

B. J. H. S.

The Husky Herald



A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 15, ISSUE 7

MARCH 2018

Dear Parents and Caregivers:

I hope everyone was able to spend some fun family time over the February Break. Record high temperatures one day-snow the next. It's always interesting this time of year!

I know that school safety is in the news and on everyone's minds. It certainly is something we work on each day at BJHS. Please know that we have procedures in place that we practice regularly for a variety of emergencies. Our safety team meets each month, and we run 12 formal drills a year, along with routine discussions. Additionally, we are fortunate to have Detective Stanton at the school on a regular basis, and he provides us with information, insights, and advice on how to keep our school safe.

A school tragedy can have an emotional toll on some students, and our counselors stand ready to assist. Our teachers are on the lookout for students that may be showing signs of distress and will be notifying parents and our counselors should they see something. Please be sure to let the school know if your child is feeling anxious so we can help. If you are looking for ways to discuss things at home, the following links can be helpful:

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers>

<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

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

Sincerely,

Walter Wallace

Principal



Math News:

There is a Southern Maine Math League meet on Tuesday, March at 6 the Holiday Inn by the Bay. The 6th grade team will compete in the morning, leaving school at 8:30 a.m. and returning before the end of the school day. The 7th and 8th grade teams will leave school at 2:15 p.m. for their competition, returning at 6 p.m.

In recent math team competition, the 7th grade team placed first out of 15 schools at the Central Maine Math League meet in Gardner. They had a third place finish out of 23 schools at the Southern Maine Math League meet. At the SMML meet, Kai Gillespie had a fourth place individual high score. The 8th grade team placed third out of ten teams at the CMML meet and sixth out of 21 teams at the SMML meet.

The 6th grade team placed fifth out of 28 schools at the recent Southern Maine Elementary School Math League meet. Quin Repetto had a first place individual high score, and Wes Haynes had a second place individual high score.

The next Science Club meeting will be on Tuesday, March 13th after school until 4:00 p.m. in room 108. This month's topic is, "Color". Please let Mrs. Lamdin know if you can attend. Have a ride ready at 4:00, or ride the late bus!



Notes From the Nurse:

It has been brought to my attention that a reminder needs to go out regarding body odor. Here is some helpful information.

Sweat and Body Odor

Perspiration, or sweat, comes from sweat glands that you've always had in your body. But thanks to puberty, these glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. You might notice this odor under your arms in your armpits.

The best way to keep clean is to bathe or shower every day using a mild soap and warm water. This will help wash away any bacteria that contribute to the smells. Wearing clean clothes, socks, and underwear each day can also help you to feel clean. If you sweat a lot, you might find that shirts, T-shirts, socks, and underwear made from cotton or other natural materials will help absorb sweat more effectively.

If you're concerned about the way your underarms smell, you can try using a deodorant or deodorant with antiperspirant. Deodorants get rid of the odor of sweat by covering it up, and antiperspirants actually stop or dry up perspiration. They come in sticks, roll-ons, gels, sprays, and creams and are available at any drugstore or supermarket.

If you choose to use deodorant or antiperspirant, be sure to read the directions. Some work better if you use them at night, whereas others recommend that you put them on in the morning.

Sincerely,
Helen Tetu, RN



FLOOR HOCKEY INTRAMURALS

After school **Floor Hockey Intramurals** have begun. Floor Hockey will run from 2:30pm-4pm each session for 3 weeks.

Floor Hockey will be Monday -Thursday each week on the following dates:

2-26, 2-27, 2-28, & 3-1.

3-5, 3-6 & 3-8.

3-12, 3-13, 3-14, & 3-15.

All students are expected to arrange for ride pick-ups at 4 p.m.

All 6th, 7th and 8th graders are welcome to show up and play.

Any students who may have a conflict, and cannot make it a certain day, no problem. All you have to do is show up and participate whenever you can. Please bring your PE clothes and sneakers to change into. Any questions, please see Mr. Boomhour during the day.

Spring is when you feel like whistling, even with a shoe full of slush!



