

**B. J. H. S.**

# The Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 15, ISSUE 1

SEPTEMBER 2017

Dear Parents and Caregivers,

Welcome back to another school year, and a special welcome to all our new 6th graders and students who are new to Brunswick! We know they will find lots of caring teachers, staff, and students at our school. Our classes are up and running and the students are easily settling into their schedules.

Each year brings some adjustments to our routines and procedures, and I wanted to share some things we are working on in the area of health and nutrition. First, we have a new policy from our School Board about food that is brought into schools. This sometimes occurs for celebrations or special events. We are asking that parents and students do not bring in food to share as a class. This is in response to many food allergies, special dietary restrictions, and an understanding that parents want to know what their children are eating. Students can continue to bring in their choices of lunch and snack for their own consumption.

For healthy movement breaks and exercise, we have added 5 minutes to the lunch schedule for each grade level. We now use the first part of lunch to have a walking break. Students go outside and walk together in a paved path around the back and side of the cafeteria, and they are doing a great job. We are hoping the fresh air, exercise, and social time provides the students with a needed break to recharge for the rest of the day.

Thank you for all your help getting your children to school on time and ready to learn. We look forward to a strong home-school partnership.

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

Sincerely,

*Walter Wallace*

## Lost and Found!

In order to keep our Lost and Found area in a neat and orderly condition, we will empty it at the end of each quarter. (This also limits the amount of items students will have to sift through when they are hunting for a lost item.) In the past there have been so many items that many students would be overwhelmed by the chore of going through all the stuff.

We have already collected some clothing items. Please make sure your student checks the Lost and Found frequently. Names on items will also help found items get returned to their owners quickly.

The quarters end on these dates:

**1st quarter November 3rd;**

**2nd quarter January 19th;**

**3rd quarter March 30th;**

**and the last removal will be at the end of school in June.**



## Book Club!

Do you enjoy reading fascinating books? Do you like discussing what you've read with friends? Starting September 20th, 7th and 8th grade students can participate in the BJHS Book Club, led by Melissa Orth of the Curtis Memorial Library. The Book Club will meet every Wednesday afternoon in room 205. The club begins right after school and runs until 3:30. Students should make prior arrangements for a ride home and should see their L.A. teacher for details.

## September is Attendance Awareness Month

This month at BJHS is **attendance awareness month**. We know that kids are most successful when they are engaged in school everyday.

Below are some tips to help you and your child start off another great school year!

- \* Talk about the importance of showing up to school everyday.
- \* Help your child establish/maintain daily routines.
- \* Try not to schedule medical/dental appointments in the middle of the day.
- \* Don't let your child stay home unless they are really sick. Headaches or stomach aches could be signs of anxiety.
- \* Find out if your child is engaged and feels safe at school.
- \* Stay on top of academic progress and seek help from teachers/tutors if needed.
- \* Stay on top of your students social contacts.
- \* Encourage meaningful after school activities, such as sports and/or clubs.
- \* Know our school's attendance policies.
- \* Talk to your student's teachers or advisors if you notice changes in behavior.
- \* Check on your child's attendance to make sure absences aren't adding up.
- \* Ask for help from school officials, community organizations, after school programs, or other parents if you're having trouble getting your child to school.



## The Arts are Alive at BJHS!

**Summer is a great time for engaging in creative play – sand castles, tree forts, and arts and crafts activities are memories that last a lifetime! Here at BJHS we keep the creative juices flowing by ensuring that all of our students receive a rich and memorable visual arts education. Ms. Bucknam and Mrs. McCarthy are looking forward to seeing creative growth in all their students this year. Not only will your child take art class as part of his or her regular schedule, but there are also many other ways for you and your child to get involved in the arts here at the Junior High:**

**GIFTED AND TALENTED ART – GT Art is open to all grade levels, and is intended for those students who show significant talent and potential in the visual arts. The program offers accepted students unique opportunities, field trips and experiences beyond the art classroom. The application process involves the creation of an art portfolio and an artist statement – the Art Department will offer optional after-school help sessions for these requirements on September 26 and 28. The deadline for applications is Wednesday, October 4. More information and applications will be available at Open House.**

