



Middle School Newsletter

Engagement, Assessment,
and Reflection-



creates the pathway to our
learning success!

From: Dr. Flaherty
Week of: January 30, 2017
dflaherty@masconomet.org

January/February 2017

Monday, January 30	E Day	<p>After school help 2:20- 2:50 p.m. Old School Video, 3:00-4:00 p.m. Seusiccal Jr. Full Cast/ 3:00 – 5:00 p.m./Auditorium</p>
Tuesday, January 31	F Day	<p>After school help 2:20- 2:50 p.m. Ping Pong 3:00-4:00 p.m. Learn Italian 3:00-4:00 p.m. Winter Workouts 3:00 – 4:00 p.m. Seusiccal Jr. Full Cast/ 3:00 – 5:00 p.m./Auditorium</p>
Wednesday, February 1	A Day	<p>After school help 2:20- 2:50 p.m. Knee Hockey 3:00- 4:00 p.m. Ping Pong 3:00 – 4:00 p.m. Risk 3:00- 4:00 p.m. Seusiccal Jr. Full Cast/ 3:00 – 5:00 p.m./Auditorium</p>
Thursday, February 2	B Day	<p>After school help 2:20 – 2:50 p.m. Handy Crafts 3:00 – 4:00 p.m. Old School Video 3:00 – 4:00 p.m. Ping Pong 3:00 – 4:00 p.m. Writers' Club 3:00 – 4:00 p.m. Seusiccal Jr. Full Cast/ 3:00 – 5:00 p.m./Auditorium</p>
Friday, February 3	C Day	<p>Volleyball 6:00- 7:00 a.m.</p>

Messages from Principal Flaherty: Join Us on Twitter @Masco_Principal.

We have had a lot of student successes including some awards over the past several weeks and cannot wait to share the information with you! Please check the Principal's Blog later in the week and next week's newsletter for updates.

Masco Excels, Session II

See the above calendar as a reminder of the day your child's activity is running. It is important that students are picked up at 4:00 p.m. A staff member will wait until students participating in Excels are picked up or a note is sent in allowing the student to walk or ride their bikes home. As such, any student that is repeatedly not picked up by 4:15 p.m. may not be able to continue to participate in their activity.

Seussical, Jr.

Rehearsals start today! Please see above for this week's schedule. It is important that students are picked up on time from the rehearsals, within 15 minutes of the scheduled end time.

Tri-Town Council

Please see the attached flyers from Tri-Town Council for upcoming events.

Masco Million:

Masco Million Results: **All Team weekly** results **21,766** and the **Grand total: 601, 862** pages. We only have 398,203 pages left to meet our goal. When teams all record pages read, amazing page number totals result. Congratulations **teams** on your page totals this week! Please continue to encourage your child to enter pages read from their textbooks, short stories, or any other reading they do in class. These figures represent the numbers logged in by 3:00 PM Thursday, January 26, 2017. We have received over one hundred new titles which are currently being processed. Books will be ready to check out as early as next week. Have your child come see our new books and reserve your copies or make a list of titles to read in the future.

Team	Week Total	Total
7 Blue	8,248	76,515
7 Red	5,246	123,138
7 White	3,426	119,779
8 Blue	771	81,741
8 Red	0	90,556
8 White	4,075	110,133

Masco Babe Ruth Baseball Registration is open for the 2017

Open to 13-15 year olds. Any player born prior to May 1, 2004 and on or after May 1, 2001 will be eligible for Babe Ruth 13-15 League competition. The season begins in late April, runs through mid-June, approximately 20 games, Big Diamond!

