

Martin Luther King Jr. Middle School

January/enero 2020



Important Update /Actualización Importante

Hello parents! Welcome to the new school year. We are excited to announce that our schedule has changed to allow more teacher preparation time and accommodate three parent-teacher conferences this year! **Regular day first bell is at 8:40 a.m, classes begin at 8:45am**

¡Hola padres! Bienvenidos al nuevo año escolar. ¡Nos complace anunciar que nuestro horario ha cambiado para permitir más tiempo de preparación para los maestros y para dar cabida a tres conferencias de padres y maestros este año! **Día regular la primera campana suena a las 8:40 a.m., y las clases empiezan a las 8:45am.**

Upcoming Events/ Próximos Eventos

1/14/2020

**Students return from
Winter Break
*Los estudiantes regresan
de las vacaciones de
invierno***

1/27-2/14

**NWEA Testing Window #2
(Reading and Math)**

2/4-2/6/20

**Parent Conferences
2/4 (2-4pm)
2/5 (5-7pm)
2/6 (2-4pm)**

Event Highlight/ Evento destacado

Helping your child get back into their school routine after a long break. Kids and teens might be a little nervous or resistant to returning to school after a long break it might be difficult for them to re-adjust back to their sleeping schedule, homework routine and social relationships. Ways you can help them, sufficient sleep can prevent irritability and lack of concentration in the classroom. Packing and organizing their book bag can help them feel more confident and prepared about being back at school ready to take on the new semester. Help Them get back into the rhythm of doing homework and studying, have them go over their assignments or notes from the previous semester to remind them of where they had left off before the break, going back to school might be the best time to make an improvement or change their academic habits.

Ayudando a que su hijo/a vuelva a la rutina de la escuela después de un largo descanso. Los niños y jóvenes podrían sentirse un poco nerviosos o resistentes a regresar a la escuela después de un largo descanso. Podría ser difícil para ellos tener que re-ajustarse a volver a sus horarios de dormir, la rutina de las tareas y relaciones sociales. Maneras en las que usted puede ayudarles: dormir lo suficiente puede prevenir la irritabilidad y falta de concentración en el salón de clases. Empacando y organizando la bolsa de los libros puede ayudarles a sentirse con más confianza y preparados acerca de estar de vuelta en la escuela listos para enfrentar el nuevo semestre. Ayúdelos a volver al ritmo de hacer las tareas y estudiar, haga que revisen las tareas o notas del semestre anterior para recodarles de donde quedaron antes de las vacaciones. Volver a la escuela podría ser el mejor tiempo para hacer una mejoría o cambiar sus hábitos académicos.

Upcoming Events/ Próximos Eventos

January/Enero

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|------------------|---|
| 1/19 | MLK Celebration at MLK Cafeteria 2:00-4:00pm |
| 1/20 | No School-MLK Jr. Holiday |
| 1/21 | MSHS Preview Day all 8th grade students
Wrestling @MLK (3:30pm, MLK GYM)
Parent Club Mtg @ 6:00pm in the library |
| 1/22 | MSHS Counselors Career Pathways Presentation to 8th grade in History
College Day-Staff & Students wear college shirts every Wednesday-AVID
Girls Basketball/Soccer vs. Rio Vista @MLK (3:30pm)
Boys Basketball/Soccer vs. Rio Vista @ Rio Vista (3:30pm) |
| 1/23 | Superintendent's Visit (8:30am-10:00am)
Wrestling @MLK (3:30pm, MLK GYM) |
| 1/27-2/14 | NWEA Testing Window #2 (Reading and Math) |
| 1/27 | Girls Basketball/Soccer vs. Dinuba @MLK (3:30pm)
Boys Basketball/Soccer vs. Dinuba @ Dinuba (3:30pm) |
| 1/20 | Wrestling @MLK (3:30pm, MLK GYM) |
| 1/29 | College Day-Staff & Students wear college shirts every Wednesday-AVID
Girls Basketball/Soccer vs. Sanger @Sanger (3:30pm) |