**ART CLUB – Art Club is an afterschool opportunity for any BJHS student who wants more opportunities for arts and crafts experiences. Art Club is open to all students who wish to sign up, and is run as a winter intramural activity from January to April vacation. Art Club sign ups will be at the end of December.**

**ART BOOSTERS – The Art Department hosts several art events throughout the school year, and is looking for parents who would like to help make them happen! Come talk to us at Open House or email Cory Bucknam or Kari McCarthy if you are interested in volunteering with the Art Department. Here's to a fantastic year!**

# Notes from the Nurse:

## Nurses Notes:

Hello! My name is Helen Tetu, the school nurse at the junior high. Please contact me you have any questions regarding the health office and your child. You can call me directly at 319-1937 or email me at [htetu@brunswick.k12.me.us](mailto:htetu@brunswick.k12.me.us) I am here daily from 7:30 am to 2:45 pm.

## Flu Shot Clinic

The Brunswick School Department will be hosting a free flu shot clinic on Saturday, October 14th for all Brunswick students, staff and community members from 8am to 1 pm at the Harriet Beecher Stowe School. This will be the only day that the flu shot will be provided through the school system.

## Breakfast Program

Please encourage your child to eat breakfast. We do offer a breakfast program at the junior high. For \$1.75 your child can choose cereal, muffin or bagel, and includes a piece of fruit, juice and milk. For children who receive a free or reduced lunch, this breakfast is free. Your child may eat this breakfast in the cafeteria or in their home-room during morning advisor time.

## Illness

Please remember to call into the school's main office (319-1930) when your child is absent. It is helpful to know the reason your child is absent due to illness as this information helps me track the various illnesses that may be occurring.

**If your child is ill during school hours they must be dismissed from the health office.**

## Forms

Athletic forms signed by you and by a physician are mandatory for your child to participate in sports. They are available in my office or online on the school website. Reminder – all medications must be sent in original containers and the medication in school form must be completed for the medication to be given in school.

Helen Tetu, RN  
BJHS School Nurse



## **Safety Message from the School Resource Officer**

I would like to inform parents that the Junior High and Coffin School complex population is well over eight hundred students and staff during the school day. The Police Dept. and the School Dept. share the responsibility of pedestrian and motor vehicle safety on the roadways and the parking lots adjacent to the schools. Every year, my office receives multiple complaints regarding reckless driving and speeding near the school. Many traffic tickets and warnings have been issued in an effort to curb this problem.

The streets adjacent to the schools are a posted 15 MPH school zone when children are present. The driveways associated with each school are also posted at 15 MPH. Please abide by the speed limits in school campus areas.

Some drivers have been passing stopped school busses near the school, which poses a safety risk to our students. **Remember, if a school bus is displaying its red flashing lights while it is picking up or discharging students on school property or on the street, vehicular traffic may not pass by the bus until the driver turns off the red lights.** The bus drivers routinely report violations to the Police Department.

Lastly, the Coffin School Staff urges you not to drive between the school and the mobile classrooms across from the school entrance between the hours of 8 AM and 4 PM. Very young students, who cross the driveway when traveling to and from the mobile classrooms, frequent this area.

The above safety rules and laws were put in place to protect your children. Let's all try and do our part to keep the school campus a safe place for children to learn and have fun.

I welcome your comments or suggestions regarding school safety. Please contact me at the Junior High School at 319-1930 x3008. Thank you.



**Detective Thomas Stanton,  
Brunswick Police Department**

Sign ups for the **Cross Country Team** took place the week of September 5th. This is a no-cut sport and all students in 6th, 7th and 8th grade are eligible to participate. All information and paperwork for Cross Country was distributed. The Cross Country Team will race in 5 regular season meets this fall. All runners will race in the Championship Meet at the end of the season. Cross Country practices have begun after school. Please see Mr. Dearing if you have any questions or if you missed the sign ups, or go to:

<http://www.brunswick.k12.me.us/bjh/athletics/cross-country/>

# Help your child succeed in Math!

**Math tips for parents** > For students in middle grades, when parents are involved in their children's education, they will do better in school. Here are some tips for parents on how you can help your child succeed in math.

