

Rocky River Middle School Pirate Passages

Volume 2, Issue 5

October 24, 2014



- Megan Rose, Principal
- Michael Sislowski, Assistant Principal

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Dates to Remember

October 24th– Quarter One Ends

3:30 p.m.-5:00 p.m.-6th Grade Dance in Commons

5:15 p.m.-6:45 p.m.-7/8th Grade Dance and Open Gym

October 27th– Red Ribbon Week Begins

October 31st– Report Cards Coming Home

Mixed Bag Designs Fundraiser Ends

November 3rd-6th– Book Fair

November 5th– PTA meeting 9:00a.m.

November 6th– Parent/Teacher Conferences 1-5:00 p.m. and 6-8:30 p.m.

Anne Frank Traveling Exhibit Opens in RRMS Media Center

November 7th– Teacher Professional Day (No School)

November 10th– Eighth Grade Awards Assembly 8:15 a.m.

Sixth Grade Awards Assembly-1:45 p.m.

Seventh Grade Awards Assembly-2:30 p.m.

November 11/12th– Seventh Grade Challenge Days

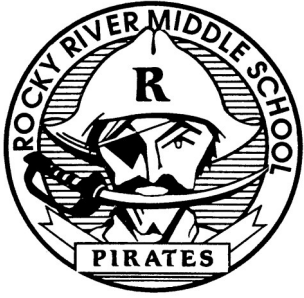
Science Olympiad

The Science Olympiad club is looking for community member volunteers with experience in engineering, chemistry, physics, astronomy, geology, medicine, or biology to serve as “mentors” for club members (middle and high school level students). The time commitment is flexible and no prior Science Olympiad experience is required. If you or someone you know is interested, please email either Andrea Salem (salem.andrea@rrcs.org) or Katie Hipp (hipp.katie@rrcs.org) for more details.

Veteran's Day

Tuesday, November 11th is Veteran's Day. Students and staff are asked to dress in red, white and blue in support of veterans.





Heinen's Teaming Up for Education Program

Attention all Heinen's shoppers! If you shop at Heinen's you can help Rocky River Middle School while you shop. Heinen's created their Teaming Up for Education program to help local community schools raise money. Participants must re-select their school every year and have a Tasteful Rewards Preferred Card. Please visit www.heinensrewards.com to select Rocky River Middle School if you have a card. If you need to enroll go to www.heinens.com or visit the Customer Service booth. We thank you in advance for your support.

Scholastic Book Fair

Scholastic Book Fair is arriving soon to Rocky River Middle School! With the help of our PTA volunteers, students will be attending the Scholastic Book Fair with their Unified Arts class MOAA, ENCORE, and/or Inquiry classes between November 3 and 5th. Students are welcome to browse or purchase items during these classes as well as before and after school on the 4th and 5th. In addition, parents will be able to browse and shop for the holidays on November 6th during the Parent/Teacher Conference Day from 2-5:00 p.m. and 6-7:00 p.m.. The Book Fair will be set up on the stage in the Commons due to the Anne Frank exhibit in the Media Center this year. Just look for the Book Fair arrows!! Hope to see you there!

*"The willingness of
America's veterans to
sacrifice for our
country has earned
them our lasting
gratitude."
Jeff Miller*

PTA

The next PTA meeting will be November 5th at 9:00 a.m. Tina Wasserbauer from Food Services will be our guest speaker.

PTA is looking for volunteers to assist with the book fair on November 3rd, 4th, and 5th during the school day from 8:30 a.m.-12:00 p.m. or 12:00 p.m.-3:15 p.m. They also need assistance on November 6th Parent/Teacher Conference Day from 4:00 p.m.-7:00 p.m. Anyone interested please contact Mary Amsdell at tamsdell@aol.com.





ROCKY RIVER MIDDLE SCHOOL
Parent-Teacher Conferences

Dear Parents and Guardians:

Parent-Teacher conferences are scheduled for **Thursday, November 6th, 2014 from 1:00 p.m. to 5:00 p.m. and from 6:00 p.m. to 8:30 p.m.** Teachers will be dismissed for a dinner break promptly at 5:00 p.m. and will return to their assigned areas by 6:00 p.m. The purpose of these conferences is for teachers to give parents a brief progress update on their student.

