

Wiesbaden Middle School

October 24, 2008



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Some Important Dates to Remember:

Oct. 29 – Beginning Band 1730-1830 WMS Gym

Oct. 30 – Last day of first quarter

Oct. 31 – No school for students - Teachers' recordkeeping day

Nov. 3 – Picture Make up for new students

Nov. 5 – Report cards emailed home

Nov. 7 – Student/Parent/Teacher Conferences

Nov. 11 – Veterans' Day – No School

Nov. 12, 13 - WMS Health Screening

October has been a busy month.

- We have completed the school wide Scholastic Reading Inventory. This data helps teachers prepare instruction and the school to offer assistance for students' improvement.
- A special thank you to Dr. B and Ms. V for their efforts to plan and sponsor programs for all students during the Month of the Young Adolescent. The final activity will be on Oct. 30. Students will be asked to "Mix it Up" by spending time with students they don't know.
- Dr. H's Spanish Heritage celebration was a success thanks to the student performances and parents' help with programs and food! Ole!
- Forty-two eighth grade students took the PSAT on Oct. 15. Thank you to Ms. V for coordinating and administering the test with help from Dr. N. The test result will arrive in December. At that time the results will be discussed with students and mailed home.

- The PTSO and the sixth grade teaching team sponsored a “Welcome to Middle School” celebration. Thank you to the many parents who offered food, supervision, and management of the lunch. Great day for the kids!
- Our School Advisor Board has been established. Please remember there is a link to the SAC on our school home page.

PSYCHOLOGIST CORNER:

Dear parents and sponsors,

Deployments, Redeployment and Permanent Change of Station are transition stages that can cause stress within the family environment. Many of you have experienced these transitions numerous times and are aware of the dynamics involved. The return or departure of the spouse alters the routines of the home bringing new adjustments and challenges. Children can be affected by these changes and problems can develop. Instability of mood, anxiety, irritability, sadness, rebelliousness and risk-taking behaviors can emerge that may affect relationships and school functioning.

To a degree, it is important to view school functioning as a barometer of children adjustment. Sudden changes in behavior and/or persistent underachievement may be the way they communicate that things are not well.

At Wiesbaden High School we have different ways of supporting students during difficult transition times. It is critical that you share your concerns with us. Throughout the year we conduct surveys to identify students with deployed or redeployed parents. Our teachers are knowledgeable and sensitive about these issues. The guidance counselors and school psychologist can provide direct assistance or guide you to additional community resources.

Please refer to

<http://www.hooah4health.com/deployment/familymatters/emotionalcycle.htm#> regarding deployment and how it can affect children. For additional information look into Wiesbaden High School web page <http://www.wies-hs.eu.dodea.edu/> under Deployment Re-Integration Information.

Seminar Sports!

This year during seminar students who are up-to-date on all their schoolwork will have the opportunity to participate in the seminar sport program.

We will start with testing for the President's Physical Fitness Award.

They will be tested on running one mile, doing curl-ups(sit-ups), the shuttle run, sit and reach and pull-ups/push-ups.

For more specific information on the President's Physical Fitness Award go www.presidentschallenge.org

During the second quarter, we will be having an intramural sports program. More details to follow!



Please contact Dr.J or Ms. V with any questions.

From the Nurse:

In recent studies, researchers have found that middle-school students who performed best on fitness tests — which gauged aerobic capacity, strength, endurance, flexibility and body composition — performed better academically as well.

Results from the study, which included 317 students in grades six through eight, showed that the fittest group of students scored almost 30 percent higher on standardized tests than the least fit group. And the least fit students had grades in four core classes that were 13 percent to 20 percent lower than all other kids, according to findings presented at a recent ACSM meeting.

Experts speculate that exercise may boost academic performance in various ways, including: burning off pent-up energy and allowing kids to pay attention better and focus on their work; boosting self-esteem and mood; and increasing blood flow to the brain, helping with memory and concentration.

In another study presented at the meeting, researchers found that kids engaged in more moderate-to-vigorous physical activity during non-competitive play than during competitive elimination games.

