



# TIGER TIMES



## TRACK

Online registration going  
on February 4th through  
March 4th  
Practice begins  
March 4th.

*Sign-up on the LSMS website through  
Family ID. Student must have a current  
physical on file and be registered to practice.*



## UPCOMING EVENTS

- 2/4/19 New Quarter Begins
- 2/12/19 Site Council @4:00pm
- 2/15/19 PBiS—Movie & YMCA
- 2/15/19 Valentine Dance@6:00pm
- 2/18/19 Presidents Day—No School
- 2/19-2/21 EPIC-8th Grade

### EXCLUSION DAY IS COMING FOR 7th GRADERS

Remember students must have all their immunizations up-to-date. If your child is going into the 7th grade they are required to have the Tdap.

# Library News

**Battle of the Books**—We are preparing for the District Battle at Lorna Byrne Middle School on Saturday, March 2nd. Our team competitors will be: Levin Cynor-Ford, Addison Bishop, Jadyn Rhodes and Marlo Pearce. First alternate is Jadyn Rhodes, and second alternate is Samantha Solano. These students have worked very hard to get to this point and we wish them the best at the competition! Any parents or adult volunteers who would like to help that day please contact LSMS. The Regional battle is still to be determined.

**Library Book Follow-Up**—Do you have overdue books at our school? Have you moved from another school in our district and need to return overdue books from their library. No problem! See Mrs. Haberman in the library for more information. Remember, all lost book fines must be paid before students can attend PBiS activities. Book fines owed to Three Rivers Schools are due and payable as soon as possible, or the fines will continue to follow your account into high school.

**New Books to Check Out**—We are continually adding new books to our library. Some students have recently brought in good-quality, used books to put on the shelf. If you want to make a book donation, make sure it is a popular book that students will want to read, preferably that has an AR test available on it. Some of the recently added books are:

*Johnny Long-Legs* by Matt Christopher AR 4.0 (basketball novel)

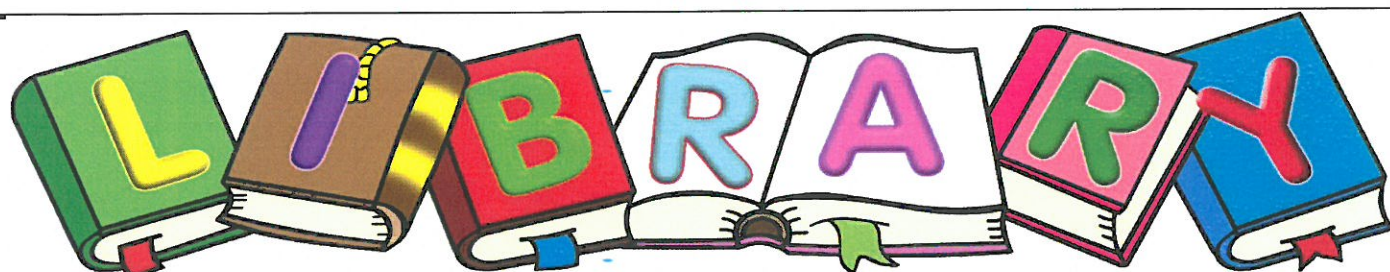
*The Iron Marshall* by Louis L'Amour AR 5.1 (American West novel)

*Star Wars: Guardians of the Whills* by Greg Rucka AR 6.2 (Disney's novel from the movie, "Rogue One: A Star Wars Story")

*What Elephants Know* by Eric Dinerstein AR 5.6 (Wildlife, conservation novel)

*Whenever I'm With You* by Lydia Sharp AR 4.8 (adventure/teen romance)

**BOOK FACT:** The most popular **new book** checked out this fall was/is *Diary of a Wimpy Kid: The Meltdown* by Jeff Kinney, with 87 checkouts!



# ParentVue

Help your student by using our ParentVue website. ParentVue lets you see your child's attendance, grades and schedule. If you have not already signed up and would like to, please call the LSMS office at 541-862-2171 or email [kimbery.woolsey@threeriv](mailto:kimbery.woolsey@threeriv)



an easy way to earn cash for your school!

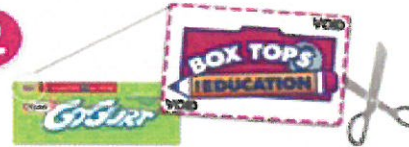
Look for the pink Box Top coupon on hundreds of participating products. Each is worth 10¢ for your school!

1



Buy your favorite Box Tops products.

2



Cut out the Box Top from each package.

3



Send your Box Tops to school with your child.

4



Your school gets cash for every Box Top collected to help buy the things it needs most. All those Box Tops really add up!

## CAFETERIA

The cafeteria would like your input on what you would like for breakfast and lunch. Please let the staff know what you would like to eat.

## PBIS ACTIVATING COMING SOON

The next PBiS activity will be February 14th and is a trip to the movies to see the Lego Movie 2 and then to the YMCA. Make sure all your library fines and office fees are paid, no referrals or bus citations and no more than 2 detentions. Permission slips will be sent home in February to those who qualify. The cost is \$15.

## BOATNIK ARMBANDS

We have Boatnik ride armbands for sale in the office for \$23 each until March 31st. Cash only please.

# Middle Years

Working Together for School Success



## Short Stops

### Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

### Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

### Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

### Worth quoting

"There is nothing like a dream to create the future." *Victor Hugo*

### Just for fun

**Q:** When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

**A:** A mirror.



## Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.

### Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

### Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he



could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

### Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in *.edu*), government agencies (*.gov*), and nonprofit organizations (*.org*), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 👍

## Mindfulness for middle graders

Tweens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar—much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 👍



# Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

**Be aware of “silent bullying.”** Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student’s belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

**Know when behavior crosses the line.**

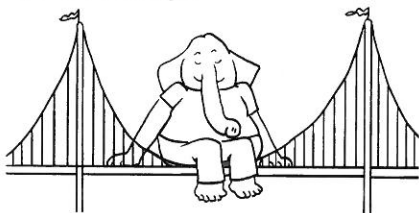
Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that’s a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she’s being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). 👍



# Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you’re on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! 👍

## Q & A

### Pleasant chats with tweens

**Q** Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

**A** There are several reasons your son may become easily irritated. At this age, he wants to be more independent — yet he knows he still needs your guidance, which may feel annoying to him. Plus, he’s dealing with changing hormones.

You might find that you have nicer conversations when you’re doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you’re sitting on the porch.

Finally, you’re more likely to keep the conversation upbeat if you ask about things he’s interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. 👍



## Parent to Parent

### Foreign language: Learn together

My daughter Kelsey is taking French this year.

While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

*apple* and *l’oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I’d remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. 👍



**OUR PURPOSE**

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

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**6TH, 7TH AND 8TH GRADE**

**TRACK AND FIELD**

**ONLINE REGISTRATION**

**FEBRUARY 4TH through MARCH 4TH**

To be eligible to participate, your student **MUST** attend Lincoln Savage Middle School, or live within the Lincoln Savage school boundaries. Students must also have a current sports physical completed on an OSAA form on file in the office.

To register your student for a sport online, please visit Lincoln Savage Middle School's Home page, through the Three Rivers School District's website and click on the Family ID link.



If you have any questions or need assistance you can e-mail or call the Family ID support line: [support@familyid.com](mailto:support@familyid.com) /1-888.800.5583.

You may also call Lincoln Savage Middle School: 541-862-2171

**PRACTICE BEGINS: MARCH 4, 2019**