

MINERAL POINT MIDDLE SCHOOL

Scoop

January 2015 🐾 Education... That's the Point.

How Well Can You Spell?

Have you ever watch the nationally televised spelling bee on ESPN? Well, the Mineral Point Middle School participated in that very same Scripps National Spelling Bee! Classroom bees were held in each language arts class at each grade level for sixth, seventh, and eighth grade students. The top two winners from each class then went on to the school spelling bee. Of the twelve students that participated in the school spelling bee, the top two winners will advance to the sectional spelling bee held on February 3rd at Barneveld Schools. The winner from that bee will advance to the state spelling bee held in March in Madison. The classroom winners that participated in the school spelling bee were:

Sixth Graders

Gage Garcia, Ian Keyes, Grant Lee, and Skylar Martin

Seventh Graders

Nick DuBois, Laney Finkelmeyer, Flo Torres, and Morgan Vondra

Eighth Graders

Simone Fitzsimons, Miranda Oellerich, Karen Wilbanks, and Katie Wilson

The winner that will advance is sixth grader Skylar Martin. Seventh grade speller Nick DuBois will be the alternate. Good luck spellers! 🐾



UPCOMING EVENTS

Tuesday, January 27

M.S. wrestling @ Belleville, 4:00 p.m.

Tuesday, January 27

M.S. GBB vs. Cuba City, home, 4:00 p.m.

Thursday, January 29

M.S. wrestling @ Darlington, 4:00 p.m.

Thursday, January 29

M.S. GBB vs. Dodgeville, home, 4:00 p.m.

Tuesday, February 3

M.S. wrestling @ Black Hawk H.S., 4:00 p.m.

Tuesday, February 3

M.S. GBB @ Southwestern, 4:00 p.m.

Wednesday, February 4

M.S. Progress reports

Wednesday, February 4

The Kitchen Project is a new after school cooking club beginning, Wed., Feb. 4, 3:30-4:40 p.m. Contact Julie Pompos to sign up or for more information.

Wednesday, February 4

Empathy Day. Students are to wear their Empathy t-shirts and participate in *Mix it Up* during their lunch period.

Thursday, February 5

M.S. wrestling @ Cuba City H.S., 4:00 p.m.

Friday, February 6

Early Release, 1:00 p.m.

Tuesday, February 10

M.S. GBB vs. Iowa-Grant, home, 4:00 p.m.

Tuesday, February 10

M.S. wrestling @ Lancaster Middle School, 4:00 p.m.

Wednesday, February 11

Grade 8 FFA quiz bowl district contest @ Shullsburg

Thursday, February 12

M.S. GBB @ Darlington, 4:00 p.m.

Friday, February 13

Valentine's Dance, 7:00-9:00 p.m.

Saturday, February 14

Valentine's Day

Monday, February 16

M.S. wrestling @ Prairie du Chien, 4:00 p.m.

Tuesday, February 17

M.S. GBB vs. Southwestern, home, 4:00 p.m.

Thursday, February 19

M.S. GBB vs. Lancaster, home, 4:00 p.m.

Monday, February 23- Friday, 27

FFA week

Tuesday, February 24

M.S. GBB @ Cuba City, 4:00 p.m.

Wednesday, February 25

M.S. Progress reports

Mosaics

For the past nine weeks each middle school grade worked extremely hard creating many beautiful art projects. One of the most dedicated projects, completed by the sixth graders, was their paper mosaics. Each student cut out tiny magazine clippings and put them together to develop a masterpiece. This difficult project was also very time-consuming, however the students did an excellent job. 🐾



Middle School Quarter Reward Activity

With the completion of the 2nd quarter, I would like to remind parents of the Middle School Quarter Reward activity. At the end of each quarter, students who meet the following requirements are eligible for the end of the quarter reward activity:

- 1. Assignment completion according to classroom policy.**
- 2. Absences (Maximum of 4 days for any reason except unexcused absences).**
- 3. Tardiness (Maximum of 4 unexcused tardies).**
- 4. Citizenship**
 - A. Is respectful to all staff members (does not have any discipline referrals).**
 - B. Is respectful to peers.**
 - C. Is prepared for class (has all required materials).**
 - D. Follows classroom rules and procedures.**

All assigned homework clubs must be completed or made up to be eligible for all quarter rewards. At the end of the 1st, 2nd and 3rd quarters, there will be a gift card drawing. The end of the 4th quarter will be the field trip.