7TH ANNUAL BRUNSWICK HIGH SCHOOL MATTRESS FUNDRAISER

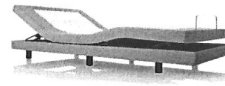
*Every Purchase
Benefits The Music
Department*



Twin From \$259 | Full From \$279 | Queen From \$299 | King /CA-King From \$499

- ✓ All Sizes Available!
- ✓ Firm, Pillow-top, Orthopedic, Latex & Gel Memory Foam Sets
- ✓ All Mattresses are **BRAND NEW** with Full Factory Warranties!
- ✓ Adjustable Beds, Luxury Pillows & Mattress Protectors!
- ✓ Name Brands like Simmons Beautyrest
- ✓ Layaway and Delivery Available
- ✓ Cash | Check | Credit Card

Beautyrest



Adjustable Beds



Pillows



cfsmaine



mlogue@customfundraisingsolutions.com



cfsmaine
#beds4brunswick2018

When: Saturday, March 24

Time: 10am to 4pm

Where: Brunswick Junior High School

Event Link: bit.ly/beds4brunswick2018



© COPYRIGHT 2018 CUSTOM FUNDRAISING SOLUTIONS

FREE LOCAL DELIVERY WITH MATTRESS PURCHASE

PERSONALLY INVITED BY: Music Department

March is Music in Our Schools Month

March is designated as “*Music in Our Schools Month*” and BJH has a busy calendar to help us celebrate. We will start with our All-Town Chorus Concert on Tuesday, March 7 at 6:30pm in the BHS gym. Our 6th grade honors band and 7th & 8th Grade Honors Jazz students will travel to Gardiner Middle School on Friday, March 9 for their District III MMEA Honors Festival. Our jazz band students will be traveling to the University of New Hampshire to participate in the Clark Terry Jazz Festival on March 10. Our 7/8th grade honors band and chorus students are working hard to prepare for their District III Honors Festival on April 6 & 7 in Lisbon. March 20, our Extra-curricular Ensembles will present our annual “Music in Our Schools” Celebration Concert at 7:00 in the BJH gymnasium. Our 6th grade band and chorus students will share their talents on Tuesday, March 27 in the BJH gym at 7:00pm. The Music Boosters have a theme basket raffle going for the month of March. Tickets are \$1.00 or 6 for \$5.00 and can be purchased at our BSD concerts and events or by contacting the music department. Our BJH concerts are free and open to the public and we would love to have you come and hear the many talents of our student musicians. Please visit the music website for more information on music events.



Mental Math Moment

Divisibility Rules



The divisibility rules make math easier. Did you ever wonder how people could tell if something was divisible by a number just by looking at it? These rules are how they do it. Memorize a few simple rules and simplifying fractions and prime factorization will be so much easier. 😊

Ask your child if these numbers are divisible by
2? 3? 4? 5? 6? 9? 10?

57	144	254	275	444	672	676
905	1,364	2,012	2,013	3,729		
123,456	223,344	56,789				
	123,456,789					

Divisibility Tests	Example
A number is divisible by 2 if the last digit is 0, 2, 4, 6 or 8.	168 is divisible by 2 since the last digit is 8.
A number is divisible by 3 if the sum of the digits is divisible by 3.	168 is divisible by 3 since the sum of the digits is 15 (1+6+8=15), and 15 is divisible by 3.
A number is divisible by 4 if the number formed by the last two digits is divisible by 4.	316 is divisible by 4 since 16 is divisible by 4.
A number is divisible by 5 if the last digit is either 0 or 5.	195 is divisible by 5 since the last digit is 5.
A number is divisible by 6 if it is divisible by 2 AND it is divisible by 3.	168 is divisible by 6 since it is divisible by 2 AND it is divisible by 3.
A number is divisible by 9 if the sum of the digits is divisible by 9.	549 is divisible by 9 since the sum of the digits is 18 (5+4+9=18), and 18 is divisible by 9.
A number is divisible by 10 if the last digit is 0.	1,470 is divisible by 10 since the last digit is 0.

