

# JC McKenna Middle School School Newsletter

December 2017

## Important Dates

7-8 grade band concert .....12/4

6-8 grade Chorus Concert-.....12/15

Winter Break.....12/25-1/2

## Mission Statement

“Educating and engaging the whole student”

To create a stimulating, caring and socially responsible environment that encourages students to reach their individual potential

## Contacting JC McKenna Middle School Main Office Hours

7:15am-3:45pm

### Telephone Extensions:

Principal, Mrs. Dobbs.....882-3302

Attendance Voicemail .882-3301

School Guidance Counselor:

Mrs. Holm.....882-3304

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Families of JC McKenna Students,

Thank you for attending the family conferences in November. The students worked hard getting their portfolios ready to share with you and I hope they were proud of the work that they presented. We appreciate your support throughout middle school as it truly takes all of us working together. If you ever have any questions, concerns or fun stories to share please do not hesitate to contact us. We appreciate hearing from you. Please take some time to explore Career Cruising as the program offers a lot to students.

Second quarter is in full swing and the tri-core is in transition. 6<sup>th</sup> grade is finishing Computers with Ms. Mumm and heading to Tech Ed with Mr. Kopf, 7<sup>th</sup> grade is finishing Tech Ed and moving to Art with Mr. Schmick and 8<sup>th</sup> grade moves from Art to Computers. Don't worry, it may be confusing to you but your student(s) will be just fine. The students that have the tri-core teachers for Team Time will travel to the new tri-core teacher as well so if you need to contact your child's Team Time teacher it may have changed recently. Ask your child, they will know.

There have been several families dropping students off at the staff parking lot next to the “No student drop off” sign. Please refrain from using this lot or Liberty Street as a student drop off. We prefer if families drop off on Second Street or even a block away and have the student walk. There is so much traffic that we all need to do our part to make sure that all of our students are safe. Thank you for your cooperation.

Winter is here and it is getting colder each day. Please encourage your child to wear appropriate winter gear and dress in layers. JC McKenna temperatures vary from space to space and we want all our students to be comfortable regardless of

Continued on next page...

where they are. Yes, we do understand that some kids will continue to wear shorts and short sleeve shirts year round and we will not judge you. We get it! This is more of a reminder to the students that do feel cold and may “forget” to grab gloves and a hat on their own. You can always go the route of tough love and natural consequences too. Parenting is tough!

Speaking of parenting here are a few tips to help teach your child to learn from mistakes. Sometimes students don’t always learn from mistakes and they keep making the same mistakes over and over again. In order to really learn from mistakes, students need to think about them. According to the Parent Institute, there are four steps your child can take to learn from their mistakes.

- ◆ Look at what was right. Pointing out the areas of success will help to motivate your child to take the next step.
- ◆ Figure out what went wrong. It is hard to fix a problem if you don’t know what caused it.
- ◆ Take steps to correct the problem.
- ◆ Apply the knowledge to a new situation. Have your child try a problem that is similar to the one they just experienced.

Have a wonderful December!

The Evansville Education Foundation is pleased to announce the following Wish List and Academic Club grants for the 2017-2018 school year:

<b>RECIPIENT</b>	<b>SCHOOL</b>	<b>PROJECT</b>
Jennifer Johnson	Levi Leonard	Osmos in the Classroom
Deb Fritz	Levi Leonard	Literacy Leap for 4K and K Students
Tamara Wallisch	Levi Leonard	Flexible Seating
Kendra Statton and Kari Reuter	Theodore Robinson	Flexible Seating and Student-centered Classroom Design
Dave Kopf	JC McKenna	Windmill Power Design
Cathy Kruckenberg	JC McKenna	Herb Garden Project
Doug Zblewski	JC McKenna	Future Problem Solvers State Bowl
Gina Collins	High School	Spanish Field Trip to Overture Center
Deb Miller	High School	Individual Health and Fitness Yoga Project

# 6th Grade News

## 6th Grade Team

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- Parents please continue to check over your child's assignment notebook even if the signature requirement has been lifted. This helps everyone stay informed about what is being assigned for homework as well as any upcoming tests or projects.
- Grades are posted online. Please use Family Access to find your child's grades. It takes about 1 week turn around time for teachers to post grades. If you have not signed-up for Family Access please contact Melinda Molloy at the District Office.
- On Dec 4th, students will begin their 2nd Tri-core Subject of Tech Ed with Mr. Kopf. Look for upcoming information.
- December 22 is **COLOR DAY!** All teams should wear their team color and will compete with other grades with their same color.

## Homework Help!

- 6th Grade Success Club meets every Wednesday from 3:15 to 4:15 pm. This club is staffed by 6th grade teachers. Students with late work will be asked to attend by Wednesday. Contact your child's Team Time teacher if you have any questions. We take pride in providing many opportunities for students to complete work or even skill work.