## Be positive about math

- ⇒ Express confidence in your child's ability to succeed in math.
- ⇒ Help your child see errors as opportunities for learning.
- ⇒ Share positive math memories from your past.



## Encourage organization

- ⇒ Ensure appropriate equipment is easily accessible—for example: sharp pencils, erasers, ruler, protractor, compass, calculator, hole punch.
- ⇒ Encourage your child to organize paper in binders and backpacks on a regular basis. Loose sheets should be titled and dated, and organized chronologically in divided sections of a binder.
- ⇒ Read the curriculum documents for your child's grade.

## Ensure the basic facts are mastered

- ⇒ Play family games to add excitement to repetitive practice. You can play:
  - ⇒ **card games**—e.g. **Cribbage, Set, Visual Brainstorms**
  - ⇒ **board games**—e.g. **Chess, Backgammon, Mastermind, Mancala**
  - ⇒ **computer games**—e.g. **Tetris, Cubis, Earthquake**



## Connect mathematics to daily life

- ⇒ Ask your child to estimate grocery bills, change, tax, tips, measurements, travelling distances and times, and the quantity of paint or carpet needed for a room.
- ⇒ Talk about the ways in which you use mathematics in your job and daily life, and about mathematics in the newspaper (sports statistics, stock prices, math puzzles, graphs).
- ⇒ Seize every opportunity to calculate mentally and talk about the process involved.

## Make attendance a priority

- ⇒ Schedule appointments and vacations outside of school time.
- ⇒ In case of an absence, ensure your child has a reliable "study buddy" to collect handouts and relay assignment information.
- ⇒ Encourage your child to make direct contact with the teacher upon return.

## Stay informed

- ⇒ Ask about math in school—what topics are being discussed? What's for homework? What's interesting?



## Useful Brunswick School Department Phone Numbers

|  |          |                              |          |
|--|----------|------------------------------|----------|
| Superintendent's Office .....          | 319-1900 |                              |          |
| Nutrition Program (School Lunch) ..... | 319-1906 | BJHS Main Office .....       | 319-1930 |
| Transportation (Busses) .....          | 319-1904 | BJHS Counseling Office ..... | 319-1932 |
| Brunswick High School .....            | 319-1910 | BJHS Nurse's Office .....    | 319-1937 |
| Coffin School .....                    | 319-1950 |                              |          |

## Backpack Reminder:

Those big backpacks are a good way to transport items to and from school, but they are a safety concern in the hallways due to their size and the amount of students we have at the school. To assist with this, we ask that students use a smaller bag when moving from class to class, or to simply carry their materials. We offer a sturdy string bag for \$5.00 each in the Main Office. Thank you for supporting this practice.







**BRUNSWICK JUNIOR HIGH SCHOOL**  
Tardy/Absent/Dismissal/Bus Note

Student's First Name \_\_\_\_\_ Student's Last Name \_\_\_\_\_

Student's Advisor Name \_\_\_\_\_ Student's Grade \_\_\_\_\_

Student is:

Tardy

Reason: \_\_\_\_\_

Time In: \_\_\_\_\_ am/pm

Returning after an absence of \_\_\_\_\_ day(s)

Absence Dates: \_\_\_\_\_

Reason: \_\_\_\_\_

Being Dismissed

Reason: \_\_\_\_\_

Time Out: \_\_\_\_\_ am/pm

Bus Change\*: Regular Bus #: \_\_\_\_\_ To Take Bus #: \_\_\_\_\_

Reason: \_\_\_\_\_

(Bus changes can only be made for child care/supervision or family emergency)

Destination Address: \_\_\_\_\_

\*Student must give this note to the office in the morning for a blue bus pass

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

This printable form is available on our website under "Absenteeism/Excuse Note"

**The Brunswick Teen Center**

*What is the Brunswick Teen Center?*

It is a FREE after school and summer drop-in center for youth in the greater Brunswick area in grades 6-12.

