

B. J. H. S.

The Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 16, ISSUE 7

MARCH 2019

Dear Parents and Caregivers,

March has become synonymous with MEA Testing over the years, and this year is no different. Our leadership team is busy creating a schedule that will provide our students ample time to take the Maine Educational Assessment, but also allow us to get back to the daily teaching and learning as soon as possible. We value and utilize the feedback the MEA provides us, but we also recognize that no one test can replace the ongoing excellent learning opportunities our teachers provide each day. The MEA window is open from March 18th-April 12th, and we will send out the specific times each team will be testing once that is completed.

We are excited to offer a parent screening of the film *Resilience, The Biology of Stress and the Science of Hope*. This movie was recommended to us by one of our community partners, MidCoast Health, and it deals with issues that come with childhood trauma and stress. Will have Elizabeth Munsey from MidCoast Health, Substance Abuse Counselor Geno Ring, and a pediatrician from MidCoast Hospital joining us for the viewing and discussion. Please join us on March 14th at 6:00 in the BJHS library. Please see our flyer in this month's newsletter.

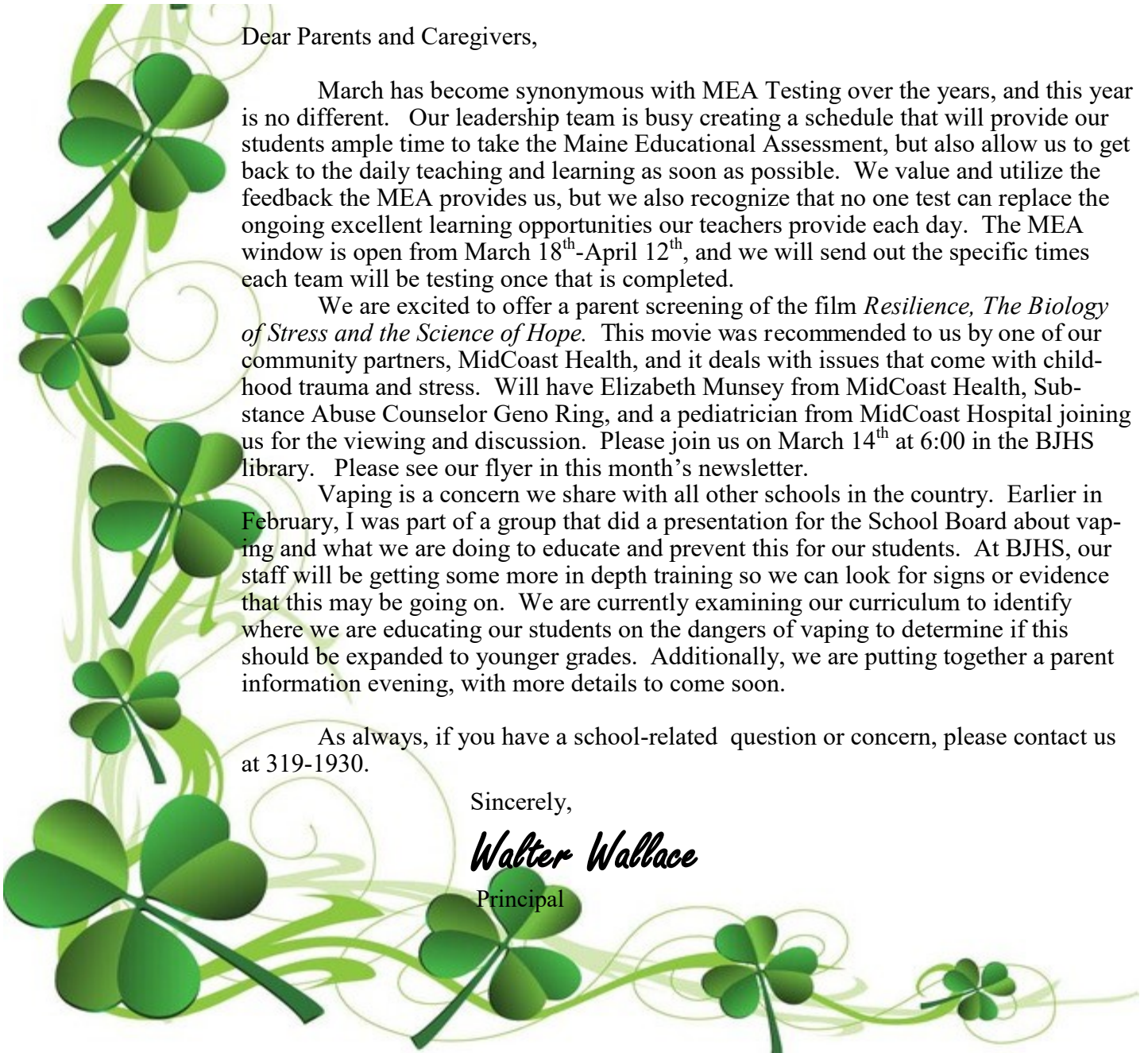
Vaping is a concern we share with all other schools in the country. Earlier in February, I was part of a group that did a presentation for the School Board about vaping and what we are doing to educate and prevent this for our students. At BJHS, our staff will be getting some more in depth training so we can look for signs or evidence that this may be going on. We are currently examining our curriculum to identify where we are educating our students on the dangers of vaping to determine if this should be expanded to younger grades. Additionally, we are putting together a parent information evening, with more details to come soon.