## Science

We had chemists from Millipore-Sigma come into class and do a great chemiluminescence lab with our students. Students also got to ask questions about careers in science as well as get to keep their lab coat. In class we are still working through the periodic table and learning more and more about our new textbook.

## Battle of the Books

Students grades 6-8 that are interested in competing in the WEMTA sponsored, Battle of the Books met briefly for an informative meeting and to form teams on Monday, November 13th.

Students in teams will read from a list of 20 books and practice comprehension questions until Feb. 2018 when a School Battle will take place to determine our state qualifying team Good luck to all the teams!





## Language Arts

Sixth graders continue to work hard throughout their daily reading and writing workshops. We have just finished a responsive unit where our focus was on correct use of sentence punctuation, including dialogue. Students really enjoyed writing a "free-choice" story where they applied these skills in truly amazing pieces, many of which we hope they continue to work on for a possible Yahara Writer's entry. (More information on this will be coming next month.) We have also begun

our Literary Essay Unit where students will practice writing a claim (thesis statement) which they will support with explanations and quoted evidence from their story in well-organized paragraphs. Students will eventually write a compare/contrast essay where they will analyze a text and write a claim that is well-supported with evidence and thorough explanations.

We have a record number of "Battle-of-the-Books" participants this year which involves students working in a team of 4 or 5 to collectively read 20 books. Although the competition will not begin until February,

groups have already begun reading selected books which they will soon begin to discuss with their team. Sixth graders have also finished up our Thriller and Overcoming Adversity themed book clubs and will begin our author study of Roland Smith after Thanksgiving. Students should continue to read a minimum of 20 minutes outside of school on a daily basis, regardless of if they have met their book club goals at school or not.

## Math

Overall Term 1 was a smashing success. We are making great progress with our new curriculum!!

Regular math classes are just beginning Chapter 4 of BIG IDEAS. Chapter 4 is the study of area. Parallelograms, triangles, trapezoids and the coordinate plane will all be hot topics for finding area. Students will also review finding perimeter as well. Ask your child if they have done any math extra credit. Check out my YouTube lessons for extra practice or help on math skills. Calculators will be used in this chapter! Please make sure your child has a calculator at school.

### Advanced Math

Students will be working with inequalities in Chapter 4 of BIG IDEAS. Students will write and graph inequalities. Students will also solve inequalities by adding, subtracting, multiplying or dividing. At the end students will solve some 2-step inequalities as well. Check out my YouTube lessons

for extra practice or help on math skills. Calculators will be used in this chapter! Please make sure your child has a calculator at school.

Mr. Bethke's website has a variety of math resources including YouTube video lesson from the current chapter for regular and advanced math classes. <https://sites.google.com/a/ecsnet.org/bethke-website/home>

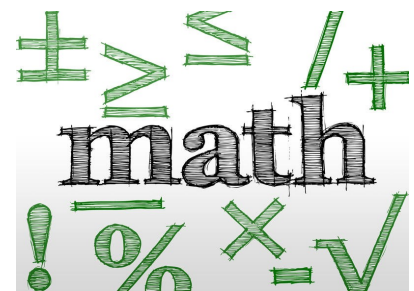
### Social Studies

Sixth graders had a strong finish to first quarter with a solid understanding of the nuts and bolts of our democracy. Many of them are close to mastering what they need for their future Civics test (a graduation requirement for all Wisconsin high school students)!

During second quarter, 6th Grade Social Studies scholars are focusing on two topics that are essential to American History and very relevant to current events: slavery and the Civil War. We're also practicing map skills,

and they are all rapidly improving as they learn to locate states on our US map.

Soon we'll be exploring some artifacts of the Civil War borrowed from the Wisconsin Veterans Museum, to help us to understand the lives of soldiers. Finally, each student will be choosing a research topic connected to slavery or the Civil War. They will be reading, note taking and, at the end of January, presenting Google slide shows to the class. Please talk to your 6th grader about the geography of the states and the topics that interest them in their current Social Studies unit!



## Computer Applications

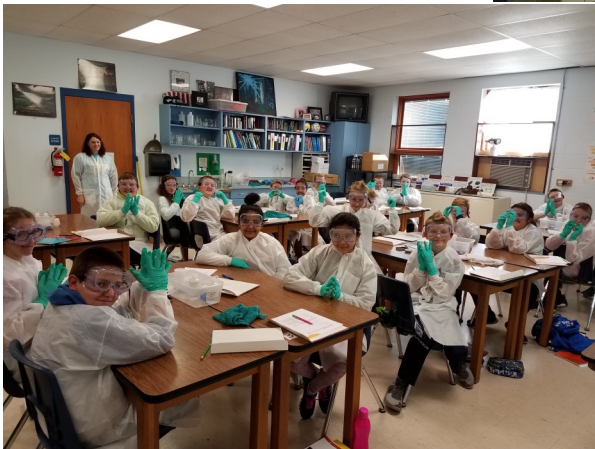
As our course comes to an end on Dec 1st, I am so proud of the progress each of our students has achieved by increasing their WPM and mastering keyboarding. This skill along with our class experiences with Microsoft Office and Google will help them continue to be successful well into Grade 7 when we will meet again. Please help to remind them to continue to practice and use their HOMEROW and reaches whenever they are at a computer keyboard. See you next year Sixth Graders!