It is a safe and fun environment to be with your friends, or meet new ones!

It provides free snacks each day, free wi-fi and computer use, pool table, video systems, Netflix/movies, craft supplies, board games, and more!

School year hours are Monday-Thursday  
2:30-5:30 p.m.

Where: 35 Union Street  
(corner of Union/Cumberland)

Phone: 721-0754

Email: [teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)

Facebook: Brunswick Teen Center

**Science Club:**

Science Club will meet monthly on a Tuesday afternoon from after the Walker Bell until 4:00 in Mrs. Lamdin's room (108).

Here are the dates and topics:

October 17 - Data Analysis and Statistics

November 14 - Building Bridges

December 12 - Heat/Staying Warm

January 9 - Electric Motors

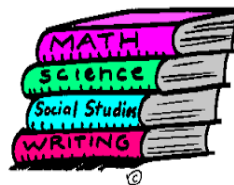
February 13 - Shapes in Nature

March 13 - Color

April 10 - Day at the Beach

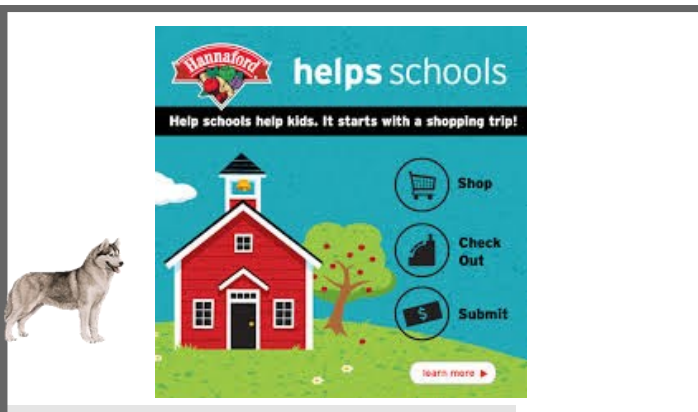
May 15 - Rockets

**Homework Club Begins September 19!**



BJHS is pleased to once again offer Homework Club on Tuesdays and Thursdays, 2:45 to 3:30, beginning next week and continuing for the duration of the school year. Any student looking for a quiet, supervised location (with healthy snacks provided) to catch up on homework and get help, as needed, is welcome to come to Room 317, "Club Headquarters," right after school on meeting days. Beginning in October, bus transportation to a limited number of drop-off spots around town will be provided.

- Cook's Corner/Regal Cinemas (also, 2nd stop on opposite side of road)
- Old Bath Rd./Maplewood & Bay Bridge
- Meadowbrook
- Cumberland & Union
- Hawthorne
- River Rd./Nancy & Patricia
- Durham Rd. at the church



**The Hannaford Helps Schools program runs through December 3, 2017. Please help BJHS by shopping and collecting your school dollars at local Hannaford's. There is a collection box in the lobby at BJHS, or you can deposit your school dollars in the collection tower in-store. BJHS earned \$471.00 in 2016! Thank you in advance for your help!**

# Math Fact Fluency

- ◆ Fluency is ability to express something effortlessly and clearly.
- ◆ Math fluency would be the ability to compute math facts and problem solve with automaticity and confidence.
- ◆ Math fluency could include the following areas...

|                 |             |
|-----------------|-------------|
| Addition        | Subtraction |
| Multiplication  | Division    |
| Problem solving |             |
- ◆ Educators and cognitive scientists agree that the ability to recall basic math facts fluently is necessary for students to attain higher order math skills.
- ◆ Basic facts need to be developed to the point that they are done automatically.
- ◆ Lack of math fact retrieval can impede participation in math class discussions, successful math problem solving, and the development of everyday life skills.
- ◆ Rapid math fact retrieval has been shown to be a predictor of performance on math achievement tests.

