



Mount Baker Middle School
2310 E. Section Street
Mount Vernon, WA 98273

September 2019
Volume 2, Issue 1

Mount Baker Newsletter

Welcome to the 2019-2020 school year at Mount Baker Middle School. It has been a busy beginning and we are off to a good start! The newsletter will be a monthly publication to help with school communication. Please refer to other informational sources including the Mount Vernon School District website, Mount Baker Middle School website, www.mountbaker.mountvernon.schools.org, and our Facebook page. For phone and text messages, please make sure to update your information with the school so we can continue to send important reminders.

Open House is scheduled for **September 24th from 6-7:30pm**. We will again provide a hot dog dinner for families. Dinner will be served in the Commons Cafeteria. This is a quick teacher meet and greet and classrooms will be open.

Conferences are scheduled for November 7th. More information will be coming to you in October and November. You do not have to wait for conferences to connect with your student's teachers. If you have a concern, please e-mail, call or set-up an appointment to meet.

Our staff is excited to work with the MBMS community to help support all students. The stronger we are together, the better we can establish a strong foundation for all of our students.

Sincerely,
Mount Baker Principal

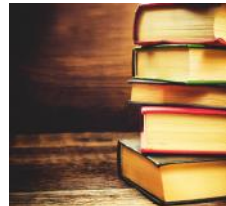
FROM THE LIBRARY

It's the time of the year when we are busy in the library un-boxing the new Sasquatch nominated books and getting them ready for this year's "Sasquatch Reading Challenge". Mount Baker Middle School and Little Mountain Elementary were fortunate to receive a grant from the Mount Vernon Public School Foundation last spring making it possible for us to purchase six copies of each of the twelve nominated titles for a total of 72 books. We are excited to have enough copies so that every student who wants to participate in the Sasquatch Challenge has a book to read. Stop by the library for a list of titles, guidelines, and prizes and get started today. Thank you, MVPSF, for your generous donation and for supporting the love of reading!

Reminder to students, you can search for and put books on hold via the internet using the library website which is listed as the "Commons Media Center" by simply logging in using your student ID information, or by coming into the library and placing a request.

The **Scholastic Book Fair** will be held the week of conferences, so save your pennies for some great buys on books, posters, pencils and other items that are great gifts.

The library is open to middle school students from 7:00-7:30 a.m., during lunch, and after school from 2:00-2:30. Please let us know how we can help you make the most of the library while you attend MBMS.....it's a great place to be!



Mount Baker Events

September

- 9/18 Cross County Meet
- 9/20 Early Release
- 9/23-27 Gear Up Week
- 9/23 Boys & Girls Club Starts
- 9/23 School Picture Day
- 9/24 Girls Soccer Game
- 9/24 OPEN HOUSE 6-7:30 PM
- 9/25 Girls Soccer Game
- 9/25 Cross County Meet
- 9/26 Girls Soccer Game
- 9/27 Non Student Day

October

- 10/1 Girls Soccer Game
- 10/2 Cross County Meet
- 10/3 Girls Soccer Game
- 10/4 Early Release
- 10/7 Cross County Meet
- 10/8 Girls Soccer Game
- 10/10 Girls Soccer Game
- 10/11 Girls Soccer Game
- 10/16 ACT testing for 7 and 8
- 10/16 Cross County Meet
- 10/23 Healthy Screening
- 10/25 Early Release

Friday Early Release Days

September	13, 20
October	4, 25
November	22
December	13, 20
January	10, 24
February	7, 21
March	13
April	3, 17
May	1, 22

COUNSELOR'S CORNER

Welcome to the 2019-2020 school year! As school counselors we work with students, teachers and families to support student success and wellness in and out of the classroom. As students transition back into the school year, they may feel stressed with the sudden increase in academic and social pressures. Everyone reacts to stress in different ways. Some stress signals may include changes in sleeping or eating habits, withdrawing from family and friends, an increase in aches or sickness, and feeling worried, out of control or angry.

It's important for students to recognize their feelings so they can build strategies to navigate stressful situations. Some ideas include taking care of their physical health by eating well, sleeping well, and getting exercise. In addition, taking time to enjoy hobbies or relaxation, creativity, talking, journaling, reading, are also great ways for students to manage stress. Encourage students that it's okay to ask for help. Remind them that people care and want to support them. Feel free to call or email your student's school counselor with any questions or concerns. Looking forward to a great year working with you!

