

A LETTER FROM MR HARRINGTON

Happy New Year to all! I hope everyone enjoyed their Winter Break! I know I enjoyed the time with family and friends! As we start the month of January, we have the end of the first semester in sight. Please make sure that your students are checking in with their teachers and getting their work completed and turned in! We will have a half day on Jan. 29th, marking the end of first semester. Semester electives will change on Jan. 30th. We will notify students of what class they will have leading up to that.

The Registrar's Office will be sending out report cards during the first week of February. Please take some time to review the grades with your student. Students who have failing grades will not automatically be promoted at the end of the year. We will begin to review student's report cards and begin talking with them about what is expected of them during the next semester. We will work with families to arrange needed help if students are not maintaining passing grades.

We are beginning to see a number of damaged laptops from our students. Please remind students that it is their responsibility to take care of their laptops. Most of the damage is cracked screens which means students are dropping them or placing them where they are getting stepped on or items dropped on them. We have discussed this with our students since they have returned, but if you could talk with your son or daughter about this, it would be greatly appreciated!

IMPORTANT DATES:

- January 18 - No School, (Staff Development Day)
- January 21 - No School (MLK Day)
- January 23 - AMS Escape Room Night
- January 29 -End of the first semester (Early release 10:45)
- January 30 - Start of second semester

This is another general reminder that cell phones and IPODs, etc. need to be turned off and placed in their backpacks and not used during school hours. Items will be confiscated and returned to the owner depending on how many times it has been taken away. Please remind your student of our policies. It is much appreciated!

Also, **please do not drop students off in the front parking lot of AMS.** Our student drop off and pick up is at the upper parking lot next to the play fields. It is especially important to use this area during the dark early mornings. Just recently, we had one of our students hit as she was crossing the street at the corner of M and 22nd. It is very difficult in the mornings to see students. Using the designated area will help ensure our students are safe to and from school! Thank you in advance!

The AMS Spelling Bee will be coming up soon. Classroom winners will compete at the school Spelling Bee. Everyone is welcome to join us on February 5th in the AMS Library from 6 - 7 pm.

As always, if you have questions, please feel free to call me at 293-1230 or email me at pharrington@asd103.org.

Patrick Harrington

A LETTER FROM MR PERKINS

Dear AMS Families,

Welcome to the new year! Having done this for a few years, I always notice the difference in kids when we don't see them for two weeks! They look rested and ready for action, they just may not say that verbally! Hope your break was fun!

The end of the semester is Tuesday, January 29th. As Mr. Harrington and I explained to the entire student body, it is an important date for all three grades and here's why:

8th graders - Semester grades will be an important factor for classes they can be in and placement in their AHS 9th grade year.

6th and 7th graders - should you earn an F both semesters in a core class (science, math, ELA), you will repeat that class next year and lose electives.

Let's go, Hawks, and keep your grades up!

We wrapped up a great Boys' Basketball season before break and are now mowing down opponents in Girls' Volleyball! **January 28th** will be the start of Wrestling and Girls' Basketball. New for Wrestling this year is that 6th graders

may participate! We will be announcing this often and helping parents through the paperwork. In the meantime, you can get your student a physical which they must have before the season starts.

Almost all activities are up and running. Our Drama Club will be having auditions on February 7th and 8th. Fitness Club is in full swing! I encourage all students to get involved and have some healthy fun!

Great news on a couple of other items. **Thank you parents**, for your support with limiting and monitoring your child's cell phone use.

Incidences of bullying and other inappropriate usage is way down this year. Our attendance is quite high and tardies are at a low level. Great parenting!

Remember, if you have any questions, Patrick's and my door is always open. We like to hear from you, with both good and not-so-good news.