The field trips currently are scheduled for June 4. Any student who is ineligible to attend the field trip will be expected to be in school on June 4. 🐾



Accelerated Reader Goals Reached

Mrs. McCoy

I am happy to report the following students met or exceeded their 2nd quarter Accelerated Reader goals in both comprehension and points! Visit the MS/HS library to check out our number of words read wall. We have some amazing readers -- as a whole group, our middle school students are reading about two MILLION words each week! Thanks for all you do to inspire your kids to pick up a book and read! 🐾

6th Grade

Alexis Berget
Bryann Cody
Emily Cody
Gunnar Gorgan
Mason Horn
Mason Hughes
Ian Keyes
Haily Murphy 2x
Matthew Nordstrom
Sadie Owens
Keira Schrank 5x
Gabe Sporle
Nolan Springer
Cecilia Stanton
Kylie Swaziek
Cameron Wiegman
Rita Wilson
Macy Aschliman
Jacob Carpenter
Brayden Dailey
Raven Day
Natalie Finley 2x
Kane Gunderson
Alfredo Jiminez
Ivy Lawinger
Grant Lee
Tatum Novak 5x
Bode Schmitz
Will Straka 2x
Megan Toay

7th Grade

Justin Baehler 2x
Wes Berget
Mckenna Bowers 2x
Nick Dubois 3x
Payton Lawinger
Isaac Lindsey
Cody Pierce
Dalton Schrank
Owen Stephenson
Morgan Vondra
Ben Basting
Grant Bossert
Natalie Chitwood 2x
Wyatt Evans
Ryver Galle
Tessa Hanson
Sara Heisner
Darrien Knouse 2x
Bodhi Logueflower
Larry Steffes
Kylie Sullivan
Flo Torres 2x
Blaise Watters
Blake Wendhausen
Annie Wilbanks
Lily Wong 4x
Madeline Williams

8th Grade

Michaela Acherman
Mara Aschliman
Matthew Berg 6x
Caden Carey
Madisen Faull
Zula Flanary
Zoe Hay 2x
Kaitlyn Kinch
Kyla Lindsey
Miranda Oellerich
Uriah Ottoway
Brandon Putman
McKenna Reichling
Samantha Socha
Katie Wilson
Karsten Bakken
Bailey Bennett
Megan Berg 2x
Curtis Cox
Kevin Eisenzimmer
Riese Federman 3x
Simone Fitzsimons
Morgan James
Savannah Jones
Eden Lawson
Josie Lindholm
Grant Lineberger 2x
Brady Palzkill 2x
Daniel Pittz
Dana Schmitz
Logan Schmitz
Noah Stanton 2x
Cade Steffes
Sarah Toay 3x
Trystan Trace
Jaron Walrack
Karen Wilbanks 2x
Cole Wilson 2x

(number)X = how many times a student exceeded their goal

12 Questions That Teach Kindness in Your Children By Megan Jordon

Why is Kindness Important?

Kindness is the pathway to empathy. In short, empathy is the ability to intellectually identify with or vicariously experience the emotions and thoughts of others. It can be a powerful skill and a lifelong tool for healthy relationships or simple daily interactions.

We tell the kids, “You never know what that little bit of kindness will mean to someone’s day.”

Empathy helps you understand your loved ones and pick your battles, which is particularly good in managing stress as well. But it can be a complex character trait to understand as a kid, so we focus on kindness.

Kids can understand kindness. They know it when they see it and feel it. The trick is teaching them to demonstrate it.

How Can You Raise Children To Be Kind?

Modeling kindness at home and in public is the most powerful method available to you to instill the value in your children. But how about something more tangible?

We teach our kids to ask questions of themselves about those around them. In doing so, we teach them how to pause before reacting and to see through the eyes of fellow humans.

