

Hopkins Public Schools



Hopkins Middle School Newsletter

215 Clark Street
Hopkins, MI 49328
Ph: 269-793-7407
Fax: 888-557-7919

"Committed to Quality Education for our Children's Future"

Helping Kids Get Along At School

What Parents can do to create a culture of kindness and reduce student mean behavior.

Presented by Marcia McEvoy, Ph.D
Licensed Psychologist
McEvoy Consulting, LLC
Grand Rapids, MI

Food, Door Prizes, and Childcare are available

**WORKSHOP
JANUARY 31, 2018
HOPKINS HIGH SCHOOL CAFETERIA
6:30PM**

Coffee with the Counselor

Parents please come enjoy a cup of coffee and conversation in our Middle School Library with our school Counselor, Mr. Crook. We will meet on Wednesday, January 17 at 9:07am. The topic we will be discussing is "Student Stress." There have been several recent reports on how high teenage stress is these days.



Mr. Crook will introduce the topic and has several helpful tips on how to help the teenage stress in your family.



www.BTFE.com

Do you want a FREE yearbook?

For every box top that you send in you will receive 10 cents off this year's yearbook. Turn them into Mrs. Smith in the HMS Media Center in a baggie or envelope with your name on it no later than February 22, 2018.

Yearbooks

Hardcover - \$25.00

Soft cover - \$20.00

No box tops dated before February 30, 2018 will be accepted.

PARENT TEACHER CONFERENCES ARE THIS MONTH!

**WEDNESDAY, JANUARY
24TH
FROM 4-7 PM**

**IN THE MIDDLE
SCHOOL GYM**



7th grade students should have a novel that they are reading for English Class. Students need to bring the novel to school with them every day (there will be a book report to complete in February). Please encourage reading at home as well. Our students have been asked to challenge themselves and not choose books that they have already read in elementary school.



HOPKINS ANNUAL CRAFT & VENDOR SHOW



Saturday, February 10, 2018

9:00 am—3:00 pm in Hopkins High School

Look up the event on Facebook @ Hopkins GradNight CraftShow for more information!!!

Our Middle School wrestling season is right around the corner! Practices start January 15th at the high school. Students must have a current physical on file with the school in order to participate. There is a sign up sheet located in the MS office.



Ms. Dana's 6th grade art class learned about the American



glass artist Dale Chihuly.



Each student artist learned how to use a heat gun along with the proper safety equipment and tools to



create their own Chihuly style sculpture.

THIS Friday and Saturday!!!

Hopkins Public Schools



2018 **VARIETY SHOW**

PERFORMANCES
Friday, January 12 - 7 p.m.
Saturday, January 13 - 3 p.m.

Location: Hopkins Middle School

Two identical shows
Tickets: \$5
Available at Hopkins school offices and sold at the door
Family packages available

WHAT IT IS
A variety show displaying our talented community members and students of all ages that sing, act, dance, play an instrument, perform skits, ... almost anything.

INFORMATION
Jacob Oaster (Director)
269.798.7407 - JacobOast@hpsvikings.org

TRYOUTS

Thursday, December 7
3:30 p.m. - 6 p.m.

Tuesday, December 12
3:30 p.m. - 6 p.m.

Middle School stage
Tryouts open to Hopkins area families, students, and community members.
Ten minute tryout times.

Hopkins Middle School

Student Handbook Reviews and Reminders

CELL PHONES AND OTHER ELECTRONIC DEVICES

Each Newsletter we will review a section of the Hopkins Middle School Handbook. This week we are looking at The Cell Phone and Electronic Devices usage policies. (pg 4) If you would like to review the handbook you can find a PDF version on the school website. <https://www.hpsvikings.org/our-schools/hms/student-handbook/>.

Cell Phones are to be turned off and in lockers during the school day.

Electronic Devices—Devices such as used for listening to music, recording, laser pointers, and other electronic devices are not permitted to be used in the classroom without permission from the teacher or administrator. Such items will be confiscated.

The following is a list of items that are not permitted in the classroom (but not limited to)

- MP3 Players
- Ipods
- Hand held game consoles
- Tablets
- Cell Phones

1st Offense— These items will be confiscated and held in the office until the end of the day. The student may pick up their item before leaving the building after 7th hour.

2nd Offense—These items will be confiscated and will need to be picked up by a parent or guardian.

3rd Offense—To be determined by the Dean of Students and/or Principal.



