



The Husky Herald

B. J. H. S.

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

VOLUME 16, ISSUE 7

MARCH 2020

Greetings, Parents and Guardians, and welcome to March Madness!

Spring is just around the corner, and with it brings much excitement! Our students and teachers are getting ready for the annual state testing season, and we will be conducting MEA testing from March 17-March 20, 2020. Students will experience an adjusted schedule so that during the testing dates, they will attend shortened classes in hopes that the curriculum will not skip a beat! The Leadership Team at BJHS has worked diligently to develop a schedule that will both meet students' needs and provide for testing to take place in a short period of time. While state testing is not the only way we assess student progress, it is a helpful tool that provides us with information that is used to strengthen teachers' skill sets and students' experiences here at BJHS.

March may be a stressful month for all students as they grapple with a variety of academic tasks, change of seasons, extracurricular engagements, and many other activities. I am excited to share that we have a new after school opportunity geared toward helping students manage all of this. On **Thursdays from 2:45-4pm**, Brunswick High School National Honors Society students are coming to BJHS to connect with our students who choose to stay after. This opportunity includes a chance to work on homework, play games, enjoy snacks, and hang out with mentors from the high school. This is a great opportunity for sixth, seventh and eighth graders to connect with BHS mentors.

In other exciting news, our 7th and 8th grade basketball teams took second place in the winter tournament! Some of our winter sports are continuing, including our collaborative wrestling team with Mt. Ararat. Over February vacation, our student athletes competed in a preseason tournament at Bath Middle School. Christopher Watkinson, 7th grade, had four wins and zero losses. Nathaniel Baucom, 8th grade, also had four wins and zero losses. The wrestling season will continue throughout March. In addition, our Unified Basketball Program has started its first season, and more details along with a schedule are provided later in this newsletter. Finally, March is also a busy month for our musicians. Please be sure to check out our events information to catch a concert (or two or three!!!). It is exciting to see the many ways our students are talented.

With gratitude,

Mandy Lewis



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)

Husky Hangout

Formally known as the Homework Club,

the Husky Hangout is a mentoring program with Brunswick High School students that meets every Thursday after school in room 310 from the walker bell until 4p.m.

Students can come as often as needed for homework help, games, and other fun activities.

Snacks will be provided. All are welcome!

Walk, arrange a ride, or catch the "late" bus.



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

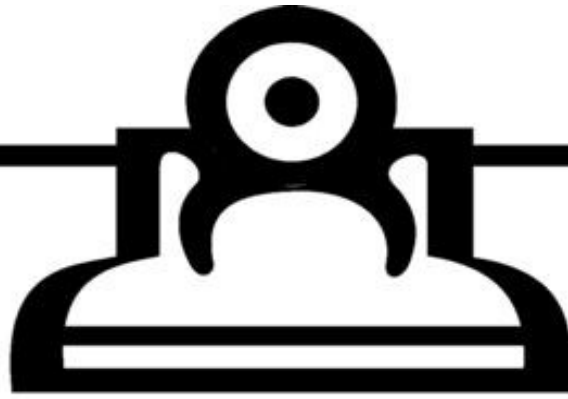


UPCOMING FREEDOM

TOUR DATES:

- 6:30 in the BHS Café for 8th graders signed up for the tour.**
- 3/4- The topic will be Conflict Resolution.
 *3/25 snow day make up date for 3/4
- 4/4- The topic will be Immigration
- 5/6- The topic will be Monuments
- 5/27- The topic will be Museums
- 6/17- The topic will be final prep, parent Q&A.

Freedom Tour : June 23 - June 29



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



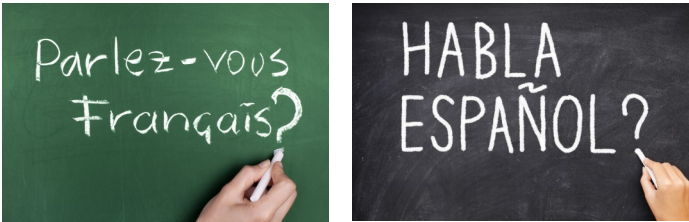
6th & 7th ELECTIVES

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 transition to Brunswick High School is fast approaching!

Please mark your calendars with the following dates:

Tues March 17, 2020 - High School Counselors will be at BJHS to sign 8th grade students up for classes.

Between **February 28th and March 9th** (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 the guidance office.