The teachers will meet with parents, arena style, for ten-minute conferences on a first come, first serve basis. Our conference times are limited to ten minutes so teachers will have time to meet with as many parents as possible. Sometimes ten minutes is not enough time to complete the conference and address all issues. Teachers are happy to schedule a conference for a later date to complete any unfinished business. Please do not be offended if the teacher states that he/she needs to move on to the next parent and offers to schedule additional time with you at a later date. Thank you in advance for your understanding and adherence to this request. Some of our teachers and tutors have assignments at multiple buildings; therefore they have abbreviated availability at particular buildings during parent teacher conferences. Their schedules are noted below for your convenience.

The teachers will meet with parents at the locations listed below:

<i>Sixth Grade Pathfinders</i>	<i>Room B203</i>
<i>Sixth Grade Trailblazers</i>	<i>Rooms C102 and C103</i>
<i>Seventh Grade Voyagers</i>	<i>Rooms D101 and D102</i>
<i>Seventh Grade Explorers</i>	<i>Room D202</i>
<i>Eighth Grade Ingenuity</i>	<i>Rooms E200, E202 and E204</i>
<i>Eighth Grade Integrity</i>	<i>Rooms E100, E102, E103 and E104</i>
<i>Unified Arts House</i>	<i>Room B200</i>
<i>Counselors</i>	<i>Main Hallway</i>
<i>Mrs. Louise Borden, ELL</i>	<i>Room C101 (Mrs. Borden is only available from 1pm to 5pm at RRMS)</i>
<i>Mrs. Nancy Brassell, LRS Coordinator</i>	<i>Guidance Office</i>
<i>Ms. Sharron Brown</i>	<i>Room B100 (Ms. Brown is only available from 6pm to 8pm at RRMS)</i>
<i>Mrs. Kathryn Callentine</i>	<i>Room B101</i>
<i>Ms. Lilia Clark, 8th Grade Spanish</i>	<i>Room B105</i>
<i>Mrs. Susan Forbes, Gifted Coordinator</i>	<i>Room B201A</i>
<i>Mrs. Kathy Guzowski</i>	<i>Room B205</i>
<i>Mrs. Libby Landers</i>	<i>Room B202</i>
<i>Mrs. Terri McNeely</i>	<i>Room C102</i>
<i>Mrs. Janin Miller</i>	<i>Room D101</i>
<i>Mr. Frank O'Grady</i>	<i>Room A011</i>
<i>Mrs. Sandrine Pal, French</i>	<i>Room B105</i>
<i>Mrs. Beth Pavic</i>	<i>Room E101</i>
<i>Mrs. Jana Randazzo, Speech</i>	<i>Room A007</i>
<i>Mrs. Erika Robison</i>	<i>Room D103</i>
<i>Mrs. Amy Schmit</i>	<i>Room B203</i>
<i>Ms. Melissa Spangler, Reading</i>	<i>Please contact via email to arrange a conference spangler.melissa@rrcs.org</i>
<i>Mr. Kevin Zerbey, 7th Grade Spanish</i>	<i>Room B105</i>

It is our hope that through increased communication, we can continue to develop an effective partnership in your child's education.

Sincerely,

Mrs. Megan P. Rose, Principal

Mr. Michael Sislowski, Assistant Principal



RRMS Red Ribbon Week 2014 is Monday, October 27th - Friday, October 31st, 2014

The RRMS community will be participating in a week full of activities to promote a drug and alcohol-free environment. The theme for the week is:

Too Smart to Start! We are the Majority! *73% of Ohio teens are drug free.*

Empowering drug free students in our school to speak up and let their voices be heard.

Red Ribbon week will launch Monday morning with a Public Service Announcement from the RRHS Westshore Young Leaders Group.