Cell phones that are used during the school day will be confiscated .

1st Offense— Cell Phones will be confiscated and held in the office until the end of the day. The student may pick up their Cell Phone before leaving the building after 7th hour.

2nd Offense—Cell Phone will be confiscated and picked up only by a parent or guardian.

3rd Offense—To be determined by the Dean of Students and/or Principal.

Cell Phones cause too many distractions for Middle School students and will not be allowed to be kept on their person or brought to their classroom or cafeteria.

*****Cell phones may be used, with permission, in the office to contact a parent or guardian.**



~Mrs. Caulder

Middle Years

Working Together for School Success



Short Stops

Snow day plans

Plan ahead for school closings and delays because of bad weather. Sign up to receive email, phone, or text alerts from the school, or check the school website. If needed, make arrangements with friends or family who can watch your child during a delay or closing.

Go-get-'em goals

Your middle schooler can make the most of the new semester by setting specific goals for each class. *Examples:* "I will improve my math grade." "I will fill out my reading log every night." Encourage him to write his goals inside the cover of his planner or binders.

Curse words: Not cool

Today's "plugged-in" tweens may get used to hearing and reading foul language and decide it's no big deal. Explain to your middle grader that cursing can make a bad impression on teachers, coaches, and even friends. Suggest that she substitute words like "ugh" or "darn" instead.

Worth quoting

"If you want to lift yourself up, lift up someone else." *Booker T. Washington*

Just for fun

Q: What gives you the strength to walk through walls?

A: A door.



The power to stop bullying

Bullying typically peaks in the middle grades, as tweens try to figure out where they fit in with their peers. These ideas will help your middle schooler know what bullying can look like—and learn how to be a part of the solution.

Recognize

Ask your child if he has seen bullying at school. Discuss how bullying comes in many forms, including spreading rumors, making threats, or leaving someone out on purpose. Even if your tween hasn't seen anyone trip or punch a fellow student, he might realize that the kid who is frequently called names or whispered about is being bullied.

Stand up

Children who are bullied need to know they have someone on their side. If your middle grader witnesses bullying, he can calmly step in by saying something like "That's not funny" or "You're being mean." Or he might ignore the bully and address



the target: "Let's sit at another table" or "I think your shoes are cool."

Report

Tweens may be afraid that bullying will get worse if they tell an adult. But explain that school staff can often resolve an issue without revealing who reported it. For example, if your child sees a kid knock papers out of someone's hands on the bus, he could alert the driver. At school, he can privately tell a teacher or the principal about bullying—and encourage other students to do so, too. 👍

Better public speaking

Public speaking is part of school life, from giving class presentations to leading team meetings. Here are ways your tween can boost her skills and confidence.

Find an audience. Practicing will calm her nerves. She might give her speech in front of a mirror, present it to family members, or even use a pet as her audience.

Get rid of "extras." Pesky filler words such as *like* and *um* can slip into your tween's sentences without her realizing it. Suggest that she record her speech and play it back, making a tally mark each time she hears an unnecessary word. Then, she could focus on reducing the number of marks each time she practices. 👍



No problem!

When your tween has a problem, how she handles it can determine whether she overcomes it or remains stuck. Help her see problems as opportunities in disguise with these steps.

1. Put it in perspective. Knowing that problems are a normal part of life may keep your middle grader from feeling stressed out by them. Share a similar problem you had at her age (forgetting about a big test) or recently (a disagreement with a friend). Then, explain how you resolved it.



2. Consider options. Encourage your tween to investigate solutions instead of ignoring a problem. Say she loses a library book. She might call the library rather than letting fines pile up. She may be surprised to find they will give her an extension to look for the book—or that the cost of replacing it is less than she thought.

3. Reframe the situation. Putting a positive spin on a problem will help her solve it. Instead of thinking, “I hate it when Crystal cancels our plans,” she could tell herself, “Now I’ve got time to finish that book I’m in the middle of.”

Q & A

Keep a learning journal

Q My older daughter recently mentioned she’s keeping a “learning diary” for her college classes. Is that something that could help my middle schooler?

A A learning diary is simply a place for students to reflect on their studies. Keeping one is a great way for your tween to think more about what she learns.



Suggest that your middle grader get a notebook she likes and label each entry with the class and date. She might write about topics that interest her, like how a novel she read in English helped her understand an important period in history. She could also record questions and ideas to investigate, such as a science experiment to try.

