



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

# The Husky Herald



A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 16, ISSUE 2

OCTOBER 2018

Dear Parents and Caregivers,

It was great seeing so many of you at Open House last week. We had a really strong turnout and we hope you enjoyed seeing the school and staff.

Our 6<sup>th</sup> graders have done an excellent job with the transition to Brunswick Junior High School and are making their way each day with confidence. Our 8<sup>th</sup> grade Peer Partners have visited them in their advisory and checked in on how things are going so far. Our Peer Partners are a great resource for our 6<sup>th</sup> graders, and they will meet throughout the year to help them along the way.

So far, we have had three Second Step lessons for all our students. These are happening during advisory on Tuesday mornings. Students are learning about how their brain can grow stronger through challenge and hard work. They are also learning about how increasing their understanding of social emotional learning can help them through the middle school years. Mrs. Lewis and I sent home an overview letter about Second Step last week and I hope you have had a chance to look at it. If you have not seen it yet, it is posted on our website.

I will be hosting our first BJHS Parent Group meeting on Wednesday, October 10<sup>th</sup> at 6:00pm. We will be meeting in the BJHS Library. The purpose of the meeting will be to share our school initiatives, and also to get feedback on informational topics of interest from parents. We will roughly map out Parent Information Evenings and Events at this meeting.

Thank you for helping us get off to a great start to the school year. As always, if you have a school related question or concern, please contact the school at 319-1938.

Sincerely,

*Walter Wallace*



## Picture Day! October 12th

Mark your calendar! Picture Day is coming **Friday, October 12th**. Look for more information on your child's Picture Day flyer/order form.

Visit [www.lifetouch.com](http://www.lifetouch.com) for online payment details and more.

BJHS Lifetouch code: LG228105Q0



**Teacher Prep has started again and we need volunteers! If you can help, please come on Thursday mornings anytime between 8-11 a.m. Please join other parents in volunteering to help our teachers with copying, sorting, cutting, etc.**

**It's a great time!**



# Notes from the Nurse

## 2018 Flu Vaccination Clinic Information:

CHANS Home Health Services and the Brunswick School Department have teamed up once again to offer a seasonal Flu Vaccination clinic for 2018. This service is offered free of charge and is open to all staff, students, parents, family members, and members of the community. Although this services is free, donations to CHANS are always welcome. Registration forms will be available at the clinic. Anyone under the age of 18 must be accompanied by a parent or guardian. No appointment or pre-registration is necessary.

**Date: Saturday, October 13<sup>th</sup>, 2018**

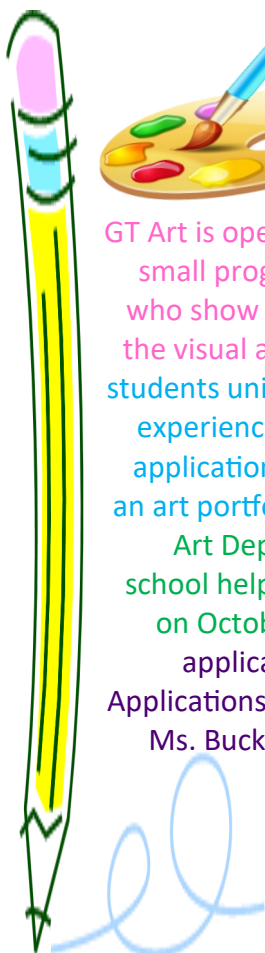
**Location: Harriet Beecher Stowe School (Gymnasium)**

**Time: 8:00 a.m. to 1:00 p.m.**

For more information, please feel free to contact one of the school nurses at any Brunswick School, or visit <http://www.midcoasthealth.com/wellness/flu/schedule/>. On behalf of CHANS and the Brunswick School Department, we look forward to seeing you on October 13<sup>th</sup>.

See you there!

