

B. J. H. S.

The Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

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FEBRUARY 2019



Dear Parents and Caregivers:

This year we have been hosting quarterly assemblies to gather our entire school community together. Each time we highlight a few things that are going at Brunswick Junior High School and we also recognize some student achievements. Last Wednesday we met for quarter two. We got to see a Battle Bot demonstration from some students in Mr. Mac's Robotics club. Next, we saw a Roman Fashion show where students dressed up in the clothing of Ancient Rome that went along with the Great Diamond Island Roman Day celebration. We also had a friendly "extreme rock-paper-scissor" competition where 48 students played to see who would be the school champion. Congrats to Charlie Austin!

Student recognition is always a part of our assemblies. Each month we ask our teams of teachers to choose a student who has been an outstanding representative of our Code of Ethics. Our Code of Ethics asks students to work hard in the areas of honesty, respect, responsibility, compassion, and fairness. The following students received the recognition from their teams for November and December:

NOVEMBER: Austin Sullivan, Birch; Peter Wilkoff, Bailey; Jacquelyn Tavler, GDI; Jacob Scrapchansky; Jewell; Oscar Twining, Chebeague; Hannah Lay, Eagle.
DECEMBER: Max Stadnicki, Bailey; Trevor Gerrish, Birch; Nolan Kaiser, GDI; Kiersten Dinsmore, Jewell; Jordyn Cummings, Eagle; Lydia Blood, Chebeague.

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

Sincerely,

Walter Wallace
Principal, BJHS



Biography Day!

Eighth Graders to Bring History Alive on Biography Day!

On Wednesday, February 13, history will come alive as nearly two hundred great Americans from the past visit classrooms throughout our school to tell their stories. For the past two months, each eighth-grade student has been researching and reading information on an individual from American History. They have been answering questions, taking Cornell Notes, writing essays, and creating an engaging American Biography Day presentation for sixth and seventh grade students. It is an astonishing sight to see one third of our school dressed as historical figures and acting the role of heroes from America's past. Now in its eighteenth year, American Biography Day has proven to be an excellent way for students to learn from each other about many great Americans who have made this world a better and more interesting place. For more information, please contact eighth grade social studies teachers:

Ms. Blake, Mrs. Beede, Mr. McNamara,
or Mrs. Demars.



Notes From the Nurse!

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Stay "heart healthy" for yourself and your loved ones.

Steps to a Healthy Heart

Don't smoke. Chemicals in tobacco can damage your heart and blood vessels. Do your best to avoid second hand smoke.

Exercise regularly. Something as simple as taking a 30 minute walk three days a week could work!

Follow a sensible diet. Eat fish, lean meats and poultry, fresh vegetables and fruit.

Get a good night's sleep. Get to sleep around the same time each night and wake up at the same time, weekends included. Aim for 7 – 9 hours of sleep a night.

Avoid stress. Try to do deep breathing exercises or other meditation techniques. Try listening to music, reading or starting a new hobby to help manage stress.

Stay heart healthy!

Helen Tetu, RN



Congratulations to Thomas McCormack, our BJHS Geography Bee Champion, and alternate, Ben Klinge. Thomas earns the top honor of representing our school in the state Geography Bee to be held on March 29th at the University of Maine at Farmington. The entire

Math Team News

Upcoming math meets include Southern Maine Math League meets at the Holiday Inn by the Bay on Tuesday, January 29, for 6th, 7th and 8th grade math teams. There is a Central Maine Math League meet on Saturday, February 2, at Hall Dale Middle School for 7th and 8th graders.

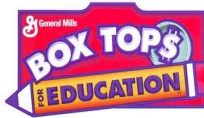
At the last Central Maine Math League meet on January 12, the 7th grade teams came in first and third place out of 15 teams, and the 8th grade teams came in second and fourth place out of 12 teams.





Many thanks to the parents and students that have turned in Box Tops. We have earned \$147.30 so far this year. This money goes toward classroom supplies and busses for field trips. We have a goal of reaching \$1,000.00 this year and we need your help! Please continue to

CLIP Box Tops!!



Happy President's Day!

Yearbooks

Yearbooks are a great way to remember your time at Brunswick Junior High! Yearbooks are available for a limited time. Be sure to reserve yours before they are sold out. You can purchase a yearbook by following the link on our school website. Please make sure you include your student's grade and Home-room Advisor's name.



