

B. J. H. S.

The Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 15, ISSUE 8

APRIL 2018

Dear Parents and Caregivers,

Heading into April, we are seeing some signs of spring, although there is still snow on the ground! Our spring sports have started and I hope to see the teams practicing and playing games outside very soon.

We have had an interesting and busy March. The majority of our Maine Educational Assessment testing has been completed and I believe our students put forth a great effort. We decided to shorten the amount of days testing by doing two tests in a day for many of our students. This will allow us to get back to our regular routines instead of spreading out the tests over many weeks. We anticipate getting the results in June, and we will use them to help us make educational decisions.

A few weeks ago we had Monte Selby join us for a school-wide assembly for our students, and some professional development for our staff. Dr. Selby is a former teacher, principal and professor, but his current occupation brings him to schools to share his passion of singing and songwriting. He uses his songwriting expertise to share his ideas about being kind to each other, replacing bad habits with good ones, and the power of thoughtful choices and hard work. The students were engaged and singing along as they heard his positive messages. You can catch many of his songs on YouTube and learn more about him on his website at monteselby.com.

Right before April vacation, we will be hosting conferences where parents can come to see student work and meet with the teachers. Please be on the lookout for signups using the PTC Fast e-mail program. We hope to have a great turnout.

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

Sincerely,

Walter Wallace

Principal

B. J. H. S. Spring Fling

8th grade students & their parents
are cordially invited to attend the
GRADE NINE SPRING FLING

A special program for
students & parents on
Wednesday, April 11, 2018 at the
Brunswick High School Cafeteria
at 6:00 P.M.

Refreshments and Entertainment
Extracurricular/Sports Exhibits
Speakers and Tours

How to prepare yourself
for your child's
transition into high school
Please mark your calendar!



Notes from the Nurse!

When it comes to your health, small steps go far!

- Move more – it's a great way to improve your health. Try to move for at least 30 minutes a day.
- Eat real – choose foods in their natural form and less packaged food.
- Drink water – carry a refillable bottle and fill it up outside the health office at the cooler.
- Rest up – good sleep restores your body and mind. Try to get 7 – 9 hours of sleep a night.

Let's get and stay healthy this spring!

Helen Tetu, RN



Did you know that BJHS has a Gay-Straight-Transgender Alliance? The Q+A Club (which stands for "Queer and Allies") meets each Friday after school in the Art Wing. All are welcome to attend for a safe space to be themselves or to be a supportive ally. Our only rules are RESPECT and CONFIDENTIALITY, (and that you have a ride ready for pick up at 3:30pm).

Our meetings are very casual--we hang out, eat snacks, listen to music, and play games! This spring we are preparing



for a June field trip to participate in the

Portland Pride Festival and parade. See you there!

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:

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.



During Spring conferences, parents will be able to sign up their students for next year's electives. Incoming 6th graders may choose from Band or Chorus. Incoming 7th and 8th graders may choose from Chorus, Band, French, Spanish, or a combination (provided they have completed the previous year's class successfully). These courses are in lieu of study halls. Please note that all sign-ups will need the signature of a parent/guardian and the approval of the teacher.

HOMEWORK CLUB

Homework Club meets every Tuesday & Thursday for an hour in room 107 for some quiet, guided, homework time (with snacks!) Walk, arrange a ride, or catch the 4:00 "late" bus home.

All are welcome.

Yearbooks

The 2018 yearbook is now complete and is at the publishers for printing. Yearbooks are a great way to remember your three years at Brunswick Junior High School. Have you ordered yours yet? There are a very limited number of yearbooks available. Get yours now while they last. Ordering is easy. Just follow the link on the BJHS website.



Happy Passover



School is Amazing!

Brunswick Junior High celebrates the work of students and families getting to school every day! School is imperative to the success of our young students in the 21st century. Thank you for:

waking up on time,

packing your bag the night before,

keeping yourself healthy,

scheduling appointments/vacations outside of the school day

Our students and families at Brunswick are SPECTACULAR!

The majority of our students **miss 3% or less** of the school year! That's **less than 5 days** a year! This month, we celebrate what it takes to get to school every day, and all the hard work of our students and families who celebrate coming to school.

Math homework is due tomorrow — how can I help?

Homework causes trouble in many households. Relax—remember whose homework it is! Think of yourself as more of a guide than a teacher. Don't take over for your child. Doing that only encourages him or her to give up easily or to ask for help when a problem becomes difficult.

The best thing you can do is ask questions. Then listen to what your child says. Often, simply explaining something out loud can help your child figure out the problem. Encourage your child to show all work, complete with written descriptions of all thinking processes. This record will give your child something to look back on, either to review or to fix a mistake, and can also help the teacher understand how the problem was solved.