13's (prep) play M-W-F
14-15's (majors) play T-Th-Sat
16-18's TBD

League consists of Masco, Danvers, Peabody and Ham/Wenham. Tryout/Clinic Dates and location TBD
League volunteers needed and welcome! Contact Brian Hubbard at briankenthubbard@me.com for openings.
Registration will be closing on March 5th To register please go to <http://www.taasports.com/Baseball/BabeRuth.aspx>

Upcoming Dates of Importance

February 6, 2017	Early Dismissal; 12:20 p.m.
February 17, 2017	Close at Regular Hour for Winter Vacation (homework free vacation)
March 15, 2017	Trimester 2 Ends



TRI-TOWN COUNCIL

working together for kids

Looking for something fun to do on the next early release day? Join TTC at Danvers Indoors Sports for an afternoon of fun for YOU!
Monday, February 6th 12:30-4:00

COST: \$40 per student—includes transportation, DIS time, admission to Gymja Warrior course, and food! Pre-Registration Required. TTC providing one-way bus transportation from Masco at dismissal. Pick-up time at DIS is 4pm. 150 Andover St, Danvers, MA 01923



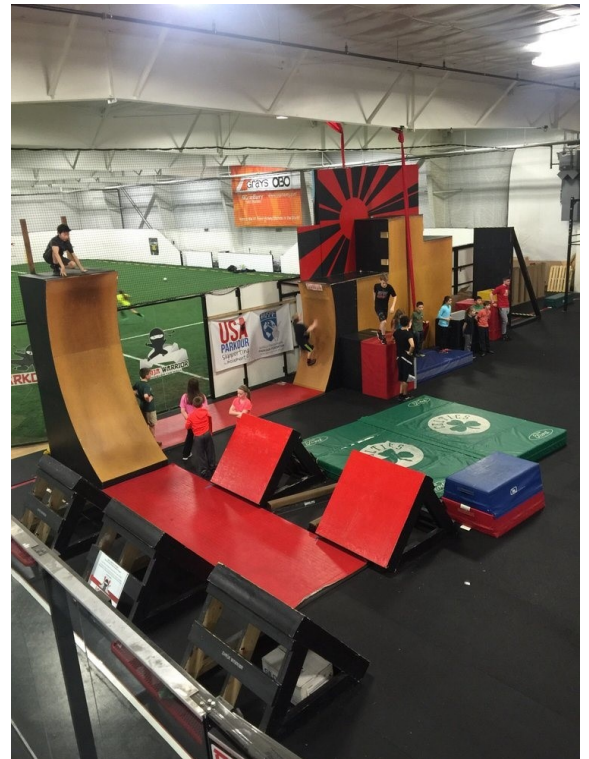
- * Large and small group games
- * Gymja Warrior course
- * Teambuilding
- * Food
- * And MORE!

Questions to Meredith Shaw at
mshaw@tritowncouncil.org

or 978-887-6512

Register by Friday, February 3rd . SPACE IS LIMITED. Open to MASCO MS Youth.

REGISTER HERE REQUIRED!



got sleep? ^{z-z-z}

Tell us why
good sleep matters
and how to get it.

You could win \$250!



Submit a
VIDEO to
promote the
importance of
good sleep habits
among tri-town youth
and motivate teens to
prioritize the
importance of
sleep in their lives.



Sponsored by



Submit your video by February 27, 2017. More info at bitly.com/mascosleepcontest

Under Construction! What Every Parent Must Know About Your TWEEN/TEEN'S Brain Development

Dr. Ruth Potee will discuss teen brain development, its impact on risk-taking behavior, including the use of drugs and alcohol, and what this means for parents of teens. Come learn more about what parents and the community can do to keep our teens safer, healthier and substance-free throughout their middle (5th grade and up) and high school years.

