



Mount Baker Middle School
2310 E. Section Street
Mount Vernon, WA 98273

February 2019
Volume 1, Issue 5



Mount Baker Newsletter

FROM THE PRINCIPAL~MRS. JENNIFER HARLAN

Hello Grizzly Families!

The year is flying by and our second semester has already started. Please look for grades in the mail and if you have any questions, don't hesitate to contact teachers. Now is also a good time to look through backpacks and binders to replenish supplies.

For 6th grade parents, Camp Orkila paperwork will be coming to you next week. Please look for it. Dates for camp are April 22-24. Cost for camp is \$100. If you need to do a payment plan, please contact the main office.

Meet our new team member! Mimi Dennis, Social Worker

My name is Mimi Dennis and I am Mount Baker's new School Social Worker. I have my Masters in Social Work, am a Navy Veteran and spouse, and a mom to a 6th and 4th grader.

My role at Mount Baker is to help parents, students, and school staff identify needs that interfere with learning and work with students to get the services they need. This includes working with general and special education students and their families to resolve social, emotional, and behavioral concerns, as well as, assist with referrals to any community resources. Overall, I am here to bridge the path between school, home, and community to help students be as successful as possible.

I am available to talk to any parent, guardian, student, or staff who may have questions or concerns.

My email address is MDennis@mvsd320.org.

I look forward to meeting many of you and getting to know the Mount Baker community.

Mimi Dennis, MSW, LSWAIC

We are very excited to have Mimi on our team! Please don't hesitate to contact her.

Sincerely,
Jennifer Harlan
Principal MBMS

Early Release Fridays

February 8, 22

March 8, 15

April 19, 26

May 17, 31

Mount Baker Events

February

- 2/1 Winter Season 2 starts with Girls Basketball and Boys/Girls Wrestling
- 2/7 Camp Orkila 6th Grade Parent Meeting 6PM
- 2/8 2 hour Early Release
- 2/13 Home Wrestling Meet LV Gym
- 2/13 JV Girls BB Jamboree
- 2/14 Away Girls BB Game at SW
- 2/15 MBMS Dance
- 2/15-16 NafME Band Conference
- 2/18 No School – President's Day
- 2/20 Away Wrestling Meet Concrete
- 2/21 Away Girls BB at N Whidbey
- 2/22 Early Release
- 2/26 Home Girls BB Game
- 2/27 Away Wrestling Meet SW
- 2/ 27 6 PM PTO Meeting
- 3/4 Away Girls BB Game Anacortes
- 3/5 Home Girls BB Game
- 3/5 Incoming 6th grade orientation**
- 3/6 Home Girls BB Game
- 3/6 Away Wrestling Meet LU
- 3/11 Home Girls BB Game
- 3/12 Away Varsity Girls BB Game BE
- 3/13 Home Meet at LV
- 3/16 Wrestling Finals at N Whidbey

Attendance

Attendance has a huge impact on your child's learning. Students who miss regularly are at risk of falling behind academically. Good attendance is important in school and at work. Please be sure your student attends regularly and is on time. Please schedule appointments and such after school whenever possible. If your child is ill or misses school, please send a note upon return.

Save the Date!

***Incoming 6th grade orientation will be on March 5th for students and parents! Please look for more information coming in the future!**

Character Challenge

Don't forget to ask your student about the weekly Character Dare!

HEALTH ROOM

7th Grade: Vision Screenings were completed before winter break. You should be receiving a report on the results of that screening if you have not already.

8th Grade: Health Update Forms are coming home for completion. In order to keep your student safe and healthy at school, it is important that we have the most updated health information. Thank you for returning these promptly!

Measles: As you may have heard, there is an outbreak of measles in the south-west region of Washington state. Measles is a highly contagious and serious disease. Measles causes a high fever and rash. It begins with a high fever, cough, runny nose, and red/watery eyes. After 3-5 days, a rash begins on the face then spreads to other parts of the body. Measles can be spread up to 4 days before the rash appears and up to 4 days after it first appears. It is spread when someone breathes out, coughs or sneezes. You can catch it just by being in a room where someone with measles has been in the last 2 hours. Anyone who is not vaccinated is much more likely to get measles. Measles can be dangerous and cause swelling of the brain and lung infections. **Call your doctor or clinic right away if you see these symptoms. Follow their instructions over the phone as to what next steps to take.**

Vaccination is the best way to protect your family. Please check with the doctor about your immunization status. The MMR vaccine can protect against acquiring the measles virus. **The MMR vaccine IS REQUIRED to attend public school. If a case of measles occurs in school or an outbreak occurs in the community, children who do not meet school MMR vaccination requirements can't go to school until the disease is under control.**

Please contact me at 428-6127 Ext. 32008 if you have any questions regarding this information.

Angela MacPherson, RN BSN, School Nurse, Mount Baker Middle School

COUNSELOR CORNER

Helping your student navigate friendship conflicts

Middle school is a time of major social and emotional changes for students. Peer relationships and establishing a sense of belonging become a major focus. These shifting priorities may be overwhelming for students when conflicts arise. At this age students are still learning how to handle conflicts and often need adult support to prevent situations from escalating. If and when students seek out help from adults it is commonly after situations have gone too far. School staff and families can work together to navigate conflicts. Below are some suggestions to guide your student through difficult social situations.

- 1. Observe** - Take time to pay attention to your student's behavior, mood, body language, facial expression and monitor their cell phone/internet use. When something seems "off" or doesn't feel right it is always a good idea to check in with them.
- 2. Connect** - Talk with your student, learn about their day, school activities, and friends. Log on to Skyward to support with grades and attendance.
- 3. Stay Optimistic**- Assume positive intent. Adolescents can be insensitive, but they generally are not intentionally cruel. To create a culture of trust, teach students how to assess situations from others' point of view and state of mind. There are always two sides to a story.
- 4. Help them understand when to let go.** It is normal for friendships to evolve and change and some friendships will run their course. Explain to students that they can't control someone's behavior or feelings, but they can get a handle on their own. Even in extreme cases, it can be difficult for kids to walk away from unhealthy relationships. Try posing questions that encourage insight: What advice would they give to a friend in the same situation?
- 5. Guide**- If there are issues at school, encourage your student to follow up with school staff. If issues are reported, then staff can accurately follow up and prevent issues from growing.