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

Sincerely,

Walter Wallace

Principal





Keep Your Child On Track in Junior High

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

" 10 Ways to help your child Succeed in Middle School"

1. Attend Back—to School Night and Parent—Teacher Conferences
2. Visit the School and Its Website
3. Support Homework Expectations
4. Send Your Child to School Ready to Learn
5. Instill Organization Skills
6. Teach Study Skills
7. Know the Disciplinary and Bullying Policies
8. Get involved
9. Take Attendance Seriously
10. Make Time to Talk about School.

For more information visit: <https://kidshealth.org/en/parents/school-help-middle.html>

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)

Homework Club meets every Tuesday and Thursday for an hour after school in room 317 from the walker bell until 3:50! Students can come as often as needed for a quiet, supportive place to do homework (with snacks). Walk, arrange a ride, or catch the "late" bus.

All are welcome!



Hello BJHS Community, the first half of the year has been great with minimal traffic issues here on campus. Unfortunately, since Christmas break we have had an increased amount of passed school bus complaints here on BJHS property. I would like to provide some education around this for everyone to hopefully avoid future violations that put student safety at risk.

The State of Maine requires the following: The operator of a vehicle on a way, in a parking area or on school property, on meeting or overtaking a school bus from either direction when the bus has stopped with its red lights flashing to receive or discharge passengers, shall stop the vehicle before reaching the school bus. The operator may not proceed until the school bus resumes motion or until signaled by the school bus operator to proceed.

If a violation occurs, it can result in a Class E crime which, notwithstanding Title 17-A, section 1301, is punishable by a \$250 minimum fine for the first offense and a mandatory 30-day suspension of a driver's license for a 2nd offense occurring within 3 years of the first offense.

Please use caution and obey the law around school busses. Any questions please feel free to contact me at the school.

Thank you,

Detective/SRO Thomas Stanton



UPCOMING FREEDOM

TOUR DATES:

6:30 in the BHS Café for 8th graders signed up for the tour.

- 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



Notes From the Nurse:

March is Sleep Awareness Month.

Does the light from a cellphone or computer make it hard to sleep? Research says yes it does. The light from these devices confuses the brain into thinking it's time to wake up instead of fall asleep. The blue light tricks the brain into thinking its daytime and when that happens the body stops releasing a sleep hormone called melatonin. Darkness helps trigger the release of melatonin, the blue light delays it. Teens are more sensitive to the blue light than adults. The best way to be sure your brain is at its best for school, sports and other things that require focus is to stop using computers and cellphones for an hour or two before bedtime.

Put away those devices before bedtime and get to sleep!

Helen Tetu, RN



6th & 7th ELECTIVES

During Spring parent/teacher conferences, your student will have the opportunity to choose electives for the 7th and 8th grade school year. Current 6th and 7th Grade students may choose:

* LANGUAGE – French or Spanish,

Successful completion of a world language at the junior high is equivalent to a level one class at BHS.



* BAND AND CHOURS

Students choosing **band** should have participated in the previous year or have permission from Ms. Anderson. Any student may choose to join **chorus** in 7th and 8th grade.



