

WOODLAND MIDDLE SCHOOL

November 2023



Hello Trojan Families.

During this season of Thanksgiving, as we gather to express our gratitude for the many blessings in our lives, let us take a moment to reflect on the invaluable contributions of our brave veterans. These selfless men and women have sacrificed so much to ensure the safety and freedom of our great nation. We are deeply thankful for their unwavering dedication, commitment, and sacrifice. We are looking forward to recognizing our Woodland Middle School Veterans on Thursday, November 9th at our Veteran's Day Assembly.

Families please mark your calendars for Fall Conferences! Conferences will be held Tuesday, November 14th, Wednesday, November 15th, and Thursday, November 16th. With the success we experienced the past few years, we will be continuing with our round robin style of conference, which means you will not need to schedule an appointment with your student's teacher. Simply show up at a convenient time and all teachers will be available to meet with you on those conference days. We appreciate your support and continued partnership for your child's success. We want all of our Trojans, WINNING in the WOODS!

Tuesday, Nov 14th 1:00-4:00; 5:00-7:15 PM
Teacher Break 4:00-4:30 PM
**Conference will end promptly at 7:30 PM*

Wednesday, Nov 15th 1:00-3:30 PM
**Conference will end promptly at 3:45 PM*

Thursday, Nov 16th 1:00-3:30 PM
**Conference will end promptly at 3:45 PM*

Report cards will be going home in mid-November. We use Skyward as our primary way to communicate grades and progress but will also be sending home hard copies of report cards after each quarter. Please take the time to review your child's grades with them, highlighting both positive aspects and areas they can strive to improve. Please note that some students have double blocks in math and/or language arts so you may see that they receive two credits/grades that are composed of the same assignments (that is because they spend two periods in the same core class).

Again, I thank you for your support and hope you have a very, Happy Thanksgiving.

Success in all things,

Dr. Russell Evans
Principal

Important Dates

Thursday, November 9
Spirit Day: Salute to Service

Friday, November 10
Veterans Day /No School

November 13 - 16
WMS Book Fair

November 14 - 16
WMS Conferences

November 14 - 17
Early Release
12:25pm

Thursday, November 16
6:30pm
School Board Meeting

November 22 - 24
Thanksgiving Break

Tuesday, December 12
WMS Winter Concert
7pm @ WHS

Friday, December 15
Dance / Movie Day
Holiday Dress Up Day

December 20 - January 1
Winter Break



November Character Trait

Gratitude

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is “choosing to appreciate the people and things in our lives.” Practicing Gratitude can increase our well-being and our happiness. Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

Throughout the year we will be celebrating and recognizing students who exemplify outstanding character traits.



Our DSP program had their first field trip of the year to the Patch! Students got to enjoy the activities the Patch has to offer, pick their own pumpkin, and come back for Hot Cocoa and a treat.

The WMS P.E. Department would like to challenge your family to join us in: **PLANKSGIVING**: 30 Days of Planks & Thanks!

PLANK EXERCISES – Choose 1 Timed Plank Exercise and 3 Counted Plank Exercises each day from the list of 10 plank variations below!



TIMED PLANK EXERCISES

– Hold for at least 20 seconds.

Increase time each day for your personal best.

- High Plank (on hands)
- Low Plank (on elbows)

LEVELS

Level 1–Complete 1 round of planks

Level 2–Complete 2 rounds of planks

Level 3–Complete 3 rounds of planks

GIVING THANKS

Think of someone or something you're thankful for, and write it on the calendar each day.



Scan this QR code to see a video of each exercise!



COUNTED PLANK EXERCISES

- Plank Shoulder Touches – 10 repetitions each shoulder
- Up-Down Plank – 10 repetitions
- Arm Raise – 5 repetitions each arm
- Plank Jacks – 10 repetitions
- Knee-to-Elbow Plank – 5 repetitions each leg
- Toe Tap Plank – 10 repetitions each side
- Plank Leg Raise – 10 repetitions each leg
- Knee Tap Plank (Low) – 10 repetitions each knee



Please stop by the office, or see Mrs. Beasley, if you would like a **PLANKSGIVING** calendar. Return your calendar at the end of the month for a chance to win a special prize for your entire

Family! We are thankful for our WMS PE students and the effort & sportsmanship they demonstrate each and everyday. Winner will be chosen December 1st 2023.

