

# Mount Garfield Middle School



Bill Larsen, Principal | Jared Burek, AP | Lee Carleton, AP | Lori Thompson, Secretary | Kim Chambers Attendance Secretary

## Important Dates

### End of Quarter – SCHOOL IN SESSION

March 9th, 2017

### NO SCHOOL - Teacher Workday

March 10th, 2017

### NO SCHOOL – Spring Break

March 20th – 24th, 2017

### Track Begins

March 27th – May 2nd, 2017

## A Message From The Principal

Dear Mount Garfield Families,

We hope this March newsletter finds you ready to enjoy some extra time with your child over the upcoming spring break. Students will complete 3rd quarter on Thursday, March 9th with the 4th quarter beginning on Monday, March 13th. Our spring break will begin Saturday, March 18th with staff and students returning on Monday, March 27th. The week following Spring Break is very important as we begin our PARCC Testing. (See additional article regarding PARCC Testing).

We would like to share the exciting news regarding the action our Board of Education (BOE) took on Tuesday, February 21st. The BOE officially appointed Ms. Rocio Roybal as the new MGMS Principal beginning in July 2017. Ms. Roybal is no stranger to MGMS as she served as Assistant Principal at MGMS from 2013-2016. Ms. Roybal was a Spanish Teacher at Central High School from 2006-2013, and most recently the Assistant Principal at Chipeta Elementary from 2016-2017. Ms. Roybal brings a wealth of knowledge and experience as she served in all three levels (Elementary, Middle School & High School) with her teaching and administrative background. Most importantly, Ms. Roybal brings her commitment and passion to serve students, staff and parents in our MGMS community. Later this spring, Ms. Roybal will be available to meet the MGMS community.

As we wind down the third quarter, we would like to celebrate the students honored during our January and February Student of the Month Breakfasts. Congratulations to January students: Emma Inchauregui (Core 6-1), Taylor Mosby (Core 6-2), Esperanza Salazar (Core 7-1), Michaela White (Core 7-2), Addelaide Steele (Core 8-1), Kayleah Flo-ry (Core 8-2), Harmony Green (Grit with Ms. Deschamp), & Juan Arriaga-Martinez (ESL with Ms. Adams). Congratulations to February students: Olivia Langner (Core 6-1), Keegan Cox (Core 6-2), Tylor Christensen (Core 7-1), Bryan Hillman (Core 7-2), Isaiah Lopez (Core 8-1), Joshua Lamonte (Core 8-2), Lori Keplinger (Lit. Plus), and Emily Baetz (Orchestra).

In the past three newsletters, you heard about seven of the sixteen “Habits of Mind” (HOM): *Persisting, Managing Impulsivity, Listening with Understanding and Emphy,*

(Continued on next page)

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**Thinking Flexibility, Thinking About Thinking (Metacognition), Thinking Interdependently, and Remaining Open to Continuous Learning.** This month we would like to introduce the next three HOM:

- **Striving for Accuracy:**
  - Check for errors;
  - Measure at least twice;
  - Nurture a desire for exactness, fidelity & craftsmanship.
- **Questioning and Posing Problems:**
  - Ask myself, “How do I know?”;
  - Develop a questioning attitude;
  - Consider what information is needed, choose strategies to get that information;
  - Consider the obstacles needed to resolve.
- **Applying Past Knowledge to New Situations:**
  - Use what is learned;
  - Consider prior knowledge and experience.

Our hope is the common vocabulary between home and school might deepen your conversations at home about the best way your student is learning. Thank you for your partnership with our MGMS Staff. We hope you find some quality time during the spring break.

Sincerely,  
Bill Larsen

## ATTENDANCE:

Please call the office at (970) 254-4720 X37111 if your child will be absent for any reason. You may also e-mail our Registrar/Attendance Secretary Kim Chambers at: [Kim.Chambers@d51schools.org](mailto:Kim.Chambers@d51schools.org).

In addition, if you have an address or phone number change, please inform Kim at your earliest convenience. This information is vitally important in case of an emergency situation. We must be able to reach you. Thank you in advance for your attention to these matters.