Spring Sports:

BJHS Spring Sports Information March 2018

Sign ups for Spring Sports will be from March 5th to March 14th. The spring season will begin late March, please check back on the athletic website for specific start dates and indoor workouts/practices.

If your child has not participated in a fall or winter sport, please complete all the necessary athletic paperwork, including an Athletic Participation Form that requires a signature from your child's PCP. Such forms can be found on our website, in the front office or from Mrs. D'Amour. Completed forms can be faxed to 721-0602. Let's bring on the warmer weather!

BJHS to BHS Transition

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 - High School Counselors will be at BJHS to sign 8th grade students up for classes.

April 11, 2018 - Spring Fling at BHS at 6:00pm

June 1, 2018 - Step Up Day for 8th graders to BHS.

This will include a tour, a student panel, presentations, and lunch in the cafeteria.



Go Green Team

Do you love to grow plants indoors and do something “green” for our school? Do you love to work out in the garden and get your hands dirty? Would you like to help us maintain our outdoor classroom in the back of the school this spring?

If so, come be a part of a dynamic, active group—the BJHS Go Green Team. We will meet after school on March 20th until 4:00 in room 108. We will order and organize vegetable and flower seeds, plant them indoors in the Gro-Lab and transplant them to the Garden of Eatin’ during the Activity Day in May. We will need volunteers to help with watering and weeding this summer, too!

We would love to have any students in Grades 6-8 make a commitment to join the Go Greet Team. Any motivated faculty/staff are invited to help out, too!

8th graders! Remember you can earn Community Service Hours by volunteering to help out in the garden!

Get involved! Please contact or see Mrs. Lamdin, (Room 108) if you would like to join the Go Green Team! It is always fun!



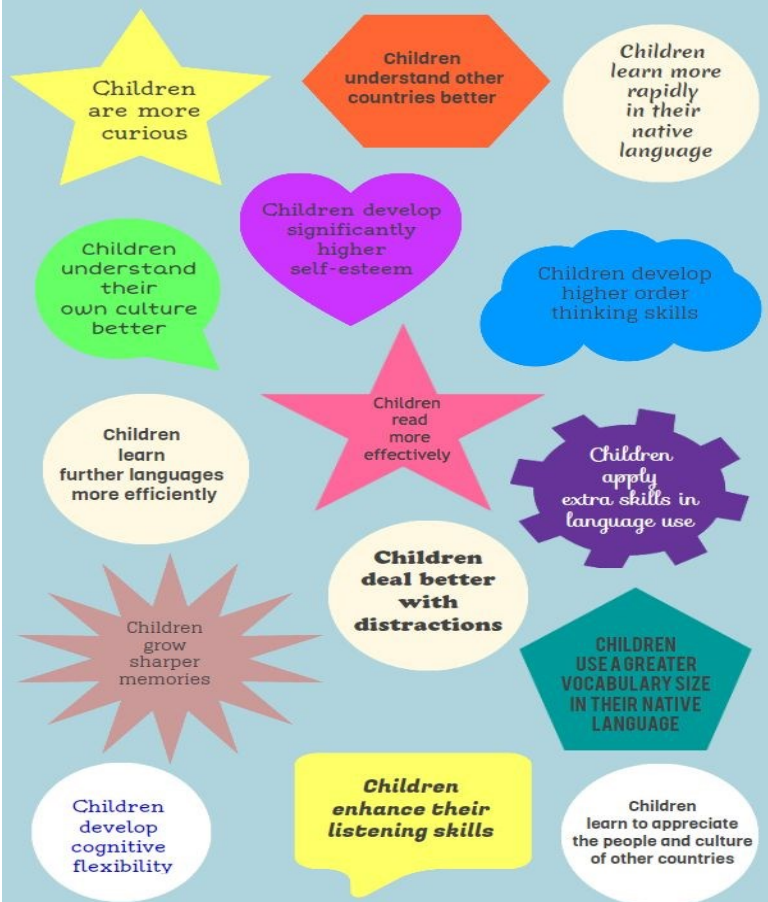
Attention parents!

