



February 24, 2023

# School News

## Sequim Middle School

Office Hours: 7:00-3:30 p.m.

Main Office 360-582-3500 Attendance 360-582-3503

### What do I need to know before the week starts: 2/27-3/3

#### Part 2 "Middle School Matters" Phyllis Fagell Making Responsible, Healthy and Ethical Decisions

**Key Skills Impacted:** 1-Make good friend choices, 2-Negotiate conflict, 5-Consider others' perspectives, 6-Self-advocate, 7-Self-regulate emotions, 9-Make responsible, healthy, and ethical choices.

#### Top Tips for Parents:

- Remember that middle schoolers can't yet think like adults and need guidance.
- Encourage healthy sleep habits (and other forms of self-care).
- Teach peer negotiation strategies before they're in difficult situations, such as using a code word to contact you for help.
- Encourage them to develop critical thinking through activities such as joining a debate team at high school or writing for a school or trusted local publication.
- Teach media literacy and make distinctions between good and bad news sources.
- Model flexibility in your own thinking when discussing current events.
- Remind them they don't need to do anything or go anywhere that makes them uncomfortable.
- Expect mistakes but maintain high expectations.
- Get them involved in activities that instill a sense of purpose.
- Share times that you succumbed to peer pressure, along with how you regrouped.
- Tell them to pause and consider possible repercussions before posting anything online.

#### Conversation Starters:

- "How do you know that's a reliable source?"
- "What do you think would be a reasonable consequence for breaking that rule?"
- "If you want us to rescue you from an uncomfortable situation, what's a code word you could use?"
- "What would you tell a friend who keeps pressuring you to do something you don't want to do?"

#### No School Next Friday

Our staff will be growing their knowledge and skills in both district wide initiatives and more individualized professional growth choices.

All staff will begin training in the ALICE protocols for school safety.

#### Sports:

3/1: Wrestling @ Blue Heron

#### Logistics:

2/28: MAPS testing starting at 8:15—DIFFERENT BELL SCHEDULE (Schedule on page 2)

3/2: MAPS testing starting at 8:15—DIFFERENT BELL SCHEDULE (Schedule on page 2)

