

# Principal's Newsletter

## From the Principal's Desk...



With Spring rapidly approaching, your son or daughter should be encouraged to get involved in our Middle School spring activities. Track and soccer are available to our 7th & 8th grade students. These are fun activities that provide an excellent opportunity for students to use up some of their excess energy and at the same time become physically fit and mentally alert. It also allows

them to make positive contributions to our school, get to know new friends and achieve a sense of pride in their accomplishments. To sign up for these activities, ask your student to see one of the coaches or stop in the office.

### Summer School

This summer we will be offering summer school for students who have not successfully passed their core classes. We are continuing to offer assistance before and after school to students who are struggling in classes, and/or need more time to complete homework. Student who have a failing average in core classes for the entire year will be expected to take summer school. If your child is required to attend the four week summer school, and does not attend or is not successful, he/she will be retained. If your son or daughter is lacking some skills, and you think they could use some extra support this summer, please call the office with your request.

### Newsletters go home

Just a reminder that newsletters are mailed home the last day of each month. If you are not receiving your copy, please contact the Middle School office at 494-3061.

### Parent Meeting

Our next Parent meeting will be on Monday, March 29 at 6:00 in the Middle School media center. Babysitting is provided.

### Student fines

If your student owes a fine to the school or library, report cards are held. You can call the Middle School bookkeeper if you have any questions on fines. We need your help in helping your child pay off their fines. Your support is appreciated.

## Dates to Remember:

### March 4 & 5:

- No School (K-12)  
Winter Break

### March 12:

- End of 3rd quarter (K-8)

### March 14:

- Daylight Savings Time

### March 15:

- No School (K-8)  
Parent Conferences  
1:00 to 7:00

### March 16:

- Parent Conferences  
4:00 to 7:00

### March 19:

- No School (K-12)

### March 29:

- Parent Meeting at 6:00  
in the M.S. media center

### April 2 & 5:

- No School (K-12)  
Easter Break

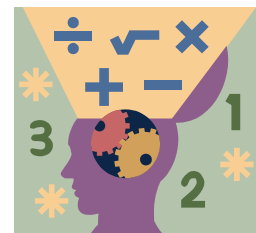


# South Sioux City Community Schools Make Up Day Plan

Days Missed	Scheduled to Make Up
Wednesday, December 9	Wednesday, May 26
Thursday, January 7	Tuesday, April 6
Friday, January 8	Thursday, May 27
Wednesday, January 20	Monday, May 3
Monday, January 25	Friday, May 28

## SOUTH SIOUX CITY MIDDLE SCHOOL COMPETES IN MATH COMPETITION

Twelve students from the South Sioux City Middle School traveled to Columbus, NE on February 13th to compete in the Northeast chapter MATH-COUNTS competition. Students were chosen on the basis of a MATH-COUNTS school exam given in January. There were 106 students from 15 different schools competing in Columbus that day.



MATHCOUNTS is a contest sponsored by the National Society of Professional Engineers for seventh and eighth graders. The competition is designed to stimulate 7th and 8th grade students' interest and achievement in mathematics. Students solve math problems using algebra, geometry, and logic. They compete individually and as a team.

Those representing South Sioux City were 8<sup>th</sup> graders Raul Aguilera, Nick Akins, Devin Bausch (alternate), Lane Bernstrauch (alternate), Ngan Dao, Cole Hames, George Horner (alternate), Chase Love, and Michael Singer, and 7<sup>th</sup> graders Alex Borchers, Lila Peterson (alternate), and Maggie Sedivy. All the students have put in many hours of hard work getting ready for the competition, and did a very nice job in the competition along with learning math and having fun at the same time.

The South Sioux City Middle School team, consisting of Raul Aguilera, Ngan Dao, Cole Hames and Chase Love, placed 4<sup>th</sup> in Saturday's competition and Alex Borchers placed 16<sup>th</sup> as an individual. All students did a wonderful job representing South Sioux City.

The top 3 teams were Boone Central Middle School, North Bend Central Public Schools and Columbus Middle School. They will proceed to the state competition on March 20 in Lincoln.

This is the fifteenth year that South Sioux City has taken part in the competition. The team is coached by Cassandra Joseph, teacher at the Middle School.

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## Student Council Update

Student Council held a dance in February and participated in a Helping Haiti fundraiser. Student council continues to collect Box Tops and Hy-Vee receipts. Please send them to school with your child, also remember Hy-Vee receipts must be turned in by 4/30/2010 to count.



Upcoming Events: March-Kavanaugh Memorial, April-Earth Day Activities, May-End of the Year Wrap Up



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## Upcoming Choir Concert—Date Change

Reminder! Vocal Concert is on Tuesday, May 18<sup>th</sup>. 6<sup>th</sup> grade choirs at 6:00, 7<sup>th</sup> grade choirs at 7:00 and 8<sup>th</sup> grade choirs begin at 8:00. Plan now to attend!

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## Book Fair

The library will be hosting a book fair from March 10<sup>th</sup> through March 16<sup>th</sup>. It will be open both nights of conferences. A percentage of all sales are used to purchase new books for the library. Homerooms with no fines or overdue books can also win prizes consisting of posters, books or school supplies. We hope to see you there!



