



March 22, 2024

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: 3/25-3/29

Sports

3/27: Wrestling @ Forks, 3:30PM

Track begins on April 8th. Pick up forms at Student Services.

Logistics:

3/26: MAP testing—math

3/27: MAP testing—math

3/28: MAP testing—math make-up

3/28: 7th grade Science field trip

3/29: MAP testing—math make-up

3/29: 7th grade Science field trip

3/30: Cheer Clinic (8th graders only), info on page 2

MAP Testing

MAP testing continues on Tuesday, March 26th - 29th.
Students will test in their Math class.

Please remind your student to bring their charged laptop and charger to school for testing every day.

If your student is absent during testing, there will be make-up days after Spring Break.

CLUBS:

D&D Club—There will be no D&D club until April 8th.

Mon: Music Enrichment: Flute/Sax 2:45-4:00, room 407

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

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

Tues: Music Enrichment: Percussion, 2:45-4:00, 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, 2:45-4:00, room 407

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

Thurs: Music Enrichment: All Brass, 2:45-4:00, room 407

Fri: Music Enrichment: Jazz Band, 2:45-4:00, room 407

A week or more out...

Logistics:

4/1-4/5: Spring Break, **NO SCHOOL**

4/8: Student of the Month assembly, via TEAMS

4/8: Track starts

4/10: PTO meeting, 6PM, SMS Cafeteria

4/12: Term 3 ends

4/23: **Bus Driver Appreciation**

4/24: **Administrative Professionals Appreciation**

Is it seasonal allergies or a cold?

Allergies can cause a cough or a sore throat, but they don't cause fevers or aches and pains like a cold can. Persistent congestion, sneezing, itchy or watery eyes, and a runny nose are all symptoms that would indicate sensitivities to allergens, especially when they appear with season changes/sporadically throughout the year. Right now, we are noticing many students with these complaints. Trees **typically produce** the most pollen between the months of March and May, whereas grass pollen season runs from April through June.

People's allergies change over time. As a child gets older, they can potentially gain sensitivity to new allergens. Allergies can make your student feel "sick", be accompanied by **asthma**, and cause disruptions in sleep patterns affecting their ability to focus. Simple things like closing windows, vacuuming/dusting, frequent face washing and showering, and washing bedding every week can reduce symptoms. Families should speak with their child's doctor before deciding if an allergy medicine can help.

As we all continue to recover and reengage after the COVID pandemic, awareness of the health issues that affect our students' ability to learn can help families seek the medical support needed to reduce the impact of those issues on student health, learning and chronic absenteeism.

[Seasonal Allergies or Something More? Seattle Children's Helps Parents Distinguish the Difference - On the Pulse \(seattlechildrens.org\)](https://seattlechildrens.org/seasonal-allergies-or-something-more-seattle-childrens-helps-parents-distinguish-the-difference-on-the-pulse)

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, vbalint@sequimschools.org 503 N Sequim Ave., Sequim, WA 98382, 360-582-3260, and for Section 504/ADA Coordinator, Cheryl McAleily, 503 N. Sequim Ave., Sequim, WA 98382, 360-582-3402, emcaliley@sequimschools.org.

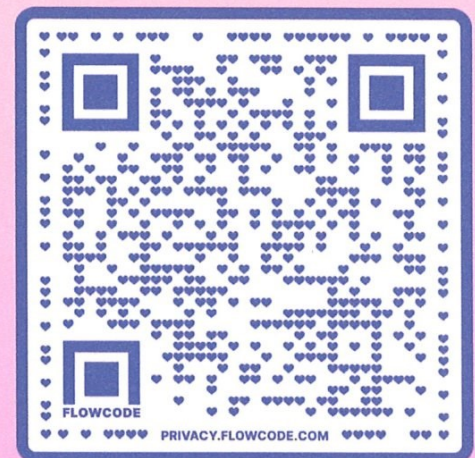
Growing Expert Learners ʔiʔánəŋct st! (We learn together!)

Wolves **CHEER CLINIC**

SATURDAY MARCH 30TH 10AM-2PM

OPEN TO ANYONE INTERESTED IN TRYING OUT FOR THE 2024-2025 SEQUIM HIGH SCHOOL CHEER PROGRAM. THE CLINIC WILL BE LOCATED IN THE OPA GYM. YOU WILL NEED WATER, LUNCH, ATHLETIC WEAR AND COMFORTABLE CLOSED TOE SHOES. CHECK THE MAIN OFFICE FOR A STUDENT REGISTRATION SHEET!

**SCAN HERE TO
SIGN UP!**



- LEARN CHEER BASICS
- MEET THE COACH AND FUTURE TEAMMATES
- LEARN THE SEQUIM FIGHT SONG
- GET A JUMP START ON TRYOUT MATERIAL