3/2: Read Across America, 8th grade field trip to Greywolf, 12:05-2:40

3/3: NO SCHOOL—Professional Learning Day

#### CLUBS:

Mon: HOSA— Future Health Professionals, 2:45

Mon: Gamer Girls, 2:45-4:00

Tue: Timberwolves Thunder Drumline, 2:45-4:00

Tue: Art Club, 2:45-3:45

Tue: Tea with Taylor, 2:45-3:45

Wed: Hiking Club, 2:45-4:00

Wed: Woodwind & Brass Club, 2:45-4:00

Wed: NASA Science Club, 3:00-4:00

Thurs: Fly Fishing Club, 2:45-4:00

Thurs: Sequim Thunder Drumline (Advanced), 2:45-4:00

Thurs: Dungeons and Dragons Club, 3:00-5:00

Thurs: Game Club, 2:45-4:00

Thurs: TSA e-sports, 2:45-4:00

#### Next Week 3/6-3/10...

#### Sports:

3/8: Wrestling @ Sequim

#### Logistics:

3/9: Spring choir concert, 7:00pm, SHS Auditorium

3/9: Strategic Planning, 6-7:30, Guy Cole Center

3/10: Choral adjudication field trip to P.A., 8am-3pm

#### A week or more out...

#### Sports:

3/15: Wrestling @ Forks

3/22: Wrestling @ Stevens

3/29: Wrestling @ Blue Heron

#### Logistics:

3/16: Strategic Planning, 6-7:30, Guy Cole Center

## Testing - via Wolfpack

Grade 6				Grade 7				Grade 8			
	Start		End		Start		End		Start		End
Office Hours	7:45 AM	30:00	8:15 AM	Office Hours	7:45 AM	30:00	8:15 AM	Office Hours	7:45 AM	30:00	8:15 AM
Testing - via Wolfpack	8:15 AM	00:00	10:15 AM	Testing - via Wolfpack	8:15 AM	00:00	10:15 AM	Testing - via Wolfpack	8:15 AM	00:00	10:15 AM
1st	10:19 AM	36:00	10:55 AM	1st	10:19 AM	36:00	10:55 AM	1st	10:19 AM	36:00	10:55 AM
2nd	10:59 AM	36:00	11:35 AM	2nd	10:59 AM	36:00	11:35 AM	2nd	10:59 AM	36:00	11:35 AM
Lunch	11:35 AM	30:00	12:05 PM	3rd	11:39 AM	36:00	12:15 PM	3rd	11:39 AM	36:00	12:15 PM
3rd	12:09 PM	36:00	12:45 PM	Lunch	12:15 PM	30:00	12:45 PM	4th	12:19 PM	36:00	12:55 PM
4th	12:49 PM	36:00	1:25 PM	4th	12:49 PM	36:00	1:25 PM	Lunch	12:55 PM	30:00	1:25 PM
5th	1:29 PM	36:00	2:05 PM	5th	1:29 PM	36:00	2:05 PM	5th	1:29 PM	36:00	2:05 PM
6th	2:09 PM	36:00	2:45 PM	6th	2:09 PM	36:00	2:45 PM	6th	2:09 PM	36:00	2:45 PM
Office Hours	2:45 PM	30:00	3:15 PM	Office Hours	2:45 PM	30:00	3:15 PM	Office Hours	2:45 PM	30:00	3:15 PM



Civil Air Patrol is having an Open House Tuesday March 7 from 6 to 8 pm in the Sequim Middle School. If you're over the age of 12 and interested in aviation, the military, or STEM, check out [wa091.cap.gov](http://wa091.cap.gov).



**REMINDER:**  
We do not accept DoorDash orders at the Middle School.

**SMS 8th grade will be participating in Read Across America on March 2nd at Greywolf Elementary School.**

**Students will leave SMS at 12:05 and return at 2:40. (Opt out, permission Slips will be sent home Monday).**

### What is Read Across America?

**Read Across America** 2023 is a special day designed to encourage children to enjoy reading. Started in 1998 by the National Educators Association, Read Across America Day seeks to inspire readers about the wonders of reading. It is estimated that 45 million Americans are functionally illiterate, meaning they cannot read above a fifth-grade level. Read Across America seeks to destigmatize this issue and inspire children to find the beauty and joy in the pleasure of reading. Evidence shows that children learn 4,000 to 12,000 new words annually if they read regularly. Reading also boosts memory skills and reduces stress, meaning that many skills can be targeted just by picking up a book with your kids. Good literacy skills are linked with children accessing the entire curriculum, helping to benefit their learning across the board. As Dr. Seuss said, "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

### Scent Free is our Target

Many are familiar with our concern over food allergies exposure as that has been in our conversations for decades now. In education, we have only recently started talking with our community about the concerns for student health around SCENTS. We have several students here at SMS that have a physical reaction (potentially anaphylactic) to scents in the air. To help protect these students we ask that NO student bring spray perfume, cologne or deodorant to campus. When at home we ask they use any perfume or cologne very sparingly if at all. Please try to select a stick style deodorant for school use.





# 4th Annual Sequim Sunshine Festival

## March 3 & 4, 2023



Art Created by Melissa Hawley



### Celebrate the Sun!

Sound Community Bank Drone Show,  
Peninsula Behavioral Health Sun Fun Color Run,  
Clallam County PUD Interactive Light Experience,  
Community Art, Sunshine Market, Food, Live Music & More!



[sequimsunshinefestival.com](http://sequimsunshinefestival.com)  
[visitsunnysequim.com](http://visitsunnysequim.com)  
1-800-737-8462



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