

B. J. H. S.



The Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 16, ISSUE DECEMBER 2018

Dear Parents and Caregivers,

As we jump into December, there is a lot going on at Brunswick Junior High School in a variety of areas. Our winter sports teams are starting up, Alice in Wonderland performances are happening, and we have a Math Code Night set up for families. You can read more about these events in the pages of this newsletter.

We are also putting the final touches on a Parent Information Evening about students and technology. This topic was suggested at our BJHS Parent Group meeting. The evening will provide you with information about how your child may be using technology—with or without your knowledge—and ways you can help them stay safe and make good choices while online. This event will be held on December 13th, and details are also in this newsletter.

Additionally, we have rescheduled parent/teacher conferences and they are offered before or after school, and on the early release afternoon on December 5th. Please be sure to sign up with your child's advisor or team!

In closing, I know this is an exciting time of year, and can also cause some stress when trying to "do it all." It is helpful to make thoughtful plans and to not over-schedule when possible. Our students perform their best when there is a sense of consistency and emotional security! To help with this, if you have a need during this time of year, please contact us and we can help or direct you to those who can.

I hope you have a wonderful December and Holiday Season.



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

Sincerely,

Walter Wallace

Principal

Thank you for supporting BJHS by purchasing Dad's Dynamite pies! We had 126 students participate, sold 705 Pies, 22 tubs of cookie dough and earned \$4,400! All profits benefit our BJHS students! Thank you for supporting BJHS!



Please join us as our student musicians share their talents at their annual

Winter Concerts. Our 6th Grade Band and Chorus will have their concert on Tuesday, Dec.11 at 7:00 pm in the BJH gym.

The 7th and 8th Grade Chorus will have their concert on Tuesday, December 18 at 7:00 pm in the BJH gym. The 7th and 8th

Grade Band will have their concert on Wednesday, January 16 at 7:00 pm in the BJH gym. All of our concerts are free and open to the public.

Notes from the Nurse:

Follow these 5 tips to boost your body's defenses during the holidays:

Fend off germs. Protect yourself: Get a flu vaccine and wash your hands *a lot*. The holidays are all about sharing, but some things you'll want to keep to yourself: forks, spoons, and drinking utensils. People can be contagious before they know they're sick, so even just a sip from someone's drink puts his or her germs in your body.

Eat healthy and be merry. Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat five or more fruits and vegetables a day and don't give your exercise routine a holiday. Exercise gives you energy in addition to burning calories.

Chill. Even things we look forward to, like parties or gifts, can come with worries attached. If you feel stressed out, stop what you're doing for just a moment. Take five deep breaths — all-the-way-down-to-your-belly deep. Concentrate on each breath as you inhale and exhale. Go for a walk if you can.

Beat the blues. Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. Other people are going through difficult life events like a breakup or a move. If you feel down, go outside, even if it's cold where you live. Sunlight and exercise are great mood lifters.

Get some ZZZs. Getting 8½ to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

Happy Holidays!

Helen Tetu, RN



NOT SLEEPING WELL? DOES YOUR BACK ACHE WHEN YOU WAKE UP IN THE MORNING? KEEP IN MIND THAT THE BRUNSWICK HIGH SCHOOL MUSIC DEPARTMENT'S 7TH ANNUAL MATTRESS FUNDRAISER WILL BE COMING NEXT MONTH! GREAT MATTRESSES AT GREAT SAVINGS— UP TO 50% OFF RETAIL! SAVE THE DATE--SATURDAY, JANUARY 26TH—YOU'LL BE ABLE TO CHECK OUT OUR AWESOME SELECTION OF ADJUSTABLE BEDS, PILLOWS AND MATTRESSES IN PERSON AT THE BJHS GYM. ALL PURCHASES BENEFIT THE BRUNSWICK HIGH SCHOOL MUSIC PROGRAM.



You can order your yearbook online, only \$27!

The Yearbook makes a great gift.

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

BJHS Yearbooks will have a soft cover for a low price to make them more affordable for our families.

Give them the story of the year with the Brunswick Junior High School yearbook.

