

February Newsletter



A Note from the Principal, Mrs. Haney

Dear SMS Families,

Thank you to all students, families and staff for a wonderful first semester of collaboration and commitment to education, it sure is a delight working alongside the SMS community. My heart has been full of joy with the return of all of our students the last two weeks. It is reinvigorating to have students dynamic energy back in the building. We thank you and your students for adhering to the many rules and procedures that allow us the safest environment possible. A couple of reminders about COVID safety; please make sure you leave attendance messages or contact Nurse Roy if you are unsure if your student should attend school, please make sure your child's mask fits snugly and that they have at least one back up mask in their bag, and please continue to reach out if you have any questions regarding our schedule, COVID procedures and the like. We are so very thankful for the families that have kept their students home when they aren't feeling well.

Congratulations to all of our students for giving their all to semester one. A simple reminder to always find areas of praise in your child's growth and to continue to support your child's educational journey. A child's educational journey should be filled with happiness and wonder. It is a journey with peaks and valleys, but one that will be successfully maneuvered with the support and reassurance of all involved.

Please read to the end to get a list of important dates and review important news and information from Mr. Roth, Mr. Jackson, Mrs. Velikonja, Mr. Schiedler, and Nurse Roy.

Your partner in education and community enhancement,

Mrs. Haney

A Note from our Assistant Principal, Mr. Roth

Welcome back amazing Outlaws! It is incredible to see our students back in class, walking the hallways, and participating in Sisters Middle School culture. We are so happy to have you back. A couple of quick notes.

#1) Don't forget to send your student each day with two masks when they attend school in person. By the end of lunch/recess... a fresh mask is a welcome addition for most students.

#2) Sports - If sports are allowed they will occur in the following order. The seasons will be abbreviated.

Fall Sports → Spring Sports → Winter Sports
(Football, XC, VB) (Track) (Basketball, Wrestling)

We wanted to make sure you are prepared for our upcoming "Fall" Sports Season. Please make sure you have registered at Family ID found [HERE](#) and turned in your Sports Physical. There is no Pay to Play Fee, so now is the perfect time to try that new sport. Once registered, be on the lookout for practice information and communication from your coach.

Middle School Football is tentatively scheduled to start February 16th.
Cross Country and Volleyball will begin February 22nd.

We will communicate all updates as we have them. We can't wait to see you out there playing!

A Note from our School Counselor, Mr. Jackson

Hello Outlaws!

How is everyone doing? It is exciting to have our students back in the building. With this transition can come feelings of excitement, nervousness, appreciation and apprehension. If you are feeling any of these emotions as we take another step towards normalcy congratulations you are human. It is also pretty common to feel multiple conflicting feelings at the same time. I try to maintain a solid wellness plan to help manage my own stress, thoughts and emotions. If you would like to take it a step further to support your own wellbeing, in addition to that of your student's, try this easy-to-use method, [HALT](#) (click for more info).

Hungry- When was that last meal or snack for you or your student? We have all been "hangry." Remember hydration is also a key element to self-regulation.

Angry- Did something happen recently to trigger an emotional reaction? Hit the pause button, take a few deep breaths and just focus on the next part of your day.

Lonely- Are you feeling disconnected from family or friends? Maybe a quick text to check in with someone or schedule that Zoom with a loved one this weekend.

Tired- How much sleep did you get last night, or recently? Many of us try to do it all, myself included. We do not have infinite amounts of energy. Take a look at your full plate and see if there are one or two things you can remove to help reduce your obligations.

This is a gentle way to try and see what may be causing the angst in the moment. As kids head back to school the possible stress of new routines, social interactions, academics and new safety measures may be challenging. Please remember kids are incredibly resilient, but if you or your student are struggling in the moment to self-regulate, think about stopping and using the [HALT](#) (again, click here for more info) method to learn more about the cause.

Lastly, here is a brief article with some [tips for busy families](#).

Happy February and Go Outlaws!

