

B. J. H. S.



A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 15, ISSUE 5

JANUARY 2018

The Husky Herald

Dear Parents and Caregivers:

I hope you all had an enjoyable and safe end of December. There certainly was an excitement in the air when our students left for vacation. We have returned to some incredibly cold weather, but our school is warm and it is great to see the students again.

We have set a date for the viewing of *Angst*, a 55-minute short film about students and anxiety. The viewing will be on Thursday, January 25th, at 6:30 pm at Brunswick High School in Crooker Theater. This film has been recommended for ages 10 and up, so all BJHS students and parents are invited. A panel of experts in child development and mental health will be on hand after the movie for discussion.

As I mentioned earlier, the cold weather is upon us, and there is always a possibility of a winter storm. The Brunswick Fire Department has provided us a Winter Storm Safety Tip Sheet, and it is located in this newsletter and on our website. We want everyone to stay warm AND safe this winter. Thanks to the BFD for this important information.

As always, if you have a school related question or concern, please contact us at 319-1930.

Sincerely,

Walter Wallace



WHEN: January 16-19, 2018

WHERE: P.E. Classes

WHAT: Fun Period of Basketball and Jump Rope Activities

WHY: Help Raise Funds for Heart Disease Research and Educational Programs

Students will be involved in hoop shooting competitions and jump rope competitions during PE class that week. Please join in and support the American Heart Association by helping us reach our goal of \$1500!!

Please look for materials to come home Jan. 2-5.

Any donation makes a difference!



Notes from the Nurse!

Happy New Year!

Welcome Back!

A reminder regarding medications in school, especially with the winter viruses and illnesses lurking! The only medications I can give without a doctor's signature is ibuprofen or acetaminophen. That being said, I do not have any stock of these medications to administer. In order to take these medications in school, the *medication during school form* must be filled out, signed by the parent and a small bottle of the medication sent in. Please do not send in cough/cold/allergy medication with your child unless this form is filled out and signed by you and your doctor. Medication will not be given without this in place. For further information please go to our junior high website, click on "services", then "nurse" for information and necessary forms. As always, you can call me at 319 -1937 or email at htetu@brunswick.k12.me.us with any questions or concerns.

Helen Tetu, RN

School Nurse

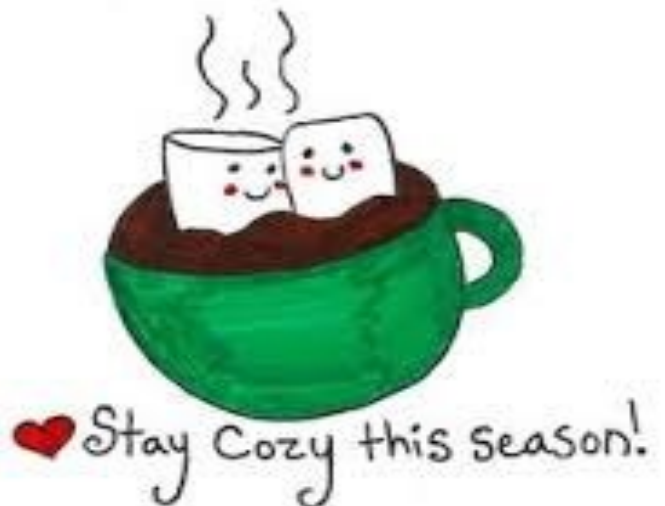
We are proud to announce that our 6th grade Santa Auction raised \$1,051.75 this year! This money is contributed to the Santa Fund, Inc. (Sponsored by the Bath & Brunswick Elks Lodges, serves kids of greater Bath-Brunswick providing Christmas gifts for kids age 6 mos. to 13 yrs. whose parents cannot afford to).

*Thank you to our 6th grade Students,
Staff and Families!*

Art Club!