*Helen Tetu, RN*  
School Nurse



## The Arts are Alive at BJHS!

 Applications are open for GIFTED AND TALENTED ART –

GT Art is open to all grade levels, but is a very small program 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 October 2nd and 4th. The deadline for applications is Wednesday, October 10. Applications are outside Ms. Bucknam's door.



## What Is Fluency?

### How Can I Help My Middle School Child?

An important step in becoming a good reader is developing fluency. Fluency refers to the ability to read accurately, with appropriate speed and expression.

The fluent reader sounds good, is easy to listen to, and reads with enough expression to help the listener understand and enjoy what is being read.

The word *fluency* comes from a Latin word that means *to flow*. So, thinking about flowing—fluent reading is smooth and effortless.

A fluent reader recognizes words automatically and does not have to concentrate on sounding out words. When the reader has to put lots of attention on recognizing words, it does not leave much time for understanding what is read. A fluent reader does not read word-by-word and can see phrases when reading. There is time to think about what is coming next.

When your child can read the words easily and automatically, he can pay attention to making sense of what he is reading.

You probably already do two important things to help your child build his fluency. One way your child will build fluency skills is to listen to you read to him. Another way he will improve his fluency is reading aloud to you. Finding 15 minutes a day for reading to your child and listening to him read will help in his overall reading growth.

Read aloud to your child often and with expression. When you read to your child, you are modeling fluent reading. Your child hears good reading and will transfer those experiences to his own reading. During these read-aloud times, try to make your reading as fluent as possible. Draw attention to the way you use your voice. Ask questions like, “What did you notice about the way I used my voice?” or “How did I use my voice to show emotion?”

Each time your child reads aloud to you, he will gain confidence. Praise him for the things you hear. “I loved the way you used your voice in this section! You really sounded scared.” “I like how you paused between the sentences. It gave me a chance to think about what was happening.” You may be able to help your child understand how his reading is improving with a comment like “Your speed was so much better on this page. I was able to think about what might happen next.”

Whether you are reading to your child or listening to your child read to you, try different types of books. Many children love to read about famous people, countries, animals, and science related topics.

**Reading to and with your child at any age is important!**





# Counselor's Corner

Happy fall! We hope your year is off to a good start. It was wonderful for us to be able see so many familiar faces of students and parents at the open house. Thank you for coming by! This month we have been busy preparing and presenting our 6<sup>th</sup> grade guidance unit on goal setting and growth mindset. Our objective is to support students in having a successful 6<sup>th</sup> grade year. Please check out our bulletin board near the 6<sup>th</sup> grade hallway the next time you are at the Junior High! In addition, we have gone into 7<sup>th</sup> grade health classes to teach suicide prevention. This is a valuable lesson for students to learn how they can help a friend in need of some extra support. Please contact us any time with questions or concerns you may have.

## Tips for Encouraging Great School Attendance

Regular attendance is one of the most influential factors in a child's success in school. Children can't learn if they are not present in school, so attendance is a must. By 6<sup>th</sup> grade missing 20% (or two months of school) is a critical warning sign of school drop-out. By 9<sup>th</sup> grade, missing 20% of school can be a better predictor of drop-out than 8<sup>th</sup> grade test scores.

Here are a few helpful tips:

- ◆ Tell your children the importance of attending school every day.
- ◆ If possible, avoid scheduling appointments or family trips during school hours.
- ◆ Make sure your child eats nutritious food, drinks water, exercises, and gets plenty of rest.
- ◆ Try not to make excuses for your child when they are absent or tardy to school.
- ◆ Be a positive role model.

Stay warm,

Mrs. Roy/Mrs. Bamforth  
aroy@brunswick.k12.me.us  
dbamforth@brunswick.k12.me.us

Mrs. Nein  
cnein@brunswick.k12.me.us

Maquoit House:  
Bailey, Jewell,  
& Chebeague Islands

Merrymeeting House:  
Birch, Great Diamond  
& Eagle Islands

Guidance office: 319-1932



On Friday and Saturday, Nov. 9-10, the Brunswick Junior High School will present

"Alice in Wonderland, Jr." ( presented through special arrangement with all authorized materials supplied by Music Theatre International.) Our cast is working hard to create our "Wonderland" filled with beloved characters like the Mad Hatter, The White Rabbit, The Hare, Tweedledee and Tweedledum, The Dodo Bird and Rock Lobsters, our Queen and King with the Royal Cardspeople, our lovely Flowers, our inspiring Caterpillar, a talking Doorknob and Mathilda with her little sister Alice. Please mark your calendars to join us. Tickets will be \$10.00 and only sold at the door.

