

Rocky River Middle School Pirate Passages

Volume 2, Issue
10

February 6, 2015



- Megan Rose,
Principal
- Michael Sislowski,
Assistant Principal

Dates to Remember

February 9th—8th Grade HS Course
Registration Forms Due in HMRM

February 16th – Presidents’ Day– No
School

February 17th– Robby’s Voice Parent
Presentation 7:00 p.m.

February 18th– Robby’s Voice Student
Presentation

February 20th– Sixth Grade Social Dance /
Student Council All School Dance 7:30-9:30
p.m.

February 25th– Seventh Grade Band/Choir
Concert 7:00 p.m.

February 26th– Eighth Grade Band/Choir
Concert 7:00 p.m.

March 4th– Sixth Grade Band Concert 7:00

March 6th—Maroon and White Night

March 13-14th– Joust! A Mighty Medieval
Musical 7:00 p.m.

March 20th– Community Challenge Cup Bas-
ketball Game 6:00 p.m. RRHS

March 20th– End of Third Quarter

March 21st– RREF Gala Fundraiser

March 24th– 6th Grade Choir Concert 7:00
p.m.

March 30th– Annual Jazz Festival 7:00 p.m.

April 1st– Eighth Grade Washington D.C.
Final Payment Due

April 3rd-12th– Spring Vacation

April 21st– Art Show Opening 6:30 p.m.
RRHS

RRMS Club Information

Join the “Mindfulness Club” here at Rocky River Middle School and watch your stress melt away. The club will meet every Tuesday and Thursday morning in the West Gym from 7:45 to 8:05 am. Research supports the idea that mindfulness, paying attention to what’s happening in the moment, is essential to becoming a successful happier student. Practicing mindfulness exercises can have many great benefits, including:

- Reduces stress, anxiety and depression
- Increases focus, memory and organization
- Reduces negative thinking
- Builds self-esteem

The club will start on Tuesday, January 27th, and we will continue meeting every Tuesday and Thursday until the end of the school year. Times are 7:45am – 8:05am on Tuesdays and Thursdays.

The RRMS Lego Club meets the first Thursday of each month. Please contact Brandy Shuttera with questions at shuttera.brandy@rrcs.org.

Inside this issue:

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Attention Heinen's shoppers– we need your help! If you shop at Heinen's please sign up for their Teaming up for Education program and choose Rocky River Middle School. Heinen's will donate up to 1% of what you spend directly to the middle school. **Please note– you must re-select Rocky River Middle School each year for RRMS to receive the donation.**



Please see the attached flyer with instructions on how to enroll. Thank you!

Counselor Corner

Mrs. Julie Morriss: Counselor for students with last names A – K

morriss.julie@rrcs.org

Mrs. Moira Baylog: Counselor for students with last names L – Z

baylog.moira@rrcs.org

*“The time is
always right to do
what is right.”*

Martin Luther King, Jr.

Welcome to the RRMS Counseling Department...

The goal of the Counseling Department at Rocky River Middle School is to meet the individual needs of every student - academic, social and emotional. Counselors support students, parents and staff as they develop trusting relationships throughout the middle school years.

Communication between students, parents and staff is a critical component to ensure positive school experiences and appropriate high school, career and college planning for all students. We hope to empower all students to achieve their educational goals, to direct their lives, and to contribute to society.

Counselor Accessibility

If for any reason your child would like to meet with a counselor, they may do so during study halls or other free/non-academic times by securing a pass from their respective teacher. Parents are also welcome to meet with their child's respective counselor should the need arise. To make an appointment please email the counselor directly or call the Counseling Office @ 356-6875.

Counselors continue their collaboration with teachers, students and parents to address specific needs. Counselors also meet weekly with teaching teams at each grade level to discuss concerns and plan for interventions. It has been really enjoyable getting to know so many new students and parents.

Counselor Upcoming Events:

2/19/15	9:00 a.m.	Parent H.E.L.P. Session – RRMS Library
3/19/15	9:00 a.m.	Parent H.E.L.P. Session – RRMS Library
4/16/15	9:00 a.m.	Parent H.E.L.P. Session – RRMS Library

Rocky River High School Course Registration

Course registration forms that were shared with students this week are due back in homeroom on Monday, February 9th. If there are any questions, please contact the Counseling Department ASAP.

