2-13-17.pdf>

Middle School Specific Site:

<http://www.pellaschools.org/schools/middle-school/>

Middle School Handbook:

<https://docs.google.com/document/d/1rUW0mkYWFolz2wtEzKRP25fo86sENvXtpd-mDCAIU-4/edit>

Middle School Band:

<https://sites.google.com/a/pella.k12.ia.us/middle-school-band/>

Pella I:I Handbook:

https://docs.google.com/document/d/1lwKAUBESJbVmRgTpaU2ijBq4tpCo-Z_VFNmf-gfe6Ag/edit

Activities/School Calendar - has ALL 2017 - 2018 district Activities:

<http://www.pellaschools.org/calendar/>