Science Club

2:45 PM

Tuesday, February 12

Room 108

Topic: Brine Shrimp Biology

What are brine shrimp? Where do they live? What behaviors do they have? Do changes in the brine shrimp's environment cause changes in its behavior? Can we use brine shrimp to predict the effects of environmental changes on other living things? Join us at the next Science Club to explore these questions.

UPCOMING FREEDOM TOUR DATES:

Here are the upcoming Freedom Tour Meeting dates and topics. Meetings are at 6:30 in the BHS Café for 8th graders signed up for the tour.

- 2/6- The topic will be to Identify Teams/ Team Expectations.
- 3/6- The topic will be Conflict Resolution.
- 4/3- The topic will be Immigration and 9/11.
- 5/8- The topic will be Monuments/ Museums.
- 5/22- The topic will be the Holocaust.
- TBA June- The topic will be final prep, parent Q&A.

Freedom Tour – June 25-July 1



Clothes Bank In School

Parents, high school students/staff and BJHS staff have donated items for an in-school Clothes Bank located in the back of the Health Room. If you have, or know of, a student in need of hats, jackets, shoes, pants, shirts, boots, etc.. Some items are brand new, some gently used, all in great shape! These items are here for anyone to go through and take what they need.

A parent volunteer to help keep the donations organized would be greatly appreciated. This could be done on a monthly, or an as-needed basis.

For more information, contact Sarah Bingham:
sbingham@brunswick.k12.me.us



Homework Club!

Meets on Tuesdays and Thursdays for an hour after school in Room 211. Join us for some quiet, guided homework time.

Snacks provided!

Walk, arrange a ride or catch the 3:50 late bus. All are welcome.



The BJHS Chess Club meets on Tuesdays and Thursdays in Room 308 from 2:50 until 3:50 with all rides arranged for no later than 4:00.

It is open to all ability levels and all grade levels at BJHS and students may come on both days a week, one day a week, or even occasionally as they can. Please contact Mr. Higgins at 319-1930 or e-mail him at jhiggins@brunswick.k12.me.us with any questions.



Brunswick Jr. High spelling co-champions and alternate (R to L): Thomas McCormack, Hannah Wilkoff (co-champions), Oscar Twining (alternate)

B.J.H.S Spelling Champions

Congratulations to our BJHS School Spelling Bee Co-Champions, Hannah Wilkoff and Thomas McCormack, and alternate, Oscar Twining. Our winners will represent Brunswick Junior High at the Cumberland County Spelling Bee on February 11th at Lyman Moore Middle School in Portland. Good luck Hannah and Thomas!

What do these codes mean?

If you've been checking your child's attendance in PowerSchool and you aren't sure what the attendance codes mean, here is a simple explanation of codes:

- EA* = Excused Absence (absent and received an excuse note)
- ED* = Early dismissal
- ET* = Excused Tardy (came in late with excuse note)
- FT* = Field Trip
- PA* = Prearranged Absence (2 or more days of planned absence)
- PE* = Parent Excused (parent phoned in student, but no excuse note received)
- PU* = Prearranged but unexcused
- UA* = Unexcused Absence (absent, no excuse note received)
- UT* = Unexcused Tardy (came in late, no excuse note received)

Good attendance helps children do well in school, and eventually in the workplace. Good attendance matters for school success, starting as early as prekindergarten and throughout elementary school. By middle and high school, poor attendance is a leading indicator of dropout. Developing the habit of good attendance prepares students for success on the job and in life. If you have any further questions about your student's attendance, please call the BJHS main office at 319-1930.



Volunteers at BJHS

The Brunswick School Department has updated the way we use volunteers district wide. We ask all our volunteers to fill out the "Application for Volunteers." This will allow us to make sure all volunteers meet our requirements for keeping our school safe, and we will be better equipped to meet the needs of our teachers and students.

Once approved, volunteers will be added to our volunteer list. This listing will allow teachers to request volunteers via email based on task and/or availability. You can get an Application for Volunteer from Mrs. Duffy at the Main Office, or request one via email at aduffy@brunswick.k12.me.us Please return the completed application to Mrs. Duffy at BJHS. We look forward to helping you help us!





February is National Heart Month

With Valentine's Day just around the corner, February is a great time to start thinking about your heart health. Heart disease is the leading killer of Americans, but lifestyle choices can make a difference.

As you juggle work and family, be mindful that research shows active parents raise active children. Fitness should always be a priority in a family's daily schedule. Here are a few ideas from the American Heart Association:

- **Enjoy the great outdoors!** Schedule a time each day for an outdoor activity with your children. Hike a local nature trail or ride a bicycle path.
- **Join a team.** Encourage children to join school or club sports teams.
- **Schedule family playtime.** Take a walk or play a family game of tag after dinner each night. Choose activities that require movement, such as bowling, catch or miniature golf.
- **Choose toys wisely.** Give children toys that encourage physical activity, such as balls, kites, skateboards and jump ropes.
- **Limit screen time.** Experts warn that one to two hours of screen time a day should be the limit for children, but some are logging more than double that amount. Set boundaries, keep the television and electronic media out of your child's bedroom and limit computer usage to school projects.
- **Plant a garden.** Caring for plants gives your children a reason to get outside each day. Learning how to grow a garden teaches the food system, while sampling the harvest encourages healthy eating habits.
- **Chip in with chores.** Rake leaves, shovel snow and do other home-maintenance projects as a family. In the end, your home will be better off and so will your family's health.

Stroke Warning Signs

- **F** – Facial drooping
- **A** – Arm
- **S** – Speech Difficulty
- **T** – Time to call 9-1-1.

Heart Attack Warning Signs

- Chest discomfort
- Discomfort in other parts of the upper body
- Shortness of breath
- Other possible signs – cold sweats, nausea or lightheadedness.

Heart attack and stroke are life-or-death emergencies- every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke immediately call 9-1-1. Don't delay – get help right away!

For a stroke, also note the time when the first symptom(s) appears. If given within 3 to 4.5 hours of the start of symptoms, a clot-busting drug may improve the chances of getting better fast.

Dial 9-1-1 FAST



ART NIGHT - PAPER MARBLING AND BOOK MAKING

JOIN US FOR ANOTHER FUN NIGHT ON FEBRUARY 8TH 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!

SPOTS ARE LIMITED TO 24 PEOPLE, SO SIGN UP SOON! CLICK HERE TO SIGN UP: [HTTPS://WWW.SIGNUPGENIUS.COM/GO/10C0944AFA82BABEA7-ARTNIGHT](https://www.signupgenius.com/go/10c0944afa82babea7-artnight)

EMAIL CORY BUCKNAM (C^BUCKNAM@BRUNSWICK.K12.ME.US) OR KARI MCCARTHY (K^MCCARTHY@BRUNSWICK.K12.ME.US) FOR MORE INFORMATION.

The PE department would like to thank all the students that participated in the annual Hoops for Heart challenges in PE class. The records for the challenges are posted outside



the PE offices, take a look! 7 students and 2 teachers raised \$325.00! This money is used by the American Heart Association for education and medical research. Hopefully our students got the message that exercise is good for their hearts and donating is good for the soul.

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 1, 2019-Representatives from the high school will be at BJHS to present to students about choosing courses, class requirements and community service. There will also be a question and answer session with current high school students.

March 12, 2019-High school counselors will be at BJHS to sign up 8th grade students for classes.

April 10, 2019-Spring Fling at BHS, 6:00 p.m. This will include a tour, presentations on programs and activities, and parent information.

We'll send out more information as it becomes available.

Winter and Spring Sports:



Basketball is coming to a close and wrestling is just beginning. Wrestling will continue our partnership with Mt. Ararat and a meet schedule will be posted soon.

Although the weather outside doesn't feel spring-like, the spring sports season will be here before we know it. As a reminder, here are the spring sports offered:



Lacrosse: Girls & Boys for 7th and 8th graders
Baseball/Softball: Open to 7th and 8th graders
Track and Field: Open to 6th, 7th and 8th graders
(events including running, jumping and throwing).

If your child has not participated in a fall or winter sport they must have an Athletic Permission Form signed by their PCP before they can participate.

All athletic paperwork can be found on the athletic webpage.

More spring sport information to come Mid-March. For updates, continue to check the athletic website.