During Spring parent/teacher conferences, your student will have the opportunity to choose electives for the 7th and 8th grade school year. Current 6th and 7th Grade students will have the option of choosing a world language – either French or Spanish, as well as band and chorus. Successful completion of a world language at the junior high is equivalent to a level one class at BHS. Any student may choose to join chorus in 7th and 8th grade. Students choosing band should have participated in the previous year or have permission from Ms. Anderson. Elective forms will be available at Spring conferences.

The benefits behind learning a foreign language

Did you know that children benefit much more than learning the foreign language? They also experience increased linguistic, social, cognitive, emotional, and academic development!

Below are some of these “hidden” benefits:



Based on the research of Michal B. Paradowski, Assistant Professor at the Institute of Applied Linguistics, University of Warsaw.



Designed by Juan Uribe Ensino Afetivo Affective Language Learning with Children



facebook.com/juanuribeensinoafetivo

Piktochart

It's time for Sousa March Mania 2017

32 marches. 4 weeks. 1 champion!

From February 26-March 28, "The President's Own" United States Marine Band will host its annual "Sousa March Mania," a tournament pitting 32 marches against each other for the Marine Band online community to determine which one is the favorite. Every day through March 28, marches will compete head to head while our friends and fans vote which marches advance in the tournament!

Here's how YOU can play!

- Pick up a bracket on the document holder outside of Ms. Anderson's office next to the band room or in the teacher workroom.
 - Visit the Marine Band website to listen to the competing marches (or wing it....)
 - Vote every day for your favorites beginning March 4...and encourage your friends to vote too!
 - At the end of the competition, the participant who earns the most points on their bracket will be named Brunswick Junior High's 2018 "March King". Anyone with a perfect bracket at the end of the competition will be recognized by the Marine Band!
- This is open to all staff and students! The kids love to see how the teachers are doing!! Hope you can play!!!

SOUSA'S 2018 MARCH MANIA
32 MARCHES. 4 WEEKS. 1 CHAMPION.
Feb. 26 – March 28 | 9 a.m. (EST) Daily

1st ROUND 2nd ROUND 3rd ROUND 4th ROUND FINAL 4th ROUND 3rd ROUND 2nd ROUND 1st ROUND

CHAMPION

PRESENTED BY THE UNITED STATES MARINE BAND
Listen and vote at www.marineband.marines.mil
Competition begins Feb. 26.

Why Read 20 Minutes a Day?

Let's face it...parents (and kids) are busy! It is difficult to "fit in" all that needs to be done in a day. We are often faced with having to make choices about what stays and what goes in our schedules. So, why is it so critical to include 20 minutes of reading in your child's daily schedule? There is a wealth of research supporting daily reading with your child especially prior to and during the period when s/he is learning to read. Here are a few of the ways reading with your child for 20 (or more) minutes a day benefits him or her.

Reading is "brain food".

Our brains develop as we "feed" them with experiences. The experience of reading (whether you're the reader or the one being read to) activates and "exercises" many of the areas of the brain. The visual cortex works as your eyes track the words on the page and look at the illustrations. Your memory makes connections between what you already know about the topic of the story and its content. You integrate new information learned through reading, further strengthening and growing your network of knowledge. Reading provides one of the most enriching and complex brain activities available in life.

Reading improves listening skills.

What parent doesn't want their child to be a good listener? The experience of being read to helps children develop good listening skills by keying them into the components of language. Through reading they learn to recognize phonemes (the sound building blocks of language), learn new words to add to their oral vocabularies and connect written words to their real world applications.

Practice makes perfect.

Generally, the more time you are exposed to something and the more time you spend practicing it, the better you'll become at performing it. This is absolutely true for reading. Research shows that children who have repeatedly been exposed to books from birth generally exhibit strong reading abilities.

Reading improves academic performance.

There is a strong correlation between a child's ability to read and her academic performance. Because so much of our schooling relies on our abilities to read, children must have strong reading skills to succeed and thrive in school.