SPIRIT DAYS:

Students and staff will also participate in “Spirit Days” with a dress-up theme each day:

- **Monday** - Team Up Against Drugs! Wear something showing support for your favorite sports team while “teaming up” against drugs.
- **Tuesday** - Sock it to Drugs! Wear your most outrageous or colorful socks.
- **Wednesday** - Follow your Dreams! Wear pajamas to school to remind everyone of the dreams you have of the future.
- **Thursday** - We are the Drug Free Majority! Wear red to celebrate Red Ribbon Week.
- **Friday** - Catch the Wave to a Drug Free Life! Dress in island attire such as sunglasses, leis, sandals, floral shirts, khaki shorts or a grass skirt, etc.

BANNER/PLEDGE TO BE DRUG FREE SIGNING:

Students and staff will be encouraged to sign the “We Pledge To Be DRUG FREE” banner in the Commons during lunch on Monday, Tuesday and Wednesday.

TEAM DOOR DECORATING:

Student volunteers will decorate classroom doors afterschool on Tuesday from 3:20-4 p.m. and on Thursday judges will choose the best decorated “Hallway of Doors”. Students are being asked to donate/bring in items to use in the door decorating contest.

Parents are encouraged to please make time this week to talk to children about the importance of abstaining from drugs and alcohol. For more information or resources to use please visit:

www.redribbonweek.org.

A HUGE “thank you” goes out to the RRMS PTA for supporting the grant request to fund this special week of events for our middle school community!!! We appreciate your support...

Middle Years

Working Together for School Success



Short Stops

School: An everyday thing

Make sure your child knows you expect her to go to school every day, even if she's "too tired" or "needs a break." Review the school attendance policy together, and discuss acceptable reasons to be absent (illness, family emergency). *Tip:* Point out that missing even one day can lead to lots of make-up work—that might make it less appealing to miss class time.

Fall for fun

Looking for a weekend family outing? Take advantage of autumn with fun seasonal activities. You might attend a nearby harvest festival, go apple picking, watch a high school football game, or drive scenic routes to view changing leaves. It could be the start of a tradition to celebrate each new season together!

Code games

Help your tween practice logical thinking by creating and deciphering codes. Suggest that each family member invent a secret code using a symbol for every letter of the alphabet. (Example: A = ♥, B = ♪, C = □.) Write coded messages, trade papers, and see who cracks a code first.

Worth quoting

"The important thing is not to stop questioning." *Albert Einstein*

Just for fun

Q: What do you get if you cross a skunk with a boomerang?

A: A terrible smell you can't get rid of!



Rules that work

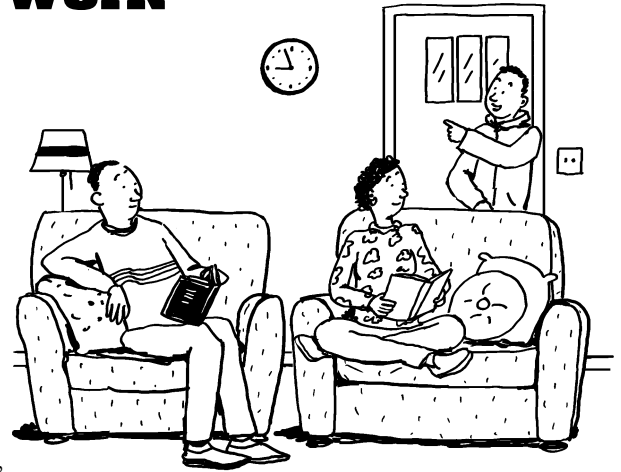
Your tween may be growing up, but he still needs the security that discipline provides. Setting rules and consequences can help him stay safe and feel cared for, even if he doesn't act like it. Consider these ideas.

Spell it out

As your child finds himself in new situations, he may make assumptions that you don't like. To prevent problems, go over guidelines in advance. For instance, you might want him to call if he's at a friend's house and the parents invite him to go somewhere. That way, you can say yes or no. *Note:* Explain why you're setting this rule. ("We might have other plans, and you wouldn't be home when we needed you.")

Choose consequences carefully

Holding your tween accountable shows him you're serious about your rules. Decide ahead of time what will happen if he breaks one, and be sure he knows what that is. It works best if you pick a consequence that's related to his



behavior—and, of course, one that you can enforce. *Example:* If he plays video games and doesn't finish his chores, video games are off limits for two days.