## NAMI PRESENTATION:

During the week of February 6th-10th during Achievement Classes, our 8th grade students received an excellent presentation from the National Alliance on Mental Illness (NAMI). Across the district, we are educating all middle school students on signs of depression and how to seek help if there is concern about the safety of one’s self or others. Students need to be equipped with the knowledge and tools necessary to make healthy choices and seek help when mental health concerns arise. Helpful resources were given and students left feeling empowered that they can make a difference in the lives of others. We are very grateful to NAMI for volunteering their time in helping us spread the message of hope, help, and strength at Mount Garfield Middle School.



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## Ready, Set, Smile!

The push is on to purchase a yearbook. Yearbooks are still available! The only way to **guarantee that your student will get one is if it is prepaid** and there are many payment options available. You may purchase a yearbook by paying with cash, check or with a credit/debit card at the MGMS Budget Office. You may also pay with a credit/debit card over the phone by calling (970) 254-4720 Ext. 37112. In addition, you may order on-line at [jostensyearbooks.com](http://jostensyearbooks.com). This option gives you the ability to personalize the book with a name, slogan, quote or whatever you wish. As well as select up to four (4) icons to have printed on the book. This will be done in metallic print! Icons include sports and academics as options. There is also a link to purchase a yearbook on the MGMS home page at the very bottom. The cost is currently \$28.00.



Once the books are sold out, we cannot order any more. Your student will have a lifetime of memories in this forty (40) page, full color, hardback book! Don't wait any longer. Order today by calling or stopping by the MGMS Budget Office, or on-line with Jostens!

## GET YOUR YEARBOOK NOW!

### FROM THE GRIT DESK:

We have been looking into the future. We have been looking at what colleges look for in the students they accept then working backwards into planning high school course work. We have been talking about what classes interest them, what classes they need to take for high school requirements, and what colleges might be looking for. We have looked at options like classes at Western Colorado Community College, the Career Center, and Colorado Mesa University classes. Students have a wide range of feelings about high school. We have had a group of peer counselors and current Palisade High School Seniors that came to talk about high school life, both academic and personal.

### CORE 8-2 ARCHEOLOGY CLEAN-UP PROJECT:

The Chaco Canyon Society, BLM Archeologists and the Ute Tribe will be working with Core 8-2 students on a clean-up project for vandalism that was done to petroglyphs and archeological sites on April 13th, 2017. Core 8-2 students found the damage on a prior trip to the Mica Mine Area and voiced an interest in restorative work on the trails and to the Rock Arc. Forty students will be selected for the trip by application and essay. Due to the nature of the activities and to preserve and protect the artifacts and archeological sites, we are limited on the number of students who may attend. Students who are interested in going on this clean-up will be meeting with the Ute Tribe. They will also be involved in participating in classes on Ethno-Botany, Petroglyphs, Rock Arch Archeology and the Mica Mine history. Working with a limited number of professionals requires a smaller group of students.

Students are asked to bring work gloves, water, and wear boots or hiking shoes for clean-up work. We will be removing charcoal graffiti, charred wood, trash, metal and glass and cleaning up the Arc and the trails. We will not be doing any restorative work on the petroglyphs. Students can order a school lunch or bring a lunch that we will eat at the sites. Students will be leaving school at 9:15 and returning at 2:20 PM. Applications will be reviewed by Mrs. DeCavitch and selections will be posted by Monday, February 27th, 2017.

### Girls on the Run, Heart and Sole:

The season is off to a fantastic start! We meet on Tuesdays and Thursdays from 2:50 to 4:30 p.m. We will not meet during Spring Break. Our season ends with a 5K in Fruita on Saturday, May 6th at 10 am. We would love to have your support!

## BAND NEWS:

The MGMS Bands have been very busy, and they will continue to be making a lot of music through the end of the year! We had a record number of participants in the annual district Solo and Ensemble Festival in February. Congratulations to those students for all their hard work.

Coming up, the 8th Grade Jazz Band hosts the Middle School Jazz Jam on March 14 at Palisade High School Auditorium. This concert features jazz bands from all district middle schools for a great night of jazz.

All bands are also preparing for our upcoming Colorado West Music Festival performances, which take place in April. Remember, you can keep up with MGMS Bands by liking our Facebook page.

