



April 28, 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: 5/1-5/5

Part 8 "Middle School Matters" - Phyllis Fagelli – Coping with Gossip and Social Turmoil

Key Skills Impacted: 1- Make good friend choices, 2-Negotiate conflict, 3-Make responsible, healthy, and ethical choices.

Top Tips for Parents:

- Help your child flesh out a dry, boring story they can repeat to decrease interest in gossip about them.
- Share personal stories that normalize their experience and show you can come out on the other side.
- let your child share details about their own or someone else's friendship conflict, help them identify and engage solely with the core players. Discourage retaliation.
- Consider therapy if your child refuses to attend school, can't stop ruminating, withdraws socially, cries frequently, loses interest in once-loved activities, or exhibits changes in eating or sleeping habits.
- Instruct them to let any gossip they hear die with them so they don't spread the meanness.
- Get online with them and point out comments you think are mean or gossipy. Stay involved and use any missteps as teaching moments.
- Talk about the apps they like and make social media part of your normal discussions. Limit their use of technology.
- Give them lines they can use when someone else gossips, such as, "Well, she seems to like you," or, "I wonder if that's even true."
- Remind your child not to reply to comments that make them feel belittled or ashamed.
- Instruct them to unfollow, unfriend, or block people as needed. Contact officials at social media companies if you need them to take something down that violates their terms of service.

Conversation Starters:

- "When you are ready to talk, I'm here to listen. I'm so sorry this happened."
- "I can understand why you're upset. Is there anything you'd like to try that you think might improve the situation?"
- "How would you handle a situation in which someone spreads mean gossip?"
- "If someone tried to gossip with you, how could you change the topic?"

Term 3 Report Cards are now viewable in Skyward under the Portfolio tab.

If you would like us to mail you a paper copy please call the office at 360-582-3500 or email cstites@sequimschools.org.

Sports:

5/3: Track meet @ Blue Heron

Logistics:

5/2: SBA Testing (6th grade)

5/3: SBA Testing (7th grade)

5/4: SBA Testing (8th grade)

CLUBS:

Mon: HOSA– Future Health Professionals, 2:45

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: Game Club, 2:45-4:00

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

Next Week 5/8-5/12...

Sports:

5/10: Track meet @ Forks

Logistics:

5/9: SBA Testing (6th grade)

5/10: SBA Testing (7th grade)

5/11: SBA Testing (8th grade)

5/11: Strategic Planning, 6-7:30, Guy Cole Center

5/12: Snow Make Up Day—**NO SCHOOL**

A week or more out...

Sports:

5/16: Track meet @ PAHS

Logistics:

5/17: 8th Grade Science test

5/25: Strategic Planning, 6-7:30, Guy Cole Center

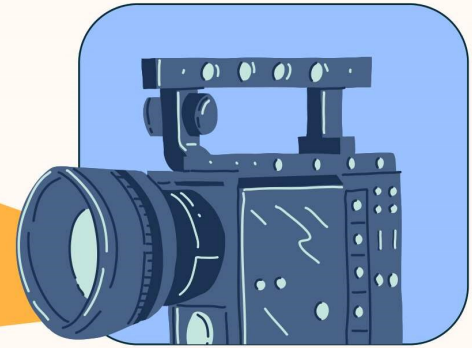
5/26: Snow Make Up Day—**NO SCHOOL**

5/29: Memorial Day—**NO SCHOOL**



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