Feel free to start today. We realize we are a few days into November but there will be no penalty for starting late.

GIVING THANKS and DOING PLANKS

11/1	11/2	11/3	11/4	11/5	11/6
11/7	11/8	11/9	11/10	11/11	11/12
11/13	11/14	11/15	11/16	11/17	11/18
11/19	11/20	11/21	11/22	11/23	11/24
11/25	11/26	11/27	11/28	11/29	11/30





Cold and Flu Season is upon us

Please keep your child home if they are not feeling well.

SICK DAY GUIDELINES

Making the Right Call When Your Child Is Sick

Should I keep my child home or send him/her to school?

Your child needs to **stay home** if he or she:

- Has a fever of **100.4** degrees or higher
- Has been **vomiting** or has **diarrhea**
- Has symptoms that keep your child from participating in school, such as:
 - Very tired or poor appetite
 - Cough that he/she cannot control or sneezing often
 - Headache, body aches, or earache
 - Sore Throat – a little sore throat is okay for school, but a bad sore throat could be **strep throat**, even if there is no fever. Other signs of strep throat in children are a headache and stomach upset, or rash. Call your doctor if your child has these signs

Here is a link to the most recent Covid19 guidelines:

<https://doh.wa.gov/sites/default/files/2023-02/420456-COVID19DecisionTrees.pdf>

24 Hour Rule:

- **FEVER:** Keep your child home until his or her **FEVER** has been gone **WITHOUT** medicine for **24 hours**. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.
- **VOMITING OR DIARRHEA:** Keep your child home for 24 hours after the **LAST** time he or she **vomited or had diarrhea**.
- **ANTIBIOTICS:** Keep your child home until 24 hours after the **FIRST** dose of antibiotics for anything like ear infection or strep throat.

We often have many children with colds coming to school, and each one is passing their sickness to others. Please help others from becoming sick by keeping your child home.

GOGUARDIAN PARENT APP

Woodland Middle School has given you access to GoGuardian Parent, a mobile app to help keep you aware of your children's activity on school-issued devices and provide you with additional controls during out-of-school hours. GoGuardian Parent is a companion to the classroom management and internet filtering tools that your child's school uses for devices issued to students. Through the use of this app, we hope to encourage more open and honest conversations between parents and children that will result in safer practices and responsible browsing habits.

What is a GoGuardian Parent?

GoGuardian Parent was created to help provide additional educational support to administrators and teachers by allowing parents to see what sites and documents their children are browsing and providing parents with additional internet controls at home. The app gives parents a bird's eye view of the apps and websites that their kids are on most often and control over school-issued devices during out-of-school hours. With this perspective, parents can be made aware of what types of browsing behavior schools are seeing from students so they can all work together to encourage more effective internet browsing habits at home and at school.

What's the intention of the app?