The research involved 29 children in grades four to six whose physical activity levels were assessed during two sessions of elimination games (such as tag, in which a tagged child had to sit out the rest of the game) and two sessions of non-elimination games (such as a modified version of tag, in which a tagged child could come back into the game after doing five jumping jacks).

“Everyone is not a jock,” he told Congress. “Everyone cannot play sports. Everyone cannot run. But everyone can be fit.”

Jacqueline Stenson is a freelance writer in Los Angeles. A former senior health producer for msnbc.com, her work also has appeared in publications including the Los Angeles Times, Health, Shape, Women’s Health, Fit Pregnancy and Reuters Health.

School Nurse

PTSO News

Dear Parents, Teachers and Students,

Yesterday we had a very brief meeting and I wanted to clarify and update everyone on what the PTSO has done and is doing for Wiesbaden Middle School. First, I want to apologize for the large group, we had 7 RSVP’s from the Community to join in for our food handler’s course and we actually had over 35 extra people arrive. We are happy everyone was able to take the food handlers course though and I apologize for to the many people who emailed me after the meeting regarding the cramped room and brief PTSO meeting. Next time we will be prepared for everyone and have larger events in the gym, again please accept my apologies for the unexpected large class.

WMS PTSO has been able to work very quickly this year and we have raised many profits to help our school with our Soup Sale and Pretzel Thursdays and our Spirit wear and our First Family Fun Event. WMS PTSO has helped the Outdoor Club, 8th grade end of year Fund, 6th grade Seminar Potluck and the School Improvement Board. WMS PTSO approved last night to donate the proceeds of our Nov. 17 bake sale to the School Library Lending Fund. This will increase the number of books the library is able to lend to the Seminar teachers and still be able to have enough books on hand for all students to borrow from the library. WMS PTSO will commit \$450 to this project.

We also approved \$200 for the 6th grade teachers Wildcats request and \$115 for the Current Event Project request from Mr. G.

More Spirit wear has been ordered and will be in shortly for the students and adults to wear and show their Warrior Pride. We have a wide variety of sweatshirts, hoodies, and male, female and unisex T-Shirts to choose from, so please keep your eyes out for order forms so you can buy the newest Spirit Wear styles.

November 17 is a big event for the Community and MWR has asked WMS PTSO to help sell chili and hot dogs and have a bake sale. MWR will be selling nachos and drinks. The event will take place at the Community Activity Center on the Airfield and more news will be given throughout the Community on this event. We have already had many adults and students sign up. We are asking all parents and

students to bring a baked good on Monday Nov. 17 to the CAC between 1700-1730 so we can raise money for the School Lending Library and Wildcats Project.

Thank you again to all the many adult and student volunteers. We prove the saying that "Volunteers make a difference". I am so proud to be able to volunteer with all of you and hope you know how truly appreciated you are and what a huge difference it is when you take the time, energy and love to help the students and teachers of WMS.

**Have a Safe and Happy Halloween,
WMS PTSO President**

HIRING NOW!!! DoDDS-Europe Area Office vacancies/employment opportunities. Check the specific announcements at the below link.

<http://www.eu.dodea.edu/hr/vacancies.php>

Information Technology Specialist (Security), YA-2210-02 (2 Vacancies) – Mainz Kastel, Germany

Supervisory Financial Management Specialist, YA-0505-03 – Wiesbaden, Germany

Administrative Support Technician, YA-0303-01/02 – Wiesbaden, Germany

Accounting Technician (Office Automation), YB-0525-01/02 – Multiple Vacancies – Wiesbaden, Germany

Supervisory Human Resources Specialist (Generalist), YC-0201-02 – Wiesbaden, Germany

Human Resources Specialist (Recruitment, YA-0201-02, Multiple Vacancies - Wiesbaden, Germany

Human Resources Specialist (Labor and Employee Relations, YA-0201-02 - Wiesbaden, Germany

"Open Continuous Vacancies" cover a wide variety of positions located throughout our schools and District Superintendent Offices. Applications should be submitted at your local District Superintendent's HR Office.

Location: DoDDS throughout Europe
Announcement: 2008-OCADODDS-E
Closing Date: 31 December 2008