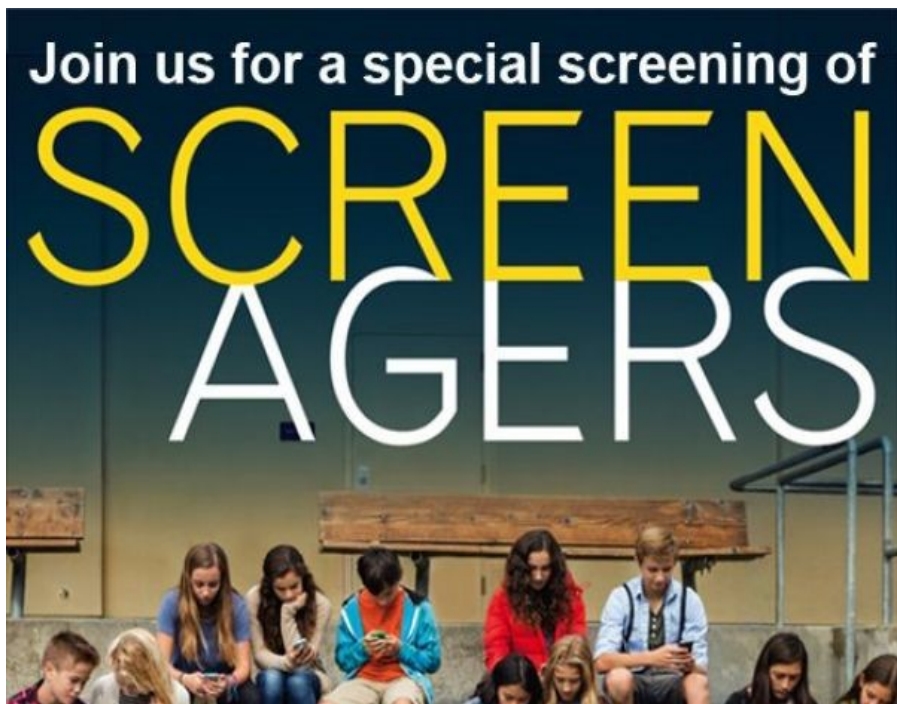


Thursday, February 9, 2017 7:00pm—Masconomet Auditorium
[REGISTER HERE](#)

This program is free & open to the public.

Dr. Potee practices family medicine in Greenfield and was honored by the Franklin District Medical Society as the 2015 Community Clinician of the Year. She is Chair of the Healthcare Solutions Opioid Task Force of Franklin County and has addressed professional and community audiences on related topics throughout the state.





Tuesday
January 31, 2017
Masco Auditorium
7pm
Followed by panel discussion

Watch the Trailer [HERE](#)

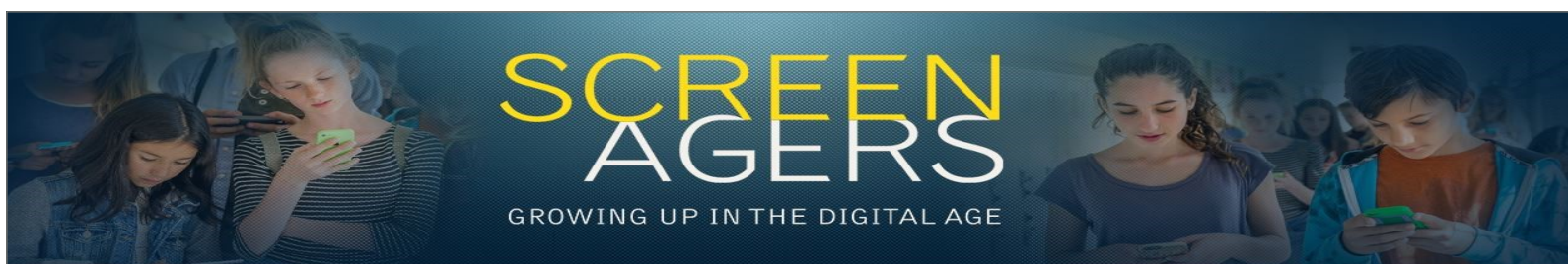
Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span?

Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the **average kid spends 6.5 hours a day looking at screens**. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

In **SCREENAGERS**, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, **SCREENAGERS** reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

This is a FREE Program—[REGISTER HERE](#)

For Parents/Guardians & Educators of youth K -12
students age 12+ are welcome to attend



Presents....

Stand Tall!

A FUN program JUST for GIRLS in gr 6-8
about Inner Strength, Confidence, and
Having the Courage to be Yourself!



Share ideas!

Awesome discussions about friends, social
media, and what matters to YOU!