1/30 Boys Basketball/Soccer vs. Sanger @ MLK (3:30pm)
 SSC Meeting #3 (4-5pm) MLK Library
 1/31 **100 Days of School**
 Winter Jagbuck Carnival @Lunch
 Pass out Parent-Teacher Conference Schedules

February

Black History Month

2/2 Groundhog Day
 2/3 Girls Basketball/Soccer vs. Lincoln @MLK (3:30pm)
 Boys Basketball/Soccer vs. Lincoln @Lincoln (3:30pm)
 2/3-2/7 National School Counseling Week
 2/4-6 Parent Conferences release @ 1:45pm
 2/4 Rosa Parks Day
 Parent Conferences 2:00-4:00 in cafeteria
 2/5 3rd Quarter Progress Gradebook opens
 College Day-Staff & Students wear college shirts every Wednesday-AVID
 Parent Conferences 5:00-7:00 in cafeteria
 Girls Basketball/Soccer vs. Glacier Point @Glacier Point (3:30pm)
 Boys Basketball/Soccer vs. Glacier Point @MLK (3:30pm)
 2/6 Parent Conferences 2:00-4:00 in cafeteria
 2/7 Coffee with Admin & Counselors - 9-9:40am
 3rd Quarter Progress Ends
 2/8 Science Bowl @CSUF 8:00-2:00pm
 2/10 No School-Lincoln Holiday
 2/11 African-American Leadership Conference @ Clovis North (7:30-1:30)
 Girls Basketball/Soccer Playoffs (TBD)

Attendance Policy/Politica de Asistencia

Please call our front office to report any absences (674-4681). You can send a not with your son/daughter when they return to school.

Llame a nuestra oficina principal para reportar cualquier ausencia (674-4681). Puede enviar un no con su hijo / hija cuando regrese a la escuela.

Student Health Wellness/Salud del Estudiante

Mis-use of Prescription Drugs

Substance abuse amongst teenagers has been around for years. The misuse of Xanax, however, is on the rise. Often times teens have access to these pills by searching their parents or grandparent's medicine cabinets. Side effects of this medication include drowsiness, irritability, feelings of elation, forgetfulness, clumsiness, insomnia, weakness, headache and nausea.

School Climate and Culture/Clima Escolar y Cultura

What is bullying?

The word bully at times is loosely used, but what is bullying? According to stopbullying.gov, the definition of bullying is "unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time".

¿Que es bullying?

La palabra intimidación a veces se usa libremente, pero ¿qué es la intimidación? De acuerdo con stopbullying.gov, la definición de bullying es "comportamiento agresivo no deseado entre los niños en edad escolar que implica un desequilibrio de poder real o percibido. El comportamiento se repite o tiene el potencial de repetirse con el tiempo".

IF YOU ARE EXPERIENCING BULLYING PLEASE VISIT OUR MARTIN LUTHER KING JR. WEBSITE AND PLEASE REPORT IT. <https://www.madera.k12.ca.us/Domain/669>

SI ESTÁ EXPERIMENTANDO ABURRIDOS, VISITE NUESTRO MARTIN LUTHER KING JR. SITIO WEB Y POR FAVOR INFORMARLO. <https://www.madera.k12.ca.us/Domain/669>

If it is not bullying, then what is it?

Teasing - Everyone is having fun, no one is getting hurt and everyone is participating.

Conflict - No one is having fun, there is a possible solution to the disagreement and there is an equal balance of power.

Mean Moment - Someone is being hurt on purpose, reaction to a strong feeling or emotion, isolated event that does not happen regularly.

Si no es intimidación, entonces ¿qué es?

Burlas: todos se divierten, nadie se lastima y todos participan.

Conflicto: nadie se está divirtiendo, hay una posible solución al desacuerdo y hay un equilibrio igual de poder.

Momento malo: alguien está siendo lastimado a propósito, reacción a un fuerte sentimiento o emoción, evento aislado que no ocurre regularmente.