# The Seneca Scoop

Seneca Middle School
47200 Heydenreich
Macomb, MI 48044

586-723-3900
586-723-3999—Absentee line

Todd Distelrath, Principal
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http://www.chippewavalleyschools.org

## April 2016

- Choir News
- Important Dates
- Yearbook
- Boy Scouts
- Bowling
- School Calendar
- Festival of the Arts
- Family Night Out

The third marking period ends on April 13. That leaves us with nine short weeks until this school year is over. Those nine weeks will be filled with M-STEP, orientations, scheduling, concerts, awards, spring sports, great weather, and excitement. Let's do what we can to make sure that we are focused and doing what we need to do to have a great end of the year. The below list was shared with me by a teacher and may help with that focus. It may also help to make next year great as well.

**Top 10 Social Emotional Skills For Middle School Students**

**1. Make good friend choices.** This typically comes on the heels of making some questionable choices. Kids figure out quickly which friends instill a sense of belonging and which ones make them feel uncomfortable. It can be helpful to ask your children these questions: Do you have fun and laugh with this person? Can you be yourself? Is there trust and empathy? Common interests are a bonus.

**2. Work in teams and negotiate conflict.** I don't think many students get through middle school without feeling like they had to carry the load on at least one group project. Maybe they didn't delegate and divide the work effectively at the onset. Perhaps they chose to take ownership to avoid a poor grade. Help them understand what happened and consider what they might have done differently.

**3. Manage a student-teacher mismatch.** Unless there is abuse or discrimination, don't bail them out by asking for a teacher change. Tell them they still can learn from a teacher they don't like. Let them know it's a chance to practice working with someone they find difficult. Remind them that if they can manage the situation, they won't feel powerless or helpless the next time. Focus on concrete barriers to success in the class, not the interpersonal conflict. Is it miscommunication? Study skills?

**4. Create organization and homework systems.** Make sure they are the architects of this process. Encourage them to come up with solution-oriented plans and tweak them as needed. Do they need to use their planner? Create a checklist? Their motivation will come from ownership. If they say they don't care, remind them that they don't have to be invested in a particular outcome in order to change their behavior. People who hate exercise can still choose to lift weights.

**5. Monitor and take responsibility for grades.** If you care more than they do about their grades, why should they worry? Let them monitor their own grades, and if they don't do well, don't step in to advocate for assignment extensions or grade changes. Let them carry the burden and experience the connection between preparation, organization and grades. Conversely, if they are perfectionists, they will learn they can survive and manage the disappointment of a low grade.

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### Mission Statement

Seneca Middle School students will be educated and challenged using the state standards of all subject areas in a safe and nurturing environment.

### Board of Education

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## Mr. Distelrath-continued

**6. Learn to self-advocate.** By middle school, they should be learning how to ask teachers for help or clarification. This may be in person or through email. When students bond with teachers, they connect more intimately with the material too. Unless there is no other option, try not to reach out on their behalf.

**7. Self-regulate emotions.** Children often need assistance labeling strong emotions before they can regulate them. Help your kids identify any physical symptoms that accompany their stressors. This may help them know when to take a breath or hit the "pause" button before reacting. In real time, point out when they handle an emotional situation well. Discuss the strategy they implemented—maybe they took a break or listened to music. Also, help them make connections between their thoughts, feelings and behaviors. Are they stuck in all-or-nothing thinking? Are they consistently self-critical?

**8. Cultivate passions and recognize limitations.** When your children are fired up about something, run with it and encourage exploration. Seize the opportunity to help them go deep. Get books, go to museums and be supportive even if the subject does not excite you. In the process, you will help them figure out what drives them. On the other hand, it is okay if they struggle in a specific area. That too is useful information. No one needs to be good at everything.

**9. Make responsible, safe and ethical choices.** Teach them to respect their bodies, and to make safe and healthy decisions. It is equally important to talk about how to avoid putting others at risk. Have open conversations and discuss plans for different scenarios they may encounter. Try not to be overly reactive if they ask shocking or distressing questions. Keep the lines of communication open.