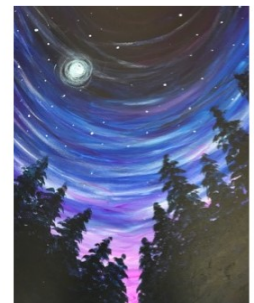
## The Annual BJH Music Booster Tree, Wreath and Multicultural Bake Sale is

scheduled for *Saturday, December 1* from 8:00AM until 11:00AM.



Please mark your calendars and plan to arrive early to get the best selection of yummy baked goods, wreaths and trees! We will also have our student musicians performing live as you shop—so plan to join us for a morning of fun!

NEW THIS YEAR! *Come paint a masterpiece!* Join the BJHS art teachers on Friday, October 12 from 7:00-9:00 pm as we lead you through simple steps to create your own Night Sky painting. All ages welcome! Suggested donations of \$25 per person (\$20 per person for parties of three or more) covers all of your painting supplies, tasty treats, door prizes, and good times. All proceeds support the BJHS Art Department. FUN GUARANTEED! Limited to 24 people, so sign up today!! To reserve your spot, sign up here: <https://www.signupgenius.com/go/10C0944AFA82BABFA7-paint> For more information, email: [cbucknam@brunswick.k12.me.us](mailto:cbucknam@brunswick.k12.me.us) or [kmccarthy@brunswick.k12.me.us](mailto:kmccarthy@brunswick.k12.me.us) for more information.



# Help your child succeed in Math!

## TIPS FOR PARENTS TO ENSURE A SUCCESSFUL YEAR IN MATH

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.

- Encourage your child to use a daily math assignment book.
- Follow the progress your child is making in math. Check with your child daily about his homework.
- If you don't understand your child's math assignments, engage in frequent communication with his or her teacher.
- If your child is experiencing problems in math, contact the teacher to learn whether he or she is working at grade level and what can be done at home to help improve academic progress.
- Ask your child's teacher when extra math help times are available.
- Use household chores as opportunities for reinforcing math learning such as cooking and repair activities.
- Try to be aware of how your child is being taught math, and don't teach strategies and shortcuts that conflict with the approach the teacher is using. Check in with the teacher and ask what you can do to help. Ask the teacher about online resources that you can use with your child at home.
- At the beginning of the year, ask your child's teacher for a list of suggestions that will enable you to help your child with math homework.

## WAYS TO MAKE MATH HOMEWORK TIME PRODUCTIVE

### **Be supportive during homework completion:**

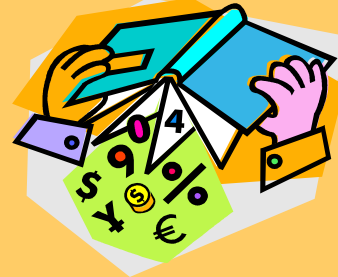
- ⇒ Encourage your child to write down a solution to each question – even if he's not sure it is correct.
- ⇒ Check to see that all questions and all parts to the questions are complete.
- ⇒ Suggest corrections be made in pen, and ensure corrections are made.
- ⇒ If no homework is assigned, review and reorganize previous work.

### **Be resourceful when stuck:**

1. Re-read the problem out loud – check the meaning of math terms.
2. Highlight important information in the problem.
3. Look for examples of similar solutions in texts and notes.
4. Break the problem into parts.
5. Discuss alternative approaches.
6. Take a break and try again later.
7. Phone a friend.
8. Look for information related to the topic on the Internet.

