



March 24, 2023

School News

Sequim Middle School

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

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

HOME OF THE
TIMBERWOLVES

What do I need to know before the week starts: 3/27-3/31

Part 6 "Middle School Matters" - Phyllis Fagelli – Managing Shifting Friendships

Key Skills Impacted: 1- Make good friend choices, 2- Negotiate conflict, 7-Self-Regulate emotions 9-Make responsible, healthy, and ethical choices.

Top Tips for Parents:

- If your child has social deficits, work on skills such as seamlessly entering a conversation or asking questions rather than trying to impress.
- Point out what they'd sacrifice if they gave up their friends to gain acceptance from a different clique.
- Don't place a premium on "likes and follows."
- Focus on what they can control, such as reaching out to someone else who is struggling.
- Give them a path forward when they hurt a friend.
- Tap backup adults to help reinforce your messages.
- Use visual imagery to help them gain some distance and perspective.

Conversation Starters:

- "Help me understand what you like about David."
- "What do you think would change if you were part of Chloe's clique?"
- "What would you give up if you lost the friends you have because of Maddie and her friends?"
- "What does it mean if people want to be friends with you because they're scared of you, and not because they like your personality?"
- "Does Mark make you feel good? Is he someone you can count on in a crisis? Is he kind to others?"
- "What do you see as the ideal resolution? Do you want to repair the friendship or disengage for a while?"

Sports:

3/29: Wrestling @ Blue Heron

Track sign ups now open. See Ms. Forshaw for paperwork or click [here](#) to download the forms.

Practice starts April 10, 2023.

Logistics:

3/27: 6th grade Game Night—~~CANCELLED~~

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, ~~CANCELLED~~

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

A week or more out...

Sports:

4/10: Track begins

4/10-4/14: SHS cheer tryouts (8th graders), 3:30-5:30, SHS Auxiliary gym, see [flyer](#) for more info

Logistics:

4/13: Strategic Planning, 6-7:30, Guy Cole Center

4/17: 8th Grade Welcome Assembly, 9:30AM, SHS Auditorium

4/17: 8th Grade Parent Night, 6PM, SHS Cafeteria

4/18: HIV/AIDS Education in PE classes

4/18: Term 3 ends

4/24: 8th grade computer registration, 9:15AM, SMS Cafeteria



HIV/AIDS Prevention Education

In response to the threat of HIV/AIDS to our population, the Washington state Legislature mandated that a program of prevention education be presented to students yearly beginning with the 5th grade and continuing through 12th grade. The Sequim School District #323 has adopted an appropriate program for HIV prevention education under the direction of the District Nurse, using school approved videos and information from the Centers for Disease Control (CDC) and Learn360, supplied by the Olympic Educational Service District.

Sequim Middle School will have their HIV/AIDS prevention education on **Tuesday, April 18, 2023.**

To preview the District's HIV prevention education program and videos that your student might see, please access the school and grade specific curriculum through the Sequim School District Home Webpage (<http://sequimschools.org/instruction/hiv-aids-curriculum>).

Following your preview of the materials, families who wish to have their child excused from participation in the HIV Prevention Program may sign a release form: Parental Request to Excuse Student from HIV Prevention Education, (form provided in the Sequim School District HIV Education Overview at: <http://sequimschools.org/instruction/hiv-aids-curriculum>) and submit it, complete with their signature to the Sequim District Nurse: Sonja Bittner at sbittner@sequimschools.org. You may also drop off a printed copy to your school's Health Room.

STATE LAW PROVIDES THAT A PARENT OR GUARDIAN MUST PREVIEW THE MATERIAL BEFORE THEY CAN HAVE THEIR CHILD OR LEGAL WARD EXCUSED FROM PARTICIPATION IN THE HIV PREVENTION PROGRAM.

Sonja Bittner RN
Sequim School District Nurse
AVISO DE EDUCACIÓ

C & C KIDS CAMP FUN AT CAMP DAVID JR.

Campers will enjoy the outdoors, learn new skills, and discover talents. They'll be encouraged to push their comfort zones, meet new and potentially life-long friends, and try things they'd never thought of trying before. We are a tech free zone, there is no Wi-Fi or cell service on site. We hope campers can learn that being outside and unplugged from technology will allow them to embrace their childhood and make memories that will last a lifetime. We spend our time around campfires singing songs and sharing stories. Our cabin relay races, nature scavenger hunts and night games like capture the flag and Mission Impossible are exciting and action packed! Campers also enjoy hiking, canoeing and swimming in the crisp clean waters of Lake Crescent. Campers participate in enriching classes that are all held outdoors during their days as well. Our camps offer woodworking, archery, painting, outdoor survival, cooking, dance, sign language, tie dye, pottery, music, drama, arts/crafts, martial arts, team building games and challenges and more!

Week One: July 9th - 14th

Week Two: July 16th - 21st

Mini Session One: July 16th - 18th

Mini Session Two: July 18th - 20th

Week Three: July 23rd - July 28th

REGISTRATION OPENS APRIL 1st, 2023

REGISTER ONLINE AT

www.comfortandcozy.org



C&C Kids Camps
Camp David Jr.

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