



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

February 2020
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Mount Baker Newsletter

Mount Baker Middle School is continuing with our Character Strong curriculum. This curriculum is delivered during Tuesday advisory time and students engage in activities to strengthen social and emotional skills. Topics include: growth mindset, community building, empathy, kindness, role models, patience, gratitude, service projects, difference between personality and character, and many more.

Middle school can be a difficult time for students—it's the transitional years from elementary to high school and many students struggle with social connections and emotional feelings. With the help of this curriculum, we are working to build stronger relationships and improve student choices to develop strong character. Please talk with your student about their learning and how you can support this important learning at home.

Sincerely,

Jennifer Harlan

Mount Baker Principal

Mount Baker Parent Group Meeting

Tuesday, February 18th, 2020

6:00—7:15 PM

Mount Baker Middle School Computer Lab

NEWS FROM THE COMMONS LIBRARY

Can reading books make you a better person? The answer is yes! Research is conclusive that besides all of the intellectual benefits, reading also broadens our minds and improves our ability to empathize with others, making us kinder, and a more empathetic person. A great way to celebrate the New Year and a new decade is to set some attainable goals, like taking on a reading challenge that requires reading books one may not normally choose to read. The MB 2020 **“Walk a Mile in My Shoes”** reading challenge is for middle schoolers who would like a glimpse into the lives, struggles, and achievements of others through award winning fiction and non-fiction books in order to gain a better understanding of the human condition. Encourage your middle-schooler to pick up a booklist from the library and start the adventure.

Reminder: **free eBook apps** compatible with Apple or Android devices are still available. Pick up an access code and pin number at the library desk.



Mount Baker Events

February

- 2/7 Early Release
- 2/17 No School—Presidents' Day
- 2/18 PTO Meeting 6PM
- 2/21 Early Release
- 2/27 White Hatter Presentation

March

- 3/10 Band Concert
- 3/13 Early Release
- 3/19 Conferences
- 3/20 Early Release
- 3/23 Orchestra Concert
- 3/24 Choir Concert
- 3/27 Early Release

April

- 4/3 Early Release
- 4/6-10 Spring Break
- 4/17 Early Release

Friday Early Release Days

February	7, 21
March	13, 20, 27
April	3, 17
May	1, 22

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.

HEALTH ROOM

6th Grade News:

THANK YOU for your help- MBMS has reached 98% compliance with Washington state standards regarding 6th grade Tdap immunizations! Tdap is an important immunization that protects from Tetanus (also known as lockjaw), Diphtheria (bacterial respiratory infection) and Pertussis (whooping cough).

Now is the time to start thinking about overnight Camp Orkila- coming in April. If your student will need medication at camp that is not normally administered at school, we need to start planning. Please contact the MBMS nurse office to start this process.

7th Grade News:

Vision/Hearing Screenings were provided for all 7th grade students before Winter Break. Any student that did not pass a screening received a referral form to have an eye or hearing examination with a healthcare provider. Please let us know if you could use any help with accessing this care.

8th Grade News:

Please ensure that we have your student's most current health information. Please notify the MBMS nurse office if your student has any health related updates we may not be aware of.

Nurse Angela & Nurse Lynn

THE WHITE HATTER COMES TO MOUNT VERNON!

Mount Baker and LaVenture Middle Schools will be hosting the White Hatter on February 27, 2020 at Mount Vernon High School from 6 to 8 pm. The White Hatter will present useful information to parents/guardians that will help keep their child(ren) safe while using technology. We look forward to seeing you there.

For more information please visit <https://www.thewhitehatter.ca/schools>.

COUNSELOR CONNECTION

Helping your student navigate friendship conflicts

Middle school is a time of major social and emotional changes for students. Peer relationships and establishing a sense of belonging become a major focus. These shifting priorities may be overwhelming for students when conflicts arise. At this age students are still learning how to handle conflicts and often need adult support to prevent situations from escalating. If and when students seek out help from adults it is commonly after situations have gone too far. School staff and families can work together to navigate conflicts. Below are some suggestions to guide your student through difficult social situations.

1. **Observe** - Take time to pay attention to your student's behavior, mood, body language, facial expression and monitor their cell phone/internet use. When something seems "off" or doesn't feel right it is always a good idea to check in with them.
2. **Connect** - Talk with your student, learn about their day, school activities, and friends. Log on to Skyward to support with grades and attendance.
3. **Stay Optimistic**- Assume positive intent. Adolescents can be insensitive, but they generally are not intentionally cruel. To create a culture of trust, teach students how to assess situations from others' point of view and state of mind. There are always two sides to a story.
4. **Help them understand when to let go.** It is normal for friendships to evolve and change and some friendships will run their course. Explain to students that they can't control someone's behavior or feelings, but they can get a handle on their own. Even in extreme cases, it can be difficult for kids to walk away from unhealthy relationships. Try posing questions that encourage insight: What advice would they give to a friend in the same situation?
5. **Guide**- If there are issues at school, encourage your student to follow up with school staff. If issues are reported, then staff can accurately follow up and prevent issues from growing.

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