Meet new friends in the Tri-Town!

Snacks!

Games!

Media Exploration!

Activities to get you
THINKING about YOU!

Join facilitators **Julie Benson & Courtney Bush**

For **Stand Tall!**

a **FOUR-SESSION** Program (free)* - spaces are limited

Wednesdays, March 1, 8, 15, 22

3:45pm—5:45pm

Attending all 4 weeks is expected as each session builds on the week before.

Emerson Center - 9 East Common Street, Topsfield

Parents/guardians: [REGISTER HERE](#) or call (978) 887-6512

Space is limited so register ASAP **(this is a free program thanks in part to The Women's Fund of Essex County)*

Julie Benson holds dual Masters degrees in Clinical Mental Health Counseling and School Guidance
Counseling & Courtney Bush, Ed.S, NCSP, holds an Ed.S. degree in school psychology

Stand Tall!

Stand Tall!

...Is a program for middle school-age girls (gr 6-8) to engage them in a dynamic environment, fostering their sense of “who they are” and to “find their voice” in the tumultuous middle school years – often the time when budding young teens and leaders can be silenced by social pressures.



Session 1 Overview: media’s portrayal of girls/women versus boys/men; how does our self -awareness and self-esteem play a part in this?

Session 2 Overview: connecting self-esteem to body image; what is a friend? and how to successfully navigate friendships in dynamic environments.

Session 3 Overview: Different types of relationships; healthy vs. unhealthy and how that connects to self-esteem; also—assertiveness: the right way to say no, and strategies to not feeling pressured by peers.

Session 4 Overview: a deeper look at our self-esteem and what that means in the choices we make through friendships, relationships, school, and family and learning to **STAND TALL!**

Lead by Julie Benson, Guidance Counselor, and Courtney Bush School Psychologist, this will be a great program for our girls to discover and renew their inner strengths.

Four Wednesdays, 3:45pm-5:45pm—March 1, 8, 15, 29
The Emerson Center, 9 East Common Street, Topsfield

Commitment to all four is required as the program builds on each session

[Register HERE](#)

Spaces are limited—register ASAP

Middle Years

Working Together for School Success



Short Stops

In touch with teachers

Your child's teachers are happy to hear from you when things are going well, not just when you have a concern. Consider emailing each one at least once this school year "just because." You could mention an assigned novel your tween enjoyed or a science experiment she found interesting.

E-cig use on the rise

Fewer middle graders are smoking regular cigarettes these days, but more are turning to electronic smoking devices called e-cigs. Make sure your tween knows it's against the law for minors to use them. Plus, using e-cigs could get him hooked on nicotine and start an unhealthy habit.

Look ahead to college

It's not too early to start talking to your tween about higher education. If you attended college, tell her about your favorite courses and extracurricular activities. Or connect her with a neighbor or cousin who's in college now. The student could explain what it's like to apply and choose a school—and maybe even give your youngster a campus tour.

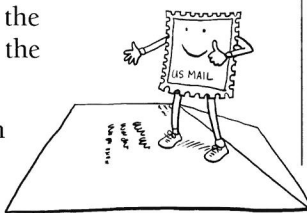
Worth quoting

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." *Doris Lessing*

Just for fun

Q: What did the stamp say to the envelope?

A: Stick with me and we'll go places!



Handling tween behavior

Middle schoolers can be wonderful—but they can also keep parents on their toes with unpredictable behavior. Consider these ways to deal with typical issues you may face.

Cooperation

Tweens want to be more independent, and one way they try to prove it is by not cooperating with adults. When possible, give your child a sense of control by letting him decide how and when he does a task. You could say, "Would you rather shovel snow before you go sledding or when you get back?"

Attitude

If your youngster sometimes has an "attitude," try to speak calmly so you model how you want *him* to speak. And insist on respectful behavior—if he isn't speaking to you nicely, tell him you'll listen when he can be polite. Point out behaviors you want stopped (muttering

under his breath, saying "whatever"), and explain why they are disrespectful.

