

# *The Husky Herald*

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL  
VOLUME 16, ISSUE 8      APRIL 2019

Dear Parents and Caregivers,

It is with mixed emotions that I write my final Principal's Message for the Husky Herald. As I reflect on the last ten years at Brunswick Junior High School, I think of the thousands of students I have met during this time, and I continue to be impressed with their effort, energy, and kindness. I will surely miss them. The future of Brunswick is bright based on the young people that are coming through its schools.

I am excited about opportunities that are presenting themselves, and I am looking forward to new career adventures helping the students of Maine.

I am wishing Brunswick Junior High School Community all the best. I have a strong interest in the success of Brunswick students, so please feel free to contact me now or in the future if I can be of assistance.

Take care, and farewell!

Sincerely,

*Walter Wallace*

Principal





Our Lost and Found items will be donated after parent/teacher conferences. PLEASE take the time to sift through our many items to claim what is yours before it is gone forever!



## **Spring Fling**

**GRADE 8 STUDENTS, PARENTS, CAREGIVERS**

**The transition to Brunswick High School is fast approaching!**

**Please join us for**

**The Brunswick High School Spring Fling**

**An event designed specifically for our incoming grade 9**

**Students, Parents, and Caregivers.**

**Wednesday April 10, 2019**

**Brunswick High School Cafeteria**

**6:00 p.m.**

**Tours!**

**Extracurricular and Co-curricular Activities & Sign-up!**

**Meet Some Upper Class Students!**

**Curricular Presentation for Parents & Caregivers!**



116 Maquoit Road Brunswick, ME 04011 ~ Phone 207-319-1910 ~ Fax 207-798-5515





**When it comes to your health, small steps go far!**

- Move more – it's a great way to improve your health.
- Try to move for at least 30 minutes a day.
- Eat real - choose foods in their natural form and less packaged food.
- Drink water – carry a refillable bottle and fill it up outside the health office at the cooler.
- Rest up – good sleep restores your body and mind. Try to get 7 – 9 hours of sleep a night.

**Let's get and stay healthy this spring!**



**What can you do to keep your teen on track?**

**Make school a priority:**

- Talk about the importance of showing up to school everyday, make that the expectation.
- Try not to schedule dental and medical appointments during school.
- Help your child maintain daily routines, such as finishing homework and getting a goodnight's sleep.

**Help your teen stay engaged:**

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats.
- Encourage meaningful afterschool activities including sports and clubs.

**Communicate with the school:**

- Know the school's attendance policy, and check on your child's attendance.



# Poetry Week 2019

## B.J.H.S. Celebrates Poetry

During the last week of April, B.J.H.S will celebrate Poetry Week. Each day, select teachers will read their favorite poems over the announcements. Thursday, April 25th is "Poem in Your Pocket Day," which encourages the sharing of poetry. The town of Brunswick also celebrates "Poem in Your Pocket Day" on April 25th, culminating in an "Open Mic Night" at Curtis Library's Morrell Room from 6:30-8 p.m., during which volunteers read their favorite poems. If you have any questions, please contact Mrs. Carrie Sullivan at:

[csullivan1@brunswick.k12.me.us](mailto:csullivan1@brunswick.k12.me.us)

Creative Writing Club  
meets each Monday in  
Room 204 until  
3:30pm. Bring some-  
thing to share, or writ-  
ing ideas to work on,  
and have a ride home ready!



BJHS Students will be:

Challenged  
Healthy  
Engaged  
Safe  
Supported



Healthy Snack Cart

*We are*  
**Open**

between periods  
2 - 3



Q+A CLUB

A place to be  
**yourself** and  
support your  
**friends**. All  
are welcome.

**FRIDAYS**

after school

in the art wing

— please have a ride ready at 3:30







## FREE SUMMER MEALS AVAILABLE

Beginning on June 24th, free summer lunch will be available in Brunswick in surrounding areas! Look out for updates about meal sites and lunch times. All kids are welcome ages 0-18, come for the food and stay for the fun! Meals are provided by Mid Coast Hunger Prevention Program.

