

Evergreen Express

D.C. Everest Middle School

Message from the Principal

We've now made it through the first month of school, and we are so proud of our students and families for their engagement and participation. More busy times are ahead, so I just want to take this opportunity to make a few general announcements.

1. Our parking lot is a hectic place immediately before and after school. While we certainly value convenience for our families, our top priority is always student safety. Please make sure to review past communications about parking lot protocol, and make sure to follow the guidelines as you navigate the school zone before and after school. As always, we will have our staff checking for safety concerns, so please understand this is to ensure student safety and not intended to inconvenience our families.
2. D.C. Everest Middle School is a large school with endless opportunities to grow, develop, participate, and get involved. With so many things happening each day, streamlining relevant communication is very important to us. Please remember to review the following communication tools frequently so that you can stay in the know:
 - IC Messenger communications go directly to your email inbox.
 - The monthly newsletter link is sent out through IC Messenger, and is always available on the Middle School website.
 - The Middle School webpage contains important and useful information including calendars, daily announcements, quick links to email the front offices, and links to newsletters like this one.

We want to thank our students and families for a great start to the year. We look forward to communicating with you regularly as we work together to make a positive impact on every DCEMS student.

Thanks,
Gina Lehman
Principal



Upcoming Date Reminders:

October 28:
No School

October 29:
No School

November 8:
No School

November 11:
Parent Teacher
Conferences
3:00-7:30 pm

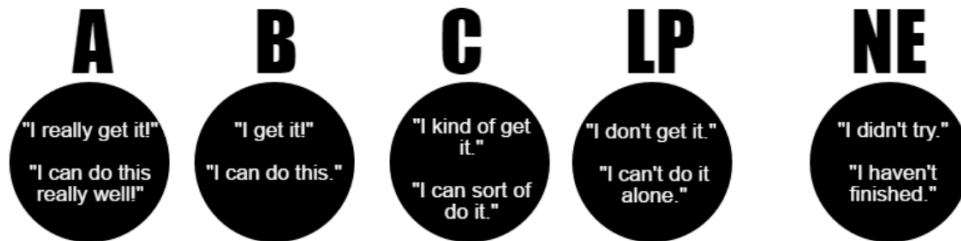
November 17:
Parent Teacher
Conferences
3:00-7:30 pm

November 24-26:
Thanksgiving Break

December 23-31:
Winter Break

Grading

We are over half way through quarter 1 of the 2021-2022 school year. You can stay up to date on your student's grades by looking on Canvas. At the end of quarter 1 you will also be able to view your student's grades on Infinite Campus which will include a "responsibility" grade starting on November 11th. Paper copies of quarter 1 grades will not be mailed out to parents/guardians. If you have any questions regarding grades, please talk to/email directly your student's teacher(s). Below is the academic grade breakdown:



How do I access Canvas as a parent?

Parents are encouraged to set up their Canvas Parent Portal in order to pair with their child's classes. You can find additional information on how to set up your parent Canvas Page on the D.C. Everest Canvas Youtube Channel. If you scan the QR code to the right it will take you right there!



Parent Teacher Conferences

Parent Teacher Conferences are a month away. We will continue to use our online Parent-Teacher Conference Scheduling website. **Be aware that conference times fill up rapidly.** Due to Covid-19 protocols, you will have an option to sign-up for a virtual conference via Webex, an email from the teachers or a phone call during your scheduled time. If you sign-up for a virtual conference, you will be sent a specific Webex link to follow for each conference you scheduled.

As you are aware, we serve students in the "house concept" here at the middle school. Our houses are made up of the five core subjects (English, Language Arts, Math, Science, Social Studies) and 4 encore teachers. Our conferences will be structured so you receive feedback from all core teachers. You may also schedule individual conferences with your students Guidance Counselor, encore teachers, and school nurse.

Specific registration information will be sent out within the next two weeks.

2021-2022 Updates

Stay up to date with the 2021-2022 school district Covid updates by visiting <http://dce.k12.wi.us> and clicking on 2021-2022 School Year Information on the left hand side of the page.

Attendance Matters

If you know your student will be missing any or all of a school day due to an appointment or trip, please send them with a note to the office when they get to school or call attendance before 8:30 am. The office will then give them a "Permit to Leave School" pass on paper and the teacher will release them from class at the time designated on the pass. Your student will check out in the office and meet you outside.

If the absence is anticipated, (i.e. vacation) and will be more than 5 days, a pre-approved absence request form will be given to the student when they bring in the note in advance, for each of their teachers to sign. The student is then responsible for the homework that the teacher gives them on the form when they return. If they are absent more than 10 days in a year, a doctor's note will be required for any further absences.