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## Non-Discrimination Statement

The South Sioux City Community School District does not discriminate on the basis of race, color, national origin, sex, marital status, age, or disability in admission or access to, or treatment of employment in, its programs and activities. If you feel you have been discriminated against or have inquiries regarding grievance procedures, or compliance with Title IX; Title VI, Section 504; please contact Pat Nauroth, Assistant Superintendent, South Sioux City Community Schools, 820 East 29th Street, South Sioux City, NE 68776.

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## Endeavour Elite 2<sup>nd</sup> Nine Weeks

The Endeavour Team would like to congratulate our Endeavour Elite from the second quarter. These students were chosen based on their effort and cooperation in the classroom and leadership within the team.

Congratulations to Spencer Jans, Enrique Calemenco, Giovanni Rosales, Estela Melgar, Anna Hubbard, Anely Munoz.



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## Challenger Team News

The Challenger team wants to send a couple of reminders to our parents. With the start of the new semester, many students are missing necessary supplies for class. Please make sure your student has paper, pens, and pencils to finish the school year. Also, you can check homework using the link from the school's homepage. Finally, we would like to announce our Challenger Champions for the second quarter. They are students who are displaying our Challenger Core Values of being respectful, responsible, and fun to be around.

Maggie Sedivy  
Brooke Heinemann  
Mallory Feenstra  
Elena Silva

Cesar Salas  
Geovanny Delgadillo  
Erick Salcido  
Bryan Klemmensen



7<sup>th</sup> Grade Challenger Team

Mrs. Beckius, Mrs. Carlson, Ms. Gamble, Mrs. Hansen, Mr. Heineman, and Mr. Wortman

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## Girls' Soccer

Middle school soccer for the girls will begin April 6. Practice is from 3:30-5 PM at the middle school. Girls are expected to wear appropriate clothing based on the weather, including tennis shoes or cleats. Shin guards are also a requirement for each athlete. We look forward to a fun season!

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## Mission Statement

The mission of the South Sioux City Middle School is: To challenge students in a caring environment which emphasizes academic skills, critical thinking, social development, and positive self-images to prepare for a successful, meaningful future.

# Teenagers and Stress



Stress affects all people. Stress is a physical reaction to demanding situations. Teenagers commonly experience stress related to academic performance, peer pressure, and taking on too many activities or having too high of expectations leading to possible health complications. A study of over 8000 high school students and young adults in their early 20s, showed that over 60% experienced stress at least once a week and over 30% experienced feeling stressed out on a daily basis.

The pressures experienced by teens can lead to early signs and symptoms of eating disorders, anxiety, and depression. Physical complications can also develop including high blood pressure, abnormal blood glucose levels, and obesity. Stress can become a problem when it interferes with work or relationships, or causes a loss of self-confidence or self-esteem. Symptoms of too much stress include increased isolation from others, a change in eating behavior, use of alcohol or drugs, difficulty sleeping or concentrating, increased anger or tearfulness, and physical ailments such as stomachaches or headaches.



Stress management is important and necessary. Teenagers should avoid excess caffeine as this can increase anxiety and agitation. Healthy foods and adequate sleep should be encouraged.



Exercise 20 – 30 minutes daily. Limit the number of activities your child participates in. Encourage your child to talk to friends or family members and remind your child that he/she is not alone in dealing with these feelings. Breathing exercises are a type of relaxation technique that can be done at any time. A slow deep breath is taken in to expand the chest. The breath should be held for two seconds and then released slowly over 2-3 seconds. This exercise may be repeated 2-3 times during times of stress or anxiety. Most importantly, remind your child to ask for help when needed to prevent burnout. Be ready to listen, talk, and support your child in all aspects of activities, both in and outside of school. Help your child to lower unrealistic expectations.

Judi Neswick and Courtney Greene  
South Sioux City School Nurses

References: College Board, Lifespan, Stress and Relaxation

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## Memory Books For Sale

### Don't miss out!!

Attention students, parents, and friends: Yearbook students have worked hard to make this the best Memory Book ever. Advance sales are only \$20. This will reserve you a copy of the "Kodak" moments captured during the 2009-2010 school year.



Yearbooks can be purchased at the Middle School office. They will be delivered in May.

# South Sioux City Middle School

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3625 G Street  
South Sioux City, NE 68776

Phone: 402-494-3061  
Fax: 402-494-8427

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*We're on the  
Web!  
[ssccardinals.org](http://ssccardinals.org)*

*At SSC Middle School, our  
students are #1!*



## Office Staff

Tom McGuire, Principal  
Allyson Olson, Assistant Principal  
Pat Bernstrauch, Bookkeeper  
Jeri Bowman, Attendance Secretary  
Deb Lethcoe, Receptionist  
Linda Stouffer, Office/Guidance Secretary

## Guidance Staff

Debbie McCloy  
Kelli Rahn  
Steve Shadle

*Happy  
St. Patrick's  
Day*