## Science Club April 9

Sea Monkeys (Brine Shrimp!)

Meet after the Walker Bell in Room 108.

Please let Mrs. Lamdin know if you plan to come.

Have your rides ready at 4:00.



Congratulations to the Brunswick Junior High Math Counts team who placed third in the state at the State Final Competition earlier this month. Thomas McCormack placed 7<sup>th</sup> in the state overall. Other team members were Wes Haynes, Maia Pietraho, and Quin Repetto. Isabella Purnell-Amaez also qualified to compete as an individual in the state final competition.

The 7<sup>th</sup> and 8<sup>th</sup> grade math teams had a strong showing at the Pi Day Southern Maine Math League meet. The 7<sup>th</sup> grade team placed fourth out of 21 teams, with Wes Haynes having an overall third place individual high score. The 8<sup>th</sup> grade team placed sixth out of 18 teams. They have their final meet of the year on May 2 during the school day at the Portland Expo. The 6<sup>th</sup> grade team will also be competing that day.

## **Math homework is due tomorrow — how can I help?**

Homework causes trouble in many households. Relax—remember whose homework it is! Think of yourself as more of a guide than a teacher. Don't take over for your child. Doing that only encourages him or her to give up easily or to ask for help when a problem becomes difficult.

The best thing you can do is ask questions. Then listen to what your child says. Often, simply explaining something out loud can help your child figure out the problem. Encourage your child to show all work, complete with written descriptions of all thinking processes. This record will give your child something to look back on, either to review or to fix a mistake, and can also help the teacher understand how the problem was solved.

Asking the following kinds of questions can help you and your child tackle the challenges of math homework:

- ◆ What is the problem that you're working on?
- ◆ Are there instructions or directions? What do they say?
- ◆ Are there words in the directions or the problem that you do not understand?
- ◆ Where do you think you should begin?
- ◆ Is there anything that you already know that can help you work through the problem?
- ◆ What have you done so far?
- ◆ Can you find help in your textbook or notes?
- ◆ Do you have other problems like this one? Can we look at one of those together?
- ◆ Can you draw a picture or make a diagram to show how you solved a problem like this one?
- ◆ What is your teacher asking you to do? Can you explain it to me?
- ◆ Can you tell me where you are stuck?
- ◆ Is there someone you can call to get help? Can you discuss the problem with a classmate?
- ◆ Would using a calculator help you solve the problem?
- ◆ Would it help to go on to another problem and come back to this one later?
- ◆ Why don't we look for some help on the Internet?
- ◆ If you do only part of a problem, will the teacher give you some credit?
- ◆ Can you go in before or after school for help from the teacher?

Besides supporting your child on homework, show the importance of learning math by helping your child connect math with daily life. Point out your own activities that involve mathematics, such as deciding if you have enough money to buy items on a shopping list, estimating how long it will take to make a trip, determining how much carpet or wallpaper to buy for a room, or developing a schedule to complete a series of tasks. Talking about these everyday situations will give you a chance to increase your child's appreciation for the usefulness of math!



## Web Browser History

All web browsers (Firefox, Google Chrome, Edge, Internet Explorer, Safari, etc.), keep track of user internet activity.

Storing certain information locally in a “cache” file, your computer combines this information with updated data that is downloaded as needed. This helps web pages load much faster compared with downloading website data for each viewing.

History logs also provide a way to revisit web pages from earlier in the day, yesterday, or months ago. On your personal computer, you have the option to delete an entire history log or individual history entries.

However, BJH students do not have this option when using Google Chrome. Students cannot delete their entire history or any individual entries. History logs typically go back to September. This provides a way for parents, teachers, and administration to follow up on questions of behavior and digital citizenship.

