



NEWSLETTER

January

Fleming Middle School



Upcoming Events

- 1/22 Home Wrestling Meet 4:30
- 1/23 Girls Bball @ Hedrick B
- 1/23 Wrestling Team Pictures
- 1/24 Girls Bball Team Pictures
- 1/24 Wrestling Meet @ McLoughlin
- 1/25 Winter Wonderland Dance 5-7
- 1/26 McLoughlin Wrestling Tournament
- 1/28 Home Bball vs LS
- 1/29 Wrestling Meet a@ Scenic
- 1/30 Home 8th only Bball vs WM
- 1/31 Wrestling Meet @ LB
- 2/4 Girls Bball @ Talent
- 2/5 Wrestling Meet @ HVHS
- 2/6 Home Bball vs Hedrick C
- 2/7 Home Wrestling Meet 4:30
- 2/9 Coffenberry Tournament
- 2/11 Girls Bball @ North
- 2/12 Wrestling @ Eagle Point
- 2/13 Home Bball vs Cascade
- 2/13 6th Grade Districts @ Rogue River
- 2/16 Wrestling Conference @ Hedrick
- 2/20 Home Bball vs. Hedrick B
- 2/25 Girls Bball @ Talent
- 2/27 Home Bball @ NVHS vs Hedrick C

PRINCIPAL'S NEWS

Happy 2019! We hope all had a restful and enjoyable holiday season; and are ready to start the new year.

Welcome!
 We would like to welcome a new faces to our Fleming family- Mrs. Michelle Lawless- Harry (Ed Assistant) & Mrs. Cynthia Soria (ERC Assistant)

Happenings at Fleming:
 Our Resident Deputy Sturgess will be stopping by in January to meet with staff for professional development training on our Lock Down Emergency Drill procedures in TRSD. We will then have an on-campus drill with our students.
 Girl's Basketball & Wrestling begin January 7th
 Tuesday After School program begins Tuesday January 15th 3:35-5:35
 NO SCHOOL- Monday January 21st- MLK Day
 Dental Program on campus January 22-25th
 SPIRIT WEEK January 22-25th- Winter Wonderland Dance Fri January 25th 5:00-7:00
 Fleming Band & Leadership have a field trip planned Friday February 1st- This is a NO School day- Clerical Day
 We have some new items in our Spirit Store- sweatshirts, t-shirts, lanyards, cinch bags, and stickers.
 We have invested in some parent information that may be helpful ideas for raising middle school students. Please enjoy the attached articles.

Congratulations!
Kiwanis Student of the Month- Mason Briggs, Rainie Wilson, & Rae Ann Schrock
District Math Competition Winners- Elena Kelly, Jessica Mockridge, Devin Dodge, Sophie Lenahan, David Lynch, Rae Ann Scrock
Elk's Free Throw Winners- Rae Ann Schrock, Cooper Cartwright, Liam Rubey, & London Kilborn
 **Good luck to Cooper as he is headed onto the Regional Competition.
 **We had 252 students participate in our school-wide Hoop Shoot Contest!!

THREE RIVERS VALUES

- Learning:**
- § All students can be successful
 - § All students connect at our schools
 - § Parents, Community, and Businesses: partners for achievement





PARENT TIP OF THE MONTH

Support Homework Expectations

During the middle school years, homework gets more intense. An important way to help is to make sure your child has a quiet, well-lit, distraction-free place to study that's stocked with supplies. Distraction-free means no phone, TV or websites other than homework-related resources. And be sure to check in from time to time to make sure that your child hasn't gotten distracted. Sit down with your child regularly to talk about class loads and make sure they're balanced. It's also a good idea to set a specific start time for homework each night. Helping preteens and teens establish a homework schedule sends a message that academics are a priority.

New Fleming Tuesday After School Programs!

**Archery
Tutoring/
Photography
Digital Art
Minecraft
Yoga
Theater
Spirit Club**

Class signups are first come first serve and are due
January 10th before 9:10 a.m.
Classes start January 15th

FAMILY ADVOCATE

The Cavalier closet has many supplies and resources for your student and family. From coats to shoes or food, if your student is need of any supplies, please let the office know so we can connect you with the Family Advocate. We are also accepting donations for winter coats, please drop them by the office. Thank you and we look forward to working with your family.



LIBRARY

Happy New Year! Fleming Library made \$71.40 in Box Tops. I will go to Oregon Books and buy new books for the library. Thank you for your support. We have 30 students in OBOB. We will have a local competition at the District in March. Yoga class starts in January. Come and join the fun on Tuesdays after school.

ATHLETICS

A big thank you to our Boys Basketball Coaches Chris Cartwright, and Jeff Dubowsky. Fleming Cavaliers had a great boys basketball season. Wrestling practice starts January 7th and runs Monday through Friday. Girls Basketball Open Gyms January 7th and 8th. Try-outs are the 9th and 10th. Check the Fleming webpage, Athletics Tab for current schedules. Remember that all students must be registered on Family ID and have a current physical on file to participate in Fleming Athletics. Winter Sports Parent meeting is January 14th at 5:30 pm. We have 2 home wrestling meets and 6 home girls basketball games. Come cheer on our Awesome Athletes!

GO CAVALIERS!

Middle Years

Working Together for School Success



Short Stops

Wait a minute

Twins are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things *don't* happen fast. For example, if his computer crashes and won't reboot, he could take a deep breath or drink a glass of water before tackling the problem.

Eyes up front

How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

DID YOU KNOW?

When your tween wears earbuds to listen to music, he should be able to hear what's going on around him. If he can't, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

Worth quoting

"It isn't where you came from; it's where you're going that counts."
Ella Fitzgerald

Just for fun

Q: Why did the kid wear one boot?

A: Because there was a 50 percent chance of snow!



Everyday math

What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain

Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for \$15.99 or two 3-packs for \$8.99 each?

Make more space

Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in



her closet? Will her bed fit against the wall?

Finish the race

Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be (30 minutes ÷ 3.1 miles = 9.67, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week. 🙌

Lessons in assertiveness

Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

- Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

- Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. ("The party sounds fun, but I have a big project due Monday.") 🙌

