



# The Husky Herald

A monthly newsletter from the Brunswick Junior High School

Volume 17, Issue 3 December 2019

Greetings, BJHS families!

Wow, November ended quite quickly, and now we are already one week into December. I am excited to share with you some details about our first full-school Career Day that occurred on December 4! Rick Wilson helped us organize 25+ presenters from the Brunswick community to come and speak with our sixth, seventh, and eighth graders! The career fields ranged from medical professionals to local restaurant chef/owners to non-profit agency members - and many in between. We look forward to continuing the event and finding ways to make it even more meaningful for students. Pictured here is Amy Mussman from the Maine State Music Theater sharing information with a group of sixth graders.



During the month of December, we have many exciting events happening. Our winter athletic programs will be participating in competitions, our musicians will be singing or playing their hearts out, and our students will be working on many engaging academic tasks. Be sure to check the BJHS Events Calendar and our school website for more detailed information. We are also holding our annual BJHS Food and Personal Care Items Drive put on by our Student Council. Students are encouraged to bring in non-perishable food items or unused personal care items such as toothbrushes, toothpaste, deodorant, etc. Items are being collected in advisor groups.

On another note, I had originally scheduled the next opportunity for parents/guardians to come and meet with me for December 18, 2019. This event is going to be postponed until January 14, 2020 from 6-7pm (just before the band concert). The focus of our conversation on January 14 will be around extracurricular activities and how to get and keep students involved.

Finally, we all know that this is an exciting time of year. We also know that it may cause stress, anxiety, and a variety of emotions as we enter a period of time that gets us out of routine. If you have a need during this time of year, please get in touch so that we may direct you to those who can support whatever that need may be. I hope you all have a happy holiday season and an awesome start to the New Year!

With gratitude,  
Mandy Lewis



# Nurse News:

Follow these 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*. *People can be contagious before they know they are sick, so even just a sip from someone's drink puts germs in your body.*

- **Eat healthy and be merry.** 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.** If you feel stressed out, stop what you are 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.
- **Beat the blues.** For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. If you feel down, go outside, even if it's cold. 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 Teru, RN

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.
- 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.

**ATTENDANCE  
MATTERS.  
ALL DAY, EVERY DAY**

## Holiday Vacation!

December 23rd—

January 1st

See you on January 2nd!



# Food and Personal Care Items Drive

Sponsored by BJHS Student Council

**Student Council is collecting non perishable food items, and personal care items. We are trying to raise as much food and personal hygiene products as possible. There will be a competition between grade levels to see which grade level has the most donations. The winning grade level gets a certificate for their home room, bragging rights, and each winning grade level homeroom goes into a drawing to win a \$25.00 Target Gift Card.**

**Some of the items on the wish list for Midcoast Hunger Prevention Program are below.**

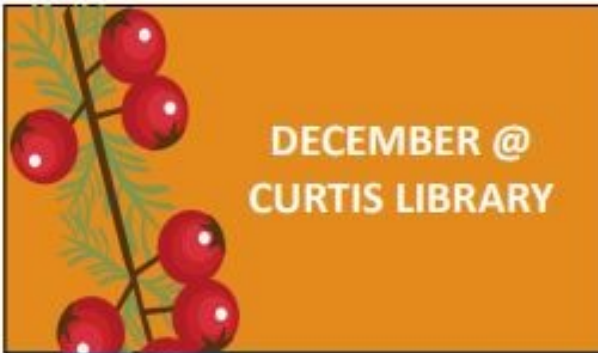
## **Food Drive Items**

- \* **Soup**
- \* **Boxed cereal**
- \* **Canned tuna**
- \* **Peanut butter**

## **Personal Care Items:**

- \* **Shampoo**
- \* **Deodorant**
- \* **Toothbrushes**
- \* **Toothpaste**

**Thursday, December 5th -Thursday, December 19th**



DECEMBER @  
CURTIS LIBRARY



CURTIS  
TEENS  
*A World of Possibility*

### BJHS / BHS BOOK CLUBS



**BJHS BOOK CLUB**  
Tuesdays,  
December 3 and 17  
2:30 – 3:30 PM @ BJHS

Led by Curtis' Teen  
Librarian Melissa Orth.



### BHS BOOK CLUB ANNUAL EXPEDITION TO BARNES AND NOBLE

Thursday, December 19  
2:15—8:00 pm

The Dragon Challenge Literary Society is ready to embark on its annual expedition to Barnes & Noble in Augusta. This is a book buying trip to purchase materials for the BHS library. No need to be a member of the club to go on this field trip but a signed permission slip is required. See Ms. Jerome for details.

### SPECIAL FOR DECEMBER

#### TABLE TOP GAMING CLUB

*Second Thursday of the month  
December 12 from 6 - 7 PM  
in the Atrium*

Make it a screen-free Thursday!



#### \*NERF TURF

Saturday, December 28  
7-8:30 in the Morrell Meeting Room

Due to requests, Nerf Turf will happen over holiday break. Bring your own NERF gear.  
\*Registration limited to 20 teens and begins Monday December 23 at 9:30 am. Adult chaperones needed. To register: call 725-5242.  
x225

#### \*HARRY POTTER ESCAPE ROOM FOR TEENS

Monday, December 30  
6:30 - 7:30 pm

\*More details on the website soon!