Teach Your Children To Ask These Questions:

ASK THEMSELVES (of others):

1. How would that make him feel?
2. How would that make me feel?
3. Look at her face: What do I think she’s thinking right now?
4. Is she maybe feeling lonely or left out?
5. What else might he be upset about?

WHEN FIGHTING, ASK:

1. Is it necessary to fight about this?
2. Is it worth being right or even just winning?
3. Did I [do something that hurt their feelings] just to be cool?

ASK OTHERS:

1. Are you okay?
2. Is there anything I can do to help?
3. Is there anything you need?
4. Want to hang out?

The Fantastic Results:

An unexpected result of teaching your children to ask these questions? They learn to recognize the true source of their *own* feelings. When they fly into a fury over something minor for no apparent reason, they learn to stop long enough to ask what they are really upset about. They may not realize it quickly enough to head off the tantrum themselves, but they are far more likely to thoughtfully apologize for their misdirected anger later.

Does that sound like too much to hope for? It’s not. You’ll be floored the first time your tween comes back to you after a meltdown and says, “I’m sorry I yelled before. I wasn’t really mad about that. I just had a really bad day at school.”

Teach your children thoughtful kindness and you will equip them for a life full of love, confidence, friendship, and compassion. 🐾

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

– Maya Angelou

Students Attend Science Program

This past November, Abby Shannon, Zoe Hay, Haakon Shriefer, Max Palzkill, and Nick Dubois, went to the University of Wisconsin in Madison to take part in a science program geared toward middle and high school students. Mr. Rhode escorted the students and drove them in one of the school vans. In one of the classes they learned about stem cells and antibiotics. Another class dealt with gold nanoparticles. Several of the students took part in a problem-solving activity in which they worked as a team to warm up water via a complex contraption and a space heater that was kept a certain distance away. The students seemed to enjoy their unique excursion. 🐾

From the Desk of Ms. Dahl, Middle School Principal

The Basics of Peer Pressure from *Kids Health*

Peers are any persons or group of people who have a close but general relationship to one another. For instance, people of similar age group, people in the same circle of friends, people at the same workplace, people in the same family, etc. In order for a group to be considered a “peer group” we look for commonalities.

Peer pressure is more than just a phase that young people go through. Whether it leads to pink hair or body piercing, peer pressure is a powerful reality and many adults do not realize its effects. It can be a negative force in the lives of children and adolescents, often resulting in their experimentation with tobacco, alcohol, and illegal drugs. Parents often believe that their children do not value their opinions. In reality, studies suggest that parents have tremendous influence over their children, especially teenagers.

Pressures are a normal part of life and children need guidance from their teachers, parents and other adults so that they are able to handle these pressures in a positive way. Even as adults we still face peer pressure at different times in our lives. 🐾

Just for fun:

Q: What did the football coach say to the broken vending machine?

A: “Give me my quarterback!”

Worth quoting:

“Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.” - Lou Holtz

MINERAL POINT MIDDLE/HIGH SCHOOL

The Kitchen Project

ATTENTION MIDDLE SCHOOL STUDENTS

Beginning Wednesday, February 4th 2015 there will be an after school **Cooking Club** that will be meeting every Wednesday for the months of February, March and April

Time: 3:30 p.m. to no later than 5:00 p.m.

Location: “old” Home Economics Room (across from band room)

To sign up or inquire for more details contact
Julie Pompos, School Nurse
julie.pompos@mp.k12.wi.us • 608.987.0733

eMPathy Time

Mrs. Rand School Counselor

Our empathy T-shirts have arrived and have been distributed! **February 4th** has been designated as our first *Empathy Day*. Students are to wear their t-shirts as we will be filming and posting a video online. We will also be participating in *Mix It Up At Lunch* with empathy building activities. We will be watching various YouTube videos where kindness and empathy are the essential message. We will have an *Empathy Wall* and “will walk in the shoes of others” as we travel our hallways. 🐾

“Could a greater miracle take place than for us to look through each others’ eyes for an instant?”

– Henry David Thoreau



Parents Make A Difference!

Teens Serving Their Community

February 2015

Take a moment to reflect on the recent holiday season. Did charities become more visible as food, clothing, and toy drives took place? Did you hear stories about generous acts of kindness? Did you donate to a charity or participate in a community service project?