If your student becomes ill during the school day, they MUST first check in the health room. The health assistant will then determine if the child should be sent home. The health assistant will notify the parent for pickup from the health room. Please discourage students from calling or texting you directly for pickup. Encourage them to first check in the health room before release.

Middle School Clubs

We have a lot of different opportunities for students to be involved in clubs outside of the school day. Scan the QR code to see when our clubs are being offered next.



Homework Club

If your student is struggling to complete their work or would like a quiet place after school to work on their assignments have them attend homework club! Homework club is held after school Monday, Tuesday, Thursday for any Middle School student until 3:30 pm. If you are unable to pick up your student at 3:30 they can always check into Boys and Girls Club after. If you have any Homework Club questions contact Mrs. Hanne, our Homework Club advisor, at jhanne@dce.k12.wi.us.

Winter/Spring Sports Sign Up

Is your student interested in playing a winter or spring sport? If so, sign up time is now! Any middle school student who wants to play a winter or spring sport needs to sign up in the main office. Below are the winter and spring sport options for middle school students.



Winter Sports:

Boys Basketball (7-12)
Boys Swimming (6-12)
Girls Basketball (7-12)
Wrestling (6-12)

Spring Sports:

Coed Track (6-8)
Soccer Girls (7-12)

FROM OUR STUDENT SERVICES DEPARTMENT

As we enter month two of the school year, the routine is established, and we are deep into learning activities. Your child may come home overwhelmed with homework and managing their workload. This is very normal as students are learning to juggle multiple subjects and tasks all at once. Developmentally, middle school is a time to develop the foundations of executive functioning skills such as time management, planning, and organization. It is typical for middle school students to be stressed when building these skills.

How you can help...

Reduce the stress in your lives

- **Be supportive and acknowledge your child's feelings.** When your child seems sad or scared, for example, tell them you notice they are sad or scared. Allow your child to try to solve his or her own problems, if appropriate. But offer to help and be available to your child when he or she needs you
- **Make time for play** - even for pre-teens play is important. Activities such as riding a bike, hiking, or throwing a ball around are all things that can reset your pre-teen's body.
- **Make time for adequate sleep.** Sleep is vital for minimizing stress and boosting mood. Take electronics away before bedtime if needed.
- Avoid over-scheduling your child with too many activities.
- **Teach your child to listen to their bodies.** Teach your kids to understand their own bodies and the physiology of stress. 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.

Build positive coping skills

- **Help them identify activities that calm them.** Having activities at the ready such as exercise, listening to music, deep breathing can help them handle life's stressors.
- **Provide a good example.** Keep calm and express your anger in appropriate ways.
- **Teach them about consequences.** Children need to learn about the consequences—good and bad—of their actions.
- **Provide them with some control.** Allow your children to make choices within your family framework. For example, allow them to arrange their rooms, choose family activities, and help make family decisions.
- **Encourage them to eat healthy foods** and emphasize the importance of a healthy lifestyle.

Get the stress out

- **Exercise.** Regular exercise is one of the best ways to manage stress. For children, this means activities like walking, bike-riding, outdoor play, and individual and group sports.
- **Write or draw.** Older children often find it helpful to write about the things that are bothering them. Younger children may be helped by drawing about those things.
- **Let feelings out.** Invite your child to talk, laugh, cry, and express anger when he or she needs to.
- **Do something fun.** A hobby can help your child relax. Volunteer work or work that helps others can be a great stress reliever for older children.
- **Learn ways to relax.** This can include breathing exercises, muscle relaxation exercises, massage, mindfulness, or yoga. Check out the [DCE Middle School Calming Website](#) for ideas.
- **Laugh.** Laughter really can be the best medicine. You can be a good role model in this area by looking for the humor in life. Your child can learn this valuable skill by watching you.

When it becomes more than stress: what to look for...

It is important to be aware of warning signs that your child may be struggling. You can play a critical role in knowing when your child may need help.

Consult with a school counselor, school nurse, mental health provider, or another health care professional if your child shows one or more of the following behaviors:

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm or kill himself or herself, or making plans to do so
- Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Getting in many fights or wanting to hurt others
- Showing severe out-of-control behavior that can hurt oneself or others
- Not eating, throwing up, or using laxatives to make himself or herself lose weight
- Having intense worries or fears that get in the way of daily activities
- Experiencing extreme difficulty controlling behavior, putting himself or herself in physical danger or causing problems in school
- Using drugs or alcohol repeatedly
- Having severe mood swings that cause problems in relationships
- Showing drastic changes in behavior or personality

Because children often can't understand difficult situations on their own, you should pay particular attention if they experience:

- Loss of a loved one
- Divorce or separation of their parents
- Any major transition—new home, new school, etc.
- Traumatic life experiences, like living through a natural disaster
- Teasing or bullying
- Difficulties in school or with classmates

How to Start a Conversation...

