

Kossack Kable



October 2016

MESSAGE FROM THE PRINCIPAL:

This fall, we welcomed 373 students to Kenai Middle School. I would like to personally thank our staff, students, and parents for their patience and cooperation in making this transition as smooth as possible. More than thirty five percent of our students are walking through the front door for the first time. For students, the transition to a new school is a time of high emotion, concern, and opportunity to start anew. So far the transition is going very well. It is our desire that every student feels that KMS is their school and they acquire a sense of belonging. By working together we can ensure that each child receives a quality education.

We just wrapped up a successful cross country and soccer season. KMS students represented our school and community well. Basketball season starts on October 10th.

October 21st is the end of the first quarter which means *there will be no school that day for students*. Teachers will be attending in-service meetings and making preparations for the next quarter. Parent/Teacher conferences will take place on October 27th and 28th. The 26th of October is an early release day; our day ends at 12:57.

Remember you don't need to wait for parent-teacher conferences to set up a meeting with your child's teacher if you feel it is necessary. Please call the office for an appointment to meet with a particular staff member. The staff at KMS is always willing to work with you to help your child succeed. If there is a special situation or concern about your child, please call us! Also, please ask your child for their assignment notebook to keep current on their daily assignments. Remember, that PowerSchool is available to view your child's academic progress and weekly assignments. If you don't have the password for your child's academic report, please call the office. We look forward to seeing you often during the school year. Let's continue to work together in partnership to provide the best education possible for each student at KMS. See you on October 27th and 28th during parent/teacher conferences.

Sincerely,

Vaughn Dosko
Principal KMS

Choir

The Kenai Middle School Choir will offer their first concert of the school year on **Thursday, October 13th at 7:00 pm**. The concert will be held at the KCHS Auditorium. We hope to see you there for the first of many amazing performances this year by Mrs. Bird and the fabulous KMS Choir

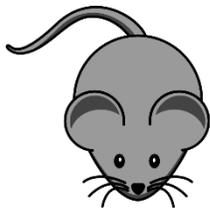
Seventh Grade Health Class

Sammie Johnson, KMS School Counselor

Health curriculum is delivered once a week in the 7th grade advisory classes. Some parts of the curriculum are also covered in classes such as PE and science. For example, genetics and heredity, as they pertain to health, might be presented in greater detail in science.

Students started out learning about being good students; time management skills, goal setting, evaluating themselves as students, and stress management techniques. We then started learning about the three parts of good health: physical health, mental/emotional health, and social health. These are referred to as the health triangle. We will be learning more about physical activity and fitness, nutrition, mental and emotional health, healthy relationships, and conflict resolution among other things throughout the school year.

The 7th grade is a pure joy to work with. We have thought-provoking conversations regarding their own personal health, and it is amazing to see what their minds come up with during our discussions. We have some truly exceptional people in this grade, and based on their long-term goals I wouldn't be surprised if we hear their names again and again in the future!



MIND-A-MAZES

36 STUDENTS, 10 COMPETING TEAMS

KMS STUDENTS WILL CREATE RODENT RACERS (MOUSE TRAP VEHICLES) AND COMPETE HERE AT KENAI MIDDLE FOR A MIND-A-MAZES RUN OFF ON OCTOBER 10TH. THE TOP 4 TEAMS WILL THEN MOVE ON TO COMPETE IN THE DISTRICT COMPETITION ON OCTOBER 15TH. GOOD LUCK TO ALL!



A good night's sleep is critical for staying focused in school

A key part of your middle schooler's education happens far outside the classroom. It's sleep, and it's critical to his success in school.

Why? Because, according to research, a lack of sleep can make it tough for kids to focus on learning.

Although everyone is different, kids between the ages of 11 and 13 need roughly 9.5 to 10 hours of sleep per night. To figure out whether your child is getting enough shut-eye, ask yourself:

- Does he fall asleep within 30 minutes of going to bed?
- Can he wake up fairly easily in the morning?
- Is he alert all day—with no reports from school about his inability to focus in class?

If you answered yes to all these questions, chances are your child is getting the right amount of sleep. But if you answered no, it's time to take action. To help your child get enough sleep:

- Enforce a regular bedtime. Don't let him sleep in more than two hours past his normal wake time on the weekends.
- Limit caffeine intake. Watch for this stimulant in things like soda, iced tea and chocolate.
- Ban before-bed TV watching. Studies link watching TV to sleep problems.
- Keep his cell phone out of his room overnight. Your child needs to be sleeping, not texting and checking social media!

Expect your middle schooler to succeed in school and life!



Don't just hope your middle schooler will succeed—expect him to succeed! If you have high, yet realistic, expectations for your child, he will rise to meet them.

To help your middle schooler succeed in the classroom and beyond:

- Don't act surprised when he succeeds. Did your child just bring home a B+ on a super-hard science test? Instead of acting shocked, act like you never doubted that he'd do well. "That's awesome! I knew all of your extra studying this week would pay off!"
- Support him when he stumbles. Never belittle your child when he messes up. Remind him that failure happens to everyone sometimes. Besides, plenty of other people in the world will be there to criticize him. That's why your constant love and acceptance are so vital. Be your middle schooler's "safe place."
- Discourage "victim mode." When unfortunate things happen, don't chalk them up to bad luck. That will make your child feel as if he's a victim and has no control over situations. Instead, empower him to take action. When something goes wrong, ask him what he learned from it. Help him think about how he might handle similar situations in the future.