Thanks,
Mark Perkins

SPORTS PHYSICAL INFORMATION

All students wishing to participate in school athletics **MUST** have an up-to-date sports physical on file. Please go to http://ams.asd103.org/for_students/activities_and_clubs/athletics and click on **Sports Packet** to fill out and turn into the main office



NEW! OUR THINK BEFORE YOU THROW CAMPAIGN

We are excited to announce the launch of a new program called **THINK BEFORE YOU THROW** starting on January 22nd in the Middle School Lunchroom. This program encourages our students to be mindful about the food they are throwing away and gives them the option to donate unopened non-perishable food, such as granola bars and goldfish, to programs that will give the unopened food to kids and families who need it.

In the lunchroom, there will be two stations set up for students to place non-perishable items. From this table, we welcome any kids who are wanting or needing these snacks to take what they need. Any leftovers will be donated to a snack station in the Counseling Office to help supplement snack needs for after-school programs and as donations to the local food bank.

This is a first step in helping our students make mindful choices about their waste. Later in the year, we will look at expanding the program to include perishable goods like cheese sticks and milk.

Examples of items that we are asking students to donate instead of throw out at the end of their lunches: Granola bars, Goldfish packages, Chips, Fruit Snacks, etc.

WHAT CAN YOU DO AS PARENTS?

Ask your kids about the program. Talk to them about the importance of donating food to those who need it instead of throwing it out.



PLEASE JOIN THE PTSA!

Our next general board meeting will be held on
Wednesday, January 9th at 6:30 pm in the AMS Library. Come
join us and hear all the wonderful things we have planned for
our fantastic school and students!



It's never too late to sign up to be a member!

Visit our website www.AnacortesPTSA.com and pay online - it's that easy!

We welcome all questions, concerns & comments- please contact us at:
anacortesms.ptsa@gmail.com

A MESSAGE FROM OFFICER DOTZAUER

HOW TO HELP KIDS WITH BULLYING

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. Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.



Encourage kids to speak to a trusted adult if they are bullied
or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the
problem directly. Talk about how to stand up to kids who bully. Give tips, like humor and saying "stop"
directly and confidently. Talk about what to do if those actions don't work, like walking away or bringing
it to the attention of an adult.

Talking about bullying directly is an important step in understanding how the issue might be affecting
kids. There are no right or wrong answers to these questions, but it is important to encourage kids to
answer them honestly. Assure kids that they are not alone in addressing any problems that arise.

Here is a resource to help you talk to your child(ren) about bullying: www.stopbullying.gov

Go Hawks! Defeat Bullying!

Ofc. Travis Dotzauer - School Resource Officer

Counselor's Corner

Shawn Flynn (A-K)

Rena Newall (L-Z)

Monique Starkovich - Registrar Secretary

Heather Malone - School Psychologist

Kara Fox - Counseling Intern

NEW YEAR'S RESOLUTIONS!

One of the best resolutions that students can make is to improve their grades. It's easier than you think, and your family won't have to give up chocolate. The school year is about halfway over, so you and your child are well aware where he/she is excelling and where he/she may need some help.

THE CASE OF THE MISSING ASSIGNMENTS

If your child is chronically disorganized and has missed handing in assignments, it's sure to lower his/her grades. This is an issue for many middle school students who have to deal with changing classes and having multiple teachers and multistep projects.

Help your child get organized! Set up a regular homework routine that works for your child and his/her activities to ensure that assignments are completed. For those larger projects with deadlines that are a month or more out, help your student create a plan with smaller steps that make the assignment manageable and easy to track. Check off each step to guarantee an on-time delivery.

SPORTS ARENA FIELD TRIP FUN!

A huge THANK YOU to all the parent and teacher chaperones who attended the Sports Arena field trip last month! The kids had a blast and we received a huge compliment from the staff!

"Anacortes MS is by far the best school ever...so disciplined and their chaperones were so helpful and thoughtful...let them know our house is theirs.."

-Sports Arena Management

WAY TO GO HAWKS!!



