



# The Mountaineer Messenger

For absences & tardies, please call the Attendance Hotline 360-804-4201  
Para excusar ausencias o tardanzas de sus estudiantes llame a la línea directa de asistencia 360-804-4201.

Linda Boyle, Principal ❖ Joe Delp, Assistant Principal

Jodi Gullikson, Lead Secretary ❖ Jeanette Barr, Registrar & ASB Secretary ❖ Rachel Nystrand, Assistant Secretary

Main Phone - 360-804-4200 or 800-282-7818 Fax 360-804-4299 www.monroe.wednet.edu

## Calendar



Wed, Sept 23 - Picture Day  
Tues, Sept 29 - QSP Fundraiser Assembly  
Thur, Oct 1 - Curriculum Night - 6:30-8:00pm  
Mon, Oct 12 - No School for Students  
Oct 26-30 - Conference Week  
Wed, Oct 28 - Picture Retakes



### Principal's Corner

The Mountaineers are off to a wonderful start as our students seem very happy and classes are going well. Due to budget cuts reducing the number of teaching staff, we are still having a few schedule challenges but those should be resolved by the time you see this newsletter. As usual, please call the Counselor, Mrs. Franklin, if you have questions about your student's schedule.

We welcome three teachers that transferred to Monroe Middle School this year. Ms. Lamb is teaching Computer Applications three periods a day, Ms. Beazley is teaching 7<sup>th</sup> grade Block and LAP, and Mr. Watts is teaching Band three periods a day. We also welcome Mr. Kellogg back as he fills in for Ms. Jule who is ill. We hope you all come to meet these and the rest of our teachers on Curriculum Night October 1<sup>st</sup>.

Your student's WASL scores will be sent home with your student on Friday September 18<sup>th</sup>. Please ask your student for them. If you do not receive a hard copy you can also go to *Family Access* and see their scores or you can contact the office for a copy.

Please remember that you can contact us any time to conference with a teacher or ask questions. We look forward to another year of support from all of you for the sake of our students.

### Introducing Your ASB Officers for 09-10

(pictured left-right)

Secretary: Domanique Rizo  
Treasurer: Brittny Schwindt  
President: Alyson Gonzalez  
Vice President: Tellis Aucoin



### SAFETY REMINDERS

**Student Drop Off and Pick Up is in the front of the school only (off of Short Columbia).**

**For everyone's safety, please do not use Hill Street where the school buses are.**

**Also, walking students need to cross with our crossing guards at Main & Sams, or on Kelsey.**



**Attention 7th and 8th Graders!** Have you ever wanted to travel to Washington DC? Monroe Middle Students are going to Washington DC at the end of this school year! If you are interested in joining Ms. Hornbacher and Ms. Kosbab on this awesome adventure, mark your calendars for an informational parent meeting Thursday, September 24<sup>th</sup> @ 6:30pm in the library. Not only will this experience be memorable but **students can earn a full semester of high school credit for participating!** Scholarships are available.

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**QSP Magazine & Cookie Dough  
Fundraiser**

**Important Dates**

Tues, Sept 29 - Kick Off Assembly

Wed, Sept 30 - Booklet Turn In

Thurs, Oct 15 - Last Day to turn in \$

For the following information, go to [www.monroe.wednet.edu](http://www.monroe.wednet.edu) and click on **Community Notices**:

- YMCA Dance
- B&G Club Flag Football
- B&G Club Volleyball
- Smile Mobile
- Run for the Arts
- Boy Scouts
- Spanish storytime at Library
- Campfire
- Girl Scouts
- B&G Club Free Tutoring
- School Safety Tips
- I9 Sports - Flag Football & Winter Basketball
- YMCA Dodgeball
- YMCA After School Program
- After School Bus Transportation
- YMCA Youth & Gov't
- YMCA Teen Zone

**CALLING ALL DOCENTS!**

Are you interested in helping/volunteering in your child's class/school? If so there are exciting opportunities to help in the "docent" program. This is a district wide program that allows parents, grandparents, college students, etc. to volunteer in the following areas: art, science, technology and culture. You do not need any previous experience, only the willingness to learn and to teach. Please contact Tess Thompson at 360-804-2575 or [thompson@monroe.wednet.edu](mailto:thompson@monroe.wednet.edu). Informational meetings are listed below. If you're interested in Technology please contact Tess Thompson directly.