Expand privileges

As your middle schooler shows he can be trusted, you can reevaluate his limits and consider giving him more freedom. But make it clear that those liberties may be revoked if he slides back. For instance, you might allow a later curfew if he consistently keeps the one you set and still has more than enough time for sleep. 👍

Stay on top of math

Since each new math concept builds on previous ones, it's important for your middle grader to keep up. These strategies can help.

■ **Work backward.** When she's not sure how to approach a homework problem, suggest that she look for a similar problem that's already solved in her book or online. By starting with the answer, she could do the sample problem in reverse to see how each step led to the solution.

■ **Pinpoint mistakes.** Encourage your child to pay careful attention when teachers go over returned assignments and tests. That way, she can learn where she made errors and how to correct them. If she's still confused, she should arrange to meet with her teacher. 👍



Research: Dig in

The amount of information available to your child increases rapidly every day. That means good research skills are crucial. Share these ways to help her gather the facts she needs.

Focus on key questions. Have her set up a system that helps her concentrate on finding the relevant information. For example, she could draw a vertical line to divide a sheet of paper in half. In the left column, she should write the questions she needs to answer. Then, as she works through library books, textbooks, newspapers, or websites, she can fill in the answers in the right column.



Take notes actively. Encourage your middle grader to write particularly interesting facts or words on individual sticky notes. For instance, if she's researching Roald Dahl, she could write, "Gobblefunk: Dahl's own language." As she writes her paper, these words can act as reminders and spark ideas. She might also sketch as she researches—for instance, drawing Orion's Belt when reading about constellations—so she has a reference point later.

Tip: Writing down her sources as she goes will make compiling a bibliography easier. It will also speed up fact-checking or finding additional information. Suggest that your child keep a list in her notebook or in a computer file. 👍

Know what's up

Being part of your youngster's school experience can help him succeed, even in the middle grades. Here's how to stay in the loop.

Stay informed

Ask how the school, PTA or PTO, teachers, and advisers send out announcements. You might join the PTO Facebook page, a teacher's email list, or a sports team's phone tree. If you don't have computer access, provide another way to be contacted.

Watch for opportunities

Check announcements frequently. Requests for help will probably vary. You can choose those that fit your interests and availability—say, painting at Family Art Night or contributing a dish for social studies Greek Day.



Talk about it

Mention events to your tween that you hear about, like a fall dance or a debate tournament. Keeping an eye on happenings at his school shows support, even if you're not directly involved. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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a division of CCH Incorporated
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www.rfeonline.com
ISSN 1540-5540

Q & A

Seeing the glass half full

Q My son tends to be a "glass half empty" kind of person. How can I encourage him to be more optimistic?

A Having a positive outlook will help your son feel happier, cope with stress better, and be more pleasant. Even if he's not naturally optimistic, he can develop a brighter way of seeing things.

Lead the way by looking for the good in situations. You might say, "It's going to be a busy day, but I'll feel great getting so much done!" To inspire him to do the same, prompt him to look on the bright side when things don't go as planned. ("We could work on our puzzle together since your baseball game was rained out.") Eventually, he may pick up the habit.

Also, help your child see setbacks as temporary and recognize things he can fix. Say he doesn't do well on a test. Point out that it doesn't mean he won't do well on future tests, and have him make a plan to improve. 👍



Parent to Parent

An earth-friendly party

My daughter Sarah wanted to throw a surprise birthday party for her best friend, but she didn't have much money to spend. I had heard of "zero waste" parties that not only help the environment, but also keep costs down since you don't buy many supplies. The idea is not to have any trash left that can't be recycled or reused.

I told Sarah about this, and she decided to try it. First, instead of buying and mailing invitations, she made

a free invitation online and emailed it. She also asked everyone to bring food—and, in keeping with the "green" theme, to use recyclable containers.

For the party, she used real plates, silverware, and cups instead of buying paper or plastic ones. She and another girl even decorated an old sheet to use as a tablecloth.