## MESA CLUB HAPPENINGS:

MESA Club has had two fantastic events recently. On February 23, we hosted the Mousetrap Car competition at our school, and then on February 24, we attended a STEM (Science, Technology, Engineering, and Math) day put on by Colorado University and hosted by West Middle School. If you missed seeing the story on local news, here's the link: <http://www.nbc11news.com/content/news/414762593.html>

MGMS is hosting the music performance Music Makes Music on March 4, and our MESA students are getting a behind-the-scenes look at the engineering and technology that goes into putting on a performance. It's going to be great.

And lastly, a few months ago MGMS's MESA Club was approached by Charles Pope School District 51's Environmental Health and Safety Manager about representing School District 51 as one of two schools that have been recommended to carry the banner for the Environmental Leadership Program in our community. This honor of being chosen was because of the time and effort that have been put into growing our successful MESA Club. SD51 is the first and only school district on the western slope to be involved with the Environmental Leadership Program, and MGMS was the preliminary school chosen to be involved. This program will involve our MESA students designing a logo and painting it on a 20 cubic yard dumpster. This dumpster will be here at MGMS on Saturday, April 8, 2017. There will be advertising locally on television and radio to encourage folks to bring their metal recycling to MGMS on Saturday, April 8. All proceeds from the recycled materials will come directly to MGMS. Following the collection day, the dumpster will be moved all around the valley, and our logo will remain on the dumpster wherever it's located. We couldn't be more proud of the hard work and dedication our students have shown, and we couldn't be more honored to represent MGMS and School District 51 in the Environmental Leadership Program.



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# 7 Tips for Helping Your Child Manage Stress

By Margarita Tartakovsky, M.S.

Kids struggle with stress, just like adults. Too many commitments, family conflict and problems with peers are all stressors that overwhelm children.

Of course, “a certain amount of stress is normal,” said Lynn Lyons, LICSW, a psychotherapist who specializes in treating anxious families and co-author of the book *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* with anxiety expert Reid Wilson, Ph.D. It’s normal to feel stressed about starting middle school or taking a big test, she said.

The key to helping kids manage stress is teaching them to problem-solve, plan and know when to say yes and no to activities and commitments.. It isn’t to make everything smooth and comfortable.

If you don’t teach [your kids] how to manage stress, they might reach for something to make them feel better right away, and usually it won’t be something healthy. Lyons provided the following tips for parents to help kids manage stress successfully.

## 1. Stop overscheduling.

One of the biggest stressors for kids is being overscheduled. And yet, today, kids are expected to pay attention and perform in school for seven hours, excel at extracurricular activities, come home, finish homework, and go to bed just to do it all over again the next day. Where’s the downtime? Kids need downtime to rejuvenate. Their brains and bodies need to rest. They may need help to realize this, however. Knowing when your child is overscheduled is important.

Lyons suggested looking at your kids’ schedules over the course of a week and making sure that there’s enough downtime — when you’re not watching the clock. Are there several hours on the weekend or a few nights during the week when your child can simply kick back and relax?

Also, pay attention to how your family is eating their meals. Is everybody eating on the run, in the car, grabbing and going? That’s an indicator that too much is going on.

## 2. Make time for play.

Lyons emphasized the importance of play that isn’t pressured. There’s no lesson, competition or end goal. Younger kids will do this naturally. But older kids may forget how to simply play.

Combine play with physical activity, which is critical for well-being. Some ideas include: riding bikes, throwing around the baseball, wrestling and hiking.

## 3. Make sleep a priority.

Sleep is vital for everything from minimizing stress to boosting mood to improving school performance. If your child isn’t getting enough sleep, that’s another red flag that they’re overscheduled.

Again, reducing commitments helps. Also helpful is stressing the importance of sleep, and creating an environment that facilitates it. For instance, keep TV – and other electronics – out of your child’s bedroom. There’s no research that says TV is good for kids. Quite the contrary.

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## 7 Tips for Helping Your Child Manage Stress (Continued)

### 4. Teach your kids to listen to their bodies.

Teach your kids to understand their own bodies and the physiology of stress. For instance, sit in the car with your child, and press the gas and brake, and listen to the engine revving. Explain that our body just revs and revs, and then it wears out and says 'enough.'

Encourage them to listen to what their bodies are saying. While it's normal for a child's stomach to feel jumpy on the first day of school, leaving class because their stomach hurts or waking up repeatedly with a headache is a sign there's too much going on.