(All Meetings will be held at the District Administration office located at 200 E. Fremont St.)

Sept 22nd AND Sept 29th - 10:30 am -12 pm Docent Coordinator Information Meeting (New & Returning Coordinators)

Oct 7th 10:30 am -12 pm & 6:00-8:00 pm Docent Information Meeting for Returning Docents

Oct 14th 10:30 am -12 pm & 6:00-8:00 pm Docent Training \*Art

**Sky Valley Community Schools Classes "JUST FOR KIDS"**

For information on all classes and on how to register, visit [www.monroe.wednet.edu](http://www.monroe.wednet.edu) and click on the community schools tab. Or you can call the community schools office at 360 804 2570 or email [johnstonk@monroe.wednet.edu](mailto:johnstonk@monroe.wednet.edu).

**JUST FOR KIDS & TEENS**

**Beginning Piano for Children:** Young students will learn rhythm, listening skills, and play immediately with both hands. This class is designed for students from 2nd to 6th grade. Student required to purchase *Alfred's Group Piano Course, Level 1 after the 1<sup>st</sup> class.*

9 Mondays MHS Music Room  
October 5-November 30 Registration \$60  
4:00-4:45 PM Geer

**Young Ladies and Gentlemen:** Children rarely beg for the opportunity to attend a class on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun hands-on workshop teaches boys and girls, ages 6-11, telephone etiquette, basic table manners, introductions, personal care and posture. Each student receives a 'goodie bag' to take home. Don't be surprised when they come out asking for more! *This class is offered during the day on MSD's School Improvement Day.*

Monday PPM D4  
October 12 Registration \$35  
9:00-12:00 PM Final Touch School

**Preteen Style:** Girls, ages 9-11, will discover how to develop their own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing and nutrition. Experience the steps to great skin as you give yourself a facial! *This class is offered during the day on MSD's School Improvement Day.*

Monday PPM D4  
October 12 Registration \$45  
1:00-5:00 PM Final Touch School

**Babysitting Basics:** Learn the how-tos of babysitting – everything from the proper way to hold a child to what to do in an emergency. Topics include: infant and toddler care, play ideas, behavior management, age characteristics, emergency procedures, finding sitting jobs and working with parents. *This class is for grades 5, 6, 7, 8.*

4 Tuesdays PPM C5  
October 20-November 10 Registration \$35  
3:45-5:45 Campfire USA

**Kids are Cooking:** Kids will get hands-on cooking experience by preparing a variety of foods.

6 Mondays PPM D4  
October 19-November 23 Registration \$35  
6:30-8:00 PM Weber

**Headspout Online Reading Program #1 & #2:** Headspout is designed especially for K-2 students (some preschoolers could be ready as well). This is a fun, online interactive class with "ready-to-read" printed stories (Each class consist of 40 stories and class #2 is a continuation of the first Headspout class). To view and sample activities, visit <http://www.headspout.com/school/samples.cfm>. Registration is \$85/class. *Please include parent name, student name/grade level and E-mail address on registration form.*

**The Learning Odyssey:** The Odyssey program is an interactive online curriculum for K-8. Subjects for most grade levels include math, language arts, science and social studies and the program can be customized for each content area. The activities are interactive, self-paced, challenging and engaging. To view and sample activities, visit <http://www.compasslearning.com/sampleactivities.aspx>. Registration is \$75 for one year. *Please include parent name, student name grade level and E-mail address on registration form.*

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## From Your Counselor, Carolyn Franklin

### Managing School Bullying

Get tips on how to tell if your child is being bullied and learn tools to help your child cope with the school bully. By Madeline Vann, MPH; Medically reviewed by Christine Jacobs, MD

Dealing with the school bully is a much-stereotyped aspect of growing up — but it is a reality and there are ways to help your child cope.

#### **Is Your Child a Victim of Bullying?**

According to a study by the National Institutes of Health, many children in grades 6 through 10 have either bullied classmates or been bullied by them, sometimes online or through cell phones. The study revealed that 53.6 percent were victims of verbal bullying, 51.4 percent of relational bullying, and 13.6 percent of "cyber-bullying" on a computer, cell phone, or other electronic device.