Privacy

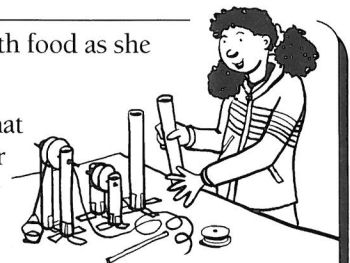
Middle graders often need time alone as they figure out who they are as individuals. The good news is, you can give your tween space without losing touch. For example, knock on his door and ask how he's doing, or invite him to run an errand with you. Also, be sure to have him join in on family outings, even if he protests at first. 👍



Edible engineering

Encourage your tween to combine engineering with food as she learns basic design principles. Try these ideas.

Food on the move. Can your child make a pulley that will move a snack from one place to another? Have her choose a snack and gather paper towel tubes, string, straws, empty ribbon spools, and pieces of cardboard. Let her design her pulley, test it, redesign it to fix any problems, and test it again until she has one that "delivers" her snacks.



Spaghetti "magic." How tall can your middle grader make a spaghetti tower that will support a large marshmallow? She could build it with uncooked spaghetti and marshmallows and then balance a marshmallow on top. Using what she learned from her first attempt, she can try again and aim higher. 👍

Good point!

Making a logical argument is something your child will need to do well in school—and later, on the job. Why not help her practice at home with a fun family debate? Here's how.

1. Choose your topic. First, pick a question that will encourage a friendly debate. *Example:* “What makes a better pet, a cat or a dog?” Then, let one person be a judge, and have everyone else pick a side.



2. Prepare your case.

The people on each side write down at least three reasons why others should agree with them, including facts to support opinions. For instance, if you write “Cats are more low maintenance,” a supporting fact might be “They don't need to be walked.” Or if your argument is “Dogs are more fun,” a fact could be “Dogs learn tricks more easily.”

Remember this (and that)

Does your middle grader complain that he studied hard for a test and then forgot some answers when he took it? Suggest strategies like these to strengthen his recall.



A house full of facts

“Placing” information in rooms of a house provides a visual guide. As your tween “walks through” the house in his mind, the rooms will help trigger his memory. To recall figures of speech, he might picture opening a kitchen refrigerator and finding *cold coconut cookies*—that's alliteration. In the living room, he could imagine a couch *as soft as a cloud*—a simile.



Silly stories

Suggest that your child make up a sentence or story linking facts he needs to remember. Say he is studying the Minoans, an ancient civilization. He might think: “A Minoan found a bar of bronze on an island made of concrete.” That would help him recall that the Minoans lived in the Bronze Age on an island named Crete. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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3. Defend your side. Take turns stating your arguments and backing them up. It's up to the judge to decide who made a stronger case! Let a person from the winning side become the next judge, and debate again. 👍

Q & A

No more “I can't”

Q Sometimes before my son even tries something, he'll say, “I can't do it!” I'd like to help him be more confident, but how?

A Your child might get rid of his “I can'ts” by putting them on paper. He could write, “I can't do this math formula” or “I'm not good at basketball.” Then, have him tear the paper into pieces and throw them away. He may find that this action gives him a fresh start.

Also, encourage him to add the word “yet” when he says he can't do something. *Examples:* “I can't do that math formula yet” or “I'm not good at three-point shots yet.” That will remind him that it's a matter of time and effort until he *can*. For instance, he may get the wrong answer the first time he uses a new math formula. But with practice and hard work, he'll begin applying the formula correctly. 👍



Parent to Parent

A library helper

Ever since my daughter Riley was little, she has always loved going to the library. We make it a point to go every Saturday morning to check out books and return the ones we've read.

Recently, I found out that our local branch was short on volunteers and was looking for people of all ages. When I mentioned this to Riley, she

asked if we could help. I called the library, and they said they would be thrilled to have us and would train Riley and me together.

Now we volunteer a couple of hours a month. Riley is enjoying the experience. I'm glad to see her providing a community service—plus, she's always bringing home new books to read! 👍