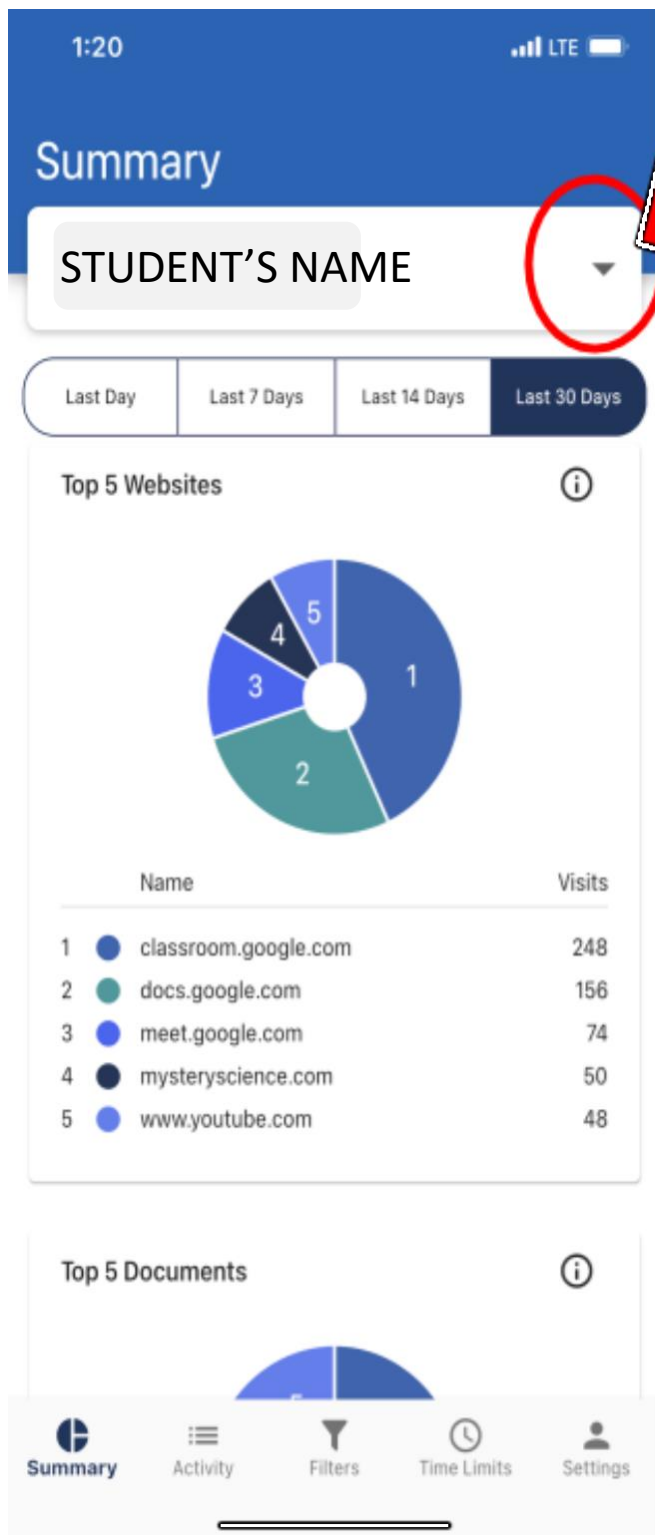
By providing insight and controls over student browsing activity, our goal is to empower parents to take a more active role in their children's online learning. We aim to create a greater sense of transparency with student browsing to help bring about a greater sense of accountability on both the parent's and the student's part. We also believe that transparency and insight will increase the likelihood of productive student browsing habits on a more consistent basis.

To access the app, please follow the below instructions:

1. Download the app
 - iPhone: Visit App Store, search for GoGuardian Parent, and tap the download button.
 - Android: Visit Google Play Store, search for GoGuardian Parent, and tap the download button.
2. After the app is successfully downloaded and installed, open it up and enter the email address registered with the school. Note: If you forgot your registered email address, please reach out to your school administrator.
3. Login/Check Email: Check your email on your phone for a link to log in to the app. Tap the "Verify your email", and it will take you straight to the app.

Summary Page:

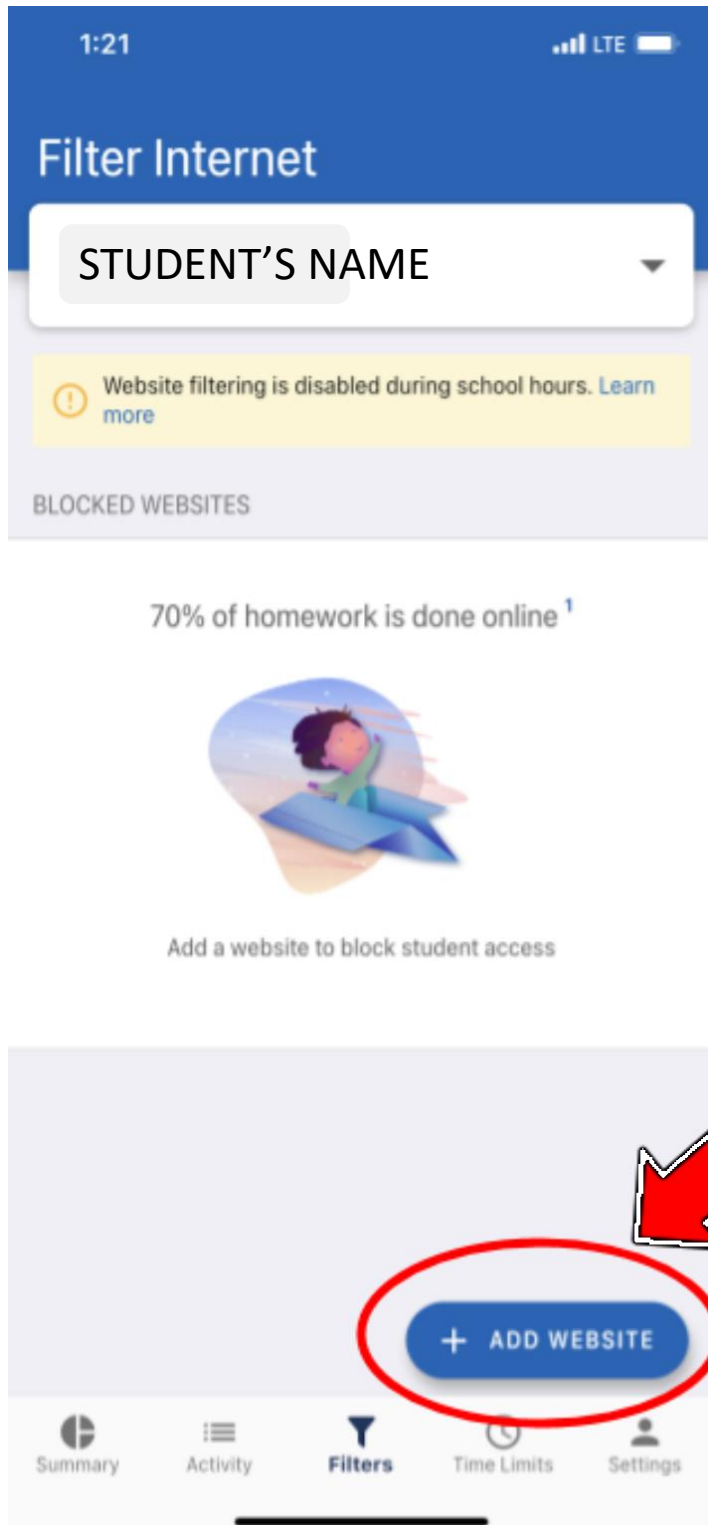
The Summary page shows the Top 5 summary of student browsing (apps, extensions, documents, and websites visited)



You can easily change to another one of your child's summaries here.

Filters Page:

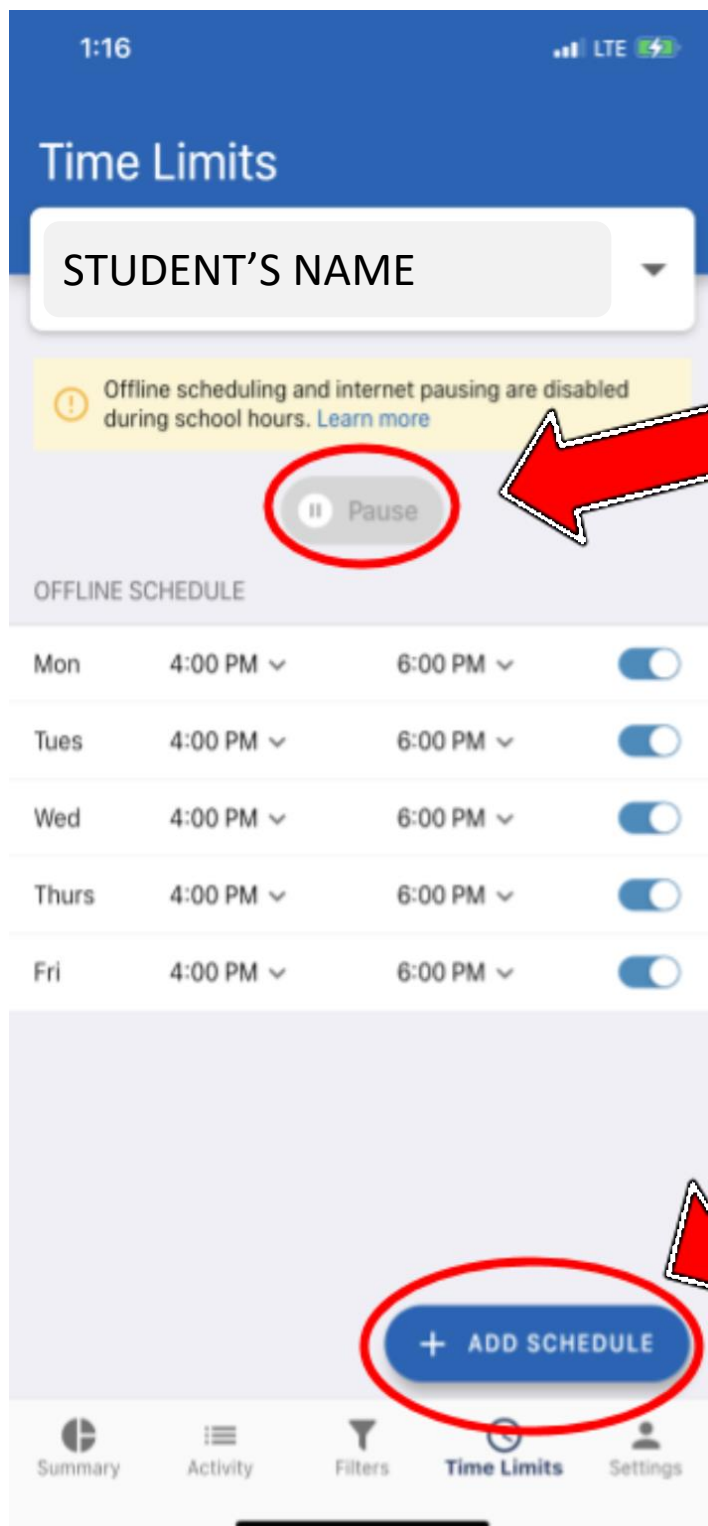
The Filters page gives you the ability to block websites on school-issued devices during out-of-school hours. You will need to give it a minute or two to take effect.