Safe School Helpline

Break the Silence – Prevent the Event

1-800-418-6423 ext. 359

www.safeschoolhelpline.com

This Helpline has been developed for you, and other students, parents and staff members to help maintain your safety and the most positive school environment possible. The purpose of the Safe School Helpline is to promote school safety and report wrongdoings or illegal activity.

Please call the Safe School Helpline if you know anything that threatens our school's safety. It's free and confidential 24 hours/7 days a week. Please report any facts, remarks or actions that could jeopardize the safety of our children, school or staff. Examples of harmful or threatening behavior might include: bullying, violence, theft, drug or alcohol abuse, talk of suicide, sexual harassment, weapons. *The service also provides 24-hour access to a trained mental health counselor to provide support for suicide intervention, family crisis support or other mental health issues.*

Help Keep Our Schools Safe!



Sunrise/Sunset

Do you need help with homework?
Do you need a quiet place before or after school to get your work done?

Come to
SUNRISE or SUNSET!

Sunrise is in E101
7:35 a.m. to 8:05 a.m. Tuesday – Friday.

Sunset is in the Media Center
3:30 p.m. to 4:15 p.m. Monday – Thursday.

H. E. L. P.

How to Enjoy Living with your Preadolescent



Sponsored by RRMS Counseling Department

Session #3:

Brief Overview of State Testing Dates & Logistics

Presented by: Mrs. Stacey Colbert, 7th Grade English Teacher

& Update on “No Place for Hate” School Events

Thursday, February 19

9:00am

RRMS Media Center

February 2015

Middle Years

Working Together for School Success



Short Stops

Being assertive

Does your middle grader know how to assert herself?

Have her practice clearly expressing what she needs. If a friend borrowed her sweatshirt and hasn't returned it, she could call and say, "I need it back by tomorrow morning, please." As she gets more comfortable speaking up for herself, her confidence will grow.

Extra reading time

Try this idea to get your middle grader to read more. Consider letting him stay up 15 or 30 minutes later if he spends that time reading for pleasure. Read in the living room as a family, or he can read in bed. You might even like to read the same book, then discuss it when you're finished.

DID YOU KNOW?

Companies spend billions of dollars marketing to kids. Help your child be a savvy consumer by encouraging her to notice product placements, such as candy bars as characters in video games or soda cups on TV reality shows. When she spots one, discuss whether it influences her and how she thinks it affects others.

Worth quoting

"Deal with the faults of others as gently as with your own."

Chinese proverb

Just for fun

Q: When is a black cat very bad luck?

A: When you're a mouse.



Typical tween behavior

As your child goes through the middle grades, you can see the rapid changes his body is making. But his brain is also changing, causing normal tween behaviors like these.

Push-pull

You might notice that your youngster wants to venture off and do his own thing—but still look back to see that you are there. This gives him security and comfort. So let him have space and spend time with friends, but don't assume he doesn't need you. Ask about his life regularly, and attend his school or extracurricular activities when you can. Also, plan fun times together to keep him in touch with family.

Mood swings

One minute your child is cooperative and pleasant, willing to vacuum the car or play with his little brother. The next, he's slumped on the couch, communicating only with grunts or shrugs. Tween moods tend to shift quickly and without warning! You can help by staying calm and



upbeat. And where possible, save serious conversations ("We need to talk about your grades") for when he's in a more receptive mood.

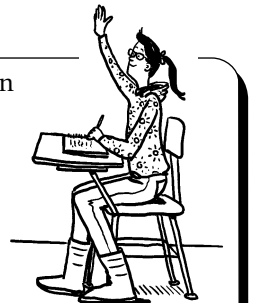
Risk-taking

Middle graders don't always stop and think before acting. The good news is that you still have influence over your youngster and can motivate him to make good decisions. Bring up important topics often, and be clear about your position. *Example:* "I've heard kids are sharing prescription medications. That concerns me because it's dangerous and illegal." He will likely be listening more than you know. 👍

You've got my attention

Concentrating in class not only lets your child learn—it can also prevent her from distracting others. Share these creative strategies for staying tuned in:

- Picture an imaginary tunnel between you and the teacher as she talks. Purposely ignore anything that happens outside of the "tunnel," like a classroom door opening or students whispering behind you.
- Make predictions, and listen to see if you're right. For instance, predict what will happen next in the presidential campaign the teacher is discussing.
- Use the SLANT method: **S**it up in your chair, **L**isten, **A**sk questions, **N**od when you understand, and **T**rack the teacher as she speaks. 👍



Learn with homework

Learning doesn't end when the last bell rings. Help your child get as much as possible out of homework with these tips.

