



# MOUNTAIN SIDE NEWS

In partnership with parents and the community, we will teach our students to become responsible citizens through high standards of instruction and character education.

## Hare's Message

The tide has shifted at Mountainside. We are now full swing into the 2nd Semester and students are adjusting to a new schedule and potentially a new lunchtime with new peers. I love the fact that students get a chance to hit the reset button and begin again here at school. I have been preaching to students to set new habits and engage in behaviors that will result in success both socially and academically. This means to get involved in something at school (we have a lot of clubs and athletics going on), make positive choices on a daily basis, and to stay ahead on their schoolwork. Please connect with your student about their goals for the second half of this school and help guide them on a path of success.

The month of February is the kick-off to some busy times at the middle school. Music festivals are beginning, athletics are still rolling along, we have our honor roll night, club competitions are occurring, and the list goes on and on. I love all of the action and love seeing you all supporting your student. One of the best parts of my job is getting to watch students excel in activities that occur outside of the classroom. Often times it is those events that some of the quietest students shine the brightest!

Thank you so much for your support of your student and Mountainside Middle School. I believe that I have the best job in the world and much of that belief comes from the amazing partnership that we have with parents. Do not ever hesitate to contact me if you need anything!

[Gregg Hare](#), Principal



## Evening of Excellence

Save the Date: Tuesday, February 26th at 6:30pm

Mountainside would like to honor our students that received a 3.5 GPA or higher during the first semester with an evening that recognizes the accomplishment. This evening will include an awards ceremony, a motivational guest speaker, and refreshments. We would like to welcome all family and friends that wish to come honor students to this fabulous night, so please save the date. Those students that have qualified should receive an invitation with their first semester grades that are mailed home.

## Highly Capable Referrals

The period for referring a student for K-12 Highly Capable (Gifted) evaluation is open from January - February for possible designation in the 19-20 school year. Anyone can refer a student for consideration. Please see the Mead website [Highly Capable](#) page for more information. [Click here](#) to access the parents/guardians/other printable form. [Click here](#) to access the online fillable form for parents/guardians/other. Testing will take place beginning this spring. If you have questions, you may contact Kim Montecucco, 465-6033.

You need a  
**yearbook!**  
(just sayin'...)

## Buy Your Yearbook

It is not too late to order your 2018-19 Mountainside yearbook. You can either pay [online](#) or bring in \$25 to Ms. Lisa in the Business Office. You will not want to miss out!



## 8th Grade Basketball

8th grade basketball for boys and girls begins on Tuesday, February 12th. Please make sure to complete all FamilyID requirements and have fees paid. For more information, please [click here](#) or contact our AD, Mr. Henderson ([ryan.henderson@mead354.org](mailto:ryan.henderson@mead354.org)).

## Emails, Emails, Emails

At Mountainside, we are committed to connecting with parents/guardians about what is going on in our building more often. The hope is that the more we connect home, the better our partnership can be for students. You may have noticed that you receive emails to share this monthly newsletter, when your student gets a green slip (our lowest level of discipline), when your student is tardy, and now when they have missing assignments at the end of the week. No, we are not trying to bombard your inbox, we promise! However, over the past few years we have heard from parents that they often times do not know what is going on at school. We want to keep you connected and emails are a quick and easy way to do that. We would love your feedback! Please email our principal with comments/suggestions at [gregg.hare@mead354.org](mailto:gregg.hare@mead354.org).

## Pet Food Drive Ends 2/8

This is the last week to send in pet food, cat litter, or money for the Pet Food Drive. Just a reminder that all donations go to the Spokane Humane Society and your student can help deliver the "goods" if they bring in enough food (1,000 lbs) or money (\$100). Thank you for your support with this awesome community service opportunity!



**No School**  
Monday, February 18th



Are you following us?  
We really want you to!

Facebook: [@MountainsideMS](#)

Twitter: [@MountainsideMS](#)

Web: [mountainsidems.mead354.org](http://mountainsidems.mead354.org)

## A Look At This Month

Monday, February 4th-Friday, February 8th.....Counselor Appreciation Week  
Wednesday, February 6th.....Jazz Bands @ NIC Festival  
Thursday, February 7th.....2nd Quarter PRIDE Reward During Lunches  
Tuesday, February 12th.....8th Grade Basketball Begins  
Thursday, February 14th.....Pet Food Drive Field Trip  
Friday, February 15th.....Math is Cool Competition  
Monday, February 18th.....President's Day-No School  
Thursday, February 21st.....8th Grade First Semester PRIDE Field Trip  
Tuesday, February 26th.....Evening of Excellence 6:30pm  
Thursday, February 28th.....7th Grade First Semester PRIDE Field Trip

# Middle Years

Working Together for School Success



## Short Stops

### Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

### Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

### Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

### Worth quoting

"There is nothing like a dream to create the future." *Victor Hugo*

### Just for fun

**Q:** When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

**A:** A mirror.



## Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.

### Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

### Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he



could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

### Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in *.edu*), government agencies (*.gov*), and nonprofit organizations (*.org*), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 👍

## Mindfulness for middle graders

Tweens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar—much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 👍



# Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

**Be aware of “silent bullying.”** Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student’s belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

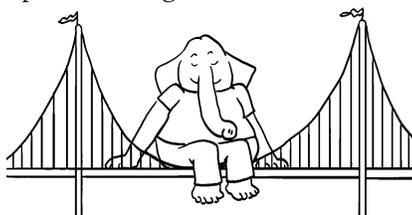
**Know when behavior crosses the line.**

Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that’s a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she’s being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). 👍

## Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you’re on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! 👍



### Q & A

#### Pleasant chats with tweens

**Q** Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

**A** There are several reasons your son may become easily irritated. At this age, he wants to be more independent—yet he knows he still needs your guidance, which may feel annoying to him. Plus, he’s dealing with changing hormones.

You might find that you have nicer conversations when you’re doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you’re sitting on the porch.

Finally, you’re more likely to keep the conversation upbeat if you ask about things he’s interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. 👍



### Parent to Parent

#### Foreign language: Learn together

My daughter Kelsey is taking French this year. While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

*apple* and *l’oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I’d remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. 👍



### OUR PURPOSE

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

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# Mead School District

Promoting Healthy Active Living



## Nutrition and Physical Education

As part of modeling healthy environments we keep our 6700 Policy/Procedure in the forefront.

The following are three items reflected in our updated Nutrition and Physical Education policy / procedure that we would like to share with you. The Mead School District is passionate about promoting active living and healthy environments for our community. Click to view: [policy/procedure](#).

1

### CLASSROOM CELEBRATIONS

One party per month with one treat!

2

### REWARDS

Use non-food rewards in our classrooms.

3

### SMART SNACKS

Student stores and fundraisers will meet federal regulations.

### Classroom Celebrations

These items can be ordered through your school nutrition department. Click below for more information!

[Mead Healthy Living Website](#)

See page 2 for pricing!  
**Smoothies**  
**Yogurt Dip & Fruit trays**



Our updated policy and procedure shares the following language:

# 1

## Classroom Celebrations

Our updated policy asks schools to limit celebrations that involve food during the school day to no more than one party per class per month.

**Each school is working towards healthier celebrations. Please refer to your child's classroom teacher for further details around party dates and protocols for treats, non-food items & special activities.**

In the event your child's classroom is having a celebration this year we are offering platters meeting smart snack guidelines. Below are approximate class prices for 20 or 30 students:

- Fruit & Yogurt Smoothies ..... \$15/\$23
- Fruit Tray w/ Yogurt Dip ..... \$16/\$22
- Veggie Tray w/Ranch Dip..... \$12/\$18
- Veggie / Hummus Dip ..... \$17/\$23
- Sour Cherry/Lemon Slushies... \$10/\$15

**Order 1 - 2 weeks in advance @ 509-465-6100, Nutrition Services after consulting with classroom teacher.**

Each celebration should include no more than one food or beverage that does not meet the Smart Snacks standards. To view the Smart Snack calculator to assist with party planning [click here!](#)



# 2



## Rewards

Our schools / classrooms are working towards not using foods or beverages as rewards for academic performance or good behavior to meet the requirements of our policy. Here are sample ideas on non-food related academic rewards; [click here](#) and scroll to the last page.

## Smart Snacks

# 3

This encompasses all foods and beverages sold to students from midnight to thirty minutes after the school day ends. (Student Stores, Vending, Ala Carte, Fundraisers) For all buildings and all ages:

- Water is available all day.
- Student stores are not open before school.
- All foods and beverages sold** will meet federal guidelines (vending machines, fundraisers, ala carte).
- No energy drink (e.g. Red Bull, Monster) sales during the school day.
- Schools will encourage fundraising activities that promote physical activity.
- Booster clubs will offer healthy snack choices and will not sell energy drinks.