



May 19, 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: 5/22-5/26

Part 11 "Middle School Matters" - Phyllis Fagelli – Encouraging Balance and Setting Reasonable

Expectations Key Skills Impacted: 1-Negotiate conflict, 2- Manage a student-teacher mismatch, 3-Create homework and organization systems, 4-Self-advocate, 5-Self-regulate emotions, 6-Cultivate passions and recognize limitations.

Top Tips for Parents:

- Challenge perfectionist tendencies, and don't compare your child to their peers, siblings or even yourself.
- Don't just celebrate their A's or idealize a high GPA; emphasize that no one is a perfect student.
- Band together with other parents who share your philosophy and reinforce the importance of balance and relationships when talking to one another's kids.
- Model practicing good self-care, and help your child recognize the signs that they're out of whack.
- Tell your child when you screw up (or about past failures).
- Give them small exposure to failure, whether they purposely misspell a word or leave a typo in a paper.
- Demonstrate that there's humor in imperfection by laughing when you tip over in yoga class or show up for the wrong work meeting.

Conversation Starters:

- "Do you feel you have enough downtime to see you friends and have fun?"
- "Close your eyes and visualize studying hard for a math test and still getting a C. How does that feel? What do you think might happen?"
- "What's the worst thing that could happen if you hand in an imperfect assignment? What's your evidence that that would happen?"

Next Week 5/29-6/2

Logistics:

5/29: Memorial Day—**NO SCHOOL**

5/30-6/9: Spring Dance ticket sales

Logistics:

5/22: Algebra Readiness Test (during 2nd period) - **FOR ALL STUDENTS WHO REQUESTED ALGEBRA NEXT YEAR**

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

5/26: Snow Make Up Day—**NO SCHOOL**

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

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

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

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

A week or more out...

Logistics:

6/8: Strategic Planning, 6-7:30, Guy Cole Center

6/10: All School Spring Dance

6/12: All library books due

6/13: SMS/SHS Choir Concert, 7PM

6/15: All Band Concert, 6PM, SHS Auditorium

6/19: Juneteenth, **NO SCHOOL**

6/23: Last day of school, **EARLY RELEASE @ 11:00**

6/23: Medication pick up by noon

6/26 & 6/27: Bus medication pick up, SMS office

Many students will need to take the **Algebra Readiness Test** on Monday, May 22nd during 2nd period. This will be given in our cafeteria.

Results from this test along with other data will be used for placement into the algebra class for the 23-24 school year. Math teachers gave this testing information to eligible students on 5/18.

If you have any questions, please email Student Support Specialist Allison Hastings at ahastings@sequimschools.org.

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