Elective forms will be available at Spring conferences.

BJHS to BHS Transition

8th Grade Students & Parents

Please Take Note!

The BHS guidance counselors will be visiting BJHS on Wednesday, **March 13, 2019** to set up course selections and schedules for our grade 8 students. Between **March 1st and March 7th** (course selection forms need to be returned to our school within this time frame) students will need to make their choices and get a parent signature, as well as appropriate teacher recommendation signatures. If you have any questions, please feel free to contact your child's advisor or Mrs. Roy in the guidance office. **April 10, 2019** - Spring fling at BHS, 6:00p.m. This will include a tour, presentations on programs and activities, and parent information.



TO





32 Marches. 4 Weeks. 1 Champion.

The Mania Begins March 4, 2019

From **March 4-April 3**, “The President’s Own” Marine Band will host “Sousa’s March Mania,” a competition pitting 32 marches against each other in a battle for the 2019 title. Each day two marches will compete head-to-head, while *your* vote for the favorite march determines which one advances to the next round. This year’s March Mania will be a dogfight like no other! Which marches will make it through the Sousa’s Sixteen, Enlisted Eight, and Fidelis Four to the final round? That’s for *you* to decide.

Here’s how you can play!

1. Pick up a bracket on the document holder outside of Ms. Anderson’s office next to the band room or in the teacher workroom.
 2. Visit the Marine Band website to listen to the competing marches (or wing it.....)
 3. Vote every day for your favorites beginning March 4...and encourage your friends to vote too!
- At the end of the competition, the participant who earns the most points on their bracket will be named Brunswick Junior High’s 2019 “March King”. Anyone with a perfect bracket at the end of the competition will be recognized by the Marine Band!

The school competition is open to all staff and students! The kids love to see how the teachers are doing! The BJH community can participate by visiting the Marine Band website: <https://www.marineband.marines.mil/Unit-Home/Sousas-March-Mania/>

March is Music in Our Schools Month

March is designated nationally as “*Music in Our Schools Month*” and BJH has a busy calendar to help us celebrate:

- We will kick off the month with a Music Boosters meeting on Monday, March 4 at 6:30 PM in the Band Room. If you have a student in band or chorus, YOU are a BJH Music Booster! We hope you can join us for this meeting! We’ll be putting together our raffle baskets!
- On Friday, March 8, our Sixth Grade Honors Band and Seventh and Eighth Grade Jazz Honors Band students will travel to Freeport High School for their District III MMEA Honors Festival. The Festival Concert is at 5:00 PM in the Freeport High School Gymnasium and is open to the public.
- The BJH Jazz Band will participate in the Clark Terry Jazz Festival at the University of New Hampshire on Saturday, March 9. BJH Jazz performs at 2:30 in Johnson Theater in the Paul Creative Arts Center.
- March 19, our Extra-curricular Ensembles will present our annual “Music in Our Schools” Celebration Concert at 7:00 in the BJH gymnasium.
- March 23, the Jazz Band participates in the Maine Music Educators State Middle School Instrumental Jazz Festival at Westbrook High School.
- Our 6th grade band and chorus students will share their talents on Tuesday, March 26 in the BJH gym at 7:00pm.

Our 7/8th grade Honors Band and Chorus students are working hard to prepare for their District III Honors Festival on April 5 & 6 in Augusta.

We hope you can join us in celebrating “Music in Our Schools” Month 2019! Please visit the music website for more information on music events: <http://www.brunswick.k12.me.us/handerson/>

Spring Sports:

BJHS Spring Sports Information March 2019

Sign ups for Spring Sports will be from March 5th to March 14th. The spring season will begin late March, please check back on the athletic website for specific start dates and indoor workouts/practices.

If your child has not participated in a fall or winter sport, please complete all the necessary athletic paperwork, including an Athletic Participation Form that requires a signature from your child's PCP. Such forms can be found on our website, in the front office or from Mrs. D'Amour. Completed forms can be faxed to 721-0602. Let's bring on the warmer weather!



FLOOR HOCKEY INTRAMURALS

Floor Hockey Intramurals will start on

Tuesday February 26th

Floor Hockey will run from 2:35-4:00 pm each session for 3 weeks.