It's everyone's favorite time of the year: it's Art Club season! The BJH Art Club is an after-school program for any student at the Junior High who would like more time to play, create and experiment with arts and crafts supplies. Art Club will begin on Thursday, January 4th and will be held on Mondays and Thursdays from 2:45 to 4:00 in Ms. Bucknam's room. Art Clubbers will need to arrange for a ride home at 4:00. Students wishing to participate are asked to donate a suggested \$15 materials fee (scholarships are available upon request), and may attend as many or as few Art Club meetings as they wish - Art Club will be extra long this year, running through April, so there is plenty of time to create! Email Ms. Bucknam if you have any questions:

cbucknam@brunswick.k12.me.us





Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



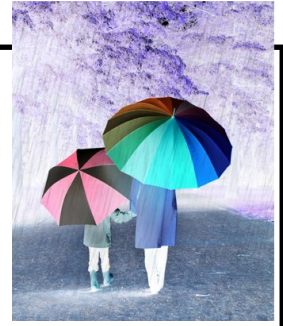
Fact

Nearly half of all space heater fires involve electric space heaters.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards

Happy New Year!



PROMOTING GOOD ATTENDANCE ALL YEAR LONG— WHAT CAN PARENTS DO?

Every winter, bad weather — snow, slush, and freezing temperatures — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months.

1. Develop back up plans for getting your children to school in bad weather

- A. Check to see if your child can get a ride with other families who have a reliable car that can manage the snow.
- B. Form a “walking school bus” with other families to get students to school safely.
- C. Join other families in a snow shovel brigade to clear the sidewalks closest to the school.
- D. Ensure your student gets to the bus stop on time to catch the bus.

2. Keep your children healthy

- A. Dress them warmly for the cold weather.
- B. Stress the importance of eating a good breakfast every morning.
- C. Stress hand washing, particularly in the winter months. Research shows that some thing as simple as hand washing can improve attendance.
- D. Talk to your doctor or school nurse about when a sick child should come to school. Most health providers allow a child to attend with a cold, but not with a fever.

Thank You! **The BJHS Attendance Committee**

8th Grade Students & Parents-Please Take Note!

**The transition to Brunswick High School is fast approaching!
Please mark your calendars with the following dates:**

March 2, 2018-Representatives from the high school will be at BJHS to present to students about choosing courses, class requirements and community service. There will also be a question and answer session with current high school students.

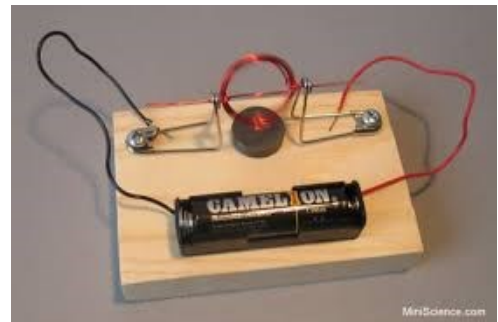
March 9, 2018-High school counselors will be at BJHS to sign up 8th grade students for classes.

April 11, 2018-Spring Fling at BHS, 6:00 p.m.

June 1, 2018-Step Up Day: 8th graders will go to BHS. This will include a tour, a student panel, presentations and lunch in the cafeteria.

SCIENCE CLUB

Science Club in January will be on Tuesday, January 9 after school in Room 108 from 2:40-4:00. The topic this month will be Electric Motors! Come have fun experimenting! Please let Mrs. Lamdin know if you are planning to attend. Have your ride ready at 4:00.



**This month's topic -
Electric Motors!**

Upcoming Math Meets for the 7th and 8th grade

Upcoming Math Meets for the 6th, 7th and 8th grade Math Teams:

The next 7th and 8th grade Central Maine Math League meet is at Wiscasset Middle School on Saturday, January 6. The bus leaves from BJHS at 7:15am. It is an exciting spectator sport where the students go head to head in oral competition to see who can get the correct answer the fastest. We welcome you to come watch our students compete. The meet consists of four rounds and is over around 11:30am. We will be stopping for lunch on the way home and expect to be back at the school by 1:00pm.

The next Southern Maine Math League meets are at the Holiday Inn by the Bay in Portland on Tuesday, January 23. The 6th grade team bus will leave from BJHS at 8:30 am, and the estimated time of return is 1:00 pm. The 7th and 8th grade team bus leaves from BJHS at 2:15pm and estimated time of return is 6pm.

Math team practices for 6th, 7th and 8th grades continue to meet each Wednesday morning at 7:10 am.