## **Help your child develop an assignment action plan:**

- \* Begin immediately and have a time plan.
- \* If any portion of the assignment seems confusing, clarify with the teacher immediately.
- \* "Chunk" lengthy assignments into parts.
- \* Follow instructions: if it is to be submitted in pencil, ensure this is done.
- \* Proofread math – suggest your child ask herself:
- \* Have I made proper and effective use of mathematical terminology?
- \* Have I used mathematical tools to ensure precision?
- \* Have I included correct units where required?
- \* Have I answered the question that was asked?
- \* Would someone else understand my solution process as it is written?
- \* Have I completed all parts of the assignment?
- \* Does my solution make sense?



## **SPORTSMANSHIP**



*Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way."*

*-Jim Courier*

*"When you win, say nothing, when you lose, say less." - Paul Brown*

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship, and citizenship. It is important to learn to control one's emotions and conduct, not only in defeat, but in victory as well. Threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. It is our goal to have Brunswick recognized for our sense of fair play, sportsmanship, outstanding effort, and character. We expect our students and parents to accept the officials' decisions and conduct themselves in a respectful manner at all times.

**BRUNSWICK AREA**  
**teen CENTER**

**FREE** AFTER-SCHOOL PROGRAM FOR 6-12TH GRADERS  
**Mon-Thu 2:30-5:30**

**FREE WI-FI** **FREE FOOD** **POOL TABLE**

**NETFLIX & MOVIES** **GAME SYSTEMS**  
PS 3, Wii, PS2, X-Box 360

**BOARD GAMES**

PEOPLE PLUS BUILDING, DOWNTOWN  
35 UNION ST., BRUNSWICK

**SAFE, FUN, CHILL,  
NO STRESS, NO DRAMA, NO BULLYING!**

Find us on **facebook**. @Brunswick Area Teen Center

721-0754 teens@peopleplusmaine.org www.peopleplusmaine.org

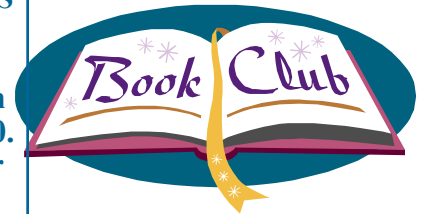


The BJHS Healthy Snack Cart is open everyday between periods 2 and 3.

All Snacks are 50 ¢ each

*Book Clubs At BJHS*

All 7<sup>th</sup> and 8<sup>th</sup> grade students are invited to join the BJHS Book Club, led by Melissa Orth of the Curtis Memorial Library, on Wednesdays from 2:30- 3:30 in room 206. Doing a fall sport? Athletes can attend when their season is over. Students will need to arrange a ride home at 3:30. Please email Melissa Orth, [morth@curtislibrary.com](mailto:morth@curtislibrary.com) for details.



**Be Here!**

**EVERY DAY. ALL DAY. ALL THE WAY!**

**ATTENDANCE COUNTS**

We're excited to announce the start of this year's Queer + Allies Club here at Brunswick Junior High. This club is for *all* students who want to fight bullying and discrimination based on orientation, gender identity, or expression...or who want a safe and welcoming place to be themselves...or who want to support their friends and be an ally. Q+A Club meets each Friday in the art room after school. Healthy snacks will be provided! Make sure you have a ride home at 3:30, and we'll see you at Q+A Club!

HOMWORK CLUB  
MEETS EVERY  
TUESDAY AND THURSDAY AFTER  
SCHOOL UNTIL 3:30  
IN ROOM 211  
THERE ARE SNACKS!

**Fall is Here!**



This is a reminder of what our bell schedule is (below). **Please remember that your children are tardy after the 7:50 morning bell and will need to check in through the office.** All tardies will be unexcused unless we have a note or sign-in from their parent/guardian. Please make every effort to get your students to school on time every day.