Floor Hockey will be on the following dates:

1st week-2-26 through 3-1.

2nd week- 3-4, 3-5, 3-8.

3rd week-3-11, 3-12, &3-13.

3-14 & 3-15(possible make-up days).



Dear Families,

We are so thankful that the Weekend Food Program through Pathways Vineyard Church has been such a success this year. We would like to offer our families the opportunity to take advantage of this program now or any time throughout the year. Knowing that many of our families experience occasional or sometimes longer term food insecurity, this program provides non-perishable and easily consumed food options to use over the weekend and school vacations. Students pick up a grocery bag on their way out of school on Fridays to bring home for the weekend. Our goal is to make it as simple as possible for our families. If you are interested in joining or getting more information, please contact the guidance office at 319-1932.

Thank you,

Alanna Roy and Catherine Nein
School Counselors

Kindness Week At B.J.H.S. March 4 - 8

Kindness Week will be celebrated from March 4-8, 2019 here at Brunswick Junior High.

Of course, we can extend this outside of the school and into our community and homes. This week is meant to highlight the opportunity to do something nice for a fellow student, a family member or a complete stranger. An act of kindness can be something as simple as opening the door for someone else, cleaning up a common area (even if you didn't make the mess), or a genuine smile to brighten somebody's day.

The idea for a Kindness Day started in New Zealand, and has since become a worldwide concept, celebrated internationally in different ways. The week has been set aside for us here at BJHS to do good deeds for others. It has been proven that kindness is contagious! People are more likely to be kind to others if someone has shown them a kindness.

Here at the BJHS library, we have many inspirational books set aside for Kindness Week. We have gathered a selection of books in which characters help each other through hard times, encourage each other, show compassion, empathy, and charity. Books often describe humanity in ways we can find motivational: finding the heroic side of benevolence, thoughtfulness and consideration. For these kinds of stories, visit the library, and check out our special display for Kindness Week. This week is your chance to make a difference and do something good for someone else. This could be donating your used clothing, helping a sibling with their homework, sharing a snack with a friend, collecting canned food for food banks and other charitable organizations, or just complimenting a random person. Every little bit of kindness helps to make the world a better place.

If you do kind things all week long, it might just become second nature, or a really good habit, and you could even extend to all 365 days of the year!



Kindness Week At B.J.H.S.



March 4 - 7

BJHS Student Council has prepared several activities for our school community that will focus on the Great Kindness Challenge. From the Great Kindness Challenge website: At the heart of The Great Kindness Challenge is the simple belief that kindness is strength. We believe that as an action is repeated, a habit is formed. With the Great Kindness Challenge, students have the opportunity to repeat kind act after kind act. As kindness becomes a habit, peace becomes possible.

During the week the students in their advisory will be having a “dance party” on Monday March 4th. Music will play during announcements! Then throughout the week advisory's will be making a Kindness poster and writing thank you notes. The notes should be made for, teachers, nurse, administration, cafeteria and custodial staff, or anyone at school who has helped in some way.



The Great Kindness Challenge®

National Days

Thank You

National Employee Appreciation Day
First Friday in March

www.NationalDayCalendar.com



National Read Across America Day **March 2**
(Dr. Seuss Day) Unless on Weekend
www.NationalDayCalendar.com