Math Counts practices are on Mondays and Thursdays after school. If you are interested in participating in Math Counts, the schedule and handouts are posted outside Mrs. Weddle's room, 202. The regional competition is scheduled for Saturday, January 27 at USM in Gorham. Students who qualify will also compete in the State Final Competition Saturday, March 3.

Summarization

Did you know the ability to summarize is one of the most important learning skills to have? Summarizing gives us the ability to digest information and restate it, allowing us to better retain new information. At BJHS, we are proud of our ongoing efforts to improve literacy education for all our students. Students continue to use several strategies, including Read Around the Text, KIM vocabulary, Guide-O-Rama, Summary Frames, 2-Column Notes, and Exit Slips. Teachers use these tools when providing opportunities for students to practice the art of summarizing. Our professional learning in summarizing and literacy education continue to be a focus and goal at BJHS. Take some time to practice this important life long skill at home!



Yearbooks are still available, and this year, the price has been reduced to \$27! Be sure to order yours today by logging onto the BJHS website and follow the links.

<http://www.brunswick.k12.me.us/bjh/>

Click on the "order your yearbook now" box. There are many options for customizing your students' yearbook. Make sure you get your order in before it's too late!

eTip
report
underage
drinking



In April 2012 the Sagadahoc and Cumberland County Sheriff's Departments and local police departments unveiled an anonymous text a tip service. "eTip"

allows community members to report underage drinking and drug use anonymously via text, web or mobile app.

To submit an anonymous tip:

1. Text "eTip" plus your tip to 274637 (CRIMES) OR
2. Download the free "TipSubmit Mobile" app for iPhone or Android systems OR
3. Submit a tip online at MidCoastCASA.org or on your local police department's website.

Tips are encrypted, and sent immediately to the Sagadahoc County Dispatch Center, who then forwards them to the appropriate police department.

"As much as we encourage parents and community members to let parents or the police know when they suspect a party is going on, there are still many who feel uncomfortable making the call," shared Brodie Hinckley, Sagadahoc County Dispatch. "We hope the anonymity of this service will help youth and adults feel more comfortable letting the police know a party is being planned, or in progress."

"57% of Maine High School students do not believe they would be caught by their parents and 85% do not think they would be caught by police. (2011 Maine Integrated Youth Health Survey). We want this tip line to change this belief – because teens who think they will be caught are less likely to drink alcohol."

–Heidi Tucker, Coordinator of Communities Against Substance Abuse (CASA).

Brunswick Junior High School has been working with CASA for many years. CASA is a community partnership coordinated by Mid Coast Hospital's Substance Abuse Prevention Program. Partners include law enforcement, treatment agencies, schools, youth, and other community agencies committed to keeping kids safe from underage drinking and drug use. Funding is provided by the Maine Office of Substance Abuse and a Drug Free Communities grant from the Office of National Drug Control Policy.

Detective Stanton's Handy Tid-Bits

Happy New Year to all! I am happy to report that there has been a decrease in drivers passing school busses here at the Junior High this year. We have added a student drop off area in front of the gym, and we encourage parents to drop off there and not directly in front of the main entrance where busses drop.

I have received some reports that busses are having a difficult time at dismissal due to drivers who are parking on both sides of the road coming into the parking lot. If you are blocking the roadway due to increasing snow banks, you will be asked to move to allow busses to safely access the school parking lot.

With winter here, we also need to be mindful of the snowbanks concealing oncoming traffic and pedestrians, so please use extra caution when approaching crosswalks and intersections.

I look forward to a wonderful and safe 2018!! If you have any questions or concerns please feel free to contact me at 207-319-1930.

SRO/Det. Thomas P. Stanton, Jr.
Brunswick Police Department



Winter Sports News:

The winter sports season will be in full swing in January with big games against Mount Ararat, Auburn and Oxford Hills. Cheering started up before the holiday break and we're looking forward to them adding some school spirit to the games. All of our teams wrap up before February vacation.

During the February vacation week, the 8th grade teams will represent the school and community in the annual Mid-Winter Classic, sponsored by the Brunswick Rec Department.

As a reminder to student athletes and parents, athletes must be in school by 10:30am in order to participate in interscholastic activities. Absences and dismissals due to appointments with medical professionals or pre-planned absences are considered excused and should be cleared by the Athletic Director before participation, and athletes should inform their coach.

