



December 8th, 2023

School News

Sequim Middle School

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

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



What do I need to know before the week starts: 12/11-12/15

Sports

12/11: Basketball (Varsity) @ Blue Heron, 4:00PM

Girls basketball starts on Jan. 8th. Pick up paperwork at Student Services.

Logistics:

12/11-12/15: Book Fair, SMS library

12/11: Community Forum: Partnering to support & manage student behavior in school, 6-7:30PM, SHS Library

12/12: Annual Title I Information Night, 5-6PM, SMS Cafeteria

12/12: Fine Arts Night, 6-8PM

12/13: PTO Meeting, 6PM, SMS Cafeteria

12/14: Hi-Cap Informational Meeting, 5PM via [Zoom](#)

12/14: Band Concert, 6:30PM, SHS Auditorium

CLUBS:

Mon: D&D Club, 3:00-5:00, Cafeteria

Mon: Music Enrichment: Trumpets, 2:45-3:45, room 407

Tues: Art Club, 2:45-3:45, room 417

Tues: TSA Club, 2:45-4:00, room 606

Tues: Music Enrichment: Percussion, 2:45-3:45, room 407

Wed: Fly Fishing Club, 2:45-3:45, room 702

Wed: Crocheting Club, 3:00-4:00, room 707

Wed: HOSA Club, 2:45-3:45, room 401

Wed: Music Enrichment: Clarinets, 2:45-3:45, room 407

Thurs: Nasa Science Club, 2:45-3:45, room 402

Thurs: Music Enrichment: Flutes, 2:45-3:45, room 407

Fri: Music Enrichment: low brass, 2:45-3:45, room 407

Week of 12/18-12/22

Logistics:

12/19: Choir Concert Fundraiser, 7PM, SHS Auditorium, Flyer on page 2

12/20: Choir Concert Fundraiser, 7PM, SHS Auditorium, Flyer on page 2

A week or more out...

Logistics:

12/25-1/5: **NO SCHOOL**, Winter Break

January is School Board Appreciation Month

1/8: Student of the Month Assembly

1/10: PTO Meeting, 6PM, SMS Cafeteria

1/15: **NO SCHOOL**, Martin Luther King Jr. Day

Vision & Hearing Screening Results

Volunteers from the NW Lion's Foundation completed school vision and hearing screening for K, 1st, 2nd, 3rd, 5th and 7th grade students on Dec. 5th, 2023. The results have been forwarded to the school nurse and you will be notified if there is any concern by mail. If you do not receive information from Health Services, it means your student met the standards stipulated by Washington State [Chapter 246-760 WAC](#):

Questions? Call your school's health room, or contact Sonja Bittner RN District Nurse sbittner@sequimschools.org

THANK YOU Sequim Valley Lions!



Sequim School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX and Civil Rights Compliance Coordinator: Victoria Balint, vbaint@sequimschools.org 503 N Sequim Ave., Sequim, WA 98382, 360-582-3260, and for Section 504/ADA Coordinator, Cheryl McAiley, 503 N. Sequim Ave., Sequim, WA 98382, 360-582-3402, cmcailey@sequimschools.org.

IT'S GETTING COLDER! A FEW REMINDERS:

* Blankets are **NOT** allowed in school

If you need a jacket, please let the office know, we have a care closet stocked with coats.

Growing Expert Learners ʔiʔánəŋct st! (We learn together!)

2023 SEQUIM CHOIR PRESENTS:

A Holiday to Remember

A Multi-Traditional Choral Celebration

ARRANGED BY MAC HUFF

*Choral Selections with Choreography & Narrations,
Solos, & Ensembles*

JOIN US TUESDAY, DEC. 19TH
AND
THURSDAY, DEC. 21ST @7PM
IN THE SHS AUDITORIUM

FUNDRAISER

\$10 per ticket (general)

\$8 per ticket (students)

Concessions will be sold at intermission





NATIONAL STRESS-FREE FAMILY HOLIDAYS MONTH



Happy December! With the holidays upon us, there are many reasons to be joyful, however it can also be a time of stress. Whether visiting family, managing a budget for gifts, National Stress-Free Family Holidays month brings awareness to the negative effects of stress and how we can prioritize self-care during this time. Here are some helpful tips for a more stress-free holiday season:

PLAN AHEAD...