Encourage your girls to share their journals from time to time—your younger daughter will get a glimpse of what goes on in college!

OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-3052 • rfeustatner@woolenskiwer.com
www.rfeonline.com
ISSN 1540-5340

Parent to Parent

Connect without electronics

My son Eli got in the habit of playing video games the minute he got home from school. When I tried to talk to him, his eyes stayed glued to the screen, and he barely responded.

So I made a new rule: no screens for the first hour after we all get home from school and work. That way, we can reconnect and talk about our day. Sometimes we play a quick card game or tell jokes before I start dinner and Eli does homework.

Next, we’re going to try something “radical”—an entire device-free evening. If we need the tablet or computer for homework or our jobs, that’s okay. But “recreational use” is off-limits for that night. I hope Eli will see that family comes first—and that it’s possible to survive for a few hours without electronics.



Community service for tweens

Being involved in the community can teach your middle grader compassion for others and give him a sense of belonging. Consider these tips:

■ Start by volunteering together. Community centers, places of worship, and your local United Way can suggest family-friendly opportunities. You and your child might sort donated clothing for a homeless shelter or bake cookies for a charity bake sale.

■ When your middle grader is ready to volunteer on his own, he could ask his

school counselor about options. Perhaps he’ll be paired with a student who has special needs so they can read together in the school library. Or he may join in a park or stream cleanup day.

Tip: Encourage your tween to keep a record of his volunteer experience that includes supervisors’ contact information and his dates of service. This will come in handy when he applies for jobs or programs in high school.



Hopkins Middle School
215 Clark Street
Hopkins, MI 49328
Phone: 269-793-7407
Fax: 888 557 7919
www.hpsvikings.org



HMS Contact Information

ADMINISTRATION:

Scott Stockwell, *Principal*
Pat O'Dell, *Dean of Students*
Todd Crook, *Counselor*
Molly Khang, *Counselor*
Jennifer Hitchcock, *Secretary*

STAFF:

Aleman, Kathleen
Barry, Joseph
Byville, Suzanne
Caulder, Stephanie
Dana, Katie
Dykstra, Krystal
Fisher, Mark
Francis, Cody
Haverdink, Melissa
Hazen, Rick
Irwin, Julie
Johnson, Chris
Johnston, Jennifer
Kerber, Brian
Klumpp, Molly
Marckini, Katelyn
Oaster, Jacob
Postma, Carrie
Quist, Carrie
Reszka, Richard
Rynsburger, T.J.
Schoonveld, Missy
Scudder, Mack
Smith, Julie
Smith, Lesa
Stein, Karen
VerMerris, Steve
Weible, Alexis
Weick, Pat
Williams, Jessica

EXT:

3509
3507
3508
3512
3500

EXT:

3002
3001
3103
3562
3105
3103
3009
3592
3006
3593
3006
3540
3552
3540
3103
3108
3109
2101
3104
3007
3003
3530
3106
3005
3550
3540
3008
3102
3004
3129

IMPORTANT INFORMATION

Jan. 15 1/2 day for all students
Feb. 22 1/2 day for all students
Feb. 23 No School—Mid Winter Break

ATTENDANCE

Please call the Middle School office at (269) 793-7407 within 24 hours of your students absence. You may leave a message on our voicemail system day or night. When reporting illness, please inform the secretary of the type of symptoms your child is experiencing (*fever, sore throat, ect.*). If your child is absent 2 days or more, you may request homework. If your student is absent only 1 day, homework may be picked up from their teachers the following day. You may also email absences to jennhitc@hpsvikings.org.

PHONE CALLS

Telephones in the office are to be used for **illness and emergencies only**. Thank you for your cooperation.

IMMUNIZATIONS

Please report all immunizations that your child has had so we are able to keep our school records up to date. All new students and all 6th graders must be completely up to date on all immunizations. Contact the HMS office if you have any questions.

MEDICATION

ALL medications needing to be dispensed to students must be supplied from home. The school does not provide any type of medication. All prescription medication must be provided in a pharmacy labeled bottle. Tylenol/Aspirin must be brought to the office in an unopened bottle. All students requiring any type of medication must have a medication form completed by their parents and on file in the office.

CHANGES in Phone Numbers, Home Address & E-Mail

Please inform the office any time there are changes in your address or phone numbers. We need to have this information so we can update our records and successfully contact you if needed.

