

Belvidere South Middle School Newsletter

November 2016 — January 2017

Principal—Ben Commare

Asst. Principal—Steve Repka

Asst. Principal—Caitlin Benes

From the Nurse's Office



Flu Season—Healthy habits are key during the flu season. Please remember to wash hands frequently, cover your cough, eat lots of fruits and vegetables, drink plenty of fluids, and get a good nights sleep.

Vision and Hearing—Screenings are scheduled for the month of January. If your child receives a referral, please get them in to the doctor for further evaluation quickly. The ability to see and hear is directly related to positive educational outcomes.

Dental—Please be sure to get your dental exam forms in to the health office as soon as possible. It is a state requirement for all 6th graders.

Illness—If your child is ill, keep your child at home. It will give your child a chance to build his/her immune system and also will protect others from getting sick.

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| Thanksgiving Break | Nov. 23-25 |
| Winter Vacation Begins at 3:10 p.m. | Dec. 21 |
| School Resumes | Jan. 4 |
| Report Cards sent Home with students | Jan. 11 |
| Early Dismissal (1 hour) | Jan. 11 |
| Martin Luther King Day—No School | Jan. 16 |

Did You Know?

Did you know that many issues experienced here in school start outside of school on social media? Facebook, Snapchat, Instagram, etc. are used by students to communicate, sometimes inappropriately. Here is a great resource for parents at home to talk to your child about their online actions, whether on the computer or on the phone. Check it out! Visit *Protect Your Kids Online* at <http://www.onguardonline.gov>



BSMS STUDENT COUNCIL

Students at BSMS recently elected individuals to represent them on Student Council. Students interested in running had to have a petition signed and give a speech to their class. The following students make up our 2016 - 2017 Student Council. Students marked with a * designate elected members of the Student Council Executive Board.

Casey, Lyra

Castro, Naomi*

Colson, Matthew

Douglas, Sierra

Espinoza, Jennifer

Galicia, David

Garza, Renato*

Gibson, Chevie

Haugen, Rachel

Hoch, Taylor

Jacobs, Sydney

Jimenez, Victoria

Klick, Morgan*

LaPore, Jessica

Leese, Sophia

Martin, Aston

Maske, Cyrus

McCoy, Maci*

Millan, Jonathan

Revera, Madison*

Robinson, Chloe*

Schaffer, Hannah

Shay, Isabella

Sosa, Alejandrina

Staton, Kiana

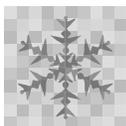
Stucker, Dalton*

Swington, Anthony

Taft, Hailey

Thiede, Jacob

Vail, Jadyne



As winter appears to be upon us, please be advised that students must have a coat, sweatshirt or hoodie to be out during lunch/recess. Students will not be allowed outside if the temperature is below 10 Degrees including Wind Chill.

Yearbook Update



Ordering Information: The first mailing to order yearbooks through our publisher, Jostens, has been mailed to all BSMS student homes. Now is the time to make sure your child will have a yearbook at the end of the school year. Orders may be placed online, by phone, or mailed to the company. Additional opportunities to order a book at school will be available after the first of the year.

PBIS

PBIS (Positive Behavior Interventions and Supports) is a national program, which encourages good school attendance, positive behaviors and academic success. Students receive several items throughout the year to reinforce these behaviors. When students achieve honor roll (a GPA of 3.25 or above) they will receive a variety of incentives based upon how many quarters the student has achieved honor roll.



BSMS GROUPS



Middle School is a time of change for many adolescents. These changes may be emotional, social, academic, or physical. At BSMS, we try to meet students' social and emotional needs by offering individual counseling as well as, group counseling. Students may make an appointment to see their counselors individually. In group counseling, groups are led by trained counselors and meet once a week for six weeks. The groups meet during the school day and alternate class periods so the same class is not missed every week. Groups offered at BSMS include Social Skills, Anger Management/Conflict Resolution, and Self-Esteem.



BSMS EXTRA-CURRICULAR OFFERINGS



As the school year continues to progress, we would like to remind students and parents of our extra curricular offerings here at Belvidere South Middle School.

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| Sports: 6th, 7th and 8th Grades | Cross Country | Wrestling | |
| 7th and 8th Grades | Volleyball | Basketball | Track |
| | Football | Poms | Cheerleading |
| | Soccer | | |
| Clubs: 6th, 7th and 8th Grades | Student Council | Drama Club | National Jr. Honor Society |
| | Math Counts | Yearbook | Art |
| | Academic Bowl | Tech Club | Chess |

Attention 7/8th grade girls interested in Basketball: There will be a parent/athlete meeting Wednesday, December 7th at 5:30 p.m. for those interested in trying out for basketball. All athletes must have a current physical, and school paperwork filled out to try-out. Open Gyms will be December 13,14, and 15 from 3:20 - 5:00 p.m. Try-outs will be January 4, 5, and 6 (after Holiday Break).

FROM THE GUIDANCE OFFICE

Career Cruising is an internet-based career guidance and planning system that can be accessed from school or home. It is available to all BSMS students. Career Cruising helps guide students through high school with a timeline of activities and dates. The program explores post high school education, training, and careers. It gives information on financial assistance and job outlook. Information includes schools and programs in all 50 states. Check it out at <https://www.careercruising.com>. User name: BEL-StudentID, password: date of birth (MMDDYY).



In accordance with Section 34-43 of the Illinois School Code, budget information for Belvidere School District #100 is available on-line at www.district100.com. To view the budget, simply follow these links: About Us, District Departments, and Operations.