# Grades 6-8 recognized Veteran's Day by wearing red, white, and blue



## PBIS Day Nov 3rd

Students could choose an activity with the tickets they'd earned. Some choose to use this time to "Code"

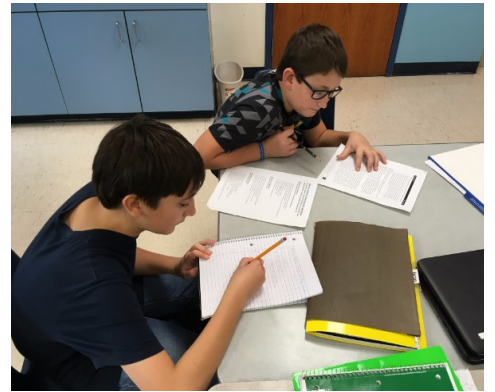


(Left) Science students got lab coats!

(Right) - Social Studies students working on a project

(Below) - **Winter Strong**

Students dressed up in white to support fellow student, Matt Winter in his battle with cancer.



# 2017



# 6th Grade Awards– 1st Quarter of 2017-2018

## All-A High Honor Roll

FINLEY BAUMBERGER	ARTHUR CUNNINGHAM	MICHAEL HORGAN	MIKAYLA SAMUELSON
TRISTA BEYERL	KENNEDY DOBBS	DAWSON KOPF	ALEXANDRA STAVER
NOLAN BURKHALTER	LUKE HALL	GEORGE LAMPTEY	JADA WALMER
DECLAN COBB	EMMA HAMMOND	ELLIE LARSON	ANABELLE ZBLEWSKI
ISABELLA CROSSEN	NATALIE HERRO	KARSON RIEMER	

## A & B Honor Roll

LINDSEY ARNDT	WESLEY EVERSON	BENNETT KELLER	WYATT NELSON
EVAN BECKER	MAIA FISHER	MADELINE KLAEHN	LIDA NIMZ
BROOKLYN BERGUM-PARMER	ANDREW FISK	HOPE KLEISCH	KATIE OUTHOUSE
AVA BRANDENBERG	BLAKE FREY	ALEXANDRIA KLITZMAN	NATALIE PETERSON
KARA BRICE	MEGAN FREYMILLER	MACKENZIE KOSTROUN	ALEXANDER REYES
JACK BURTON	CODY GILMAN	MAKENNA KRAMER	MARISSA SCHMOLDT
JOSEPH BUSH	KENNETH GLEED	SYDNEY LANGTON	TANNER SCHWENN
JOSHUA BYCHOWSKI	MAKIYA GREEN	JADEN LEROY	OLIVIA SINSHACK
DEYAMILET CORTEZ-PINEDA	CASSIDY HAAKENSEN	ELECTRA LUCERO	BRYN THOMPSON
WILLIAM DAY	EWAN HALL	TIMOTHY LUND	KASS TREGONING
KELSEY DEEGAN	ALESSANDRA HAYES	CADEN MALOTT	SAMUEL URBAN
NOAH DEML	DESHAWN HENRY-LENOIR	AVRIL MARTIRENA	HANK VANTHOURNOUT
MYLES DENT	BRYCE HUGHES	FRANKIE MAYNARD	EMMA VOGL
GRIFFIN DWYER	AILEENA ILANDERAGE	KADE MOELLENBERNDT	MADLYN WEBB CRONIN
DILLON ELLIOTT	GAVIN JARSTAD	MIGUEL MORICE	LUKE WILLE
JAMES EMBERTSON	ALEXANDER KARNES	TREVOR MUENCH	BRADEN WISER

## Perfect Attendance

FINLEY BAUMBERGER	WESLEY EVERSON	LAWSON JOHNSON	CADEN MALOTT
TRISTA BEYERL	BLAKE FREY	ALEX KARNES	NATALIE PETERSON
BROOKE DAMBACH	LUKE HALL	BENNETT KELLER	MIKAYLA SAMUELSON
KENNEDY DOBBS	CHINNA HERMANSON	GEORGE LAMPETY	ALEXANDRA STAVER
DILLON ELLIOT	MICHAEL HORGAN	ELECTRA LUCERO	RILEY WELLNITZ

# 7th Grade News

## 7th Grade Team

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**Ms. Kelli Ours** 882-3324

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### Science

We are currently studying Bacteria and Viruses. Students will be doing several labs including the use of microscopes and petri dishes. At the same time, we are reading books that deal with some kind of disease. Parents, you will be seeing your child read selections such as FATAL FEVER, TERRIBLE TYPHOID MARY, AMERICAN PLAGUE or THE HOT ZONE.