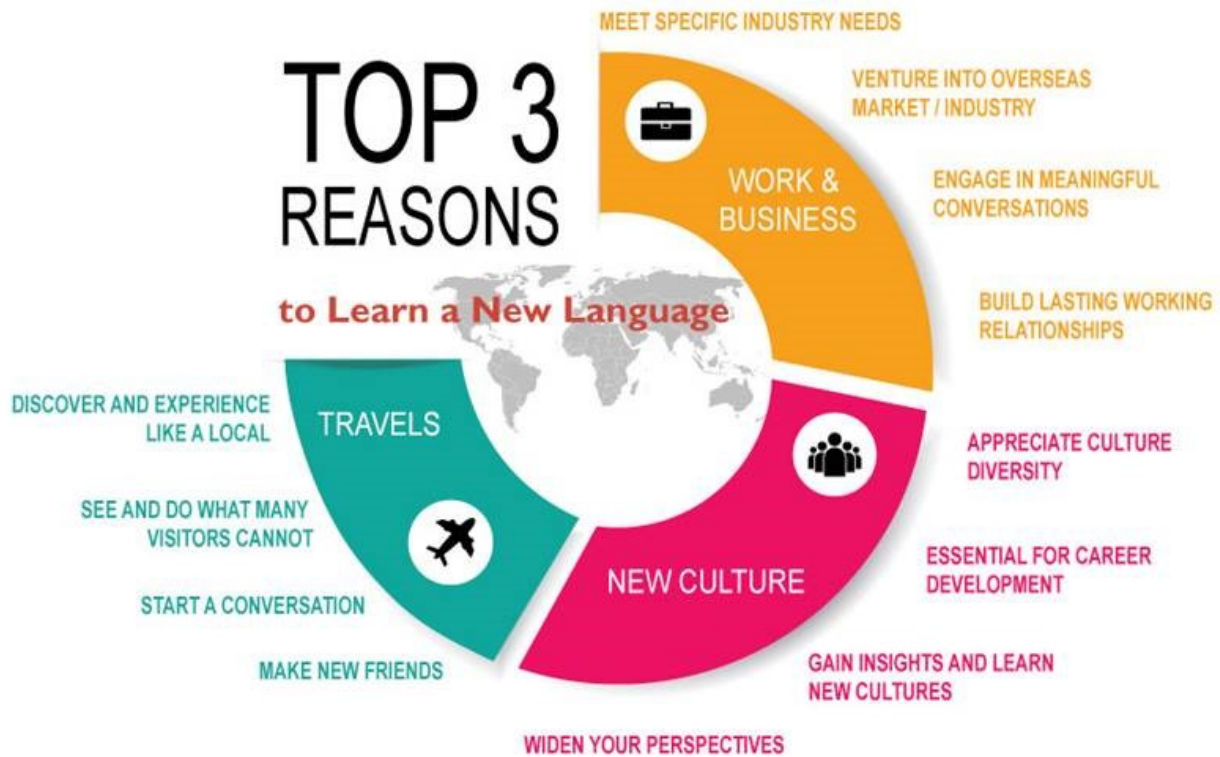
National Sleep Awareness



St. Patrick's Day **March 17**
www.NationalDayCalendar.com

National Pi Day **March 14**
NationalDayCalendar.com

National Day of Unplugging **Second Friday in March**
www.NationalDayCalendar.com
#NationalDayOfUnplugging



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
 For more information, contact Sarah Bing-

Paint Night at BJHS!

Are you ready for another awesome Paint Night? Join us for a fun evening as we lead you through simple steps to create your own Sunset on the Lake painting. 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!

Date: 03/22/2019 (Fri.)

Time: 7:00pm - 9:00pm EST

Location: BJHS Art Room



Spots are limited to 24 people, so visit the sign up page and claim your spot soon!

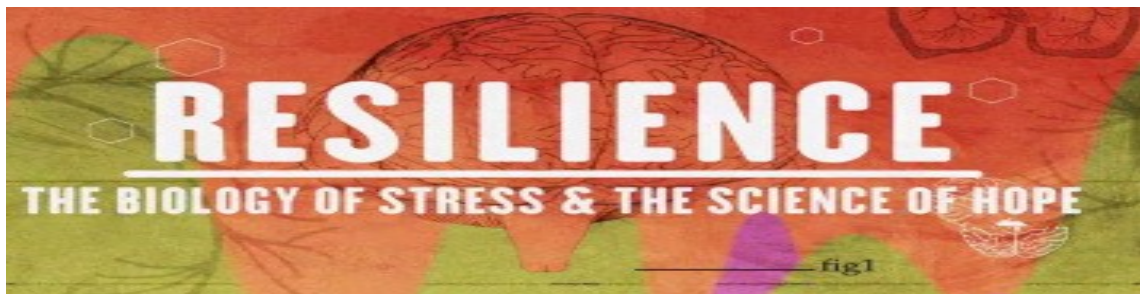
<https://www.signupgenius.com/go/10C0944AFA82BABFA7-paint1>



Youth Art Month

Did you know that the month of March is celebrated as Youth Art Month across the entire United States? Schools all over America are recognizing student artists in many ways. Here in Brunswick, we are celebrating Youth Art Month by putting up an All Schools Art Show at the Curtis Memorial Library, with an opening reception on March 19th from 5:00-6:00 pm. All are welcome!

7th grader [Mira Levine](#) has been chosen to represent BJHS at the statewide Youth Art Month show. Her outstanding photography will be on display all month at the Portland Museum of Art. Congratulations, Mira!



Resilience: The Biology of Stress and the Science of Hope chronicles the promising beginnings of a national movement to prevent childhood trauma, treat toxic stress and greatly improve the health of future generations.

Official Trailer: <https://kplrfilms.co/resilience/>

Please Join the BJHS Counseling Department and Elizabeth Munsey from Mid Coast Hospital in viewing “Resilience” with discussion to follow.

Thursday, March 14th, 2019

6:00pm – 7:30pm

BJHS Library

Please RSVP by March 12th to:

Caitlin D'Amour @ cdamour@brunswick.k12.me.us or

Alanna Roy @ aroy@brunswick.k12.me.us



Calling all writers, poets, fan-fictionists, lyricists, and authors of all genres, Creative Writing club is BACK. All are welcome to join us each Monday after school, in Ms. LeBlanc's room, 204, across from

the library for an hour of writing and sharing. Towards the end of spring we'll be publishing our annual book of student literature and art, *Husky Prints*. Please have a ride ready for 3:30, and we'll see you on Monday!



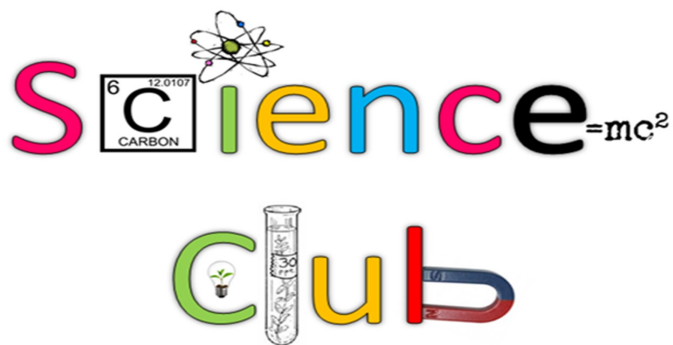
Divisibility Rules

There is a Southern Maine Math League meet on Thursday, March 14 (Pi Day) at the Holiday Inn by the Bay. The 6th grade team will compete in the morning, leaving school at 8:30 a.m. and returning before the end of the school day. The 7th and 8th grade teams will leave school at 2:15 p.m. for their competition, returning at 6 p.m.

The BJHS MathCounts team is headed to the State Final Competition on Saturday, March 9 at Kennebec Valley Community College in Fairfield, Maine. Students representing our school are Quinn Repetto, Maia Pietraho, Thomas McCormack, Isabella Purnell-Amaez, and Wes Haynes. The team qualified to advance to the state competition by placing third in the regional competition at USM in January.

The 7th and 8th grade math teams just finished a strong season in Central Maine Math League competition. The exciting, head to head oral competition format is a fun spectator sport. The 7th grade placed first in each of their meets and the 8th grade had a second place finish in all

2	2 can go into: All even numbers (numbers ending in 0,2,4,6,8)	238 2 can go into the last digit of these numbers
3	3 can go into: Numbers whose digits add up to a multiple of 3	375 $3+7+5=15$ 3 can go into the sum of the digits
4	4 can go into: Numbers whose last 2 digits make a multiple of 4	528 4 can go into the last 2 digits
5	5 can go into: Numbers that end in 0 or 5	345 910 5 can go into Any number that ends in 0 or 5
6	6 can go into: Numbers that have both 2 and 3 as factors	756 $7+5+6=18$ 6 can go into any number that <u>both</u> 2 and 3 go into
9	9 can go into: Numbers whose digits add up to a multiple of 9	126 $1+2+6=9$ 9 can go any numbers whose sum of the digits is 9
10	10 can go into: Numbers that end in 0	680 200 10 can go into any number that ends in 0



There will be science club on Tuesday the 12th after school until 4 pm - topic to be announced.

HUSKY

SPRIT

March

11th-15th

WEEK

Monday

Hat/Crazy Hair Day

Tuesday

Dress to Impress

Wednesday

Matching Day

Thursday

Cozy Day

Friday

Red, White, and Black Day