# NEWSLETTER April Fleming Middle School



### Happenings at Fleming:

• Track is underway! Our first HOME meet was at North Valley HS on April 2nd. Our other HOME meet is at North Valley HS on Tuesday April 23rd. If you are interested in volunteering please contact the front office.

• Our 6th graders traveled to Newport, Oregon the week of March 11th for 6th grade Outdoor School. It was an amazing week of learning and weather at OMSI- Gray Camp. Thank you to Mrs. Schrock, Mrs. Boyer, Mrs. Rubey, Mrs. Morris, Mr. Kemper, Mr. Kostrna, and Mr. Fitzsimmons for chaperoning.

• Our next PBIS celebration will be at the All Sports Park- tentatively planned for Friday May 10th

No School Friday April 12th- Clerical Day

• We have invested in some parent information that may be helpful ideas for raising middle school students. Please enjoy the attached articles.

• 6th grade Smartmoves program is the week of April 15th- any questions please contact Mr. Marks

Congratulations! Rotary Student of the Year- Elena Kelly

Fleming Spelling Bee reps at the district competition- Jola Cozzi & Ellenore Jones

Congratulations to our Brain Bowl team! They had a very successful season!

We inducted 27 new members into our National Junior Honor society- Kaylen Avila Ethan Blendell, Hope Erkeneff, Jessica Mockridge, Miriam Moreno, Jasmine White, Zoe Brower, Josephina Cozzi, JeriLyn Cruz, Talon Dark, Brynna DeLonge, Jordan Fagert, Naden Gibson, Ashlyn Godfrey, Paige Hansen, Natalie Johnstun, Aries Jump, Rylie Kolkow, Stephen Lauby, Madison Mockridge, Laney Myers, Cassidy Nelson, Aiden Rubey, Easton Taylor, Bryson Teal, Sierra Trimper, Lainie Wheeler

\*\* PTO Bingo Night- @ FMS gym Friday April 19th 5:30-7:30

\*\*Student drop off begins at 8:30am Monday thru Thursday and Fridays at 9:30am There is no supervision prior to those times.



## **LIBRARY**

Spring is here! Our Buy One Get One Free Book Fair is coming. The book fair will be open the week of May 13th thru 17th 8:30 to 4:00. We try to have every student go home with a free book for the summer. I want to thank Oregon Books for the discounted prices on new books for the Fleming Library. Fleming OBOB team placed 4th out of 20 teams. We are so proud of our OBOB team. The 2020 OBOB books have been officially announced on the OBOB website. We will have the books soon in the library to check out. Fleming is competing in the District Spelling Bee. The Winners will be announced in April. Thank you for a great year. Mrs. Gurzell

## State Testing begins the week of April 15th.

Upcoming- Student Led Conferences- April 25th & 26thsign- ups begin the week of April 3rd



## **ATHLETICS**

Track and Field practices are underway. A huge THANK YOU to our teacher, Vicki Boyer, for stepping up and being our Head coach. Thank you also to Mr. Stever and Mr. Kemper for joining in. We also welcome back our amazing returning coaches Dawn Elzy, Via Kelly, and Debbie Washburn. We are hosting two home meets this year at North Valley. Another Thank you to the North Valley Track team and Mr. Moeney for supporting Fleming Track. We need all the help we can get at meets so call the office and join the fun!

As the weather gets warmer we will be in need of water bottles for our family advocate to give to students

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## Keep your brain in gear

Stops Your tween will remember more information if he studies for finals over a longer period of time rather than cramming. Suggest that he create a study schedule and stick to it. He could also join a study

**Prepare for exams** 

#### Words inspire confidence

group to stay on track.

The way your middle grader talks about herself can affect her self-esteem. If you hear her make a negative statement like "I can't do this" or "I'm just not good at this," have her turn it into a positive one. *Examples*: "I'll try" or "I'm working on it." Then, set an example by doing the same for yourself!

#### A first aid kit

Short

Ask your child to make a home first aid kit. He can fill a container with bandages, gauze, adhesive tape, and antiseptic wipes. Show him how to use the supplies so he learns what to do if he or someone else is injured. Encourage him to put the kit where family members can find it easily, perhaps in the hall closet.

#### Worth quoting

"The cure for boredom is curiosity. There is no cure for curiosity." Dorothy Parker

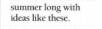
Just for fun

Teacher: How fast does light travel?



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#### Take up a hobby A hobby gives

your child a meaningful way to spend time while she practices various skills. For example, knitting requires math and attention to detail. And chess promotes strategic thinking and patience. She could take a

community center class or watch how-to videos. Then, suggest that she set a goal like knitting a scarf or beating you at chess before summer ends!

#### Explore the community

Visiting new places will build your tween's general knowledge. You might tour a museum or hike in a state park, for instance. During your adventures, encourage her to ask a docent or ranger

#### Summer routines

Setting up a routine can add structure to your child's summer on days when he's home. Try these tips.

Eating. Plan regular family meals to stay connected with your middle grader. Also, have him help you stock healthy snacks and lunches he can prepare on his own if you're not home.

■ Sleeping. Getting enough sleep is important for good health year-round. Set a reason-

able bedtime, and have your tween get up by a set time. This is especially important toward the end of summer so he'll be ready to return to his school schedule.

**Chores.** Keep your child in the routine of having regular responsibilities. You might give him a list of jobs for the week (laundry, vacuuming) and let him decide which day he'll do each task.  $\in^{n}$ 



 questions or to read signs to learn about the exhibits or wildlife.

#### Look ahead to fall

Your child can get a head start on a subject she'll study in school next year. For example, if she'll take Spanish, she could download a free app to begin learning greetings and other phrases. Or if she signed up for engineering, she might look online for projects to try like designing a water bottle rocket or a solar panel.  $\in^{6}$ 