### Math

In 7<sup>th</sup> grade math we are starting a unit about expressions and equations. Students will be solving one and two-step equations with both positive and negative numbers. We will also be expanding and factoring equations using the distributive property.

### World History

This month, seventh graders will continue learning about Early Humans. What aspects of the Paleolithic Era, the Neolithic Era, and Early Civilization can be found on an episode of The Flintstones? Whose bricks will survive the Brick Challenge (bricks are due December 20<sup>th</sup> for Day 1 and December 21<sup>st</sup> for Day 2 classes)? These questions, and more, will be answered this month! Yabba dabba doo!

### Spanish

Seventh grade Spanish students have started the school unit. Students will learn how to talk about their schedule and what they need for each of their classes. Students will also learn how to tell time in Spanish and how to conjugate regular -AR verbs in this unit.

### Composition/Literature

Students should have a good start on their survival books. Students will take a halfway test on the book after Thanksgiving break. Please have your child tell you a little about the book he/she is reading. This is a great way for students to review, and it also gives parents a better idea of what we are doing in school. In class, we are learning about various literary terms and applying them to the survival books and other stories as well.

### Writer's Workshop

Students have completed their first argument essay on the topic of competitive sports for kids. After Thanksgiving break, they will begin work on their second essay on one of the following topics: bottled water, whaling, pets in the classroom, green energy, eco carbon footprint, or child labor. Their third and final essay will be on a topic of their choice.

# 7th Grade Awards– 1st Quarter of 2017-2018

## All-A High Honor Roll

AVERY BAKKEN	PORTER GLEED	KEIRA MALOTT	SHIANNE SHANKLIN
TAILER BARTELT	MOLLY HANSON	RILEY MARCH	CARTER SHERRY
TYLER BELES	JOURNEY HEISSNER	SKYE MCDERMOTT	ALIVIA SILTMAN
SOPHIA BETTINGER	SAWYER HOLMAN	GAVIN MCNEAL	BRYNN STAMSTAD
AMELIA BRUNNER	LAYNE HOWLETT	MARIA MESSLING	OWEN STANO
REILLY BUEHL	SAMANTHA IHLENFELDT	TEAGAN OLSON	EMMA STUART
TIM CONNORS	HANNA JOHNSON	SERENA PARMER	COLTER THOM
ERIN CUNNINGHAM	KOLE JOHNSON	TUCKER PETERSON	LOGAN THORPE
DELANEY DUNPHY	SADEE JOHNSON	ROSS PLOESSL	SAMANTHA TOFTE
ADEN ELLIS	ISAAC KARLEN	TRAVIS RALSTON	KIRA TORTOMASI
ADDISON ETRINGER	HAYDEN KRAUS	SARIN RINGHAND	MCKENNA YOUNG
KENDRA FINFROCK	MAEVE LARSON	GILLIAN RIPPL	TRAVIS ZASTOUPIL
PRITCILLA GARDUNO	WESLEY LEROY	JULIAN ROYS	
GRAYDEN GESKE	GRACE LONG	KATIE SAM	
ELLEN GIEHTBROCK	JULIA MAHONEY	BROOKLYN SCHULTZ	

## A & B Honor Roll

ASHTON ANDONEGUI	SAM HAAK	JENNA KELLOGG	KASSILYN MASON
DAVIS BECKER	IAN HATLEVIK	ARIANNA KINDVALL	AIDEN MAVES
CHARLES BRAUNSCHWEIG	ALLISON HAWLEY	MAXIMUS KURTH	ISRRAEL MURILLO
CARTER CIULLA	PAIGE HEISZ	QUINN LARSON	LEVI RINGHAND
LIBBY CRULL	LANDON HILDEBRANDT	MIRANDA LAURSEN	LUKE RUNDE
MARINA CUFF	JACK HOVERSON	WESTON LEEDER	THOMAS SCHUPPNER
TRISTAN DIENBERG	AUSTIN HUNT	EVAN LEVERENTZ	NOAH SCHWENGELS
BRAYDEN ENGELKINS	JACKSON HUNT	TAIJA LOUIS	HENRY UPDIKE
CAMION FERRELL	JONATHAN ISCHI	KENDRA LUGO	
SHELBY FLASKAMP	ISSIAH JONES	CALEB MAGUIGAD	
BRIANNA GROVER	LEE JORGENSEN	BRAYDON MANKE	

## Perfect Attendance

CHARLIE BRAUNSCHWEIG	JACK HOVERSON	SERENA PARMER	ALIVIA SILTMAN
JOHN CAHVEZ-MUELLER	SAMANTHA IHLENFELST	TRAVIS RALSTON	BRYNN STAMSTAD
PRITCILLA GARDUNO	JAYDEN LENZ	MIKAYLA SAMUELSON	OWEN STANO
ALLISON HAWLEY	DAYNE MILLER	CARTER SHERRY	



# 8th Grade News

## Composition/Literature

8th graders have been reading an insane amount of books! And...it's awesome! In our Reader's Workshop unit, students are using a reader's notebook to track their mini-lessons and their thinking work. This notebook is divided into sections so students can be organized in their work.

