Welcome to the 2012-13 School Year!

A Message From the Principal….

Welcome back to the class of 2018 families, as well as a big welcome to our new 6th graders, the class of 2019, and to those families new to North Lake Middle School. I hope you had time this summer to relax and enjoy family and friends.

Regardless of whether your child is a new 6th grader, a returning 7th grader, or new to the area, we are looking forward to working with you this year. While at North Lake Middle School, you will experience new activities, grow, and be challenged in your classes.

Our number one focus at North Lake is on learning. The North Lake staff is excited to develop partnerships to help all students succeed academically. While academic learning and success are primary, students will also be supported as they learn how to get along with other people from diverse backgrounds, differing interests, and various dreams for the future.

At North Lake Middle School we are committed to the 3 R’s:
• Respect for Learning
• Respect for People
• Respect for Property

As the school year begins, please take time with your student to set academic goals for first semester, make a plan to check the agenda book daily, support the 3R’s at home, and encourage getting involved in extracurricular activities.

I look forward to working with you.

Brad Abels
Principal
Student Prep Day - August 29th
With September quickly approaching, the halls of North Lake Middle School are coming to life as students and staff prepare for the upcoming school year. Plans are in place for the Student Orientation on August 29th at NLMS. The students will enter the cafeteria and find a variety of locations to visit.

1. To the right, they will be able to pick up their class schedules from Mr. Width and Mrs. Terra. At this same location there will be information about the athletic programs offered. *To make your trip even faster, you may want to log on to Family Access just before you head out the door. Schedules will be available to print after 6pm on August 28th (One less line to stand in if this works out for you.)

2. Yearbooks ($28), ASB cards ($15), PE shirts ($5) and shorts ($9) will be available for purchase by lining up at the two lunch line doors. To make your trip through this line more efficient, please Print the Student Prep Day form available on our website and bring it with you.

3. After you purchase your required PE gear, you will be able to pick it up at a table to the left of the stage.

4. Finally, if you need to check in with the nurse about any medical information or to drop off medications, she will be available also.

5. Parents may want to swing by the PTSA table for information about upcoming opportunities, and students and families are encouraged to swing by our Student Store to check out Bulldog Gear.

KONA ICE will be on location selling shaved ice to support ASB activities!

Please Note: You do not need to make purchases on this day. Our office will be open 9-noon, 1-3pm each day prior to the start of school (with the exception of Labor Day). Purchases on August 29th will only be accepted during the orientation. Our main office will not be collecting any payments.

Incoming 6th graders, 9:00-11:30
- Last names beginning with A-D enter at 9:00 am
- Last names beginning with E-H enter at 9:30am
- Last names beginning with I-L enter at 10:00am
- Last names beginning with M-R enter at 10:30am
- Last names beginning with S-Z enter at 11:00am

Incoming 7th graders, 12:30-2:00pm
- Last names beginning with A-H enter at 12:30pm
- Last names beginning with I-O enter at 1:00 pm
- Last names beginning with P-Z enter at 1:30 pm

PTSA Corner
As a PTSA, we are gearing up for a great year and looking forward to working with students, parents, and staff. One way to stay involved in your student’s education is to volunteer (for example: selling ices on Fridays at lunches in our Student Store) and another is to join the PTSA. Membership applications/information will be available in the Student Store at the Student Prep Day on August 29th. We would love to have you as a member and to sign up for volunteer opportunities. Come over and see us at the Student Store! Also, if you are interested in the open Vice President position, please let us know.

We are excited to announce that the PTSA is sponsoring a “Move- a- Thon” for the annual fundraiser. This is in support of North Lake’s commitment to physical fitness. 100% of funds raised go to our school! The event is scheduled for September 27th. Stay tuned, more information will be coming home soon!

Meetings
September 20 @ 5:15PM in cafeteria
January 17 @ 6PM in library
March 21 @ 6PM in library
May 16 @ 6PM in library

Contact: NLMSP TSA@gmail.com
President - Shannon Bumstead
ssbumstead@gmail.com
Secretary - Melonie Grieser
meloniegrieser@yahoo.com
Where Should You Go on the First Day of School?

Arriving to campus on the first day of school can be an intimidating and confusing time for students, especially for those who are new to the school. One of the first questions that students have is “Where do I go when I come to school on the first day?” The answer depends on whether you are a 6th or 7th grader:

**6TH GRADERS**
If you are a 6th grader, please go to the cafeteria when you arrive on campus. All 6th graders will begin the day in the cafeteria. After a brief introduction, 6th graders will meet their first period teachers in the cafeteria. The first period teachers will escort 6th graders to class.