For many charities, more than 30% of annual donations happen in December (Charity Navigator, 2015). Many organizations launch holiday campaigns to promote donations or community service projects during the holiday season (Olson, 2011).

Generosity toward others may seem more prevalent during the holidays. Bob Hope once said, "my idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?" Whether during the holidays or at another time, showing generosity toward others through community service plays an important role in positive youth development.

WHY IS COMMUNITY SERVICE IMPORTANT?

Engaging in community service provides youth with opportunities to connect with caring adults while making a positive difference in their community. One survey revealed the following as some of the potential benefits of community service:

- Helps develop self-confidence
- Builds skills youth need to succeed
- Reduces the likelihood of youth getting involved in self-destructive behavior (Kenny & Gallagher, 2003).

In 2007, the Corporation for National & Community Service reviewed the health benefits of community service volunteering and found that those who volunteer have:

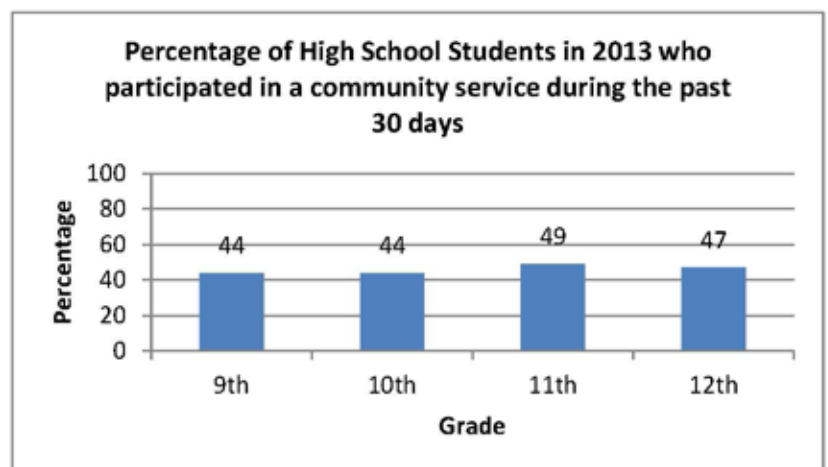
- A longer life expectancy
- Greater functional ability
- Lower rates of depression later in life
- Enhanced social networks.

Do you know teens who are taking advantage of the benefits of volunteering through community service?

HOW MANY SOUTHWEST WISCONSIN TEENS ENGAGE IN COMMUNITY SERVICE?

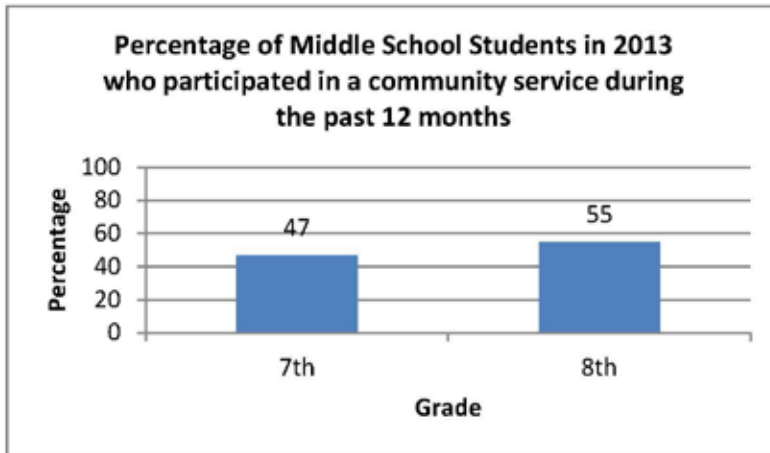
The 2013 Department of Public Instruction Youth Risk Behavior Survey reached 5,354 Southwest Wisconsin 7th through 12th grade youth. Students were asked to report the number of times they participated in a community service. Charts 1 and 2 illustrate the responses by grade level.

High school students were asked: "During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?" On average, 46% of high school students participated in a community service during the 30 days before the survey.