### 5. Manage your own stress.

Stress is really contagious. When parents are stressed out, kids are stressed out. If you're living in an environment with one thing after another, your kid is going to pick up on that. Take the initiative, and figure out how YOU can slow down. Kids won't know how to manage stress without you modeling it for them.

### 6. Make mornings calmer.

A disorganized home is another stressful trigger for kids, and this is especially evident in the mornings. Make mornings smoother, because this sets the tone for the day. Prepare clothes, backpacks and lunches in the evening so that mornings aren't so rushed.

### 7. Prepare your kids to deal with mistakes.

For kids a lot of stress comes from the fear of making mistakes. Remind them that they're not supposed to know how to do everything or do everything right.

Also, while making good decisions is an important skill to learn, the skill that might be even more important is learning how to recover from a bad decision.

We can really stress out our kids by not helping them understand that messing up is part of the process. Help your child learn to figure out the next steps after a bad decision or mistake. Help them figure out how to fix it, make amends, learn the lesson and move on.

Overall, parents need to look at the bigger picture. You can't live a stressful life and then teach stress management.

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T H E R E ' S O N L Y O N E



# **PALISADE HIGH SCHOOL**

invites *the Class of 2021* & parents to

## **PARENT NIGHT**

Thursday, March 9th 6:30pm in the PHS  
**Auditorium**

- Learn about the 9<sup>th</sup> grade scheduling process
- Pick up or complete scheduling paperwork
- Pick up athletic information
- Grab a supply/fees list
- Stay for a help session to complete scheduling paperwork



- If you are **not** a Mount Garfield Middle School Student and/or incoming IB student proof of residency is required, ie: utility bill, cable bill, bank or mortgage statement.
- **Accepted IB students will register March 10<sup>th</sup>. Please refer to your acceptance letter.**
- Students new to District 51 schools must bring a copy of their Birth Certificate, immunizations, and proof of residency.

### **FOR MORE INFORMATION:**

Contact the PHS Counseling Office between 7:30 am – 3:30pm.  
Palisade High School ~ 3679 G Road ~ Palisade, CO ~ (970) 254-4800

## Notice: School of Choice – 2017

Although the Board of Education has endorsed a neighborhood school concept based upon structured attendance areas, it recognizes and has determined that students should be given the option to attend a school or participate in a school program located in an area other than that of their assigned school. In conformity with Board policy JCA/JFBB and regulation JCA/JFBB-R, parents/guardians of students may apply for School of Choice or a Transfer Request, as outlined in JCA/JFBB-R.

While students residing within a designated attendance area shall have priority, such applications, if timely, made in accordance with the policy and regulation, shall be granted if space is available in both the requested school and the requested school program. Priority among applicants will be determined by the date of the application on a space available, first come, first served basis.

Procedures for applying for the School of Choice Option are as follows:

1. The School of Choice Application will be available starting at 10:00 a.m. on March 6, 2017, and will be accepted until 4:00 p.m. on March 31, 2017. The application is available in electronic form **only** and is available at the District's web site at [www.d51schools.org/schoolofchoice](http://www.d51schools.org/schoolofchoice)
2. Complete the application and submit. Applications will be marked with the date and time upon submission of the electronic form.
3. All students wanting to attend an out of area school for the 2017-2018 school year must submit a School of Choice application **unless the student is continuing in the same school in which a School of Choice was granted last year and space is still available.**
4. **If you do not have access to the internet**, please go to the Basil Knight Center at 596 North Westgate Dr., from 7:30 AM – 4:30 PM, Monday through Friday or your child's school office.

New Emerson Elementary, Dual Immersion Academy, Independence Academy, Juniper Ridge and R-5 High School will not be available as options for School of Choice as enrollment in these schools are by a separate application process only. The Challenge Program at East Middle School and the International Baccalaureate Program at Palsade are not options of School of Choice as these programs are available through a separate application process.

**PLEASE NOTE: Transportation will NOT be provided for students who live out of the attendance area and attend school under School of Choice.**

Once the applications are received, prioritized waiting lists will be established for each school. The criteria for placement in your school of choice are space availability and date of application. Each school in the district has established a capacity for the total school, for each grade level, and for programs in the school. Consequently, a school may have space available at one grade, but may not at another, or there may be space available in one program but not another at any given school. There must be space available in both a grade level and/or a program in the school to accept an applicant.