We have been working on reading multiple novels and applying thinking strategies to our reading by looking at character traits and how those traits make the story what it is. We have paid a lot of attention to noting that characters have multiple sides and they are usually complex, having both positive and negative sides to them. When writing about reading, students have focused on making sure the writing they are doing is focused and is quality driven rather than quantity based. They have also learned that when writing about reading it increases their level of thinking in their stories.

Next, we will be studying how setting affects characters and their traits. Skyward updates on daily work have been sent out regularly as well. Each night students should be reading about 20-30 minutes, which accumulates to at least 20 to 30 pages of text. They should be adding about 5 minutes of thinking work to their notebooks for their reading time. Ask to check out your student's notebook!

## Science

Students are absolutely loving the new earth science program and this month have been learning all about Earth's structure and it's various layers, etc. Next up we'll look at Rocks and Minerals – the building blocks of the crust! Any rock-hounds out there?

## Spanish

Students in 8th grade Spanish are learning clothing and colors. They are working on a conversation that takes place in a store as well. Coming up next in Spanish will be weather and travel!

## World Geography

World Geo 8 students will be continuing going around regions of the USA and then traveling to Canada and Mexico!!!

## Math 8

Here comes Geometry! Students have been working hard on different transformations and similar figures. We will begin December with parallel lines and angles.

**Note: Both Math 8 and Algebra students** have online access to their textbooks as well as bonus features like tutorial videos and online quizzes to help them. See [www.bigideasmath.com](http://www.bigideasmath.com). Your student has a sticker with their username and the format of their password in their assignment notebook.

## Algebra

Algebra students will be working on all things linear: different forms of linear equations, graphing, and using lines of best fit. We will then solve systems of equations in various ways.

## 8th Grade Team

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# 8th Grade Awards– 1st Quarter of 2017-2018

## All-A High Honor Roll

KAYLEE BAUMAN	KEVIN HERRO	CAYDEN MAAG	MADLINE STUART
OWEN BOLL	BRADEN HURST	TRENTON MALTERER	ASHLYN TIEDT
ELIJAH BRANDENBURG	ALEXANDER JOHNSON	GRACE MARSHALL	ANNA UPDIKE
MIA BRICE	TIANA JOHNSON	MALLORY MILLER	MICHAEL URBAN
ELLA DAMBACH	GUNNER KATZENMEYER	MASON MILLER	STEVEN WEIER
MASON EAKINS	ISABELLA KING	BRODY O'CONNOR	KAYLIE WILLIAMS
BLAKE ELLIOTT	MEGAN KLINGER	KAYLEE O'CONNOR	BRYCE WUNSCHEL
JOHN FAHEY	OWIN KORFMACHER	KYMBERLEE RETHLEFSEN	CALLIE YLVISAKER
MCKENNA GRAU	ZACHARY KRAABEL	AURORA RINGHAND	
MARY GRAY	ALEXANDRA KUQO	MAKYIAH SENDELBACH	
JOANNA GRIBBLE	CARLY LANDPHIER	CHRISTIAN SHANLEY	
COURTNEY HAAKENSON	MARCOS LUGO	STEPHANIE SHOTLIFF	

## A & B Honor Roll

DOMINIC ADAMS	CARSON FUGATE	KATE KLAHN	GRACIE SCHULTZ
PARKER ADDISON	MILES GEOFFRION	ARCADIA KRAKE	ANTHONY SNYDER
MATTHEW ARMITAGE	MAXWELL GRIBBLE	ELSIE KRAMER	LIAM SPEICH
GABRIELLE AUTER	BRIAR HALL	KATHRYNE KRUEGER	CAMDEN STAVER
COLE BETTENHAUSEN	EMILY HARER	LILY LASKOWSKI	LINSIE STOLTZ
NATALIE BEYERL	SYDNEY HAZARD	SCOTT MAUCH	TIMOTHY STORK
AUTUMN BRADLEY	ALEXANDER HEALEY	CHASE MAVES	SOPHIA TEDESCO
RICHARD BRAUNSCHWEIG	ADELYN HEIBLER	LILY MICHEL	EZEKIEL TISHLER
JOHN CHAVEZ-MUELLER	ANDREAS HENIADIS	JAXON MILLER	ERICA VEIT
BAYLIN CRULL	NATHANAEL HIONIS	MYLES PARR	AYDEN VEST
CONNOR DAMBACH	KANE HOWLETT	ALLISON PRATT	MARGO VINGUM
JAYDEN EITHUN	JOLIE HUGHES	LILY REESE	MELANIE WALLISCH
KYLEY EVANS	DREW JARSTAD	SAMUEL ROSS	ELIJAH WINCHEL
ANDREW EVERSON	BRYCE JENSEN	TIMOTHY SCHMOLDT	
HAILEY FLEMKE	EMILY JOHNSON	BADEN SCHRAB	