Brook Jackson

Sisters Middle School Counselor

brook.jackson@ssd6.org

541-549-3195 work

[Click here to schedule a meeting with Mr. Jackson](#)

A Note from our SSD Instructional Coach, Mrs. Velikonia

Hello Outlaw Families! We are so excited to have students back in person. As we all transition into a new routine and schedule, I thought it might be helpful to give some helpful tips on *Developing Executive Function Skills in Your Child at Home and School*.

Executive Function skills are needed in order to manage and execute tasks to completion. When a student struggles in one of the areas below, it deeply impacts their ability to be successful. Below are the specific skills that make up executive function and some tips to support your child in these areas.

Organizing-

- Encourage your student to use their school planners and add their own events.

- Create a designated organized space for them to work, study and read on their home learning days.
- Have them routinely go through their binders/backpacks to clean out what's not needed and organize/file what is.

Prioritizing-

- Help them to sequence important tasks.
- Encourage them to review class notes and resources regularly.
- Partner with your child and their teachers; frequently visit Canvas to keep up to date.

Shifting/ Thinking Flexibly- The ability to cognitively think with flexibility and shift your approach when needed.

- Encourage your student to visualize what it is that they are processing.
- Look for alternative solutions to a problem.
- If your child gets stuck on a task, help them to think of tools/strategies that would assist them in organizing the information. i.e. graphic organizer for a writing assignment

Working Memory- Working memory is like your brain's "Post-It Note". It allows for information to come in and for you to be able to store/use it.

- If your student struggles with their working memory, help them to choose one task at a time.
- Identify strategies that work for them

Self-Monitoring- Self-monitoring is the ability to reflect regarding one's behavior/ performance and to change it if necessary.

- Help your child to recognize that their behavior impacts others
- Mistakes are a learning tool that can be made to help grow us
- Encourage them to reflect on past learning and experiences

Please reach out if you need anything! We are in this together! Go OUTLAWS!

Erika Velikonina

Sisters K-6 Instructional Coach

Leadership Announcements from Mr. Schiedler

Student Store

We are extremely excited to introduce our new and improved student store here at SMS! Our student store is currently full of stickers, masks, string bags, beanies, hats, water bottles, shirts, and hoodies! These items are made by your very own leadership students right here in the building.

The store is currently open after school for 5th and 6th graders on Mondays and Tuesdays, and 7th and 8th graders on Wednesdays and Thursdays. If these times do not work for you and your child, please let me know and we can coordinate an alternative time.

Students can purchase items within the store using Outlaw Bucks and/or real money. Outlaw Bucks are earned for various reasons within their classes, and are one of our biggest incentive systems here at SMS.

If you are interested as a parent to come in and purchase items from the student store, please try to schedule an appointment with me via email.

jeff.schiedler@ssd6.org

O-Factor

Please stay tuned for our virtual O-Factor! We have some awesome submissions, and our leadership students are working hard to turn those submissions into a video compilation of all of those great talents!

2020-21 Yearbooks are now on Sale!

Go to ybpay.lifetouch.com to pre-purchase this year's yearbook! The cost is \$25.

School code: 14044521

Want to purchase an 8th grade baby ad for this year's yearbook?

Email Mr. Schiedler with pictures and a sentence/paragraph for your student. This is a great way to leave a personalized message for your student as they move on to a new phase of their life!

1/4 page ads are \$30 and 1/2 page ads are \$60.

jeff.schiedler@ssd6.org

Nurse Roy

Please remember to call the attendance line each day and leave a message about why your student is absent. If your student is absent for illness please list the symptoms that your student is experiencing. If you have any questions, feel free to call Nurse Roy.

Sisters Middle School Office

Lifetouch picture retakes will be March 2nd & 3rd. Please be sure to have your student get their picture taken even if you are not planning on purchasing a packet. We use the pictures for our yearbook.



Important Dates

February 15th: No School, President's Day