After the March 31, 2017, deadline, the building principal will notify the parent/guardian on or before April 14, 2017, of their application status (acceptance or denial). If the parent/guardian receives notice of acceptance, they must sign and return the letter of commitment no later than April 28, 2017, to be accepted into the receiving school.

Following the closing of the School of Choice window, a parent/guardian may utilize the option of requesting a transfer from one school to another, but other criteria in addition to first come, first served may be considered.

If you have questions regarding School of Choice or which school your child should attend please call the Office of Advocacy and Support (970) 254-5323.



District 51 web site will have a link to School of Choice application

Click on Link

- School of Choice Informational page will be displayed. Please read through the procedures before completing the form.
  - School of Choice Application link will be on the bottom of the information page

School of Choice Application Form has two parts – please be sure to fill both parents out completely

If you need the Application in Spanish click on the *Version en Español* button.

### Student Information

Child's Full Legal Name:

- Enter your child's full name – please include First, Middle and Last.

From:

- Enter the school your student is currently attending at this time.
- If they are not a current D51 student select Other-Non District

Other:

- If your student is not a current D51 student and you have selected other - enter the name of school your student is currently attending (i.e. Holy Family, Stepping Stones)
- If your student is an incoming Kindergartener for next year – enter Pre-K.

To:

- Select the school you are want your student to attend next year on School of Choice

Grade

- Select your student's **Current** grade level.
  - Next year's Kindergarten students select Pre-K

If your student is **currently** receiving any of the listed services (SPED, ELL, etc.) please check the appropriate boxes.

### Parent Information

This information is what will be used to mail your acceptance or denial letters.

- Please make sure all information is complete and accurate. If you live in Mesa County – select your city from the drop down selections. If you are out of the area, type your city in this field.
- Don't forget your Zip code.

All information will be mailed to the mailing address.

- If your physical address and mailing address are the same – just check the box (Click if Same as Physical Address). If you have a different mailing address enter it in the Mailing address area.

**Submit**

When you have completed the application click the submit button at the bottom of the page.

A page will be displayed stating "Your request for School of Choice has been received. Notification Letters will be mailed out to parents on April 14<sup>th</sup>. Please close this window to exit School of Choice form website."

Your application has now been submitted- it will be date and time stamped with the time you submitted the request.

## MGMS Testing Schedule for PARCC

Please note the following test schedule for our students at MGMS. Your student's participation and cooperation in giving their very best is a direct reflection on their own learning as well as the progress MGMS has made as a school. Please avoid appointments and other interruptions that might take your student out of the test dates noted below. Thank you for your support.

- 6th Grade – Wednesday, March 29<sup>th</sup> and Thursday March 30<sup>th</sup>
- 7th Grade – Friday, March 31<sup>st</sup>, Monday, April 3<sup>rd</sup>, and Tuesday April 4<sup>th</sup> (AM Only)
- 8th Grade – Wednesday, April 5<sup>th</sup> and Thursday April 6<sup>th</sup> (All 8<sup>th</sup> Graders)
  - Tuesday, April 11<sup>th</sup> (Core 8-1) & Wednesday, April 12<sup>th</sup> (Core 8-2)

### Parent Request for Exemption from State Testing:

#### Parent Procedures

1. Please review the descriptions of the types of assessments administered at your child's grade level. It is very important that you review the assessment descriptions as you will need the information provided to properly select the test(s) for exemption. Only state and federal assessments are eligible for a request for exemption.
2. Parents are *required* to complete and sign the *Parent Request for Exemption from State Assessment(s)*. There is a link to the grade-specific form on MGMS' Web Site.
3. School personnel can assist you with printing the form if you don't have access to a printer. Please check only the individual assessment(s) for which you wish to exempt your child. *Forms that are incorrectly completed will not be processed and returned to the parent for correction.*
4. **Parents must hand deliver** the signed form to the student's school office. Students are not allowed to deliver the forms to the office for a parent. If you have students in multiple schools, you must deliver a form to each school. School staff cannot receive or send forms through US or district mail due to risk of loss.
5. School office staff will complete the "For District Use" box with the date the form was received and initials of who received it. You will receive a copy. You must complete a new *Parent Request for Exemption from State Assessment(s)* every year.

Please contact MGMS office if you have any questions or need assistance.