**10. Create and innovate.** Our changing world needs imaginative creators and divergent thinkers. It also can build confidence to think independently and outside the box. As your kids do their homework, read required texts and take standardized tests, remind them that these benchmarks are not the only ways to measure success. Encourage them to make connections across material from different classes, and to build, write, invent and experiment.

*Phyllis L. Fagell is a licensed clinical professional counselor and school counselor in Bethesda. She tweets @pfagell.*

From <https://www.washingtonpost.com/news/parenting/wp/2016/02/29/top-10-skills-middle-school-students-need-to-thrive-and-how-parents-can-help/>

Todd Distelrath
Principal
Seneca Middle School – love. purpose. learning
Chippewa Valley Schools – Inspiring and empowering learners to achieve a lifetime of success

## CHOIR NEWS!

Congratulations to Seneca's 8th Grade Choir who earned an Excellent Rating with Superior Distinction at Choral Festival! Under the direction of Nick Kuhl, the students received the highest rating for their interpretation of choral literature and sight-singing. Great job 8th Grade!

Congratulations to the Seneca students who were chosen to compete in Chippewa Junior Idol competition that was held on March 22, 2016! The Seneca students chosen to participate in this fun competition are Laura Ban, Zach Burnham, Jasmine Clark Katie Davis, Andrew Deacon, Kristina Fusco, Delaney Garon, Alyssa Kaczmarek, Hannah Kuczynski, Adalyna Mislevy, Darcy Moran, Brooke Pacifico, Tyler Pipp, Nathan Roeske, Kennedy Scott, Payton Sparks, Allison Staffen, Michelle Staffen, Zack Telly, & Reghan Verellen. The winners of thie year's competition were:

2nd Place winner: Delaney Garon
1st Place winner: Nathan Roeske

# Important Dates

**April**

| | |
|---|---|
| **4-8** | **Spring Break—No school** |
| **11** | **Classes resume** |
| **20** | **Report Cards home with students** |

## Lunch Prices 15-16

**Student Lunch $ 3.00**

**Lunch Plus $ 4.50**

**Milk .60**

**Reduced Lunch .40**

## Debit Program

- See CV website for Debit Form: www.chippewavalleyschools.org
- Online debit deposit: www.sendmoneytoschool.com (need student ID number)
- Send check (payable to: Chippewa Valley Food Service) or cash to school w/ student. Student hands to Cashier in Cafeteria
- **Note:** If ID card is lost or stolen, it must be reported to cafeteria cashier immediately. Food Service is not responsible for fraudulent usages.
- For further assistance, contact Food Service Dept. 586-723-2110

## Seneca Yearbook 15-16

Last chance to order 2015-16 yearbooks is midnight April 30, 2016. If you miss this deadline, we cannot guarantee that there will be any available in June. Please visit www.buyayearbook.com!

Do you like the **OUTDOORS**?
Do you like learning about **NEW** things?
Do you like hanging out with other guys your age?

Boy Scout Troop 248
Might just be what you're looking for!

Our scouts are from Seneca and
other schools around the district and the county.

We meet on
Mondays
7 p.m.
CV 9th Grade Center Cafeteria
(Budd Park in the summer)

*Come check us out!*

*For more information, see Mrs. Szypa*
*or pick up a flier outside of Room 200A.*

# BOWLING

Mr. Hadfield, Mrs. Valin, Mr. Hughes, and Mrs. Moats would like to thank the 165 bowlers that participated in Seneca's Bowling Club this year. After ten weeks, we have the following teams placing first, second, and third:

**First Place: Team 4**
Garrett Barnett
Domenic Colella
Dominic Milana
Nestor Nestorovski

**Second Place: Team 27**
Ethan Brown
William Sawyer
Jacob Szlaga
Nick Trupiano

**Third Place: Strikerz**
**Gregory Guzik**
Brandon Hoerauf
Shane Legeret
Shea Millller

We would also like to acknowledge the following students and their accomplishments this season:

Boys
Scratch Game
276 Gregory Guzik 230 Domenic Colella 209 Shane Legeret

Scratch Series
530 Gregory Guzik 424 Domenic Colella 408 Shane Legeret

Girls
Scratch Game
193 Jillian Lipinski 147 Madison Franzoni 136 Alaura Stermer

Scratch Series
312 Jillian Lipinski 287 Madison Franzoni 242 Alaura Stermer

Thanks for a great season everyone. We look forward to seeing you again next year!

