



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

December 2019
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Mount Baker Newsletter

Hello Grizzly Community!

With the winter break only two weeks away, this time of year is busy with learning, activities, sports and concerts. To stay on top of the many dates, please review the monthly newsletter, school and district websites, and MB Facebook. We also send out phone calls to remind parents of important dates. Please make sure all of your contact information is updated yearly and if you believe it might be outdated, please contact our front office for help. If you have any questions, do not hesitate to contact the front office or your student's teacher. First semester ends January 24th, 2020.

The break would be a great time to sit down with your student and look through and organize their binder. Are they in need of school supplies? This is the time many of our students start to run out of supplies. If you need help with supplies, please contact our front office.

Enjoy the winter break. We wish you and your family a safe and relaxing break!

Sincerely,

Jennifer Harlan

Mount Baker Principal



NEWS FROM THE COMMONS LIBRARY

A big thank you to all the families and friends who came to the *Scholastic Book Fair in November*. It was a huge success and made it possible for us to add and replace more than 100 books to our library collection.

MBMS was awarded 500 **free eBook apps** compatible with Apple or Android devices. Students can download up to 10 e-books at a time from a selection of thousands of popular and award-winning titles. If interested, please come to the school library for an access code and pin number and start reading on your own device today.



Mount Baker Events

December

- 12/12 Band Concert
- 12/13 Early Release
- 12/13 Dance, 4-6 pm
- 12/17 Choir Concert
- 12/19 Orchestra Concert
- 12/20 Early Release
- 12/21-1/5 Holiday Break

January

- 1/6 School Resumes
- 1/10 Early Release
- 1/24 PTO Meeting
- 1/24 Early Release

IMPORTANT!

Please use the DROP OFF LANE and NOT THE BUS LANE when delivering students to school. We are concerned about safety and traffic flow.

Friday Early Release Days

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

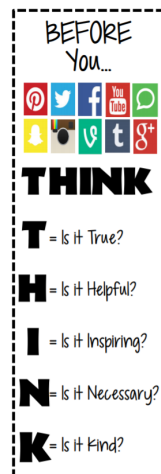
COUNSELOR CONNECTION

HEALTH ROOM

HOLIDAY SAFETY TIPS

- Keep an eye out for distracted pedestrians and drivers who may not be paying attention to you, especially when backing out of parking spaces. Shopping center parking lots are busier during the holidays.
- Buckle up every car ride, every time, whether it's the long trip to visit family or around the block to the mall.
- Turn off decorative lights before leaving home or going to sleep. Regularly check lights for exposed or frayed wires and loose connections.
- Keep candles and matches out of reach of small children. Lit candles should be at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep. Store matches and lighters out of children's reach and sight.
- Never leave the kitchen while you're cooking and always use oven mitts or potholders to carry hot pots and pans.
- Remind everyone to wash hands A LOT. The last thing you want is a winter cold going around your house. Don't hug or kiss every visitor that walks in the door. Teach kids it's best to cough or sneeze into their elbow not their hands. Tissues are best but not always available.
- Continue getting at least 8 hours of sleep every night to prevent illness and stay healthy.

Did you know adolescents spend an average of nine hours a day using online entertainment? The use of social media can greatly impact students' social and emotional well-being. We often see issues between students that started because of online posts. Social media is a powerful communication tool, and when used appropriately, can bring people together and provide feelings of connection. A sense of belonging is especially important at the middle school age and in this world of technology students need the skills to be responsible online.



Below are some tips/ ideas to help your students balance social media use and life beyond the screen:

- Learn about the apps your student uses - having informed conversations creates more opportunities for students to discuss issues if and when they pop up
- Help students understand their 'why' for posting - encourage them to build a habit of thinking before they post, reflecting on questions like "Why am I picking up my phone? Am I bored? Sad? Lonely?" or "Why am I posting this? Does spending time on this app make me feel energized or drained?"
- Encourage your student to have private and important conversations in person or via phone call
- Help students identify their 'support team' - adults who they trust and feel comfortable talking to face to face about tough times

Feel free to contact your students' school counselor or visit Common Sense Media (commonsensemedia.org) for more resources on supporting your students' healthy technology use.

Mount Baker Parent Group

Due to numerous December commitments, PTO will not meet in December. Next parent meeting will be in *January*.

Meeting Date:

Tuesday, January 21st, 2020

6:00—7:15 PM, Mount Baker Middle School Computer Lab

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