Ms. Spencer
(students last names A-L)
Ms. Gralow
(students last names M-Z)



At Mount Baker Middle School, we are utilizing the Social Emotional curriculum from Character Strong into our Homecourt lessons. Below is an overview from the Character Strong website.

WHAT IS CHARACTERSTRONG?

CharacterStrong is an organization that provides curricula and trainings for schools internationally. Our trainings help educators infuse character and social-emotional learning into the daily fabric of any classroom or campus. Our curricula focus on character development in order to help students cultivate social-emotional skills, their emotional intelligence, and help them develop a stronger identity and purpose in school and in the world.

MORE THAN A CURRICULUM -IT'S A CULTURE

The research shows that when a school takes time to cultivate a culture of character and develop social-emotional skills, grades go up and bad behavior goes down. It makes sense - when kids feel safe and supported, they perform better and *want* to be there. When students learn the value of kindness, service, and empathy, they don't just walk out of school being competent at math and science - they walk away being capable, compassionate people.

HEALTH ROOM

Welcome back to school from your Mount Baker school nurse team! We are here to help you have a HAPPY and HEALTHY year of middle school! Remember to start your day strong with lots of sleep and a good, healthy breakfast! Come ready to learn and grow! We are excited to meet you.

6TH GRADE TDAP BOOSTER REQUIREMENT: All 6th graders are *required to provide documentation of a Tdap vaccination booster after turning 12 years old. This is mandatory per Washington state law. Please discuss exemptions with your doctor and provide documentation if needed. You have 30 days from the first day of school to provide this documentation.*

HEALTH ROOM CLOTHING NEEDED: The Mount Baker health room is in need of extra clothing! We would appreciate all donations of **girls leggings/sweatpants and boys sweatpants**, as well as **extra T-shirts** in middle schooler sizes (large and small)!! Please contact Lynn Harris in the school office for any questions or information. Thank you!

TOO SICK FOR SCHOOL? Please remember to stay home if you have any of the following: *fever (temperature >100.0F), coughing, diarrhea, severe sore throat, undetermined rash, vomiting, or other signs of illness. You may return to school after being free of symptoms (ex. Fever, vomiting, diarrhea) for 24 hours without the aid of medication. A doctor's note may be requested upon return for symptoms such as cough, sore throat, rash, or other undetermined symptoms. Thank you for helping to keep our learning place a healthy place!*

HEALTH INFORMATION & MEDICATION AT SCHOOL: Please be sure we have your most updated health information for the new school year! Also, a medication authorization form must be received for all medication given from the healthroom, and a **NEW form must be received EVERY year**. Forms from last year are not valid for the new school year. Please let us know if you need this form or medication while at school.

Sincerely,
Angela MacPherson, RN BSN, School Nurse
Lynn Harris, LPN, School Nurse
Mount Baker Middle School (360) 428-6127



NEW STAFF

We receive many calls daily from parents asking staff to relay messages to their children. Please make every attempt to relay these messages to your child before he or she leaves for school. Messages called into the office after 1:30 may not get to your child before dismissal.

Yvonne Bowman	Para/Security
Mason Cole	Choir
Danielle Pomeroy	8th Math
Nicola Rodriguez	Spanish
Samantha Sandoz	7th/8th ELA
Gillian Sinclair	7th/8th ELA
Kate Taylor	Band
Anthony Wallace	6th Math

Transportation

Please be considerate of cars and busses when transporting your student to and from school. Do not park in the Bus Zone.

Riding the Bus

Please remind students that they must follow expectations on the bus for their own safety. Students must remain seated while the bus is in motion and keep the noise level to a minimum.



Car Pick Up

Dismissal time is at 2:00 pm on regular days and at 12:00 pm on early release. Car pickup is in the drive through loop off of LaVenture (near the Commons and flag pole). For safety reasons, please form one line. Once your child is in the car, you may exit the line and leave. Please do not pull around another vehicle and attempt to get back in line. Do not pick up in the parking lots off of Section. This area is for staff and busses only.

Walkers

Students who walk to and from school should do so as safely as possible. Children should stay on the sidewalk at all times, cross the street at crosswalks after checking for cars and never talk to strangers.



Bike Riders

Students who ride their bike to school should always wear a helmet and walk their bike across marked crosswalks.



Morning Drop Off

For safety, please do not leave students at school unaccompanied before 7:00 AM. There is no supervision for students before this time. Parents should drop off student in the west parking lot by the flag pole.