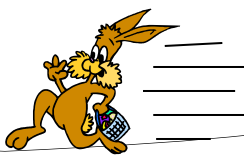
Asking the following kinds of questions can help you and your child tackle the challenges of math homework:

- ◆ What is the problem that you're working on?
- ◆ Are there instructions or directions? What do they say?
- ◆ Are there words in the directions or the problem that you do not understand?
- ◆ Where do you think you should begin?
- ◆ Is there anything that you already know that can help you work through the problem?
- ◆ What have you done so far?
- ◆ Can you find help in your textbook or notes?
- ◆ Do you have other problems like this one? Can we look at one of those together?

- ◆ Can you draw a picture or make a diagram to show how you solved a problem like this one?
- ◆ What is your teacher asking you to do? Can you explain it to me?
- ◆ Can you tell me where you are stuck?
- ◆ Is there someone you can call to get help? Can you discuss the problem with a classmate?
- ◆ Would using a calculator help you solve the problem?
- ◆ Would it help to go on to another problem and come back to this one later?
- ◆ Why don't we look for some help on the Internet?
- ◆ If you do only part of a problem, will the teacher give you some credit?
- ◆ Can you go in before or after school for help from the teacher?

Remember, support homework—don't do it!

Besides supporting your child on homework, show the importance of learning math by helping your child connect math with daily life. Point out your own activities that involve mathematics, such as deciding if you have enough money to buy items on a shopping list, estimating how long it will take to make a trip, determining how much carpet or wallpaper to buy for a room, or developing a schedule to complete a series of tasks. Talking about these everyday situations will give you a chance to increase your child's appreciation for the usefulness of math!



The Creative Writing Club meets each Monday afternoon in Room 204 until 3:30. All student writers are welcome! Soon we'll start planning for our end of year publication, Husky Prints, the student literary magazine. Come serve on our editorial board, get published, and learn about yourself as a writer and reader.

Science Club – Tuesday, April 10

“Day at the Beach”



Come explore the amazing variety of sands from around the world. You will have fun and be amazed!

Room 108. You may take the late bus home or have your rides ready at 4PM. Please tell Mrs. Lamdin if you can make it!

Spring Sports teams have started practicing. We know everyone is looking forward to being able to practice outside. Games and meets begin after April vacation. There are over 200 students participating on one of our sports teams. Balancing school and athletics can be challenging. We want to remind our student athletes that they are students first, athletes second. Also important is getting an appropriate amount of sleep and proper nutrition. We want our athletes to be safe and healthy.

This spring, teams will discuss the role of social media. Here are five things we are recommending our students not do on social media.

1. Don't post inappropriate pictures or use inappropriate language in tweets or posts — including retweets.
2. Don't speak poorly about your teammates or the competition.
3. Don't trash talk a teacher or coach.
4. Don't insert yourself in controversial conversations or engage in arguments.
5. Don't post while emotions are running high.

If they use social media, we will be encouraging our student athletes to use it to:

1. Say thank you.
2. Support others.
3. Share news and humor.
4. Use social media to purposefully promote their team and community and to represent their sport(s), school, team, family, and community at all times in a positive manner.



Our Lost and Found items will be donated after parent/teacher conferences.

PLEASE take the time to sift through our many items to claim what is yours before it is gone forever!

The healthy snack cart is open EVERY DAY now between periods 2 and 3 by Mrs. Duffy's office. The cart sells a variety of healthy snacks for only 50 cents! We have veggie Straws, pretzels, cheese sticks, Goldfish crackers, Belvita bars, and much more!!



5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

Celebrate spring by enjoying time outside! Go for a walk, run, bike ride, play a game, or work in the Garden of Eatin'.

Let's all enjoy the warmer weather and work on our healthy habits by choosing fresh, organic, fruits and vegetables and low fat protein sources. **This is a great time to work together as a family on making small changes to improve our health(y) lifestyles!**

The world is mud-luscious and
 puddle-wonderful.

e. e. cummings



Join the BJH **Go Green Team!!** We will meet after school on Tuesday, April 3 and 24, and on May 1, 8, 22 and 29 and on June 5, 12 and 19. Help plant or transplant our growing vegetables and flowers that are being started as seeds in our indoor Grow Lab! Let's get them ready for planting in the Garden of Eatin' on the Activity Day on May 9. If you and/or your son/daughter might also like to help out during the Activity Day (the morning of May 9), students should sign up for one, two or three hour time slots. If you are interested in helping, email Mrs. Lamdin at slamdin@brunswick.k12.me.us or volunteer your time this summer by visiting the Garden of Eatin' website. This can be found on the BJHS website on the left side banner under "Garden of Eatin'". Happy Spring!

Remember, 8th graders can earn Community Service Hours for their time. See you in the Garden!



B.J.H.S. Celebrates Poetry

During the last week of April, B.J.H.S will celebrate Poetry Week. Each day, select teachers will read their favorite poems over the announcements.

Thursday, April 26th is "Poem in Your Pocket Day," which encourages the sharing of poetry. The town of Brunswick also celebrates "Poem in Your Pocket Day" on April 26th, culminating in an "Open Mic Night" at Curtis Library's Morrell Room from 6:30-8 p.m., during which volunteers read their favorite poems. If you have any questions, please contact Mrs. Peg Acheson at pacheson@brunswick.k12.me.us.