TO





March is Music in Our Schools Month

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 2 at 6:30PM 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 13, 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 14. BJH Jazz performs at 3:00 PM in Johnson Theater in the Paul Creative Arts Center.
- Our 6th grade band and chorus students will share their talents on Tuesday, March 17 in the BJH gym at 7:00pm.
- March 21, the Jazz Band participates in the Maine Music Educators State Middle School Instrumental Jazz Festival at Westbrook High School.
- March 24, our 7th and 8th Grade Chorus students will present a concert in the BJH gym at 7:00pm.
- March 28 the Jazz Choir will travel to Lawrence High School in Fairfield to participate in the State Vocal Jazz Festival.
- March 31, our Extra-curricular Ensembles will present our annual “Music in Our Schools” Celebration Concert at 7:00 in the BJH gymnasium.
- Our 7/8th grade Honors Band and Chorus students are working hard to prepare for their District III Honors Festival on April 3 & 4 in Topsham.

We also have our annual Theme Basket Raffle this month. Our baskets are displayed in the BJH lobby and will be seen on our BJH Music Boosters Facebook Page. Tickets are \$1.00 or 6 for \$5.00. Thank you everyone who took the time to contribute to our baskets and our three amazing parents who came to help us put them together.

We hope you can join us in celebrating “Music in Our Schools” Month 2020!
Please visit the music website for more information on music events:
<http://www.brunswick.k12.me.us/handerson>

Spring Sports:

BJHS Spring Sports Information 2020

Spring Sports will begin the week of March 30th for most teams. Teams will do some indoor work, a few days a week, until we can get onto the fields. Here are some spring sports FAQ's:

- **Q: What does BJHS offer in the spring for 7th and 8th graders?**

A: Track, Boys and Girls Lacrosse, Baseball and Softball.

- **Q: What does BJHS offer in the spring for 6th graders?**

A: Track, other sports/activities are offered through local youth organizations and the recreation department. BJHS Track and Field is a no-cut sport and open to all 6th-8th graders. The BJHS track team usually has over 100 participants and we strongly encourage students to give it a try. Look online for Brunswick Youth Lacrosse and Brunswick Cal Ripken (for baseball and soft ball).

- **Q: When are practices?**

A: Track and softball are right after school. Baseball and the boys and girls Lacrosse teams practice after school or at 5:15pm (depends on field and coach availability). Details about specific practices will be on the Athletic webpage in late March once games and practice schedules are set by the Athletic Director and coaches.

- **Q: Are there sign ups?**

A: Signups for lacrosse, baseball and softball will be March 4-5-6. Track sign-ups will be during morning advisor on March 12th. Knowing how many students are interested will help us plan better.

- **Q: Is there paper work needed?**

A: Yes. (If your child has played on a school team this school year, he/she is all set with the forms needed as long as they have not expired). All athletes need an athletic permission for on file with the Athletic Director prior to trying out and/or participating on any junior high sports sponsored team:

[1] Athletes need a signed permission form that indicates (a) parental permission to participate and (b) is an acknowledgement of insurance responsibility.

[2] Athletes need a signed statement from a physician indicating the participant is physically able to participate. The physician's statement is valid for a 12 month time period.

You can sign part one of the form and have the Dr. fax a statement of health if that is more convenient for you. The doctor's office may fax the form to the school in care of the A.D. The fax number for BJHS is 721-0602.

- **Q: Where are forms and more information?**

A: Athletic permission forms are at the main office and on the BJHS Athletics Webpage. More information can be found about our program on the athletics page. If you have questions, please email our athletic director Mrs. Sharpe <ssharp@brunswick.k12.me.us>



Brunswick Dragons Softball Clinic

WHEN: Thursday, February 27,
Tuesday, March 3,
Thursday, March 5

TIME: 5-7:00p

LOCATION: BHS Gymnasium

Brunswick High School varsity softball coach, Hugh Dwyer, along with members of the Dragon softball team are offering three softball clinics for girls participating in the Brunswick Junior High School softball program. The clinics provide participants with instruction in hitting, fielding, base running, and pitching fundamentals.

There will be no cost for the clinics.

Donations are welcomed. Checks should be made to Brunswick High School Softball.

FLOOR HOCKEY INTRAMURALS

Floor Hockey Intramurals will start on **Tuesday February 25th** and will run from 2:35-4:30 pm each session for 3 weeks.

Floor Hockey will be on the following dates:

1st week: 2/25, 2/26, and 2/28.

2nd week: 3/4 & 3/6

3rd week-3/10 & 3/11



All 6th, 7th, & 8th graders are welcome to show up and play. Any students, who may have a conflict, and can't make it a certain day: no problem! All you have to do is show up and participate whenever you can. Please bring your PE clothes & sneakers to change into. Any questions please see Mr. Boomhour during the day.

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 Spring Landscape. 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: 03/20/2019 (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-paint3>



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 March 13th, 5-6 p.m. All are welcome!