Do you need help starting a conversation with your child about mental health? Try leading with these questions. Make sure you actively listen to your child's response.

- Can you tell me more about what is happening? How you are feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?





DCE MS

Health & Wellness Day

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During the school day, your student will spend the day focusing on coping skills and wellness.

Sessions for Students Include

-  Knowing when you need help
-  Thought and Behavior Activity
-  Practicing self-regulation tools
-  Take home tools/craft

If you have concerns about your child's mental wellness, contact their school counselor.



Evergreen iLab News

Volume 1

Students Enjoying New DCEMS Makerspace

The Maker Movement is a movement that focuses on 21st century skills and promotes creativity and problem solving in students. Opportunities with technology (robots, programming, 3D printing) intersect with the DIY culture (hardware, sewing machines, good old fashioned glitter). There are no rules - just encouragement to be innovative.

The DC Everest Middle school is proud offer the students access to our brand new Makerspace - and the students seem pretty happy to join the movement. Our Makerspace is open during WIN. Students are encouraged to come down and tinker, build, and take apart. We've enjoyed seeing what they have created so far and can't wait to see what comes next!



iLab Celebrates the First Student of the Month

Ethan R. is a 6th grader at the DC Everest Middle School. When Ethan discovered the iLab 3D printer was not yet assembled, he watched some tutorial videos and volunteered his time to come and complete the assembly. Ethan downloaded the required software and designed the first iLab 3D printer product.



Thanks to him, the 3D printer is now available to any student that comes in to use the Makerspace!

Ethan definitely exhibits the qualities of ingenuity, creativity, and problem solving that the iLab loves to celebrate. Congrats, Ethan!

You Can Help! And Clean Out Your Closets!

Do you have old craft supplies that you've just never gotten around to using? Maybe you have saved styrofoam or bubble wrap because you just knew it would come in handy someday.

Today is the day! Your donations would help us a ton. We will take the regular or peculiar. The normal or the strange. Anything that students might be able to use to create something interesting. Please check our donation request list and consider sending in supplies. If there is something you have that is not on the list and you think just maybe someone could make something cool out of it, send it in!

Thank you in advance, from your middle school iLab!





WANTED

Makerspace Supplies

What is a Makerspace?

A Makerspace is a place for students to explore their creativity and innovative thinking. Students in the DCEMS makerspace will have access to robots and circuit sets for exploring. For creating, a 3D printer, 3D pens, a cricket, sewing machine, glue guns and lots of other general crafting/creating supplies will be available. Although we already have some materials for students, you can help by donating items from the list below.

Thank you so much for contributing to the success of our makerspace. .



- Plastic water bottles
- Twist ties
- Origami paper
- Cardstock
- Straws
- Stickers
- Paper fasteners/brads
- Paper plates
- Plastic spoons
- Plastic cups/dixie cups
- Aluminum foil
- String/yarn/embroidery floss
- Sewing supplies
- Cricket materials
- Magnets
- Foam sheets
- Styrofoam
- Wood or plastic shapes
- Dowels
- Bottle caps
- Bubble wrap
- Cardboard
- Simple tools (screw drivers, hammers)
- Wires
- Copper foil tape



- LEDs
- Paper towel tubes
- Interesting shaped boxes & containers
- Buttons
- Fabric scraps
- Playdough
- Pipe cleaners
- Marbles
- Legos
- Tape (painter's, duck, masking)
- New batteries (any)
- Battery operated tea lights
- Poster board
- Beads
- Cotton balls
- Toothpicks
- Flattened cereal boxes
- Watercolor paints
- Small containers with lids (clean)
- Baby wipe containers
- Disposable picnic table cloths
- Clothespins
- Paper bags (lunch or grocery)
- Uncooked spaghetti noodles
- Plastic storage containers with lids**



Breaker Space Supplies

A breaker space gives kids a chance to take things apart and tinker with the insides. If you have some old appliances or electronics at home, please consider donating them.



- Tape recorders and players
- CD/DVD players
- Radios
- RC cars
- Other motorized toys
- Remote controls
- Landline phone
- Computer mouse/keyboard
- Fans



Please No:

- TVs
- Vacuum cleaners
- Large appliances
- Computers
- Sharp or dangerous items