## Perfect Attendance

PARKER ADDISON	MAXWELL GRIBBLE	ZACHARY KAVALARY	TIMOTHY STORK
RILEY ANDERSEN	COURTNEY HAAKENSON	ZACHARY KRAABEL	MADLINE STUART
COLE BETTENHAUSEN	BRIAR HALL	ALEXANDRA KUQO	ASHLYN TIEDT
NATALIE BEYERL	SYDNEY HAZARD	DREW LANGER	SANTIAGOTORRES-PEREIRA
JOHN CHAVEZ-MUELLER	ALEXANDER HEALEY	MARCOS LUGO	MARGO VINGUM
DREW COLSTAD	ADELYN HEIBLER	DAVID PENA DIAZ	TRISTAN WIEMILLER
AGUSTIN CURBELO	JASON HEINZELMAN	KYMBERLEE RETHLEFSEN	ELIJAH WINCHEL
JAYDEN EITHUN	NATHANAEL HIONIS	TIMOTHY SCHMOLDT	
ANDREW EVERSON	KANE HOWLETT	GRACIE SCHULTZ	
MILES GEOFFRION	ALEXANDER JOHNSON	MAKYIAH SENDELBACH	
MCKENNA GRAU	EMILY KAMP	LIAM SPEICH	

# Specials Classes

## Specials Team

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**Mr. Bob Harsevoort** 882-3334  
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**Ms. Cathy Kruckenberg** 882-3308  
Phy Ed/Health  
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**Mrs. Meghann Proper** 882-3332  
6th/7th Vocal Music  
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## MUSIC NEWS

Our annual Butterbraid fundraiser will begin right after we get back from winter break. All proceeds go directly to the students in the form of new music, new or repaired instruments, band supplies, guest clinicians, and sometimes money off of field trip costs. Do your best to sell these yummy pastries and support our Music Department!

## CHORUS NEWS

Our winter chorus concert is Friday, December 15th! Sixth graders will perform at 6:30 PM and the combined seventh/eighth grade concert begins at 7:30 PM. Both concerts will take place at the high school PAC. Students should wear their nicest black clothes with an optional pop of color. Since Chorus is a participatory class, attendance at the concert is required.

## GENERAL MUSIC/MUSIC APPRECIATION NEWS!

Sixth graders are beginning their Musical Story Unit by watching Tchaikovsky's "Peter and the Wolf." Then we will make our own musical stories in groups.

Seventh graders are starting their Song Form Unit and they will be mapping out a song of their choice.

Eighth graders are finishing their google site about music from a country of their choice.

**7th Health:** Meth and Heroin and the effects on a community, your brain and general health.

**8th PE:** Finishing football skills, offensive plays, defense and games.

**6th PE:** Indoor and Outdoor soccer skills and games.

## Nondiscrimination Statement

The Evansville Community School District prohibits harassment or discrimination against any pupil in any program or activity on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, physical, mental, emotional or learning disability, or any other basis protected by law.

# News from the LMC

Hello from the LMC~

The LMC will be having a Secret Holiday Book Contest in December. There will be prizes and drawings for those who participate! See the bulletin board outside the LMC for details.

As always, recommendations are accepted. Please use the following link: <https://goo.gl/forms/aHnGQPfahKtkWln13> if you'd like the LMC to purchase a specific title.

The LMC has a new website and it is up and running! Please visit <http://www.ecsdnet.org/programs-support/jc-mckenna-middle-school.cfm> . From any device, students can access the library catalog, research databases and resources the LMC offers. Culture Grams is one database available to our students. It offers clear, reliable, and up-to-date information. To access, please use the following username: JCMCKENNA and password: student . NetTrekker is another database the LMC has available to students. It offers a digital learning resource library. Take advantage of these databases on the LMC webpage.

Did you know? The JCM LMC has digital e-books and audiobooks available! A link is provided on the LMC webpage right hand side. Download the Destiny Discover app from the app store and log-in using these credentials: username: asd password: 123. These digital materials can be used on any mobile device!

Keep those overdue books coming in! Students have been doing a great job being responsible library patrons and returning their items on time or renewing them. Keep it up! If you can't find an overdue item, no problem. Just pay the replacement cost, and if you do find it within 60 days, we are happy to issue a full refund.

Cheers~ Mrs. Beyerl, K-12 Library Media Specialist and Mrs. Zastoupil, LMC Clerk





## Expecting Perfection:

This time of year can be especially stress producing.

The images we see of the perfect holiday celebrations and gatherings.

The messages we get about the perfect gift for \_\_\_\_\_ (fill in the blank).

The thoughts in our head that this year everything will go right (great weather, excellent conversations, our sports team winning, etc.).

All of these things have one thing in common—it isn't always realistic.