### Bell Schedule 2018-19

7:42	Entry Walkers and Cafeteria (Announcement)
7:43	Entry Gym (Bell)
7:47	Warning (Bell)
7:50	Tardy (Bell)
7:52	Announcements
7:50 – 8:03	Advisor
8:06-8:54	Period One
8:57-9:45	Period Two
9:48-10:36	Period Three
10:39-12:46	Period Four-Six
<i>Grade 6</i>	
10:39 – 11:27	Period Four
11:30 – 11:55	Period Five Lunch
11:58 -12:46	Period Six
<i>Grade 7</i>	
10:39-11:27	Period Four
11:30 – 12:18	Period Five
12:21 –12:46	Period Six Lunch
<i>Grade 8</i>	
10:39 – 11:04	Period Four Lunch
11:07 – 11:55	Period Five
11:58 – 12:46	Period Six
12:49-1:37	Period Seven
1:40-2:25	Period Eight
2:25 – 2:30	Locker Break
2:30	Announcements for Dismissal
<b>Dismissal ~2:40</b>	



**Science Club** - Our first science club this year will be on Tuesday, October 16th. We will explore chemical reactions! Meet in Room 108 after the walker bell. Have your rides ready at 4:00, or ride the late bus at 3:55!

Other Tuesday dates this year will be November 13, December 11, January 8, February 12, March 12, April 9 and May 14, and we will explore other topics such as *patterns in nature, light and color, heat and staying warm, behavior of gases, bridges, day at the beach and rockets.*

**Science is cool!**



The "Huskies' Boutique" is now open! What's the "Huskies' Boutique"? It's a free clothing exchange for all students! Donate clothes you no longer want or feel free to stop by and take clothes you'd like! All items are new or gently used, clean, and there are many sizes in both boys and girls. The Boutique is located in Mrs. Bingham's room (Room 318-Health) and is open before school, or after school by appointment. Please email Mrs. Bingham ([sbingham@brunswick.k12.me.us](mailto:sbingham@brunswick.k12.me.us)) or Mrs. Duffy ([aduffy@brunswick.k12.me.us](mailto:aduffy@brunswick.k12.me.us)) to make an appointment. Come in and check it out!



## Curtis Memorial Library comes to BJHS

Each year Curtis Memorial Library Teen Librarian Melissa Orth works with BJH School Media Specialist Betsy Mitchell to present suggestions of great books students can read during Period 8 for SSR (Sustained Silent Reading). Reading is key to academic success and the partnership between CML and BJH allows for a broader scope of books available to students for free choice leisure reading. Melissa brings a selection of titles weekly to BJH Library and presents book talks to a few classes from the same grade, visiting all students on a six week rotation. Students may borrow the books during that period directly from Melissa or from the BJH Library if the book belongs to the school library.

Here is some key information for parents and caregivers to know regarding these library visits:

Does my child need to have a Curtis Memorial Library card for these visits?

Yes, if he or she wants to borrow items from Curtis, the student must have a library card in good stead from CML but there is no need to have the physical card present. If your child brings home a Curtis Memorial Library card application sent home through school, please fill out it, sign it in pen, and return it to your child's advisor.

Do I have to go to Curtis Memorial Library to return the materials?

No, although that is the best option and we would love to see you at Curtis, any student can return library materials at BJH library or in the BJH library book drop in the school lobby and the item will make its way back to Curtis within the week.

My child brought home a book that says it came from Kennebunkport Library. Please explain?

In order to meet the demand for popular items, Melissa brings in multiple copies of popular titles gathered from 150+ Maine libraries in the Minerva system. These items can also be returned at school or at Curtis Memorial Library directly. Please note that some libraries do not honor Curtis Memorial Library's longer three week loan period so do check your email for notices to renew items online.

My child owes overdue fines on a book borrowed from Curtis through BJH but I know the book was returned to school on time. What can be done?