# School Messenger

Chippewa Valley Schools is now using SchoolMessenger, a leading provider of notification services for parental outreach, emergency broadcasts, student attendance alerts and other communications for education.

To make sure you are signed up to receive SchoolMessenger communications please sign in to the Parent Portal and be sure to include current phone numbers and email addresses. Please enter a cell phone number in the SMS box to receive text messages.

SchoolMessenger will take the place of our current MailOut service.

**Chippewa Valley Schools**

**NOTICE OF NONDISCRIMINATION** **It is the policy of Chippewa Valley Schools not to discriminate on the basis of race, color, religion, national origin or ancestry, gender, age, disability, height, weight or marital status in its programs, services, activities, or employment. Inquiries related to nondiscrimination policies should be directed to: Civil Rights Coordinator, Assistant Superintendent of Human Resources, Chippewa Valley Schools Administration, 19120 Cass Avenue, Clinton Township, MI 48038 Phone: 586-723-2090 / Nondiscrimination inquiries related to disability should be directed to: Section 504 Coordinator, Director of Special Services, (same address) Phone: 586-723-2180**

## *HOMEWORK POLICY*

When a child is absent two or more days, parents may call the attendance line at 586-723-3999 by the second day by 8:30 a.m. to request homework. We must receive the call early in order to give teachers time to prepare the homework. Homework will then be available in the office to be picked up after school from 3:00p.m. to 3:45 p.m. It helps to bring your child's locker number and combination if books are needed to complete homework.

## *ATTENDANCE/LATE POLICY*

When your child is absent or late, please call the attendance line at (586) 723-3999. This line may be used to leave a message at any time. We want to know where your child is every day. We are concerned when a student does not report to school and we don't know why. If a call is impossible, please send your child with a note upon his/her return. If a call was made, a note is not necessary.

# 2015-16 School Calendar

***Please check back each month as events will be added***

**April**

| | |
|---|---|
| 4-8 | No School/Spring Break |
| 11 | Classes Resume |
| 20 | Report Cards home with students |

**May**

| | |
|---|---|
| 27 | 1/2 Day– Released at 11:10 a.m. |
| 30 | No School-Memorial Day |

**June**

| | |
|---|---|
| 15 | Last student day-dismissal @ 11:10 a.m. |
| 23 | Final Report Card mailed home |

## 7th Grade Vision Screening

All 7th graders had vision screening done in March. Parent volunteers helped the screening run smoothly.

Rima Killesly

Jason Rubin

Diana Hudson

Devaki Purushothaman

Lisa Nolan

*Thank you!*

# You are invited to Dakota High School FAMILY NIGHT OUT

# Vaping and e-cigarettes: A dangerous new trend for teens

Dakota teens admit that some of them are vaping and do not understand the dangers – Get the facts! Hear from local expert **Corey Beckwith BA, CPC-R,** Public Health Coordinator from ACCESS Community Health & Research Center who will teach us about the latest trends in vaping for young people and bring paraphernalia for us to see.

- What is vaping? What are the dangers of vaping/e-cigarettes
- What does the paraphernalia look like that teens are using to vape?
- What are the school consequences for vaping/e-cigarette use or bringing vaping equipment to school?

## Dakota High School Atrium

10/12 building 21051 21 Mile Road

## Monday, May 16, 2016

## 6:30 pm – 8:30 pm

DINNER INCLUDED - NO CHARGE TO ATTEND

All students should be accompanied by at least one parent/guardian/adult.

**Hosted by: Stephanie Lange, LMSW, ACSW Student Assistance Specialist and Dakota Coalition Teen Council**

**PLEASE RSVP 586-723-2872 by May 13, 2016**

**or email your RSVP to slange@cvs.k12.mi.us**

Sponsored in part by the Chippewa Valley Coalition for Youth and families who partners parents, students, school, and community in promoting safe, healthy, and drug free youth and supporting families.

Chippewa Valley Coalition for Youth and Families