When we have expectations that things will be perfect we are often disappointed when it isn't. The beliefs and messages we get about perfectionism can affect us.

This excerpt on perfectionism from Never Good Enough: Freeing Yourself from the Chains of Perfectionism by *Monica Ramirez Basco, Ph.D. (The Free Press)* identifies some of the perfectionist beliefs that people have:

- |   |  |
|---|--|
| <input type="checkbox"/> I must be perfect or I will be rejected.                   | <input type="checkbox"/> If I make a mistake, it will be horrible.           |
| <input type="checkbox"/> If I do it perfectly, then I will be accepted.             | <input type="checkbox"/> I must be perfect or I will be embarrassed.         |
| <input type="checkbox"/> If I make a mistake, I will be humiliated.                 | <input type="checkbox"/> When I get it right, I will finally accept myself.  |
| <input type="checkbox"/> Things should be done the right way.                       | <input type="checkbox"/> When I achieve perfection, I will find inner peace. |
| <input type="checkbox"/> I'll never be good enough.                                 | <input type="checkbox"/> If others do not approve of me, then I am not OK.   |
| <input type="checkbox"/> I'm not good enough. I must keep trying.                   | <input type="checkbox"/> I must be perfect or others will disapprove of me.  |
| <input type="checkbox"/> I must be perfect or I will fail.                          | <input type="checkbox"/> If others approve of me, then I must be OK.         |
| <input type="checkbox"/> It is possible to do things perfectly.                     | <input type="checkbox"/> If I make a mistake, then I am worthless.           |
| <input type="checkbox"/> If I do it perfectly, then everything will work out right. |  |
| <input type="checkbox"/> If I do it perfectly, then everyone will notice.           |  |
| <input type="checkbox"/> There is a right way and a wrong way to do things.         |  |
| <input type="checkbox"/> If I do it perfectly, then it will be rewarded.            |  |

Being a perfectionist isn't about things being perfect; it's about thinking things *need* to be perfect and vigilantly pursuing it. (Psychology Today, Nov. 2013) Emotionally, this means that instead of living life in a place of self-acceptance, perfectionists are on a "continual treadmill chasing the elusive feeling of having everything in their lives be right."

<https://www.psychologytoday.com/blog/inside-out/201311/4-difficulties-being-perfectionist>

Over the holiday weeks ahead, take time to recognize that perfection is a town with a population of zero. Appreciate that people are unique and imperfect. Consider accepting events and others as they are, and focusing on progress rather than perfection.



## A Holiday Gift to Honor Evansville School Staff, Students, or Volunteers

As the holidays approach, please consider making a contribution to the Evansville Education Foundation (EEF) in honor of a staff member, student, or volunteer. Community members contribute to the Evansville Education Foundation through our various fundraising activities. Please show your support by making contributions in honor of your child or your child's teacher.

Complete the form below and return it to the Evansville Education Foundation. It's the perfect holiday gift and will help grow the Wish List Fund and the various Endowment Funds supported by the EEF, which provide funds for creative and innovative projects on an annual basis.

**What:** Contribute to the Evansville Education Foundation in honor of a staff member, student, or volunteer. This is a great way to recognize and honor a beloved teacher or any staff member, student, or volunteer. A lovely card will be hand-delivered to the honored person of your choice. The amount of the contribution will not be indicated on the card, only that you have made a donation to the Evansville Education Foundation in the person's honor. **No amount is too small and no shopping is required!**

**How:** Complete the bottom portion of this form and mail it to the Foundation or send it to your school's front office, along with a check made payable to Evansville Educational Foundation or EEF.

**When:** Please turn in your donation by December 15. The completed form and check can be mailed to EEF, 1 N. Madison St., Evansville, WI 53536 or to your child's school.

**Why:** It's a great way to honor an Evansville Blue Devil and support the Evansville Education Foundation! Every contribution, no matter the size, will help our teachers and our schools and provide an ongoing gift.

\*\*\*\*\*

### Evansville Education Foundation Holiday Honorary Gift

Your Name (Donor): \_\_\_\_\_

Student or Family Name(s) the Gift is from: \_\_\_\_\_

Contribution amount: \_\_\_\_\_

Address (for tax receipt): \_\_\_\_\_

Phone number or Email (in case we have questions): \_\_\_\_\_

This is in honor of Teacher/Staff/Student: \_\_\_\_\_

Please indicate which school within Evansville District: \_\_\_\_\_

Please enclose check (payable to EEF) and send with your completed form to EEF, 1 N. Madison St., Evansville, WI 53536 or through your child's school. Donations should be sent by December 15<sup>th</sup> in order to have the cards distributed before the start of winter break. Cards will be hand-delivered the week of December 18<sup>th</sup>. If you have any questions, please contact Cecile David at [c.david@eefsupport.org](mailto:c.david@eefsupport.org). Thank you. The Evansville Education Foundation is a 501 (c) (3) organization and your contribution is deductible to the fullest extent of the law.

## ATHLETIC SCHEDULES

Go to:

[http://  
www.rockvalleyconference.org/  
public/genie/245/school/7/](http://www.rockvalleyconference.org/public/genie/245/school/7/)

**for up to date  
schedules.**

**You can also  
access the  
schedules from the  
school website.**

Go to [www.ecsdnet.org](http://www.ecsdnet.org)

Click on Schools/ JC McKenna Activities/ Athletics/Sports Schedule



## School Lunch

For monthly lunch menus please visit:

<http://www.taherfood4life.org/schools/evansville/menu/>



### Things to Remember:

- ◆ Students may be on the playground at 7:30 a.m. The bell to enter the school will ring at 7:45 a.m. and school will begin at 7:50 a.m. Students that come after 7:50 a.m. will be marked as tardy. Please make sure to call the office at 882-3301 to report an absence or tardy.
- ◆ To help us keep our students safe, anyone coming to the Middle School should enter through door 15 (off the Liberty Street parking lot) and check in with the office staff. Please bring a valid ID with you.
- ◆ You may pay for lunch either online or by sending in a clearly marked envelope with student name and the word lunch money written on it with the money inside.
- ◆ Students go outside daily, please remind them to dress for the weather.

# Harvest of the Month

## Fingerling Potato

Calories

100

Total Fat

0g

Sodium

0mg

Sugar

3g

### FUN FACTS:

Fingerlings are small, slender, tube-shaped potatoes. Their name comes from the length of the potato as it is close to a finger length (2-4 inches).

They come in a variety of colors—yellow/gold, white, red and purple.

Since they have such a thin skin, they should not be peeled before cooking.

Fingerlings have a buttery flavor and are great for pan-frying, roasting and salads.

-Excellent source of potassium, Vitamin C, and fiber-

## Healthy Holidays Begin with Happiness

The holidays are here, and many will struggle to maintain a healthy lifestyle with extra demands financially, professionally, socially, and from family. Here are a few tips on how to find more happiness and enjoy the holiday season to the fullest, while still looking out for your health:

- ☆ Make sure you set aside time for relaxation, exercise and quiet moments alone.
- ☆ Keep your sense of humor no matter what.
- ☆ Have realistic expectations about holiday visits.
- ☆ Slow down, place a priority on sleep, avoid taking on too much and spend time with people you love.
- ☆ Do something **new and creative this year.**
- ☆ **Start** noticing what's going right in your family rather than focusing only on what's going wrong.

Let's enjoy everything wonderful the holiday season has to offer while maintaining your health!

Melanie Wirth, RDN, LD, MBA  
Corporate Dietitian  
Taher, Inc.

### Roasted Fingerling Potatoes with Whole Grain Mustard

Yield: 4 servings

1 lb	Fingerling Potatoes (unpeeled, variety pack— red, gold, purple)
1 Tbs	Fresh Chopped Rosemary Leaves
1 Tbs	Olive Oil
1 Tbs	Whole Grain Mustard
1 ½ tsp	Kosher Salt
1 ½ tsp	Black Pepper

## HARVEST OF THE MONTH RECIPE—DECEMBER

1. Preheat oven to 400°F.
2. If the potatoes end up being larger than 1 ½" diameter, cut them in half.
3. Place the potatoes on a baking sheet and sprinkle with rosemary.
4. In a small bowl, stir together the oil and mustard. Drizzle mixture evenly over the potatoes, then season with salt and pepper. Toss to coat the potatoes evenly, then spread them out in a single layer.
5. Roast the potatoes, turning them 2 to 3 times, until the flesh is tender when pierced with a fork (about 40-45 minutes).
6. Transfer the potatoes to a serving dish and serve immediately.

**NUTRITION SNAPSHOT ~ 1 serving**  
115 calories, 2.5g total fat, 2.7g protein,  
6mg cholesterol, 21g carbohydrate,  
240mg sodium, 7g sugar, 4g fiber



# CALENDAR OF EVENTS—EVANSVILLE YOUTH CENTER

December 2017

Craft of the Week Nov 27-Dec 1

Crochet Project

27—NO SCHOOL/NO EYC

28—Lets Cook

29—Spoons

30—Movie & Popcorn

1—Charades (starting Random Acts of Kindness)

Craft of the Week Dec 4-8

Beaded Snowflake Ornament

4—Karaoke

5—Over-Sized Games

6—Learn to Play Cribbage

7—Skeeball Tournament

8—Foosball Tournament

Craft of the Week Dec 11-15

Felt Ornaments

11—Board Game Night

12—Simon Says

13—Seeing is Disbelieving

14—Let's Cook

15—Pictionary

Craft of the Week Dec 18-22

Beaded Ornaments

18—Wii Snowboard Tournament

19—Wii Snowboard Tournament

20—Library Alison

21—Movie & Popcorn

22—Party with Christmas Feud