Be ready. Have your tween gather everything she needs before she begins working. She'll learn more if she doesn't have to stop to sharpen pencils, search for her dictionary, or call a friend to find out which problems she's supposed to do. *Tip:* For handy reference, she might bookmark class websites and links to electronic textbooks.



Make it relate. When your middle grader has choices in her assignments, encourage her to think about her interests. For instance, if she has to write word problems for math, she could make them about fashion or music. If she needs examples of natural resources for an economics report, she can look at the country her grandparents came from.

Start the timer. Suggest that your child pick one specific task (making an outline) and set a time limit (10 minutes). That will help her get going, and accomplishing something may energize her to continue. 👍

Forecast: A fit winter

Don't let chilly weather keep your family from being active this winter. Stay fit—and have fun together—with these three ideas.

1. Go sledding. Balancing and steering a sled, and walking back up the hills, will give muscles a workout. Your child could pull a younger sibling on a sled, too.



2. Think summer. Try traditional warm weather activities like Frisbee or badminton in your backyard or at a park. For a real summery experience, find your beach towels and swimsuits, and go to an indoor pool.

3. Create a fitness course. Does your area get a lot of snow? As your youngster shovels, he can pack the snow into obstacles like mounds to climb and mazes to navigate. In a milder climate, he might build a course on grass with cones to run around and hula hoops to jump in and out of. Time each other going through your course. 👍



Q&A

Curing the “gimmies”

Q My son wants everything he sees. How can I teach him that there are limits on what he can have?

A At this age, your child knows the difference between needs and wants—but he might not always think about it. Remind him of choices you make in your household. For instance, the water bill must be paid to keep your water running, but getting a new gym bag may have to wait.

Having your son pay for his own wants will help teach him the value of money. Perhaps he gets an allowance or earns cash from odd jobs. He will quickly see the results of his financial decisions. For example, if he buys too many smoothies and doesn't have money to see a movie with friends, maybe he will make better choices down the road. 👍



Parent to Parent

How to boost critical thinking

During my recent job search, I learned that critical thinking is a key skill employers look for. So when I heard about a free seminar on the topic, I decided to go. As the presenter spoke, I realized the information could help my eighth grader, Josie.

For instance, critical thinkers analyze situations from different viewpoints. I told Josie that I'd heard our school district was considering later start times for students, and I asked her opinion. She thought it was a great idea (of course—she would get to sleep later!), but then

I asked why people might be against it. She thought about it and said a later schedule might interfere with after-school activities or jobs.

I also learned that critical thinkers ask a lot of questions and reflect on how and why things happen. When Josie mentioned a famous battle her class studied, I asked, “Which side did you agree with?”

and “Why do you think the other side felt they were right?”

The end result of all this? Better discussions for us, and better thinking for her! 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
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Rocky River Education Foundation
presents award-winning children's author



TRUDY LUDWIG

Monday, February 9, 2015

7:00 – 8:30 p.m.

Rocky River High School Auditorium

Rocky River City School District parents and community are invited to a special evening presentation with children's advocate and bestselling author Trudy Ludwig:

Understanding Our Kids' Online & Offline Social World: Friendships, Cliques & Power Plays

Intentional exclusion, gossip, the silent treatment, teasing, and the spreading of rumors are often dismissed as normal rites of passage, but research shows these behaviors are a form of emotional bullying and they are as harmful as physical bullying—with long-term negative effects. Learn more about relational aggression (the use of relationships to manipulate and hurt others) including the latest research findings, the nature of boys' and girls' friendships, cyberbullying, as well as tips, tools, and resources to help you empower your children in their social world.

Trudy Ludwig's work and presentations have received high praise from leading experts, educators, and organizations. Her acclaimed books, *My Secret Bully*, *Just Kidding*, *Sorry*, *Trouble Talk*®, *Too Perfect*, *Confessions of a Former Bully*, *Better Than You*, *The Invisible Boy*, and *Gifts from the Enemy* focus on helping children thrive in their social world. An award-winning writer and an engaging speaker, Trudy has been featured on numerous U.S. media outlets including ABC's "Good Morning America," PBS's "Keeping Kids Healthy," *Wall Street Journal*, the National Crime Prevention Council's Circle of Respect Program, and served as an expert panel member on Sesame Street Workshop's video series addressing bullying. ***This presentation is for adults only and is applicable for parents with children in kindergarten - high school.***

For more information, visit Trudy's website, www.trudyludwig.com, or contact your school office.