If your child has not mastered their math facts, please work with him/her. Much of the junior high math curriculum requires mastery of basic facts.

Most students, even those who excel in math, need a booster/ refresher, after summer vacation.

Here are some websites that can help your child:  
(\* indicates our favorites)

<http://www.playkidsgames.com/games/mathfact/mathFact.htm>

<http://www.mathfactcafe.com/>

<http://www.factmonster.com/math/flashcards.html>  
(multiplication level 3 or 4)\*

<http://www.multiplication.com/resources/online-tests-and-quizzes> \*

<http://www.mathsisfun.com/timestable.html>

<http://www.multiplication.com/games>  
(kids usually think these games are fun) \*

<http://www.math-drills.com/multiplication.shtml>  
(the best site for printed practice) \*



*As a new school year starts, many of us are looking for ways to hook students with a good book!*

*The days of reading aloud to your child are not over. Everyone loves to hear a good story, and middle-school children are no exception. Not only is it a great time to connect with your child, but reading aloud at home is an effective tool to support reading at school.*

Excerpts from **“Ten Facts Parents Should Know About Reading”** by Jim Trelease

Listening comprehension comes *before* reading comprehension. You must hear a word before you can say it or read and write it. If you've never heard the word “enormous” in a meaningful way, you won't understand it when it's time to read or write it.

There's a kind of “word reservoir” in a child's brain and one of the jobs of a parent is to pour so many words into it that it overflows into speech and then reading and writing.

Children usually read on one level and listen on a higher level. It's usually not until eighth grade that the reading level catches up to the listening level...chapter books gradually introduce them to new words, new ideas, and the world beyond their neighborhood – and that, in turn, helps them better understand what they need to read in their school books.

Kids and parents have busy lives...but remember the days of finding a cozy spot in the house and reading to your child? Go ahead and share a book, a magazine or newspaper article, or an excerpt from the book you're reading.

When parents read to their tweens and teens, they help model fluency, build comprehension and vocabulary skills, provide proper use of pronunciation, and engage in all kinds of conversations – great critical thinking!

Wow...all that going on with a book, a pillow and a little bit of time!

## READ ALOUD TO YOUR TEEN

### Do you know about “My School Bucks”?



MySchoolBucks is your online portal to see information and pay for your student's school meals! Adding funds to your student's account is easy and can be done 2 ways:

Send in funds with your student in a Brunswick School Nutrition Program envelope -or- access your account on our link to MySchoolBucks and add your student's account. If you have multiple children, you can make multiple deposits for each child during your transaction. Next, make a payment. The deposit amount can be placed against a credit card, debit card or your checking account. All payments are securely processed using their highly secure website and encryption. All payments are quickly credited to your student's account. *\*Please note, there is a nominal fee for the on-line payment.*

## Fall Sports Season is Here!

September 11<sup>th</sup> is the start of evaluations and practices. All athletes interested in participating in a fall sport are required to have the signed forms (found on our website) including the athletic permission form that requires a doctor's signature.

This season we will continue to offer Cross Country, Field Hockey and Soccer. Cross country is open to 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls; this is also a no-cut sport. Field hockey is offered to 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade girls. There will be two teams, Team A and Team B. Team A is primarily made up of 8<sup>th</sup> and 7<sup>th</sup> graders and Team B typically made up of 6<sup>th</sup> graders. Team make up is determined by skill level. As this sport typically attracts newcomers, our goal is to provide safe and developmentally appropriate placements for players in order for each player to grow and improve their skills. We have soccer teams for both boys and girls open to 7<sup>th</sup> and 8<sup>th</sup> graders only. Teams carry 20-24 players typically; if numbers surpass 24, there may be a rotation of playing time at the coach's discretion in order to provide an athletic environment that promotes individual and team growth and safety.

Forms needed from each athlete:

- Athletic Permission Form
- Athlete Contract
- Eligibility Contract
- Bus Transportation Agreement Form

All forms, as well as a weekly sports schedule, can be found on our website.

Good Luck to All Teams and Go Huskies!