Grade 7 students have access to Google Chrome, Firefox, and Safari, while grade 8 students use Google Chrome exclusively, since it integrates well with the Google Suite of apps that are used extensively here.

[Follow this link](#), click “Web Browser History” to learn more about Firefox, Chrome, and Safari history.

<http://www.brunswick.k12.me.us/bjh/technology/laptop-information/>

Please keep in mind that computer software changes frequently and although these steps may not change drastically, they probably will change without notice...



# GIRLS WHO CODE SHOWCASE OF PROJECTS

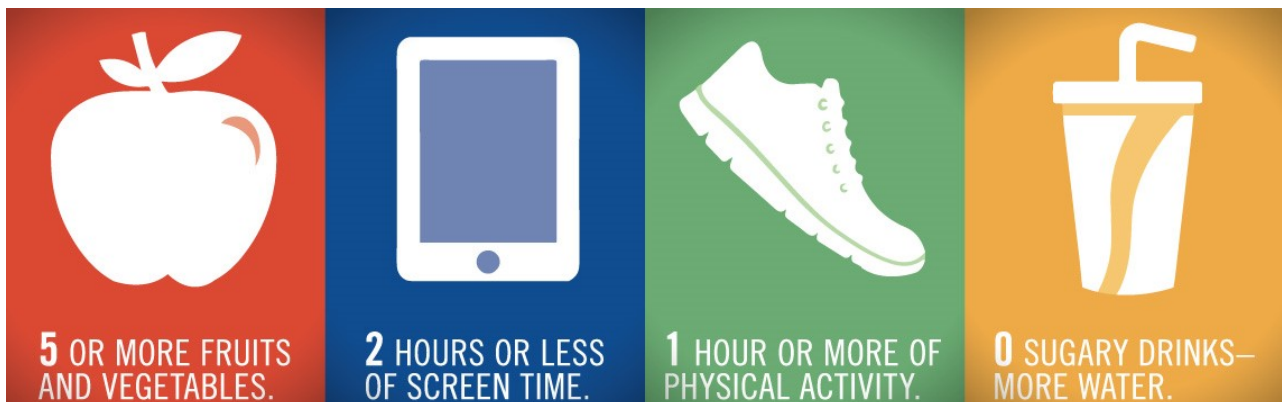
April 11, 2019

5-6pm

Brunswick Junior High  
Library



We had a very successful first year of the Girls Who Code Club, which is part of the national Girls Who Code organization. The girls have an array of projects to share from their work. They learned to code with Scratch, and some have also learned Python. The projects range from “how it works” demonstrations to interactive activities on the computer that they designed. Please stop by during parent/teacher conferences to see their work.



## WHEN KIDS ARE **PHYSICALLY** ACTIVE:



THEY PERFORM BETTER **ACADEMICALLY**

SOURCE: LET'S MOVE



THEY HAVE BETTER **ATTENDANCE**

SOURCE: LET'S MOVE



THEIR **BEHAVIOR** IMPROVES

SOURCE: LET'S MOVE



STUDENTS WHO ARE CONSIDERED PHYSICALLY FIT RECALL NEARLY TWICE THE AMOUNT OF **INFORMATION** THAN STUDENTS WHO HAVE **POOR PHYSICAL FITNESS**



SOURCE: THE PUBLIC LIBRARY OF SCIENCE



CHILDREN WITH **HIGH LEVELS** OF PHYSICAL FITNESS HAVE HIGHER GRADES AND THOSE WITH **LOWER LEVELS** OF FITNESS HAVE LOWER GRADES



SOURCE: THE JOURNAL OF PEDIATRICS



CHILDREN NEED AT LEAST **1 HOUR** OF PHYSICAL ACTIVITY A DAY

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION



CHILDREN SPEND MORE THAN **7.5 HOURS** A DAY IN FRONT OF A **SCREEN**



(E.G., TV, VIDEOGAMES, COMPUTER)  
SOURCE: PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION



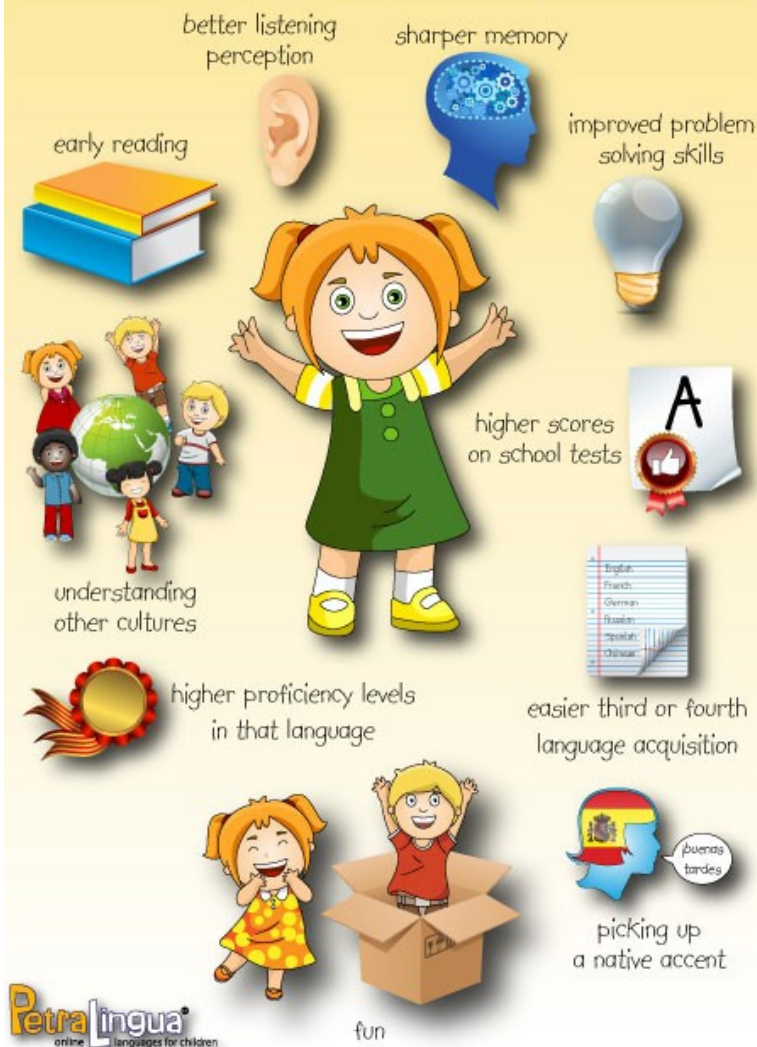
**2 OUT OF 3 KIDS** TODAY ARE **INACTIVE**



SOURCE: LET'S MOVE



## Benefits of Early Language Learning



'I don't sing  
because I'm  
happy; I'm  
happy because I  
sing.' - William  
James

**THE WHOLE IDEA  
BEHIND THE BAND WAS  
TO PLAY MUSIC THAT  
WE LOVE.**

Bill Wyman

**What elective  
will you sign up  
for?**

ELECTIVE SIGN UPS will be  
ready for you during  
Parent-teacher conferences  
Elective Choices are

Chorus, Band

French or Spanish

**Hello BJHS Community, the first half of the year has been great with minimal traffic issues here on campus. Unfortunately, since Christ-mas 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 mini-mum 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.**

**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**





# CONGRATULATIONS TO OUR WINNERS

Family Game Night

Jonathon Waldo.

Garden

Elizabeth Marcotte

Rainy Day

Jerry Cross

Fuzzy Wuzzy

Helen Walsh

Dog

Nicole Tupper

Cat

Charity Kaiser

Outdoor Fun

Kate

Kids Crafts

Bryannah Colburn

Made in Maine

Wendy Anderson.

Camping

Maura Bannon