FROM OSPI: A student who misses 10 days or more during a school year is 20 percent less likely to graduate from high school and 25 percent less likely to ever enroll in college.

ATTENDANCE OFFICE

If your student will be absent from school, please call the office, or email jreyes@mvsd320.org in the morning. Please leave a message that includes your child's name, grade, and the reason for the absence. You can also visit our website and click on REPORT AN ABSENCE.

A note must be received within 48 hours of the absence for the absence to be considered excused. You may also call ahead with any pre-planned absences, and we will document it. Therefore you will not have to call again on the day of the absence. If your student needs to be picked up for an appointment, please send a note, or call the office, so that your student can be given a pass in advance. We appreciate advanced notification as it eliminates the need for us to try and find your child at the last minute when they are being picked up. If your child brings a note from the medical or dental appointment as verification, it is not counted toward the 10 days allowed for your child to be absent from school.

Thank you for your cooperation in keeping your student's attendance up to date and informing the school of absences in a timely manner. Per the Becca Law, any student with five unexcused absences in any one month or ten unexcused absences in the school year is considered to have chronic absenteeism and a petition must be filed through the court system.



SCHOOL DRESS CODE

School dress standards set a tone that reinforces the learning environment. Students are expected to wear appropriate clothing for ALL school functions.

Clothes must fit and not be a distraction. Students need to be covered according to school dress code. This includes ripped jeans—no holes more than 3 inches above the knee will be allowed.

Hoods or hats of any kind are NOT allowed. This is for safety as well as to help students make eye contact and not hide their face behind a hood or hat. This is a social skill that all of our students need to learn.

Please review the student handbook for clear expectations for appropriate school dress.

If a student is not following dress code, the student will call guardians to deliver appropriate clothing. If dress code violations are repeated, school discipline will follow.

Thank you for helping to make Mount Baker a safe and supportive learning environment.

CELL PHONES, HEADPHONES AND OTHER ELECTRONICS

Cell Phones:

Phones need to be off and put away from 7:00 AM—2:05 PM.

~ONLY exception is with teacher permission FOR AN EDUCATIONAL REASON.

IF STUDENTS HAVE A PHONE OUT...

- 1st Time—Phone is taken to the office. Student may pick it up after school.
- 2nd Time—Parent Contacted
- Every time after the second incident, phone is taken to the office and a PARENT must pick it up after school.

Headphones are not allowed. They are a distraction and can also be a safety concern. Head-phones should be kept in backpacks during the



Highly Qualified Teacher Notice

At the beginning of each school year, any parent who has a child attending any school receiving Title 1 funds may request and receive, in a timely manner, information regarding the professional qualifications of the student's classroom teachers. In addition, the parents may also ask whether the child is provided services by a paraprofessional and, if so, his or her qualifications.

At Mount Baker, we are very proud of our teachers and feel they are ready for the coming school year and are prepared to give your child a high-quality education. Our staff is committed to helping your child develop the academic knowledge and critical thinking he/she needs to succeed in school and beyond. That commitment includes making sure that all of our teachers and paraprofessionals are highly skilled.

NONDISCRIMINATION

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Assistant Superintendent William Nutting, bnutting@mvsd320.org or the Section 504/Americans with Disabilities Act Coordinator, Clint Carlton, Director of Special and Support Services, ccarlton@mvsd320.org, 124 E. Lawrence St., Mount Vernon, WA, (360) 428-6110.

El Distrito Escolar de Mount Vernon no discrimina en ninguno de los programas o actividades según el sexo, la raza, el credo, la religión, el color, el origen nacional, la edad, el ser veterano o la situación militar, la orientación sexual, la expresión de género, la identidad de género, discapacidad o el uso de un perro guía capacitado o animal de servicio y proporciona un acceso equitativo a los Boy Scouts y otros grupos de jóvenes designados. Se ha designado a los siguientes empleados para encargarse de las preguntas y quejas de supuesta discriminación: Bill Nutting, Superintendente Asistente y Coordinador del cumplimiento de los derechos civiles o Coordinador del Título IX, 124 E. Lawrence Street Mount Vernon, WA 98273, (360)428-6110 o Clint Carlton, Director de servicios especiales y de apoyo y Coordinador de la legislación para los Estadounidenses con discapacidades o la Sección 504, 920 S. Second Street Mount Vernon, WA 98273, (360)428-6141.

Недискриминация

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