Creative Writing Club

Starting this January, BJHS writers will have a place to meet, work on their craft, and plan for a year-end literary magazine publication. All are invited to our Monday meetings in room 204. Bring something to write with and arrange a ride home for 3:30pm. Authors will have a chance to share their work, generate new material, and learn a little about design and publication. *See you there!*



Music Department News

Please mark your calendars and plan to join us for these music events in January.

On Tuesday, January 9 the 7th and 8th grade chorus will present their winter concert at 7:00PM in the BJHS Gym. Wednesday, January 17 will showcase the 7th and 8th grade concert band students at 7:00PM in the BJHS gym. These concerts are free and open to the public.

BJHS music students will share their many talents at the Husky Howl Variety Show on Friday, Feb. 2. The cost for this event is \$5.00 and it will also feature a theme basket raffle during the event. Come and join us for dancing, instrumental solos, singing and so much more!

All of these dates can be found on the music website as well as other important information. We are also on Facebook. We hope you can join us for these exciting events!

Thank you for your support.

**Gay
Straight
Trans
Alliance**

A SAFE PLACE FOR EVERYONE

Please have your rides home ready for a 3:30 pick up!

in THE ART WING
on FRIDAY AFTERNOONS
at BRUNSWICK JUNIOR HIGH

for more information, see MS. BUCKNAM, MR. MCNAMARA, or MS. LEBLANC

BJHS Wellness Team News:

The Wellness Team would like to wish everyone a happy and healthy new year! During this time we often think of making positive changes to our health, so ...

Let's Go 5-2-1-0 (which stands for 5 servings of fruits and veggies, 2 or fewer hours of screen time, 1 or more hours of physical activity and 0 sugary drinks). By making healthy choices, we also become wonderful role models for our family and friends. The ...

Get Up and Go physical activity guide is an excellent resource for things to do in Cumberland County.

Here at BJHS, we promote health in many ways. The Morning Motion program is open to students every morning and provides various activities (basketball, volleyball, 4-square, jump ropes, fitness room, etc.) in the gym. We also run the Healthy Huskies Snack Cart and will begin our 5th season of the Garden of Eatin' in the spring! The faculty Wellness Team and the student Go-Green Team will meet together on Tuesday, January 17th in Room 108 after school. Please consider joining us to plan this year's garden and other activities around the school.

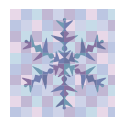




Thank you very much to the Region 10 Carpentry Students who designed, measured, built and installed these shelves for our Health Room Closet. Now we will be able to sort and organize our growing clothes closet!



COMING SOON! Mark your calendars for the 12th annual Family Art Night: Friday, February 9th from 5:00-7:30 p.m. in the BJHS cafe. Arts and crafts activities for all ages! There will also be a silent auction to benefit the Art Department! Dinner will be available for purchase (soup/salad/sides). Stay tuned! (Snow date 2/13).



Want to help out? Visit our SignUpGenius page to volunteer and make donations:

<http://www.signupgenius.com/go/10c0944afa82babfa7-12th>

or contact:

Cory Bucknam cbucknam@brunswick.k12.me.us or Kari McCarthy kmccarthy@brunswick.k12.me.us

Cold Weather and Laptops

Cold weather can damage electronic devices such as laptops, tablets, and cell phones. These devices shouldn't be left in cars, trucks, snowmobiles, chairlifts, or any other cold place. The colder the temperature, the quicker damage may take place.

Damage can occur after the gadget has come in to a warmer environment. IF they are accidentally left in the weather, DO NOT place the device on a heater or in direct sunlight. Let it warm up slowly for a half-hour or more before using it.



INDIEFLIX PRESENTS

Angst

RAISING
Awareness
AROUND
Anxiety

Join Brunswick School
Department's presentation of
Angst!

When? Thursday, January 25th
6:30pm- 8:00pm

Where? Brunswick High School-
Crooker Theater

Angst is a short film that
explores anxiety, its
causes, effects and what
we can do about it.

Parents and students encouraged
to attend together!

IndieFlix

55 MINS - APPROPRIATE FOR AGES 10 AND UP