So how do you tell if your child is a victim? "Some kids are reluctant to disclose that they are being bullied. It's a sign of weakness that they are getting picked on," says psychiatrist Andrew Harper, MD, associate professor of psychiatry and behavioral sciences at the University of Texas Medical School at Houston and medical director of the UT Harris County Psychiatric Center. "Be willing to be available, even if, initially, your overtures are brushed off. Just knowing that you are there can be helpful for the child."

It's also important to keep an eye out for signs that indicate your child may be the victim of school bullying: Reluctance to go to school, efforts to avoid going to school, repeated loss of possessions or money, evidence of a scuffle, loss of self-esteem, depression, anxiety.

#### **How to Address School Bullying**

Bullying is a complex situation, says Harper, because it involves not just the victim and the bully but all the bystanders who inadvertently support the bullying. "The intervention can't just be with the victim," he says, adding that notifying the school is important because many schools now have programs that address the whole bullying dynamic. This will also involve peers and school personnel in ending school bullying.

Meanwhile, he says parents should know that bullies tend to target other children who have less social support, are less assertive, and have less self-confidence. The best way to help your child cope with school bullying is to work on the following skills:

**Assertiveness.** You can use role-playing to teach your child to be more assertive. The Substance Abuse and Mental Health Services Administration (SAMSHA) says teaching your children assertiveness means teaching them: how to tell when someone is being aggressive, bossy, or violent, that it is okay to say "no," to trust their feelings about a situation, to be direct in requests and responses, not give up space or toys if they don't want to, how to speak politely to each other and to adults.

**Conflict resolution.** This might include learning how to: compromise, figure out a fair solution to a problem, ignore teasing or other efforts to pick a fight, talk about feelings or needs in a positive way.

The real question is whether your child can develop a good response to the bully, Harper says. You don't want your child to give in because that just reinforces the bully's behavior. And you don't want your child to lash out violently because that can just create a cycle. (Many bullies are already victims of violence in some other areas of their lives, he says.) The key is to help your child respond from a position of personal strength.

Whether in-person or online, bullying can be hurtful for your child. And while there's no surefire way to stop bullying, you can protect your child by monitoring his or her behavior and providing positive parental support.



**STATE OF WASHINGTON**  
*Olympia, Washington 98504*

August 2009

**Superintendent of Public Instruction and Secretary of Health  
Encourage Families to Help Prevent the Spread of H1N1 Swine Flu**

The health of our children is very important to all of us. You've probably heard about the H1N1 (swine flu) virus that first appeared last spring. It's a public health concern we're taking very seriously. The Washington State Department of Health, the Office of Superintendent of Public Instruction, local health agencies, and school districts around the state are working together to prepare for the potential impact of this new flu on families and schools.

We're tracking and monitoring this new virus very closely, so we're prepared to do everything we can to keep people healthy. As the school year begins, we want to make sure parents and guardians have the information you need to understand and get ready for this upcoming flu season.

One of the most important things you can do to stop the spread of germs is keep children at home if they're sick. Children should stay home from school at least 24 hours after their fever has passed (without the use of fever-reducing medicine).

**Things You Can Do to Prevent the Flu**

**Wash your hands:** wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

**Cover your cough:** cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

**Flu shots:** get your family vaccinated for both seasonal flu and H1N1 flu (when vaccines are available).

**Make a Plan**

Plan for childcare at home if your child gets sick or their school is dismissed. Many families around the country are creating "childcare co-ops" with friends and neighbors. These trusted friends and family work together to share the responsibility of caring for sick children.

If you have children with asthma or other medical conditions that put them at higher risk for the flu, talk to your health care provider now about a plan to protect them during the flu season.

## More Information

**Office of Superintendent of Public Instruction:** School planning efforts and current information on dismissals – <http://www.k12.wa.us/HealthServices/H1N1Flu.aspx>

**Washington State Department of Health:** Health information about H1N1 including current information, more on symptoms, and other resources in English and other languages – <http://www.doh.wa.gov/swineflu/>

**Local public health:** To find information from your local public health agency – <http://www.doh.wa.gov/LHJMap/LHJMap.htm>

We hope these tips help keep you and your family healthy this year!



Randy I. Dorn  
State Superintendent of Public Instruction



Mary C. Selecky, Secretary  
Washington State Department of Health