NEWS FROM CAREER & COLLEGE OUTREACH

Dear Parents and Students:

Getting a high school diploma is a significant achievement Sadly, in the 21st century, it may not be enough to get a good paying job after high school. Continuing education is the best investment that today's students can make for their future. This is true no matter what path your student chooses after high school – community college, vocational or technical programs or 4 year college. Students who complete a certificate or degree program will significantly improve their chances for career options, earning potential and long-term quality of life. Yet, getting that post high school education has never been more expensive! Add to that, what if your student picks a program that isn't a good fit and needs to make a shift?

What will that cost in additional time and money?

Nearly 2/3 of college graduates now borrow to complete their degrees.



This can leave them, and their families, with heavy debt. Two year degrees and technical training programs may also have high price tags. For many families, the worry over high prices and debt may

lead them to assume it's not affordable.

Did you know that there is approximately \$170 billion in financial aid nationwide available to post-secondary students through federal, state and institutional sources. You just have to know how to get at it.

On January 14, 2019, we will help you begin the process of learning how you can tap into these funds

for your student. This program is for **ALL** parents and students in the Anacortes School District – from kindergarten through high school.

We will share resources and strategies with you to help you begin:

- planning for your child's future,
- understanding the essentials of financial aid,
- how to position your student to obtain the best possible financial package when the time comes
- and much more!

While college may seem a long way off when your kids are in elementary school, it is not too soon to begin planning. Does your middle-schooler already have ideas about what they want to pursue? The sooner you know what your options are, how to tap into the resources that are available and how your student can position themselves, the sooner you can begin some concrete planning and relieve the anxiety.

**Voc/Tech, Community College or University
HOW TO FIND THE MONEY! A primer in Financial
Planning for Post-High School**

Where: AHS Commons

When: Monday, January 14, 2019 5:30 to 7 PM
ALL ARE INVITED!

We hope you will join us.

Questions? Email

AnacortesCollegeOutreach@ASD103.org.

Shay Schual-Berke

Anacortes College Outreach Coordinator

SOS SIGNS OF SUICIDE® PREVENTION PROGRAM

JANUARY 24, 6:00 PM HIGH SCHOOL COMMONS

PARENT NIGHT FOR PARENTS/GUARDIANS OF MIDDLE AND HIGH SCHOOL STUDENTS



**Come to
this Parent Night to learn
about the SOS Program
from a Certified SOS
Trainer**

**Watch a short DVD on the
Program**

**Discuss what being a
trusted adult means**

Bring Questions

JANUARY 24, 6:00 PM HIGH SCHOOL COMMONS

PARENT NIGHT FOR PARENTS/GUARDIANS OF MIDDLE AND HIGH SCHOOL STUDENTS

SOS SIGNS OF SUICIDE® PREVENTION PROGRAM

This award winning, evidence based suicide prevention program teaches students how to identify signs and symptoms of depression in themselves and their friends, teaching them how to respond effectively. This program teaches peer to peer messaging using the ACT acronym: **Acknowledge** that there may be in issue, Let your friend know that you **Care**, and **Tell** a trusted adult.

ANACORTES HIGH SCHOOL
1600 20th Street
Anacortes, WA 98221

January 24, 2019
6:00 PM

IMPORTANT DATES TO REMEMBER IN JANUARY:

- January 14 - Wrestling and Girls' Basketball sign ups start
- January 18 - No School due to Staff Development Day
- January 21- No School for Martin Luther King Day
- January 23 - AMS Escape Room Night 5:30 - 8:30 pm
- January 29 - End of the first semester - Early release at 10:45
- January 30 - Start of second semester and first day of practice for Wrestling/Girls' Basketball



THE HAWK

NEWSLETTER FOR THE
ANACORTES MIDDLE SCHOOL
& THE AMS PTSA 8.2.60

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Mark Perkins - **Ass't Principal**

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Heather Monkman-Vice-President
Rachel Kretchmer-Secretary
Romany Kerr-Treasurer

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