Athletic Director, Caitlin D'Amour

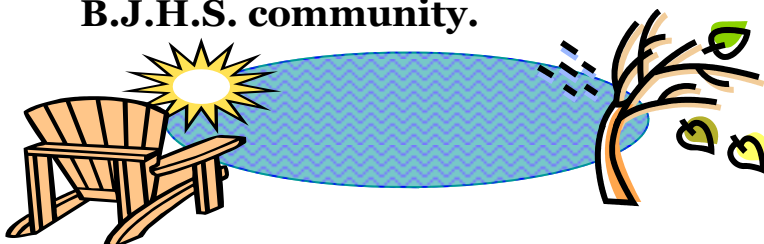


Please mark  
your calendars:  
**School Picture  
Day is Friday,  
October 20th.**

# OPEN HOUSE

**September 19th - 6:30 to 8 PM**

**Come meet your child's teachers,  
see their school and be a part of our  
B.J.H.S. community.**



## Wellness News at BJHS!

**The Morning Motion Program takes place in the gym from 7:20-7:45 each day. This is our ninth year of providing students with the opportunity to get up and get moving before the start of the school day. Our activities include basketball, beach ball, volleyball, the use of our fitness room, jump ropes, hula hoops, and much more! Walkers may join in the fun too. They just need to ask a teacher on duty for a pass to enter the gym.**



**Thank you, The BJHS Wellness Team**

## Math Teams

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Math Teams will be starting on Wednesday, October 4. Mr. Stevens coaches the 6th grade math team; Mrs. Russo coaches the 7th grade math team; and Mrs. Weddle coaches the 8th grade math team and the Math Counts team. Grade level math teams meet in the coach's classroom at 7:10am on Wednesday mornings. Listen to announcements for when the first practice will be. The Math Counts team will begin to practice after school as soon as the fall sports season is over. It is very challenging problem solving and it is open to all grade levels.

# Counselor's Corner

Guidance office:  
319-1932

Welcome to the Jr. High School 6<sup>th</sup> graders, and welcome back 7<sup>th</sup> and 8<sup>th</sup> graders! We hope you had a wonderful Summer and are ready for an exciting school year. Here are a few things to keep in mind as you start school:

Junior high is an exciting time of change, growth, and discovery. It is expected for students to be excited and nervous about:

- New teachers, new building, and new classes
- Having more independence and responsibility
- A busy schedule
- New opportunities for clubs and sports



It will be important to start the year off in a positive way. Some ideas for heading off in the right direction include:

- Getting plenty of sleep and exercise, eating a healthy diet, and setting aside time to have fun with friends and family
- Talking to your school counselor or an adult that you trust if you are feeling upset, stressed, lonely or confused
- Practicing with a locker combination at home - this is one of the biggest worries for students starting off
- Choosing a club or sport to get involved in (contact Mrs. Roy or Mrs. Nein for the list of choices).

We look forward to seeing you soon!

Mrs. Roy

[aroy@brunswick.k12.me.us](mailto:aroy@brunswick.k12.me.us)

**Maquoit House:**

Bailey, Jewell & Chebeague Islands

Mrs. Nein

[cnein@brunswick.k12.me.us](mailto:cnein@brunswick.k12.me.us)

**Merrymeeting House:**

Birch, Great Diamond Island & Eagle Islands



## Laptop Home Permission

7<sup>th</sup> and 8<sup>th</sup> grade students must have a "Home Permission" form (JNDBA-E) signed and on file in order to take their laptop home. Forms will be available at meetings in the Library during Open House on the 19th. Due to limited space, parents with students whose names end in A - L should plan to attend the meeting at 6:45. Parents with students with names ending in M - Z and students *new* to our district should attend the 7:15 meeting.

## Who Should Attend

Parents or guardians who have already attend a Brunswick meeting aren't required to attend, meetings from other districts do not count!

## Revocable

Students should be aware that home permission can be denied or revoked for maintenance, or vacation and holiday breaks, or online behavior.

## Other Computer Policies

All computer policies for the district are posted here: