

B. J. H. S.



A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 16, ISSUE 5

JANUARY 2019

The Husky Herald

Dear Parents and Caregivers:

Greetings and Happy New Year! I hope everyone had a safe and enjoyable December break. It is always fun to see the students return with stories from their vacation time.

At BJHS, we are wasting no time getting back into the swing of things. Our *Second Step* Social-Emotional Learning program will be resuming lessons next Tuesday. Please be on the lookout for our weekly overviews on our Tuesday messages so you can have discussions at home. The current unit is exploring Friendships and Values, and is helping students understand how the two work together. Also, as part of our parent and community outreach, we are planning a screening of the movie *Resilience: The Biology of Stress and the Science of Hope* for a date in March. This film studies how Adverse Childhood Experiences (ACEs) can affect many aspects of their lives, and things people can do to help. Please be on the lookout for information about this event.

On Thursday, February 28th, a randomly selected group of 8th graders will be taking the National Assessment of Educational Progress (NAEP) in math and reading. This anonymous test is done throughout the country and the results are referred to as the Nations' Report Card. 8th grade parents will be receiving an e-mail with more details.

As you may have heard, Assistant Superintendent Pender Makin has been nominated to be Maine's next Commissioner of Education. We want to thank her for all her work in Brunswick, and we are excited to see her in action in Augusta.

Closer to home, Anita Duffy will be leaving BJHS towards the end of this month. It is difficult to overstate the importance of having a professional, friendly, competent and caring person in our front office. Mrs. Duffy has taken care of so many things for staff, students, and parents throughout her years at BJHS and in the district. We will greatly miss her as she embarks on a new adventure in her life.

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

Sincerely,
Walter Wallace



WHEN: January 22-25, 2019

WHERE: P.E. Classes

WHAT: Fun Period of Basketball and Jump Rope Activities

WHY: Help Raise Funds for Heart Disease Research and Educational Programs

Students will be involved in hoop shooting competitions and jump rope competitions during PE class that week. Please join in and support the American Heart Association by helping us reach our goal of \$500!!

Please look for materials to come home Jan. 2-7.

Any donation makes a difference!



Notes from the Nurse!

Happy New Year!

Welcome Back!

A reminder regarding medications in school, especially with the winter viruses and illnesses lurking! The only medications I can give without a doctor's signature is ibuprofen or acetaminophen. That being said, I do not have any stock of these medications to administer. In order to take these medications in school, the *medication during school form* must be filled out, signed by the parent and a small bottle of the medication sent in. Please do not send in cough/cold/allergy medication with your child unless this form is filled out and signed by you and your doctor. Medication will not be given without this in place. For further information please go to our junior high website, click on "services", then "nurse" for information and necessary forms. As always, you can call me at 319 -1937 or email at htetu@brunswick.k12.me.us with any questions or concerns.

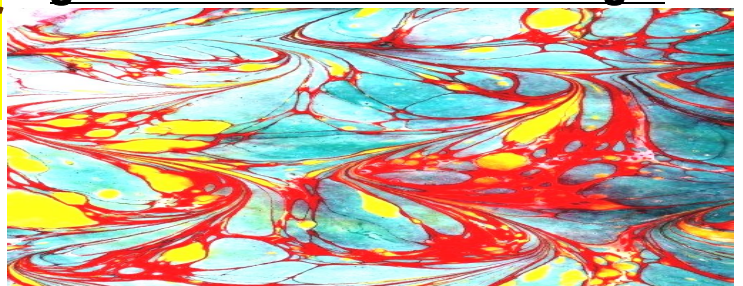
Helen Tetu, RN
School Nurse


We are proud to announce that our 6th grade Santa Auction raised \$1,044.00 this year! This money is contributed to the Santa Fund, Inc. (Sponsored by the Bath & Brunswick Elks Lodges, serves kids of greater Bath-Brunswick providing Christmas gifts for kids age 6 mos. to 13 yrs. whose parents cannot afford to).

Thank you to our 6th grade Students, Staff and Families!



It's everyone's favorite time of the year: it's Art Club season! The BJH Art Club is an after-school program for any student at the Junior High who would like more time to play, create, and experiment with arts and crafts supplies. Art Club will begin on Thursday, January 3rd and will be held on Tuesdays and Thursdays from 2:45 to 4:00 in the art rooms. Art Clubbers will need to arrange for a ride home at 4:00, or make plans to take the late bus. Students wishing to participate are asked to donate a suggested \$15 materials fee (scholarships are available upon request), and may attend as many or as few Art Club meetings as they wish – Art Club runs through April, so there is plenty of time to create! Email Ms. Bucknam if you have any questions: cbucknam@brunswick.k12.me.us Now announcing our next Art Night: Paper Marbling and Book Making on Friday, February 8th from 7:00-9:00 in the BJHS Art room! Join us for another fun night as we learn how to marble paper, making beautiful covers for simple, handmade sketchbooks! This event is a fundraiser for the BJHS Art Department, and we ask for \$25 per person (\$20 each for parties of 3 or more). All materials will be provided. Tasty treats, door prizes, and fun GUARANTEED! Sign up online – don't delay, this Art Night is limited to 24 participants! Click here to sign up: <https://www.signupgenius.com/go/10c0944afa82babfa7-artnight>





Fire Safety during Winter Storms


Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.


IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact
Nearly half of all space heater fires involve electric space heaters.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2017

Cold Weather and Laptops

Cold weather can damage electronic devices such as laptops, tablets, and cell phones. These devices shouldn't be left in cars, trucks, snowmobiles, chairlifts, or any other cold place. The colder the temperature, the quicker damage may take place.

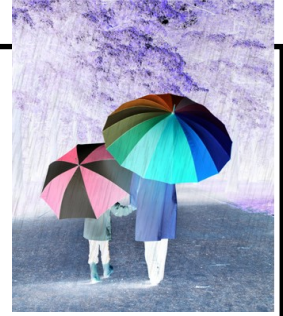
Damage can occur after the gadget has come in to a warmer environment. IF they are accidentally left in the weather, **DO NOT** place the device on a heater or in direct sunlight. Let it warm up slowly for a half-hour or more before using it.



“I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. “

- Neil Gaiman

Happy New Year!



PROMOTING GOOD ATTENDANCE ALL YEAR LONG— WHAT CAN PARENTS DO?

Every winter, bad weather — snow, slush, and freezing temperatures — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months.

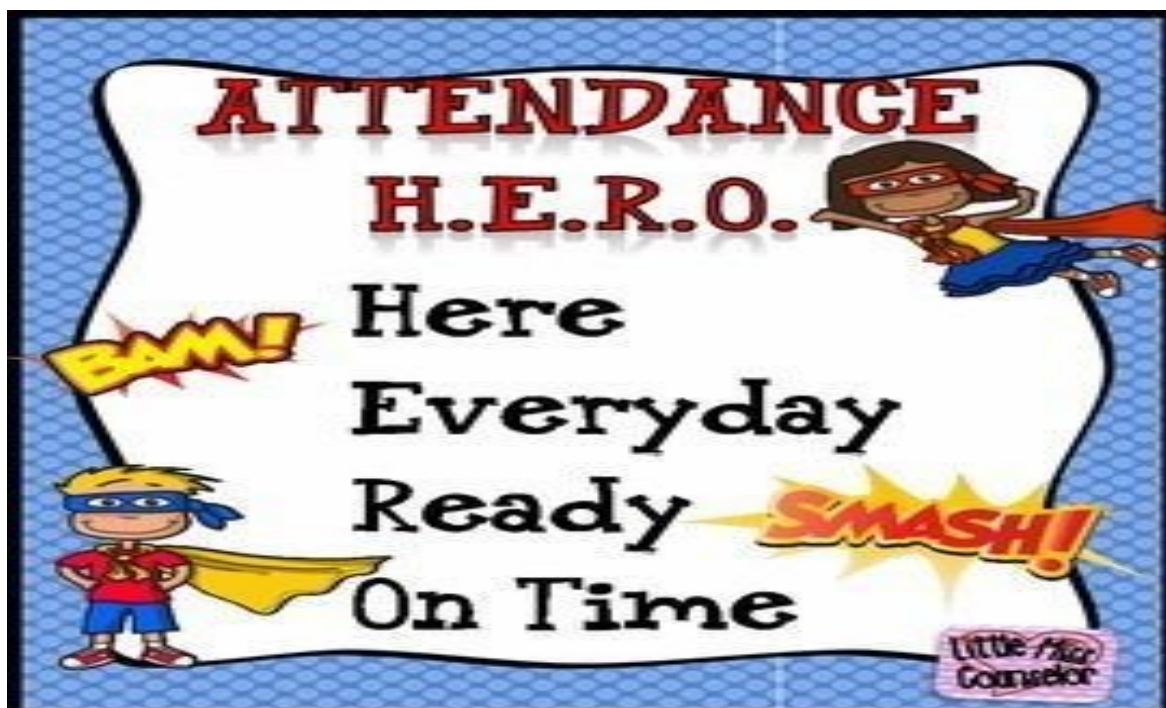
1. Develop back up plans for getting your children to school in bad weather

- Check to see if your child can get a ride with other families who have a reliable car that can manage the snow.
- Form a “walking school bus” with other families to get students to school safely.
- Join other families in a snow shovel brigade to clear the sidewalks closest to the school.
- Ensure your student gets to the bus stop on time to catch the bus.

2. Keep your children healthy

- Dress them warmly for the cold weather.
- Stress the importance of eating a good breakfast every morning.
- Stress hand washing, particularly in the winter months. Research shows that some thing as simple as hand washing can improve attendance.
- Talk to your doctor or school nurse about when a sick child should come to school. Most health providers allow a child to attend with a cold, but not with a fever.

Thank You! The BJHS Attendance Committee



SCIENCE CLUB

Our next Science Club meeting will be on Tuesday, January 8th after school in room 108. This month's topic will be **BRINE SHRIMP**...What are they? Where do they live? What behaviors do they have? Do changes in brine shrimp's environment cause changes in their behavior? Can we use brine shrimp to predict the effects of environmental changes on other living things? Come explore! Let Mrs. Lamdin know if you plan to attend. Have your rides ready at 4:00 or you may ride the late bus home.



Upcoming Math Meets for the 7th and 8th grade

Upcoming Math Meets for the 6th, 7th and 8th grade Math Teams:

The next **7th and 8th grade** Central Maine Math League meet is at Richmond Middle School on Saturday, January 12. The bus leaves from BJHS at 7:15am. It is an exciting spectator sport where the students go head to head in oral competition to see who can get the correct answer the fastest. We welcome you to come watch our students compete. The meet consists of four rounds and is over around 11:30am. We will be stopping for lunch on the way home and expect to be back at the school by 1:15pm. Our last Central Maine Math League meet will be at Hall Dale Middle School on Saturday, February 2.

The next Southern Maine Math League meets are at the Holiday Inn by the Bay in Portland on Tuesday, January 29. The 6th grade team bus will leave from BJHS at 8:30 am, and the estimated time of return is 1:00 pm. The 7th and 8th grade team bus leaves from BJHS at 2:15pm and estimated time of return is 6pm.

Math team practices for 6th, 7th and 8th grades continue to meet each Wednesday morning at 7:10 am.

Math Counts practices are on Tuesdays and Friday after school. The regional competition is scheduled for Saturday, January 26 at USM in Gorham. Students who qualify will also compete in the State Final Competition on Saturday, March 2.

Summarization

Did you know the ability to summarize is one of the most important learning skills to have? Summarizing gives us the ability to digest information and restate it, allowing us to better retain new information. At BJHS, we are proud of our ongoing efforts to improve literacy education for all our students. Students continue to use several strategies, including Read Around the Text, KIM vocabulary, Guide-O-Rama, Summary Frames, 2-Column Notes, and Exit Slips. Teachers use these tools when providing opportunities for students to practice the art of summarizing. Our professional learning in summarizing and literacy education continue to be a focus and goal at BJHS. Take some time to practice this important life long skill at home!

Yearbooks are still available for \$27. Be sure to order yours today by logging onto the BJHS website and follow the links. <http://www.brunswick.k12.me.us/bjh/> Click on the "order your yearbook now" box. There are many options for customizing your students' yearbook. Make sure you get your order in before it's too late!

eTip

report
underage
drinking



In April 2012 the Sagadahoc and Cumberland County Sheriff's Departments and local police departments unveiled an anonymous text a tip service. "eTip" allows community

members to report underage drinking and drug use anonymously via text, web or mobile app.

To submit an anonymous tip:

1. Text "eTip" plus your tip to 274637 (CRIMES) OR
2. Download the free "TipSubmit Mobile" app for iPhone or Android systems OR
3. Submit a tip online at MidCoastCASA.org or on your local police department's website.

Tips are encrypted, and sent immediately to the Sagadahoc County Dispatch Center, who then forwards them to the appropriate police department.

"As much as we encourage parents and community members to let parents or the police know when they suspect a party is going on, there are still many who feel uncomfortable making the call," shared Brodie Hinckley, Sagadahoc County Dispatch. "We hope the anonymity of this service will help youth and adults feel more comfortable letting the police know a party is being planned, or in progress."

"57% of Maine High School students do not believe they would be caught by their parents and 85% do not think they would be caught by police. (2011 Maine Integrated Youth Health Survey). We want this tip line to change this belief – because teens who think they will be caught are less likely to drink alcohol."
–Heidi Tucker, Coordinator of Communities Against Substance Abuse (CASA).

Brunswick Junior High School has been working with CASA for many years. CASA is a community partnership coordinated by Mid Coast Hospital's Substance Abuse Prevention Program. Partners include law enforcement, treatment agencies, schools, youth, and other community agencies committed to keeping kids safe from underage drinking and drug use. Funding is provided by the Maine Office of Substance Abuse and a Drug Free Communities grant from the Office of National Drug Control Policy.



Detective Stanton's Handy Tid-Bits

Happy New Year to all! Here at BJHS we have had a great first half of the year. We have not had one passed school bus complaint here on campus! This a great accomplishment for our safety goals. Please keep using the student drop off area in front of the gym lobby door in the morning.

Our snow banks aren't too big yet so we haven't had any reports of having difficulty seeing pedestrians. Please remember if we start having snow accumulation proceed slowly past areas pedestrians walk as snow banks can conceal them waiting to cross.

I have received some reports that busses are having a difficult time at dismissal due to drivers who are parking on both sides of the road coming into the parking lot. If you are blocking the roadway, you will be asked to move to allow busses to safely access the school parking lot.

I look forward to a wonderful and safe 2019!! If you have any questions or concerns please feel free to contact me at 207-319-1930.



SRO/Det. Thomas P. Stanton, Jr.
Brunswick Police Department

Winter Sports News:

The winter sports season is in full swing with four games remaining against Mount Ararat, Auburn, Lewiston, and Oxford Hills. The cheerleading squad started up before the holiday break and we're looking forward to them adding some school spirit to the home games. All of our teams wrap up before February vacation. During the February vacation week, teams comprised of selected players from both grades will represent the school and community in the annual Mid-Winter Classic, sponsored by the Brunswick Rec Department. As a reminder to student athletes and parents, athletes must be in school by 10:30am in order to participate in interscholastic activities. Absences and dismissals due to appointments with medical professionals or pre-planned absences are considered excused and should be cleared by the Athletic Director before participation, and athletes should inform their coach.

Gay Straight Trans Alliance

A SAFE PLACE FOR EVERYONE

Please have your rides home ready for a
3:30 pick up!

in THE ART WING
on FRIDAY AFTERNOONS
at BRUNSWICK JUNIOR HIGH

for more information, see MS. BUCKNAM, MR. MCNAMARA, or MS. LEBLANC

Music Department News

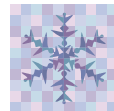
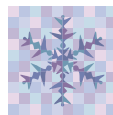
The "first Monday of the month" Music Boosters meeting for January is Monday, January 7 at 6:30 PM in the BJK Band Room. On the agenda for this month is our annual Basket Raffle! We need your ideas and suggestions for this important fundraiser. If you are the parent, guardian, or grandparent of a BJK Music Student, YOU are a BJK Music Booster!

We invite you to attend this important booster meeting.

On Wednesday, January 16, the 7th & 8th Grade Concert Bands will present their winter concert at 7:00 PM in the BJKS Gymnasium. This concert is free and open to the public.

BJKS music students will share their many talents at the Husky Kowl Variety Show on Friday, Feb. 1. Admission to the "Kowl" is \$5. Proceeds benefit the BJK Music Program. Come join us for singing, instrumental performances, dancing, and so much more!

Thank you for your support.



BJHS Wellness Team News:

The BJHS Wellness Team would like to wish everyone a happy and healthy new year! During this time we often think of making positive changes to our food choices and our overall health, so think about this...

Let's Go 5-2-1-0 (which stands for 5 servings of fruits and veggies, 2 or fewer hours of screen time, 1 or more hours of physical activity and 0 sugary drinks) is a good rule of thumb by which to live our lives. By making healthy choices, we become good role models for our family and friends! **Let's ALL become healthier in 2019!**

Here at BJHS, we promote health in many ways. The Morning Motion program is open to students every morning and provides various activities (basketball, volleyball, 4-square, jump ropes, fitness room, etc.) in the gym. We also run the Healthy Huskies Snack Cart and will begin our 6th season of the Garden of Eatin' in the spring! The faculty Wellness Team and the student Go-Green Team will be meeting together soon to begin planning this year's garden. Please consider joining us....it is a great way to be connected!

We are hoping to arrange a faculty volleyball game after school in February. (possible dates: February 7th or 28th. Stay tuned!

THE 8TH 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

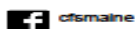
Beautyrest



Adjustable Beds



Pillows



ofsmaine



mlogue@customfundraisingsolutions.com



ofsmaine #beds4brunswickband

When: Saturday, January 26
Time: 10am-4pm
Where: Brunswick Junior High School
Event Link: bit.ly/beds4brunswickband



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FREE SET OF SHEETS WITH MATTRESS PURCHASE

YOU HAVE BEEN PERSONALLY REFERRED BY:

THE MUSIC DEPARTMENT

BENEFITS BRUNSWICK MUSIC DEPARTMENT



GET YOUR 2019 ANNUAL MEMBERSHIP!

Get exciting discounts on winter sports & activities for the whole family for just \$35!

The new WinterKids app provides membership discounts and offers on lift tickets, equipment rentals, gear and tons more! Ready to hit the slopes and explore the trails? Purchase a membership for even more winter fun for the whole family.

Exclusive Access to White Hot Discounts ✨ New Offers Added Regularly
 5 Family Members ✨ Kids 18 & Under ✨ 50+ Partners in Maine & New Hampshire

Okay, sign my family up... GET YOUR MEMBERSHIP TODAY!

Step 1:

Purchase your membership online by visiting our website:

WinterKids.org/WinterKids-App

Step 2:

After purchase, create additional family profiles on your account.

You can add up to four children and/or other family members.

Step 3:

Download the app to your mobile device on the 1st day of winter, December 21! You'll receive an email with a link to download the app.



INCLUDES:

New!
INTRODUCTORY PRICE
5 FAMILY MEMBERS
FOR \$35

New!
KIDS 18
AND
UNDER

New!
MAINE
AND NEW
HAMPSHIRE

New!
NEW OFFERS
ADDED
REGULARLY

Yeah!
WE'RE REDUCING
OUR CARBON
FOOTPRINT!

OLD BOOKLET

1 CHILD
FOR \$25

ONLY 5TH, 6TH
& 7TH GRADERS

ONLY
MAINE

STATIC
PRINTED BOOK

The WinterKids App is powered by generous support from:



BUY YOUR MEMBERSHIP ONLINE: WinterKids.org/WinterKids-App