Special thanks to Rocky River Education Foundation
For sponsoring Trudy Ludwig's visit to our district!
www.rredfoundation.org



Maroon & White Night

MARCH 6TH

Dear Parents: Maroon & White Night is in 4 weeks. Listed below are a few things you can do now to make sure your son and/or daughter are ready for the biggest PTA event at RRMS.

- You can purchase your child's admission wristband and raffle tickets right now! On-line purchases are super easy. Go to RRCS home page. Click on "organizations" at the top of the page. Click on "PTA" then click on RR Middle School PTA. There is information about how to volunteer and how to buy wristbands and tickets.

Wristbands and tickets will be given out during your child's lunch period on March 6th. Additional tickets can be purchased during M&W Night.

- Raffle tickets are used to purchase food, to win prizes and to play all the games.
- Please consider donating a \$15 kid friendly gift card. **The donation box is in the office now.** We use gift cards to purchase prizes and award them all night long. Ideas include: Itunes, Target, Mitchell's, Crocker Park, Movie Theaters, Five Guys, Dick's, Starbuck's, etc.
- If you would like to make an additional donation, please feel free to leave it with Dawn Kelly in the RRMS office. We put together all different kinds of prizes. Feel free to coordinate with other parents and come up with something creative for the kids to win!

If you have any questions, please feel free to email Suzy Bednarski (suzski@cox.net) or Margie Hackett (margiehackett@cox.net)

Heinen's Grocery Store

Teaming up for Education

Support a Local School by Shopping at Heinen's.
Heinen's Way of Giving Back to Community Schools.

About the Program

- ◆ Up to 1% of what you spend at Heinen's can be donated to a local school. If you do not select a school, it will miss out on receiving a donation.
- ◆ A Heinen's Preferred Card and enrollment in the Tasteful Rewards Program™ is required.
- ◆ Get your Heinen's Preferred Card and join the Tasteful Rewards Program™ at the Customer Service Booth, or apply online at www.heinens.com.
- ◆ You must select a preferred school every year to receive our donation.
- ◆ Heinen's issues the donation check to eligible schools every May.
- ◆ **Questions about the program or need assistance?**

Please call the Heinen's Customer Relations Department at 1-855-475-2300 Ext 2337

Tasteful Rewards™ Log-In Instructions

Please follow the steps outlined below:

The screenshot shows the Heinen's Preferred Customer Tasteful Rewards™ login page. It features a header with the Heinen's logo and 'Tasteful Rewards™'. Below the header, there are four instructional callouts in blue boxes:

- Step 1:** Go to www.heinensrewards.com
- Step 2:** Enter the e-mail address you enrolled with and your password—click log-in.
- Step 3:** On the "Welcome Back" Page, Click on "My Profile" at the top right corner of the page.
- Step 4:** On your profile page, choose your school from the drop down list at the bottom of the page. Click to save changes.

The page also includes a login form with fields for Email Address and Password, a 'Log In' button, and a 'Forgot Password?' link. A large yellow and red flower is centered on the page.



Restricted or excluded items include: liquor, tobacco, US Postage stamps, lottery tickets, sales tax, gift cards, returned items and any other items prohibited by State Law or any items deemed unqualified at the discretion of Heinen's.



Do you feel stressed during your school day?

Do you want to be a better student by improving your focus & memory?

Do you want to do better on homework, tests and quizzes?

Join the “Mindfulness Club” here at Rocky River Middle School and watch stress melt away. The club will meet every Tuesday and Thursday morning in the West Gym before school from 7:45 to 8:05 AM

Research supports the idea that mindfulness, paying attention to what's happening in the moment, is essential to becoming a successful happier student. Practicing mindfulness exercises can have many great benefits, including:

- *Reduces stress, anxiety and depression*
- *Increases focus, memory and organization*
- *Reduces negative thinking*
- *Builds self-esteem*

The club will start on Thursday, January 22nd and we will continue meeting every Tuesday and Thursday from

7:45am – 8:05am on Tuesdays and Thursdays

Drop in anytime!