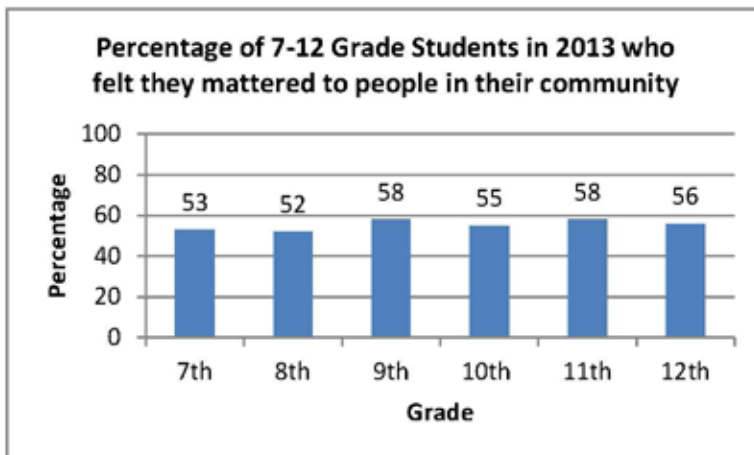


Middle school students were asked: "During the past 12 months, how many times did you perform any organized community service as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?" On average, 51% of middle school students

participated in a community service in the 12 months prior to taking the survey.



Teens who engage in community service are more likely to have better self-confidence and feel better connected to their community (Kenny & Gallagher, 2003). When asked, an average of 55% of students in 2013 felt they mattered to people in their community. Chart 3 below shows the percentage of 7-12 grade youth who agreed that they felt they mattered to people in their community by grade level.



HOW PARENTS CAN HELP

Choosing to volunteer as a family is a great way to share the importance of volunteering with your teen. Start a family tradition of service and invite others to join. Below are some tips to help you get started:

- Think about causes or issues that are important to your family. Look for an organization or project that deals with things you care strongly about.
- Consider the skills and talents your family has to offer. Also consider the personalities that your family will contribute to the project and think about how you can make a positive impact.
- Find a volunteer activity that fits your schedule. Some commitments may be intense, while others could be seasonal. Look into virtual volunteering, which can provide a flexible, at home schedule over the computer (CNCS, 2015).

Engaging in community service helps people strengthen their social network, self-confidence, and their community. How will you and your teen decide to get engaged in community service?

Resources:

- Charity Navigator. (2015). *Giving Facts*. Retrieved on 8 January 2015 from <http://www.charitynavigator.org/index.cfm?bay=content.view&cpid=519#.VK5szNLF-Sq>.
- Corporation for National and Community Service (CNCS). (2007). *The Health Benefits of Volunteering: A Review of Recent Research*. Washington, DC.
- Corporation for National and Community Service (CNCS). (2015). *Tips for Volunteering*. Volunteering in America. Washington, DC.
- Kenny, M. and Gallagher, L. (2003). *Teenagers and Community Service*. Westport, CT.
- Olson, E. (2011). *Charity Campaigns Try Gentle Approach to Get Shoppers to Spend on Good Deeds*. New York Times. New York, NY.



"Parents Make a Difference" is a product of the Southwest Wisconsin Youth Risk Behavior Survey (YRBS), a program of the Department of Public Instruction, University of Wisconsin-Extension and local school districts. This newsletter is adapted from the UW-Extension newsletters "Whose Kids?...Our Kids!" This issue of "Parents Make a Difference" was written by Sarah Hopkins, UW-Extension Grant County and reviewed by Bev Doll, UW-Extension Grant County; Amy Mitchell, UW-Extension Crawford County; Lori Berget, UW-Extension Lafayette County; Jennifer LaTour, UW-Extension Richland County; and Ruth Schrieffer and Deb Ivey, UW-Extension Iowa County. Thanks are extended to the 5,354 7th to 12th graders from Southwest Wisconsin who participated in the 2013 YRBS survey. Contact UW-Extension for further information: Grant County (608) 723-2125; Lafayette County (608) 776-4820; Crawford County (608) 326-0223; Iowa County (608) 930-9850; or Richland County (608) 647-6148. Or visit our new website at: <http://www.cesa3.org/yrbs.html>

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