



Mount Baker Middle School
2310 E. Section Street

November 2019
Volume 2, Issue 3

Mount Baker Newsletter

Hello Grizzly Community!

It's hard to believe that we are moving into November and have completed 9 weeks of school. Conferences are coming soon! If you are unable to make the scheduled conference time on **November 14th**, please make sure to connect with teachers if you have any questions or concerns about your student.

Conferences are an opportunity to meet with Homecourt advisors and for your student to review their goals and expectations for each class. During this time, office staff will be available to answer questions or help with any concerns and don't forget to visit the book fair!

Looking forward to seeing you on November 14th!

Sincerely,

Jennifer Harlan

Mount Baker Principal



FROM THE LIBRARY

This week will be busy in the library getting ready for our annual **Scholastic Book Fair** which runs from November 12th-15th during Student Led Conferences. Because we share the library with LM Elementary, our sale offers books, posters, and doodads for all ages, pre-school to adult, making the Cascade Commons fair a great place to pick that perfect book or gift for someone special....like yourself! Come by and browse.

Fair Hours:

Tuesday-Friday 7am-2:30pm

Thursday, Nov. 14th 7am-7pm

The **Sasquatch Reading Challenge** has been a big success so far this year thanks to the *Mount Vernon Public Schools Foundation's* generous donation that made it possible for the library to purchase 8 copies of each of the 12 nominated books instead of just a few. In the past, students had to wait on list for Sasquatch titles to become available and often did not get a chance to read all 12. With the extra books available this year the titles have been checked out in record numbers and several students have already read more than half of books, well on their way to reaching their goal of reading all 12.



Mount Baker Events

November

- 11/11 Veterans Day No School
- 11/12-15 Book Fair
- 11/13 PTO MOD Pizza Fundraiser
- 11/14 Conferences
- 11/15 Early Release
- 11/22 Early Release
- 11/27 Early Release
- 11/27-29 Thanksgiving Break

December

- 12/12 Band Concert
- 12/13 Early Release
- 12/13 Dance (TBD)
- 12/17 Choir Concert
- 12/19 Orchestra Concert
- 12/20 Early Release
- 12/21-1/5 Holiday Break
- 1/6 School Resumes
- 1/10 Early Release

Friday Early Release Days

November	8, 15, 22, 27
December	13, 20
January	10, 24
February	7, 21
March	13
April	3, 17
May	1, 22

COUNSELOR CORNER

Sleep

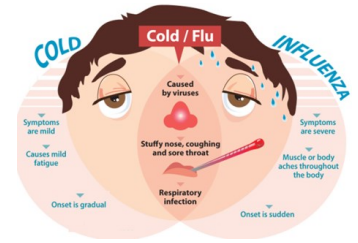
As students settle into the school routine, consistent sleep schedules are important for wellbeing and academic success. Students often share that they're tired in their classes and have difficulty falling or staying asleep. A lack of sleep can negatively affect memory, thinking, concentration, mood, and immunity to sickness. The National Sleep Foundation recommends that middle school aged students get 8-10 hours of sleep each night. Below are some tips for improving sleep hygiene with your student:

- Help your student get in the habit of waking up at the same time every morning and establishing a consistent bedtime routine.
- Encourage students to turn off devices at least an hour before bed- the blue light from screens worsens sleep quality.
- Anxious thoughts are also a common reason students don't sleep well. If you believe this is the case for your student, have a conversation about building a relaxing practice into their bedtime routine such as listening to music, journaling, breathing exercises, or drawing.

Fight the Flu!

We are into the 2019-2020 flu season, which typically peaks between November-March. Influenza is a potentially serious, contagious disease. It can cause mild to severe illness. Serious outcomes of flu can lead to hospitalization and even death. Symptoms include:

- fever or feeling feverish/chills.
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults



CDC recommends a three-step approach to fight flu:

1. *Get a flu vaccine.* Everyone 6 months and older should get a flu vaccine by the end of October. Getting a flu vaccine every year provides the best protection against flu.
2. *Take everyday actions to stop the spread of germs.* Try to avoid close contact with sick people, and if you become sick, limit your contact with others. Stay home from school. Cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often.
3. *Take flu antiviral drugs if your doctor prescribes them.* If you get sick with flu, prescription flu antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

Mount Baker Parent Group

Meeting Date:

Thursday, November 21st, 2019

6:00—7:15 PM

Mount Baker Middle School Computer Lab

(Please note this is a change from the schedule monthly Tuesday)

**This meeting we will be held in English and Spanish and childcare will be provided!*

AGENDA

- Childcare drop off from 5:45 -6:00PM
- From 6-7, staff will help us learn how to access internet based information from the school, like Skyward, Facebook, and the school calendar. Principal Harlan and Assistant Principal Plumly will also be there to let us know about school business and answering questions.
- 7:00 PM Raffle for our PTO basket!
- From 7-7:15 PM, we will go over Parent Group business (update on the new Gaga ball pit, December music concert flower sales, restaurant/community giving opportunities, handbook creation)

Hope to see you there!

Communities in Schools

Stay tuned... CIS Coordinator Theo Mills is working on a student project that will be starting in mid November: Making Catapults!

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