Select “ADD WEBSITE” to block a website from your child’s school Chromebook.

Time Limits Page:

On the Time Limits page it gives you the ability to pause internet access on school-issued devices during out-of-school hours, either on-demand or at a scheduled time. Just like the Filter page, you will need to give it a minute or two to take effect.



By clicking the pause button, on demand, it changes your child's Chromebook from online browsing to offline.

Or you can easily set offline schedules outside of school hours for your child.



From the Nurse

When to stay home:

- Fever of 100.4 degrees or higher
- Feels too sick to participate in school activities
- Needs fever or pain medication (like Tylenol or Motrin) to feel good
- Moderate to severe cough
- Shortness of breath
- Stomach pain
- Sore throat
- Diagnosed with COVID, flu, strep throat or pinkeye
- Vomiting
- Diarrhea
- New rash
- Bloodshot eyes or excessive discharge

If a student develops these symptoms during the school day, nurses will use their discretion to determine whether a student should be sent home.

When to return to school following an illness:

- 5 days following a COVID diagnosis if asymptomatic or symptoms are resolving (no fever, runny nose or productive cough)
- No fever for 24 hours without fever-reducing medications like Tylenol or Motrin
- Occasional cough
- Feels good enough to fully participate in school activities
- No vomiting or diarrhea for 24 hours
- 24-hours of antibiotics following a strep throat, pinkeye or ear infection diagnosis

Reporting



Absences

If you need to report your child absent, you may do so any of the following ways...

- Call the office at 360-841-2850 and leave a voicemail.
 - Send a message through Talking Points.
 - Email mclendoj@woodlandscholls.org

Please include your students name, date and reason for absence.

WMS Office Hours

Monday 9:30am – 4:00pm

Tuesday – Friday 8:15am – 4:00pm



WMS Building Entry Students will enter through the commons. Monday 9:40am Tuesday – Friday 8:25am

INVEST ED

Immediate help for students in need

Invest ED is a non-profit that provides students with immediate help when it is needed most, our school utilizes the funds they provide to help students in need throughout the school year. If you would like to learn more or donate please click [here](#).

This year alone we were able to help over 20 students with the funds they provided us.



Please discuss the following rules and guidelines to help keep our bus riders safe.

Safe:

- Stay seated while the bus is in motion
- Stay out of the aisleway

Respectful:

- Voice level 2
- Follow the driver's directions
- Use kind words/polite language and actions

Responsible:

- No eating on the bus
- Leave the bus clean/ Throw away trash
- Be on time

Problem solver:

- Ask the driver for help
- Tell the driver if something happens on the bus

Alternate stop:

- A note from your guardian must be stamped by the office to ride to a stop that is not your designated stop

Cellphones:

- Earbuds must be worn if you are listening to anything on your phone
- Only 1 earbud should be worn to hear the driver's directions
- Cell phones are for individual use and for emergency calls only
- Video taping other students is prohibited

✓ **\$1500 - \$3000
SIGNING BONUS
for new drivers!**

✓ **FREE and PAID
CDL Training!**

✓ **Public Employee
Benefits**

KWRL is HIRING!