Reading for pleasure can help your child do better in school!

It's true: Reading for pleasure boosts academic achievement. One study showed that children who read for pleasure had higher gains in math, vocabulary and spelling than those who rarely read.

For these and many other reasons, it's important to encourage reading at home. Here's how to get your middle schooler to read:

- Read aloud. Middle schoolers aren't too old for this. Take turns reading chapters to each other. Or have your child read to a younger sibling.
- Read yourself. It's important to show your child that reading is enjoyable.
- Keep reading materials handy. Fill your house with books, magazines, newspapers and other reading materials.
- Look for books. Take regular trips to the library or bookstore. See what books appeal to your child and encourage her interests.
- Talk with librarians and booksellers. Ask what books they recommend for kids your child's age.
- Set limits on technology time. This leaves more time for reading.
- Don't force your child to read books she doesn't enjoy. Free-time reading should always be interesting.
- Discuss books. Tell your child about a book you liked. Or ask your child to tell you about her favorite book.
- Provide time for reading. Make room in your child's schedule for reading every day.



Stay up to date on all things Kenia Middle School by liking us on Facebook. @Kenai Middle School You can also find news on our school blog <http://kenaimiddleschool.blogs.kpbsd.k12.ak.us/> or on the daily bulletin on Power School.

BOOK FAIR COMING SOON!

The KMS Library will sponsor a Fall Book Fair October 26-28. The fair will be open Monday, Tuesday, and Wednesday during regular school hours, and during Parent Teacher Conferences on Thursday and Friday! While the main goal of the fair is to promote literacy, this event also serves as a fund raiser for our library. All money earned is used to purchase books and resources for KMS Library. We appreciate all the support this event receives.

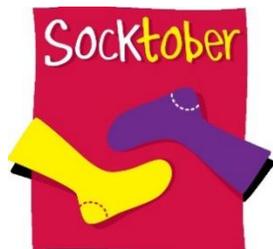
The KMS Leadership class is helping with the book fair this year; we are very excited about the event! If you are interested in volunteering during the Book Fair, please email Ms. Gann at jgann@kpbsd.k12.ak.us.

There is an online page where orders can be placed if you can't make it to the fair or if you want to order something else. Please go to <http://www.scholastic.com/bf/kenaimiddleschool1> for your online shopping experience. Online shopping starts October 10th. Hope to see you all at the Book Fair.



SOCKTOBER

The Leadership class and Nurse Dixie would like to tell you about a fundraiser we are hosting this year. The fundraiser is called Socktober and you may have heard of it. Our mission is to collect NEW socks (and hats and gloves) for those in need. With an average of 200 kids in the district being homeless each year and 80 being completely alone it is important that we each do what we can to assure our friends and neighbors have basic necessities as we head into winter. All items collected here at KMS will be distributed here at Kenai Middle School, through KPBSD, the Lee Shore Center, and The Friendship Mission. We will hold our "Socktober" event the week of October 17th through October 21st.



As an incentive, the advisory class to collect the most items over the course of our event will earn a pizza party!! Advisory teachers will be responsible for collecting apparel and the 9th period Leadership Students will collect and count after each day.

"You want to be AWESOME? Treat people AWESOME!"



Give a Hoot!

KMS Site Council will meet here at KMS on October 5th @ 4:30.
Everyone is welcome to attend.



Kenai Middle School students and millions of people worldwide will practice how to [Drop, Cover, and Hold On](#) at 10:20 a.m. on October 20* during [Great ShakeOut Earthquake Drills!](#)

Be sure to make your kiddos aware!

ACTIVITY NIGHT & DANCE



The first Activity Night & Dance of the school year is October 7th from 6:00 – 8:00. All grades are welcome however the dance is only open to 7th and 8th graders. Admission is \$3.00. Concessions will be available for purchase.



Capture your memories in this year's **Kenai Middle School** yearbook!

Yearbooks are now available for purchase. Go to www.TreeRing.com/validate Enter our school's passcode: 101283205764347 The cost of the yearbook is \$20.99. Yearbooks will not be available for purchase at the school.

October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	SOCKTOBER					1
2	3	4	5 Site Council Meeting @ KMS 4:30	6	7 XC BOROUGHES @ KMS 3:00 ACTIVITY NIGHT & DANCE	8
9	10 Basketball Intramurals Begin 	11	12	13 KMS CHOIR CONCERT @ KCHS 7:00 Last Day of 6 th Grade Swimming	14	15 District Mind-A-Maze Competition
16	17	18 KMS/ KCHS Concert Band w/ Drum Line @ KCHS 7:00 PM	19	20 Picture Retakes Hay Maze 2:30 – 5:30	21 End of Quarter In Service Day No School	22
23/30	24/31 HAPPY HALLOWEEN Competitive Basketball Begins 	25	26 EARLY RELEASE	27 ARENA STYLE P/T CONFERENCES 12:00 - 4:00 5:00 - 7:00	28 SCHEDULED P/T CONFERENCES 8:00 – 3:00	29