Start by creating a holiday to-do list to include shopping, meal prep, and travel arrangements. By not procrastinating, you may reduce those last-minute stressors.

SET REALISTIC EXPECTATIONS...

Focus on creating memories and meaningful experiences instead of perfection. No holiday is perfect, and it is okay to have some imperfections.

BUDGET WISELY...

Try to create a budget that you can stick to so you can avoid additional strain.

PRACTICE SELF CARE...

Remember to take care of yourself both physically and mentally during the holidays. Get plenty of rest and don't forget to treat yourself. It is okay to prioritize your well-being too.

DELEGATE...

Don't be afraid to ask for help or delegate tasks to family members. Remember that it is okay to say no to avoid feeling overwhelmed.

PRACTICE GRATITUDE...

Embrace the spirit of gratitude by reflecting on the positives in your life. Do this each day as it may help you shift your focus away from the holiday stressors and appreciate the positives.

STAY ACTIVE...

Exercise or staying active on a regular basis is a powerful stress reducer. Do what you love!

LIMIT SCREEN TIME...

Take a break from the screen during the holidays. Use this time to connect face-to-face with loved ones. Engage in meaningful conversations during this time.

PLAN FOR DOWNTIME...

Don't forget to schedule some downtime during these busy times. It is a good time to relax and recharge.

Remember that the holiday season is about spending quality time with loved ones and expressing gratitude. By using these tips into your routine, you can create a more enjoyable and stress-free holiday experience for yourself and those around you.

Happy Holidays!

Sequim Middle School Fine Arts and Engagement Night

Engagement Presentation (Title I)

5:00 -5 :55 PM (Cafeteria)

Mrs. Lunt will present information on the **Title I** program and how it impacts learning at Sequim Middle School.

Fine Arts Activities (Various Locations)

Part I: Band & Choir

Mr. Baros & Mr. Rodes (**Gym**) **6:00 to 6:55 pm**
(Introduction by Mrs. Lunt)

Choir 6:05-6:20 PM

“Happy Hanukkah, My Friend ” and
“Feliz Navidad ” - arranged by Mac Huff.

*Other holiday music as time allows.

Band– 6:20-6:55 PM

“America The Beautiful” – Arr. Sterling
“Jingle Bell Rock” – Arr. Mike Story
“Rocking Around the Christmas Tree” – Arr.
Mike Story

Part II: 7:00-7:45 pm

2 sessions of 20 minutes for **non-music fine arts** classes.

Session 1. 7:00-7:20 pm. 20 minutes with
5-minute passing

Session 2. 7:25-7:45 pm. 20 minutes with
5-minute passing

Date: 12/12/23

Time: 5:00-8:00 pm

Film Appreciation- Mr. Chadick

7:00 to 7:45pm (2 Sessions)

Room 701 (Capacity 30)

Presentation about the **film appreciation program**.

Game Design\Multimedia Production\Robotics & Engineering- Mr. Gentry

7:00 to 7:45 (2 Sessions)

Room 606/608 (Capacity 20/30)

Students will be actively working on projects and answering questions about their work so far this year. Participants may be asked to participate in activities such as podcasting or music production or video game design.

Art- Mr. Capps 7:00 to 7:45 pm (2 Sessions)

Room 417 (Capacity 20)

Participants will experience creating Suminagashi (Japanese Paper Marbling).

Spanish Ms. Mishko

7:00 pm to 7:45 pm (2 Sessions)

Room 706 (Capacity 30) Family Game Night in Spanish! Students and families will **play games** using only the language skills they have learned in Spanish this semester.

Wrap-Up

Cookies and Punch in the cafeteria will be available between 7:45-8:00 pm to celebrate the evening!