\$24.66/Hour

Call 360-841-2023 or visit kwrl.org/jobs for more details

"It's time to start moving forward!"



November Lunch / Breakfast Menu

Click [HERE](#)

YOUR FEEDBACK MATTERS! WHAT'S YOUR OPINION ON SCHOOL MEALS?

Woodland School District 404

Please take a minute to provide your feedback about school meals. We want to hear from you. Your participation in this survey is important to us!

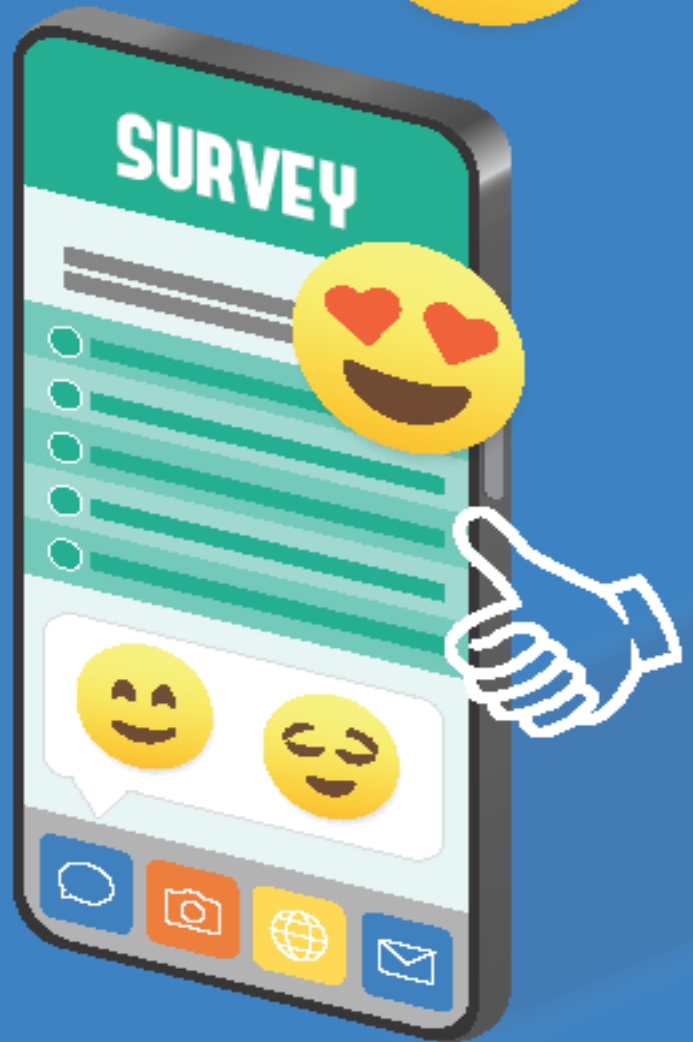
Directions:

Scan the QR code to access the survey on your phone. Follow the instructions to answer a few questions and submit.



No phone, no problem. Use this URL in any web browser to complete the survey:

<https://imo.cx/ML7eEH9v>



We appreciate your time and thoughts!

Woodland Public School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression, gender identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee(s) has been designated to handle questions and complaints of alleged discrimination:

Vicky Barnes, Title IX Officer, Civil Right Coordinator, and Affirmative Action Officer, 800 Second St. Woodland, WA 98674, barnesv@woodlandschools.org, (360) 841-2702
Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, hallj@woodlandschools.org, (360) 841-2720

You can report discrimination and discriminatory harassment to any school staff member or to the district's Civil Rights Coordinator, listed above. You also have the right to file a complaint. For a copy of your district's nondiscrimination policy and procedure, contact your school or district office or view it online at www.woodlandschools.org/policies. You can also make a complaint with the Office for Civil Rights, U.S. Department of Education, 206-607-1600 | TDD: 1-800-877-8339 | OCR.Seattle@ed.gov | www.ed.gov/ocr