Attendance Matters



This holiday season, the best gift you can give your child is a good education. And the best place to get that education is in school. Every day. On time.

- ◇ Every year, absences spike in the weeks before and after winter break. It's time to break that cycle.
- ◇ Just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in middle school as it is in high school.
- ◇ So make sure your child is in school every day, right up until vacation starts. Our teachers will be teaching, and our students will be learning. But it's harder to teach and it's harder to learn when too many students are absent.
- ◇ If missing school is unavoidable, talk to your children's teachers in advance to create a plan for making up missed work. But remember, a homework packet cannot make up for the interaction and learning that goes on in the classroom.

So give your child the gift of attendance and help build a habit of attendance.



Math Team News!

On Saturday, November 17, the Brunswick Junior High math teams competed in a Central Maine Middle School Math League meet at our own Junior High. We had many parents come to help out and watch the competition. The Central Maine Middle School Math League meet is an exciting oral competition where teams compete against each other to be the first to answer questions and score points.

The BJHS 8th graders placed second overall out of 12 teams. Team members included Kai Gillespie, Ella Gustafson, Thomas McCormack, and Jack Nussbaum.

The 7th grade teams placed first and second in the overall competition of 12 teams for their grade level. Gemma Caswell, Maddie Kallin, Quin Repetto, Anjali Selinger, and Jacob Scrapchansky were on the first place team. The second place team members were Wes Haynes, Eli Hoisington, Jonas McGrath, Jaden Nicita, Kaeden Schneider, and Nate Wayne.

The next CMML meet will take place on Saturday, January 12 at Richmond Middle School, beginning at 8am. It is an exciting spectator sport and we invite you to attend.

The first set of Southern Maine Math League meets will be at the Holiday Inn by the Bay on Thursday, December 13. The 6th grade team participates in a meet starting at 9:30am and will be back at school before the end of the school day. The 7th and 8th grade teams' competition starts at 3:30pm. The bus leaves from BJHS at 2:15pm and they are expected to return to school by 6pm.

If you are interested in participating in the math teams, it is not too late to join. They meet on Wednesday mornings at 7:10am. Contact Mrs. Hebert (6th grade), Mrs. Russo (7th grade) or Mrs. Weddle (8th grade) for more information.

In addition, the Math Counts team meets after school on Friday afternoons until 3:30pm in Mrs. Weddle's room, 202. It is a challenging written and oral problem-solving competition open to all 6th, 7th and 8th grade students. If your child is interested in participating and can't make the afternoon practices, handouts of question sets are available for students to pick up outside Room 202. Please let Mrs. Weddle know if you are interested in participating.

The regional Math Counts competition will take place on the last Saturday in January at USM in Gorham. Students who qualify for the state final competition will go to the state finals on a Saturday in March at Kennebec Valley Technical College in Fairfield, Maine. The top four high scorers in the state qualify to go to the National Math Counts competition with all expenses paid.



The BJHS Math Teams want to thank the Pleasant Street Dunkin Donuts and Hannaford for their donations of donuts and paper goods that were used at our recent math meet. We appreciate the support of our local businesses.

Family Math Night

Deal up some fun with this addition game for four players. Before play begins, remove all face cards from a deck of playing cards. One player deals five cards to each player.

Then he lays one card face up on the table (discard pile) and stacks the rest of the cards facedown (chance pile).

The object of the game is to make sums of ten. Aces are worth one point each. The player to the left of the dealer takes his turn first.

This player checks his hand for sums of ten. If the player has cards that total ten, he lays them face up on the table in front of him, then discards one card from his hand and his turn is over. If a player has no cards to lay down, he takes the top card from the chance pile. If this new card creates a sum of ten, he lays down the appropriate cards; then he discards one card from his playing hand. The winner of the game is the first player to have no cards at the end of his turn.



Many thanks to all who supported our Library Book Fair.



Holiday Vacation!

December 24th -
January 1st



See you back on the 2nd!