Reading just makes "cents".

For every year that a person spends reading (either independently or being read aloud to), his/her lifetime earning potential goes up considerably. For a time investment of approximately 87 hours a year (20 minutes a day for 5 days a week), you can increase your child's ability to support him or herself in the future considerably.

Reading improves relationships.

Because we are busy it is difficult to have "quality" one-on-one time with our children without distractions. Building 20 minutes into each day for reading together provides this important bonding time. There is nothing more wonderful than snuggling a young child on your lap while reading a few storybooks aloud. Even if your child is beyond the "snuggling" stage, spending 20 minutes reading independently provides you with quiet, uninterrupted time together engaged in the same activity.



Dear Families,

We are so thankful that Church has been such a opportunity to take



the Weekend Food Program through Pathways Vineyard success this year. We would like to offer our families the advantage of this program now or any time throughout the

year. Knowing that many of our families experience occasional or sometimes longer term food insecurity, this program provides non-perishable and easily consumed food options to use over the weekend and school vacations. Students pick up a grocery bag on their way out of school on Fridays to bring home for the weekend. Our goal is to make it as simple as possible for our families. If you are interested in joining or getting more information, please contact the guidance office at 319-1932.

Thank you,

Alanna Roy and Catherine Nein

Pay Attention to Attendance:

Keep Your Child On Track in Middle School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO.

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick.

Creative Writing Club

Meets each Monday after school in room 204 to write and share.

All are welcome to join!

Please have a ride ready at 3:30.

This spring, we will begin work on our literary magazine, *Husky Prints*, which showcases student art and writing in a real published book.





nurturing youth
through mentoring

ROOTS

A mentoring program

A six-year, year-round, expeditionary learning model for 7th-12th grade

Providing educational experiences, outdoor adventures, and cross-cultural opportunities through which youth learn to build relationships within and beyond their communities

We will begin our program with a cohort of 7th graders. Applications open to all 7th graders.

We will follow 12 students a year as they move from one program to the next along a six year journey that starts when they are in 7th grade and continues until they graduate in 12th grade.

5 educational components are incorporated:: Community Service, Cultural Awareness, Wilderness Exploration, Environmental Awareness, Adventure Based Education

7th grade “Growing Roots” - Cultivating relationships, with first trips in May/June

8th grade “Explore Maine” - Exploring different parts of Maine from urban areas to countryside using the 5 educational components.

9th grade “Know New England” - Traveling to different regions of New England to integrate the 5 educational components

10th grade “Beyond USA” - 10 day trip to the Dominican Republic incorporating all 5 educational components

11th grade “Next Steps” - College/Career Exploration and Tour, Peer Mentorship begins - providing leadership to 7th-9th grade cohorts

12th grade “Harvest” - A year of self exploration, reflecting on last 6 yrs, goals and future plans, Peer Mentorship continues, last expedition.

ROOTS is inspired by Trekkers, Inc. and their 10 Youth Programming Principles and is part of the Emanuel and Pauline A. Lerner Foundation’s Aspirations Incubator Program, an initiative focused on the development of long term, mentoring based youth development programs in eight rural communities and small cities across Maine.

MORE INFORMATION AND PRESENTATIONS OF PROGRAM COMING IN MARCH!

Homework Club!

Homework Club meets every Tuesday and Thursday for an hour after school in room 107! Students can come as often as needed for a quiet, supportive place to do homework (with snacks).

Walk, arrange a ride, or catch the “late” bus. All are welcome!

In February Ms. Bucknam joined three of our 7th graders at the Maine College of Art in Portland for the award ceremony for the Scholastic Art Contest. All three entered photographs, and Emily Powers and Simon Stevens won Honorable Mentions, while Amber Libby won a Silver Key for her photograph “Sunset through a Pine Tree”, which was displayed at MECA this past month with all of the other Silver and Gold Key award winners in the state. Fun fact: Amber was the only 7th grader in the state to win a Silver Key! We are beyond proud of these students, and can’t wait to see what they create in the years to come.