# Math Team News

The first set of Southern Maine Math League meets will be at the Holiday Inn by the Bay on Tuesday, December 17. 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 competition starts at 3:30pm. The bus leaves from BJHS at 2:15pm and they are expected to return to school by 6pm.

The next Central Maine Math League meet will take place on Saturday, January 11 at Gardiner Middle School, beginning at 8am. It is an oral competition, which makes it an exciting spectator sport and we invite you to attend.

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. Please let Mrs. Weddle know if you are interested in participating.

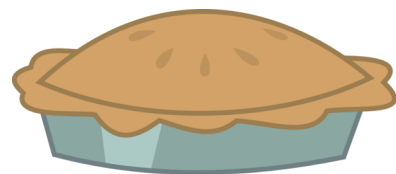
The regional Math Counts competition will take place on Saturday, January 25 at USM in Gorham. Students who qualify for the state final competition will go to the state finals on Saturday, March 14 at Kennebec Valley Technical College in Fairfield, Maine. The top four high scorers in the state qualify to go to the National Math Counts competition with all expenses paid.



## Thank You

Intramural basketball begins on Thursday, December 13th. It will run from 2:45-4pm for **NINE Thursdays** (December 12 thru February 13th). It is open to boys and girls in sixth, seventh and eighth grade. Students on one of our four school teams are not eligible to play. The format will consist of 30 minutes of skills and drills (practice), then 45 minutes of scrimmaging. Students who participate and need to take the late bus home, should get a bus pass from the main office during morning advisor. T-shirt, shorts, and sneakers are appropriate attire; bring a water bottle to stay hydrated and a snack.

Thanks to everyone who participated in this year's pie sale! Thanks to the 127 students who sold pies as well as those who donated generously, we raised over \$5000 for the BJHS Student Activities Fund! Way to go!



**Late bus runs MONDAY, TUESDAY, and THURSDAY**

Contact the Main Office or the Bus Garage for more information.

# BJHS CLUBS

Clubs	About The Club	Day/ Time
Python coding	<i>Learn to code with Python!</i>	Tuesdays October-November walker bell to 3:45
Science club	<i>Explore science and engineering ideas while doing cool projects and experimenting.</i>	Winter, exact dates to be determined
Advanced Choir	<i>We work on advanced choral literature.</i>	Tuesday and Friday all year
Music Theatre	<i>We are performing "Music Man, Jr." this year in January.</i>	As Scheduled
Jazz Choir	<i>We will explore, learn about and perform vocal jazz</i>	Tuesday after school Oct. - March
Acapella	<i>We will explore, learn about and perform acapella music.</i>	As Scheduled
8th Grade Math Team	<i>We practice to compete in the Southern Maine Math League and Central Maine Math League competitions.</i>	Wednesday mornings 7:10-7:40am; Oct-early May
Math Counts	<i>Challenging problem solving practices to prepare for the Regional Math Counts competition at the end of February. Students who qualify will continue to the State Final Competition in March.</i>	Friday afternoons 2:45-3:30pm: starting after Fall sports are completed and ends in mid-March
Q+A Club	<i>Organized activities to unite LGBTQ+ and allied students.</i>	Friday afternoon, 'til 3:30; entire school year
Robotics	<i>Build and program with LEGO EV3 robotics. Students are given a variety of challenges to teach and test their design skills. Both experienced programmers and students interested in learning the basics are welcome.</i>	Mondays and Thursdays 'til 3:30; ~November through March (competition team continues through May)
Yearbook	<i>Creative and active group that helps to design and sell the yearbook.</i>	Tuesdays afternoons 2:45-3:30 starting October 1
Art Club	<i>Free Choice, Open Studio Art Time! Students have access to a variety of art supplies to create art of their choosing. Fun guaranteed!</i>	Tuesday and Thursdays 2:45-4 January - April Break
6th Gr Math Team	<i>We practice to compete in the Southern Maine Math League.</i>	Wednesday mornings 7:10-7:40am; Oct-early May
Creative Writing Club	<i>Creative Writing Club meets weekly, starting in the new year, to write, share, and play writing games. In the spring we edit and produce a REAL BOOK of student writing and artwork.</i>	January through June. Mondays, 2:45-3:30pm
Student Council	<i>Join Student Council we meet twice a month, on the first and third Thursday of the month. You can commit to participate for one quarter or more.. You will develop leadership skills, assist in school affairs and activities, and get involved in community projects. All students are welcome.</i>	October 3 - June 4
Magic: The Gathering	<i>Students gather to play the card game Magic: The Gathering. Bring your cards if you have them. We have extra cards to share if you don't. If you want to try it out, we will teach you!</i>	1st and 3rd Thursdays 2:45 - 3:30
Civil Rights Team	<i>The Civil Rights Team works to make our school a place for everyone by educating and advocating for equality and fair treatment regardless of religion, disabilities, gender, sexual orientation, race and skin color and national origin and ancestry.</i>	Thursday afternoons 2:45-3:30.