8th graders [Leo Venegas](#) and [Maia Pietraho](#) have been chosen to represent BJHS at the statewide Youth Art Month show. Their outstanding photography will be on display all month at the Portland Museum of Art.

8th grader [Jenny O'Connor](#) has artwork on display in the Celebration of Excellence in Maine Arts Education at the State House. Her work will be on display throughout the year in August.

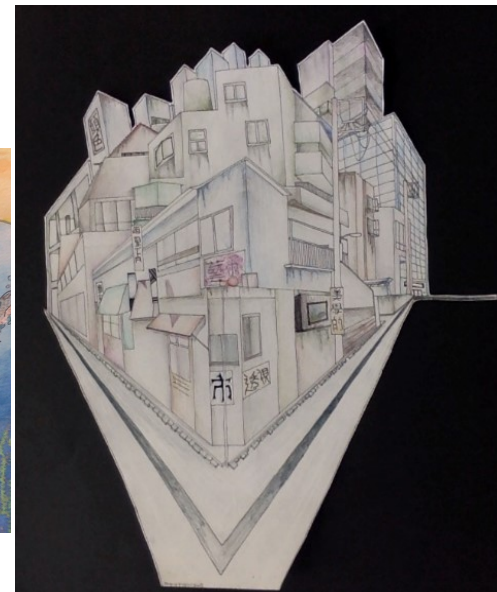
Congratulations, Leo, Maia, and Jenny!



Leo Venegas



Jenny O'Connor



Maia Pietraho



Divisibility Rules

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 is a Southern Maine Math League meet on Tuesday, March 10 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 14 at Kennebec Valley Community College in Fairfield, Maine. Students representing our school are Loring Boak, Alexei Douhovnikoff, Wes Haynes, Coco Meserve, Maia Pietraho, Evie Prince, and Kaden Schneider.

The team placed first in the MathCounts 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. At the last CMML meet, the 7th grade placed third out of 15 teams and the two 8th grade teams finished second and fourth out of 12 teams.

Coming Soon: Hannaford Helps Schools – Spring 2020!

We're here to remind you that the Hannaford Helps Schools program is being refreshed – and the timing is changing from fall to spring! The 2020 program will run March 1 - May 16.

Since the program's inception, we've raised almost \$13 million to help schools and school kids reach their goals. Moving the program to spring allows us to offer even more participating products, tally up the program over the summer, and send checks to you when you return to school in the fall.

It's a win-win! Please keep an eye out for more information!

Scholarship to Summer Science Camp

BioME has decided to once again fund **FOUR** 1-week-long summer science camps at the Maine School of Science and Mathematics in Limestone, ME. We will pay in full for 4 students aged 11-14 to attend the camp, room, board and transportation included.

Each camp is valued at \$750. The scholarships are only available to students whose schools participated in ME Bioscience Day on Nov 21, 2019. All students at BJHS are eligible, no matter if they personally participated in the presentations or not.

Here is a link to more information and the scholarship application on our blog: <https://biomaine.org/biome-will-be-funding-science-summer-camps-for-4-maine-middle-schoolers-again-this-year/>

Interested students should apply directly with us to info@mainebioscience.org by **March 27, 2020**

Winners will be announced in April.

It's time to Start thinking about Garden Club



Garden Club Sign-up with Mrs. Paquin in room 103 or email kpaquin@Brunswick.k12.me.us for the spring

Adult Volunteers with proper school approval greatly appreciated.

Its almost time to start planting seeds and thinking about spring clean up.

BJHS School Spirit Week

March 23 - 27

MISMATCH MONDAY,
March 23



CRAZY HAIR DAY,
Tuesday March 24th



Dress to Impress Day,
Wednesday March 25th

Throwback Thursday,
March 26th



School Spirit Day
Friday March 27th

Let's show our BJHS Spirit!

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.



jacket



coat



dress



boots



shirt



jeans

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



National Days



National Employee Appreciation Day First Friday in March
www.NationalDayCalendar.com

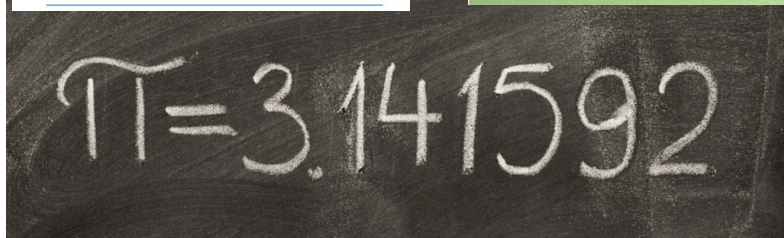


National Read Across America Day (Dr. Seuss Day) March 2
Unless on Weekend
www.NationalDayCalendar.com

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