Sometimes the materials returned at BJH take a while to get back to CML due to the school or Melissa's schedule or unexpected circumstances such as snow days. While it is better to return items directly to Curtis, getting to the public library may be a hindrance for some families. That is why we are providing these visits to bring more books to students. If you feel there was a delay in transit, or you have any questions at all about this partnership to promote free choice reading to the students of BJH, please give Melissa Orth a call at 725-5242 x227 or email [morth@curtislibrary](mailto:morth@curtislibrary)

*Melissa M. Orth*

Teen Librarian

YALSA Serving the Underserved Trainer

for Improving Library Services to Teens

Teen Services and Materials Online Instructor, UMe at Augusta

Curtis Memorial Library

23 Pleasant Street

Brunswick, ME 04011

207/725-5242 ext. 227



### MathCounts

Students in grades 6, 7 and 8 can participate in the MathCounts competition in addition to their grade level math team. The MathCounts Competition is a combination of written and oral mathematical problem solving. Students do not have to be on a math team to participate in MathCounts. There is a separate set of practices for this competition, which is very challenging problem solving. The regional competition is usually the last Saturday in January and students who qualify will advance to the final state competition in March. The top four students in the state win an all-expense paid trip to the National MathCounts Competition. If your child is interested in participating in MathCounts, please have him/her contact Mrs. Weddle in Room 202 or email her at [sweddle@brunswick.k12.me.us](mailto:sweddle@brunswick.k12.me.us). MathCounts practices will be on Thursday afternoons from 2:45pm to 3:30pm. The practices will begin after the fall sports season is over.

## MATH TEAMS ARE STARTING

Does your child love math and enjoy a challenge? The BJHS math teams are starting their practices for the upcoming season on October 10th. Students who have any interest are welcome to come check it out and see if it is for them. We compete in meets with other schools in Maine, but if competition is not for your child, he/she can still join and enjoy the weekly challenges. All math teams meet on Wednesday mornings starting at 7:10am. The season goes from now through the first week in May, however, students are welcome to join for part of the year if they have conflicting activities during a particular time of the year.



### Details on each grade's team are listed below:

**6th Grade** – Coach Jola Hebert Email: [jhebert@brunswick.k12.me.us](mailto:jhebert@brunswick.k12.me.us) Held in Room 304. Compete in four Southern Maine . Elementary Math League meets during the school day, and Math Olympiads.

**7th Grade** – Coach Michelle Russo Email: [mrusso@brunswick.12.me.us](mailto:mrusso@brunswick.12.me.us) Held in Room 302. Compete in four Southern Maine Math League meets; three are after school on week days and the last meet is during the school day. Compete in three Central Maine Middle School Math League meets on Saturdays.

**8th Grade** – Coach Susan Weddle Email: [swedde@brunswick.k12.me.us](mailto:swedde@brunswick.k12.me.us) Held in room 202. Compete in four Southern Maine Math League meets; three are after school on week days and the last meet is during the school day. Compete in three Central Maine Middle School Math League meets on Saturdays.

### *BJHS Fall Sports Update:*

*The fall sports teams* are off to a good start. There are 150 +/- BJHS students involved in a fall activity. Our student athletes are doing well managing practices, games, and schoolwork. Directions to away games are posted on the athletics webpage. Parents are encouraged to sign up for the school notification emails and receive our announcements daily. (You can do this by subscribing on the school's homepage.)

*Winter sports* at BJHS are boys and girls basketball (7<sup>th</sup> and 8<sup>th</sup>) and cheering. This season usually begins the week of Veteran's Day. Sign-ups will be the last week of October and will help us gauge how much interest there is this winter. Look for the recreation department's flyers for 6<sup>th</sup> grade travel basketball teams and their 6-8 rec basketball league.

### **Bus Transportation Etiquette:**

It is expected all student athletes behave appropriately, including using appropriate language, no obscene gestures or actions, keeping heads/hands inside the bus and remaining seated on the bus. Students are to keep the aisles clear, equipment, laptops and bags cannot be in the aisles and food and trash may not be left on the bus. Please reference the Bus Transportation Rules Form on our website if you have further questions.