Science Club

Our next Science Club Meeting is Tuesday, December 11 from 2:40-4:00 PM in Room 108. During this Science Club, we will explore WAVES! Come explore the physics of sound! We will help you "see" sound waves. Bring your singing voice +/- or a musical instrument, if you have one! Please let Mrs. Lamdin know if you are planning to attend! Have your rides ready at 4 PM.

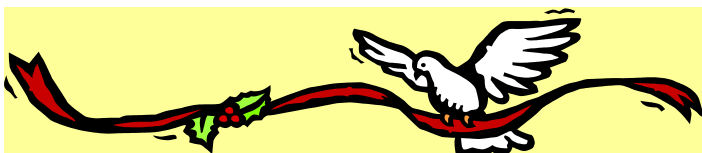


Helping Students Comprehend Nonfiction Texts

Being able to read informational texts effectively is a fundamental quality of successful readers. The following menu of ideas can help your child comprehend nonfiction texts.

1. **Point out beginning/ending statements or paragraphs.** These parts of the text give good clues to: what you will read, author perspective and conclusions.
2. **Turn headings into questions.** Ask yourself "What about...?" Then as you read, look for the answer.
3. **Use post-it notes or highlighters to mark significant information.** Point out author tips like bold print words, bulleted items, references to figures, charts, and diagrams. Ability to distinguish between significant details and insignificant details takes practice! As a parent, you can model your thinking out loud.
4. **Pause and paraphrase.** Stopping periodically to check your own understanding is critical. Ask yourself – "What did I just read?". If you can't answer quickly, then backtrack to reread.
5. **Write and visualize.** Take notes and/or make a visual to organize your thoughts. When you jot down notes, it usually becomes easier to remember information. Also, creating a symbol, design, or graphic organizer can increase understanding.
6. **Narrow the focus.** Help your child to "un-clutter" complex concepts by focusing on the key topics to organize a section of text. Remembering to stay focused on the purpose for reading (to answer questions, create new understandings, etc.) can help your child navigate through the complex material.

As parents, you can help your child to examine how to make meaningful connections to what they're reading. The menu of ideas shared is a few of several ways to help bridge the gap and make reading less frustrating and more meaningful for students!



6th Grade Santa Fund Auction



Santa Fund Auction

December 19th and
December 20th

How does it work?

- We operate under the practice that one man's junk is another man's treasure.
- Students bring in gently used items to put up for sale.
- A teacher will be the auctioneer.
- The bidding is done in silence.
- Nothing will sell for more than \$4.00.
- If an item is "hot" and more than one child is willing to pay four dollars, we have a raffle.
- Students may bring in money (no more than ten dollars) to purchase items. We encourage them to buy gifts for others, not themselves.
- All proceeds go to the *Santa Fund* through the Times Record, which provides holiday help to local families.
- Unopened toys will be directly donated to the *Santa Fund*.
- Families may make a cash or check donation. Checks should be made out to *the Santa Fund* and we will deliver it to the Times Record with the proceeds from the auction.



Clean out your closets and bring in unwanted "treasures" between now and 12/14. Donations can be given to homeroom teachers.

You can even send in the gifts you received last year that you really don't need or want.

Some suggestions: Crafts, games (with all the pieces), gently used toys, movies, holiday decorations, books, etc.....

Please, no stuffed animal, used clothes, cosmetics, hats, shoes, or food items!



You're Invited To Brunswick Junior High School's



Featuring Hour of Code puzzles from Code.org®
Plus super challenges for experienced coders

All students who pre-register by November 20 will
get a free prize!

Tuesday, December 4, 2018, 5:30 - 7:00 PM

A fun event for kids and parents **together**.
Start learning coding with your kids!!

Family Code Night Sign Up Form

Scan the QR Code to register, follow this link or turn this form in to
the front office: <https://goo.gl/forms/iuH4HuiPINxvngHD2>

Name(s) of children attending:

How many parents will attend?
(ideally, one parent per child)

Email contact:

7th and 8th graders should bring their laptops
6th graders will be provided school chromebooks



Coding Opportunities at BJHS

Family Code Night is Tuesday, December 4 from 5:30-7:00pm in the Library (upstairs).
Please bring your laptop if you are in 7th or 8th grade. Laptops will be available for 6th
graders to use that night. See attached flyer for details.

Scratch Club meets in Ms. Dionne's room (105) on Thursday afternoons and is open to all
students. They work independently or with friends on projects of their own choosing.

The Girls Who Code Club meets on Thursday afternoons from 2:40-3:40pm in
Mrs. Weddle's room (202). They have created accounts and are learning to use coding
for animations. It's not too late to join the club, so please let Mrs. Weddle know if you are
interested in attending.



Winter Sports

The winter sports season is off and running. The boys and girls basketball teams will play their first games Thursday, December 6th! The cheerleading squad has begun practices and will make their cheering debut at the boys basketball games on Monday, December 17th. December practice and game schedules for all teams are posted on the school athletics website, as well as directions to away game destinations. Quick reminders for student-athletes: Students need to leave school property and come back when their practice is at a later time as we don't have supervision for them. Please leave locker rooms clean, including trash picked up and laptops brought home. The "Not Riding Home on the Bus" form must be filled out and signed by a parent, and given to the coach in order for a student athlete to leave with an adult. When on the bus, it is expected that all student athletes behave appropriately. This includes 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. Parents are encouraged to sign up for daily school notification emails and receive our daily announcements.

Great Holiday Gifts with an academic twist

Games are available in stores or on-line.

Blokus	UNO
22 Kudu	Mad Gab
Sumoku	Bananagrams
Batik	Boggle
Shut the Box	Password
Farkle	Upwords
Skip-Bo	Scrabble Jr.
Cribbage	Apples to Apples

Laptops Over Vacations and Holidays

Unless there is a specific project or assignment to work on, laptops should be kept at school over breaks and vacations. Taking a laptop on any long-distance travel must be carefully considered, since airports are the number one place for laptops to be misplaced, lost, or stolen. Before taking a laptop on a plane or road trip, students must request permission from their advisor and administration. When a laptop is at home and not in use, it should be kept in its case in a safe place - away from pets and siblings.

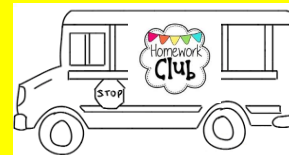


Shut it Down!

Batteries in the laptops last a long time, but it's still important for them to be shut down, charged, and ready for school. Shutting down or restarting provides an opportunity for updates to take place when necessary.

Homework Club meets in Room 211 every Tuesday and Thursday after school. Homework Club has a late bus which departs BJHS at 3:55 with several stops around town. If your child is using this service, please notice that s/he will be dropped off at one of these stops, parents should pick up their child at the most convenient stop:

Mondays = BUS #39;
Tuesdays/Thursdays = BUS #49.
Below are the late bus stops:



- Bath Road/Pine Street
- Bay Bridge
- Chamberlain
- Columbia/Baribeau
- Cumberland/Union
- Durham Road @ the Church
- Greenwood/Church Road
- Hawthorne School
- Longfellow/Maine
- Longfellow/Harpswell
- Maplewood
- Meadowbrook
- Regal Cinema
- Mere Point/ Maquoit Road
- Mere Point/ Middle Bay
- Nancy Drive/Patricia Drive
- River Road/ Lamb Farm Road
- Sears Parking Lot
- Stanwood/Hennessey
- Sturgeon/Old Bath Road



Winter Kids

We Make Winter Fun!

All 5th, 6th, and 7th graders in Maine are eligible for a Passport! From downhill and cross country skiing to ice skating and snow tubing, the Passport has something for everyone! An incredible opportunity, the Passport is valued at over \$3,000!

WinterKids Passport!

Apply online at
www.WinterKids.org





TECH TALK

Parent Night

Join the BJHS Counseling Department and Detective Stanton for a discussion on managing your children's use of the ever-changing world of technology.

We plan to try out some parental controls together- please bring your child's device.

Thursday, December 13th, 2018

6:00pm-7:30pm

BJHS Library

RSVP to Alanna Roy 319-1932 or aroy@brunswick.k12.me.us