Her friend enjoyed the party, and Sarah liked making her friend's birthday special by being good to the earth—and not spending much! 👍



ROCKY RIVER HEARTBEAT

1ST QUARTER FITNESS/HEALTH NEWS

[HTTPS://WWW.SMORE.COM/XCRNT-ROCKY-RIVER-HEARTBEAT](https://www.smore.com/xcrnt-rocky-river-heartbeat)

PARENTS/GUARDIANS:

Welcome to our first quarterly Rocky River Fitness and Health Education newsletter. Every quarter the Fitness and Health department will give some quick updates on our units and upcoming special events.

PE Uniforms

Thank you to all who were so kind and patient about getting all 625 students proper uniforms for fitness class. If you have any concerns as the year moves forward, please feel free to call or email one of the Fitness/Health teachers.

Knowing that all students have been issued uniforms, we are expecting all students to be properly dressed for indoor/outdoor activities each day in class. Grades will reflect students who are not prepared. We connect our program to local recreation centers, which require members to be properly dressed in order to use recreation facilities and equipment.

Fitness Education Update

All students started the year with fitness testing. Students were tested in the five components of fitness (Cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). All collected data was entered into Fitnessgram, software which tracks data to measure improvements. For student safety, student data is not public information and can only be accessed by Rocky River fitness teachers and administrators. Students will be re-tested in the spring to measure improvements. If you have a concern about fitness testing, please make one of the fitness teachers aware.

After fitness testing, 6th 7th and 8th grade students were actively involved in outdoor games such as football, soccer, tennis football, frisbee and fitness games. Students were guided to discover that maintaining possession of the ball, creating space and decision making were critical elements to enhanced game performance. Most of the fitness activities focused on improving student's cardiovascular endurance through games. Students learned the cardiovascular target heart rate zones and how to track them through manual heart rates checks.

Health Education Update

6th Grade

Students in the first quarter participated in a communications unit. Students explored the different forms of communication including written, verbal and non-verbal all while providing examples from each source. Students compared and contracted appropriate and inappropriate communication in several different settings with several different partners. Students discovered many traits of quality human beings which were supplemented with a bullying lesson provided by the guidance department. Finally, students were taught goal setting through the S.M.A.R.T. principle. Students applied the S.M.A.R.T. principle towards a personal goal.

7th Grade

Students focused the first quarter on nutrition and eating healthy. Students learned about the six nutrients that our body needs each day. They understand that it's important to eat in moderation, balance and variety. The MyPyramid was a teaching tool to help students understand the food groups and how much of each food group to eat. Students created a food journal for 3 days that helped self-assess their daily food consumption. Students made adjustments to their nutrition habits by focusing on eating a healthier breakfast to start their day. Finally, students planned, created and presented advocacy projects to promote healthy eating for teens.

8th Grade

Students learned how physical activity and exercise connects with all areas of their life. During the unit, students analyzed their fall Fitnessgram results, and then created their own personal plan to follow for the school year. Students learned about the extremes people take in order to reach body image goals. Finally, students were responsible for creating an advocacy power point presentation that encouraged teens to be more physically active. Students were asked to list the social and physical benefits of a specific activity they enjoy.

Thank you to all for communicating your children's medical concerns as we know how important safety is in the fitness setting.

For more information please check out our team's web page at:

<http://www.rrcs.org/HealthFitnessEd.aspx>

UPCOMING EVENTS

GREAT PUMPKIN RUN

WHEN

SUNDAY, OCT. 26TH, 7AM

WHERE

14532 LAKE AVE
LAKEWOOD, OH

Whether you're searching for a 5K or training for a marathon, we have runners of all abilities and disciplines covered.

<http://www.active.com/lakewood-oh/running/races/great-pumpkin-run-2014?int=72-3-A6>

The 33rd Annual Cleveland Turkey Trot

Thursday, November 27, 2014

Where

Public Hall
500 Lakeside Avenue
Cleveland, Ohio 44114

When

Registration - 7:00 AM

1 Mile Fun Run - 8:45 AM

5 Mile Timed Run/Walk - 9:30 AM

15TH ANNUAL REINDEER RUN 5K 2014

WHEN

SUNDAY, DEC. 7TH, 7:30AM

WHERE

14532 LAKE RD
LAKEWOOD, OH
MORE INFORMATION

<http://www.hermescleveland.com/roadracing/events/reindeer.asp>