

Grand Mesa Middle School



March 2017

Jennifer Marsh, Principal | Scott Moore, AP | Jason Eidinger, AP | Jackie Walters, Secretary | Phyllis Taylor, Secretary

Important Dates

Wrestling Match

March 2, 2017 3:45pm
@ GMMS

Wrestling Match

March 9, 2017 3:45pm
@ GMMS

No School – Teacher Workday

March 10, 2017

District Wrestling Tournament

March 15, 2017
@ CHS

District Wrestling Tournament

March 16, 2017
@ CHS

Spring Break – No School

March 20-24, 2017

Track Practice Begins

March 27, 2017
@ GMMS

8th grade visit to CHS

March 31, 2017
@ CHS

A Message From Principal Jennifer Marsh

Timberwolf Families,

It is hard to believe that we are finishing up third quarter and about to begin fourth quarter! Spring brings excitement and activity. Boys' basketball wrapped up, wrestling is underway and our performing arts students have performed and competed in Solo and Ensemble! We are entering our last couple weeks of the third quarter, March 9th marks the end of the third quarter and GMMS will be holding the end of quarter celebration for students that day. On the following day, March 10th there will be no school, as it will be an end of quarter work day for teachers.

Last month, GMMS held our Celebrations of Learning through student led conferences and the turnout was wonderful! Thank you to all the families who attended and made this night amazing! If you were not able to attend the conferences or would like additional time with your students teacher(s), please call or email to set up a time to meet. We want to ensure you of our continual efforts to provide your student(s) with every opportunity to show the POWER and excel in their learning.

Our 8th graders will begin their transition to high school and we are excited to be teaming up with the Central High School Warrior staff and students. Our 8th graders are looking forward to the activities we have planned for them in preparation for their move to high school. The first event will be an all 8th grade visit to CHS on March 31st, for an assembly. Students will start the actual registration process in April.

Punxsutawney Phil saw his shadow on Groundhog's day, so what does that mean... 6 more weeks of winter. Regardless, spring is on its way and our students continue learning and growing here at GMMS. Spring Break is scheduled for March 20 – March 24. PARCC and CMAS testing will begin the week after break. GMMS will be following up with a detailed schedule for parents and guardians, in the next week.

On behalf of our staff, I want to thank you for your continued support. We look forward to working together as a team to provide your child with the educational experience that strives to meet the GMMS shared vision – Engaging Learning through Discovery and Ownership.

Best,

Jennifer Marsh

Daylight Saving Time

Daylight saving time 2017 in Colorado will start at 2:00 AM on Sunday, March 12th. Don't forget to set your clocks forward 1 hour.

School of Choice Window

The School of Choice window opens March 6, 2017 and closes March 31, 2017. All applications are on a first come first serve basis.

Procedures for applying for the School of Choice option are as follows:

1. The School of Choice Application will be available starting at 10:00 a.m. on March 6, 2017, and will be accepted until 4:00 p.m. on March 31, 2017. The application is available in electronic form **only** and is available at the District's web site at www.d51schools.org/schoolofchoice.
2. Complete the application and submit. Applications will be marked with the date and time upon submission of the electronic form.
3. All students wanting to attend an out of area school for the 2017-2018 school year must submit a School of Choice application **unless the student is continuing in the same school in which a School of Choice was granted last year and space is still available.**
4. **If you do not have access to the internet**, please go to the Basil Knight Center at 596 North Westgate Dr., from 7:30 AM - 4:30 PM, Monday through Friday or your child's school office.

New Emerson Elementary, Dual Immersion Academy, Independence Academy, Juniper Ridge and R-5 High School will not be available as options for School of Choice as enrollment in these schools are by a separate application process only. The Challenge Program at East Middle School and the International Baccalaureate Program at Palisade are not options of School of Choice as these programs are available through a separate application process.

PLEASE NOTE: Transportation will NOT be provided for students who live out of the attendance area and attend school under School of Choice.

If you have any questions about this process you are more than welcome to contact our school at 254-6270 and we will help you.

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BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY

Studies show that breakfast is the most important meal of the day, especially for children. Eating school breakfast improves children's educational performance, behavior, and health.



WHY INCREASE SCHOOL BREAKFAST PARTICIPATION

- Children who eat a complete breakfast make fewer mistakes and work faster on math tests than children who eat a partial breakfast.
- Children who eat breakfast at school, closer to class and test taking time, perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- Children who eat breakfast show improved cognitive function, attention, and memory.
- Participating in school breakfast is associated with improved math grades, attendance, and punctuality.

BREAKFAST IMPROVES CHILDRENS' OVERALL HEALTH

- Children who eat breakfast tend to have more adequate nutrient intake than children who do not.
- Children and adolescents who eat breakfast are more likely to maintain a healthy body weight.

SCHOOL BREAKFAST IMPROVES CHILDREN'S ATTENDANCE AND BEHAVIOR:

- Schools that provide breakfast in the classroom to all students show decreases in tardiness and suspensions as well as improved student behavior and attentiveness.
- Providing students with breakfast in the classroom is associated with fewer disciplinary measures.
- Children who participate in school breakfast have lower rates of absenteeism.

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High School Registration:

Central High School and Grand Junction High School plan to visit 8th graders on April 13th and 14th about registration and transitions to high school. Keep an eye out for deadlines, requirements, and programs your student may be interested in for next year!

GMMS continues to work on developing growth mindsets in staff and students. Did you know our brain can grow? Have you ever been told your brain is plastic? Brain plasticity refers to our brain's ability to change. This change is influenced by genetics, environment, and LEARNING! When we learn and practice new things, we develop more connections in our brain and they get stronger. In fact, the more mistakes we make the more amazing our brain becomes. So how do we help our students? 1. Help them understand their brain is like a muscle. 2. Encourage them to take on new challenges. 3. Remind them learning a new skill takes practice. Quantity is important but so is quality. They need frequent feedback to make sure they are practicing correctly. 4. Praise the process and not the end result. Does this sound challenging? Remember developing a growth mindset is a process. Carol Dweck reminds us, "You can't just declare that you have a growth mindset. Growth mindset is hard."

For more about growing your brain visit:

<http://sharpbrains.com/>

<http://mindsetonline.com/index.html>

<https://www.mindsetworks.com/default>

State testing is right around the corner. The Anxiety and Depression Association of America offers these tips for managing test anxiety:

- **Be prepared.** Develop good study habits. Study at least a week or two before the exam, in smaller increments of time and over a few days (instead of pulling an "all-nighter"). Try to simulate exam conditions by working through a practice test, following the same time constraints.
- **Develop good test-taking skills.** Read the directions carefully, answer questions you know first and then return to the more difficult ones. Outline essays before you begin to write.
- **Maintain a positive attitude.** Remember that your self-worth should not be dependent on or defined by a test grade. Creating a system of rewards and reasonable expectations for studying can help to produce effective studying habits. There is no benefit to negative thinking.
- **Stay focused.** Concentrate on the test, not other students during your exams. Try not to talk to other students about the subject material before taking an exam.
- **Practice relaxation techniques.** If you feel stressed during the exam, take deep, slow breaths and consciously relax your muscles, one at a time. This can invigorate your body and will allow you to better focus on the exam.
- **Stay healthy.** Get enough sleep, eat healthfully, exercise and allow for personal time. If you are exhausted—physically or emotionally—it will be more difficult for you to handle stress and anxiety.
- **Visit the counseling center.** Schools are aware of the toll exams can take on students. They have offices or programs specifically dedicated to helping you and providing additional educational support so that you can be successful.

Excerpt from <http://www.adaa.org/living-with-anxiety/children/test-anxiety>



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