**7TH GRADERS**
If you are a 7th grader, you should report directly to your first period class.

**The First Day of School—September 5**

School begins promptly at 7:40 AM and ends at 2:20 PM. Students will need to arrive between 7:25-7:35. Please do not drop your student off earlier than 7:25, as there is no supervision available. Make sure your child eats a good breakfast. Feed them at home, or let them try a healthy school breakfast ($1.75 or at no cost for those who qualify for free/reduced lunch). Teachers will be welcoming students and explaining important rules and expectations. You will need paper and pen the first day! Check the supply list on the website for more details.

Every student will receive a student agenda book the first day. Please make a habit of checking this with your student nightly.

Lunch will be served the first day of school. The cost is $3.00. Be sure to turn in free and reduced applications as soon as possible.

At the end of the day, first-day packets will be sent home with students. They include important information about lunch, insurance, health curriculum, and contact information. Please return the forms promptly with your student so we may update your information.

School buses will be running the first day of school. Please have your student write down your home address so that everyone gets on the right bus.

**Student Drop Off and the Bus Loop**

**SAFETY FIRST**

In order to keep our students safe, we request that parents drop off their children or pick them up in the marked loading zones next to the school on 22nd Avenue NE. It is best if all parents drive in from 26th Street and turn south onto 123rd Avenue to pick up and drop off children. Our parking lot directly across from the school is also available as a waiting area for picking up students. Children must exercise caution at all times when crossing the street to the parking lot and gym.

We ask that all parents respect the “Buses Only” signs in the parking lot behind the school. Many students walk along that area on their way to and from classes, and their safety is a priority.

Our Safety Patrol consists of students in grades 6 and 7 who assist students in keeping safe in the crosswalk on 22nd Avenue NE. Please stop when they have their flags up and remain stopped until they put their flags down and return to the shoulder area. Their safety is of the utmost importance.

**Join Builders Club to Participate in Community Service Projects!**

Builders Club meets two Wednesdays each month from 2:30 to 3:30 to plan projects and events. This year they will be mentoring kids in our community as they develop Relay for Life teams,
raising money and awareness for Project Eliminate (related to tetanus immunizations) with Kiwanis, collecting jeans and food to assist others, along with many other projects that arise. See Mrs. Romanus in room 101 or come to the first meeting on September 12th.

Family Access: Stay Informed

Some elementary parents have used it before, but now that your child is in middle school, regular use of the Family Access internet site is a “must” for everyone.

You can find out what your child's current grade is in any class. This is very important, as many students are challenged by the switch to multiple teachers, expectations, and assignments. You can also check your student's attendance. Is she tardy to class? Did the note you sent get turned in to the office to excuse an absence? Family Access even has standardized test scores. Over the year, you’ll be able to see not only the MSP results from last year, but also the tri-annual Measures of Academic Progress (MAP) scores.

Get your log-in information from the main office.

Sports and Activities

Research shows that students who get involved in their school have higher academic achievement and a more successful school experience. Try something new and get involved in North Lake sports and activities!

Athletic Opportunities - In the fall, starting the first day of school, 7th grade students may participate in cross-country. Running Club will be open to 6th and 7th graders following the Cross Country season. The second season, 7th grade girls can try out for the volleyball team. For the third season, both 6th and 7th grade boys may participate in wrestling. The fourth season, 7th grade boys and girls may participate in track.

Requirements for Participation - All athletes prior to practicing must have a completed Athletic Eligibility Packet on file in the counseling office. You may pick these up in the main office or visit the North Lake website. Prior to the first competition, athletes must purchase an ASB card and 7th graders must pay a $40 participation fee.

Clubs - Listen to the morning bulletin for club opportunities. If there is a specific activity you want to do, talk to a staff member about sponsoring it. For more details, please contact Mrs. Sanchez on how to make this idea a reality.

A Message from the Attendance Office

If you are keeping your child home due to illness or an appointment, please call our attendance office to report your child's absence at (425)335-1530. If leaving a message, please indicate one reason that best describes why your child is absent. If your student is ill, please describe their symptoms as we are collecting more detailed information on health related absences. If you do not notify the school of your child's absence, the school is required to call and confirm the absence. If there is no parent contact within 48 hours, the absence will be reported as unexcused. Homework may be requested after three consecutive days of absence. To request homework, please call the attendance office by 9 AM in order to give each teacher time to gather missed work.

A Note About Newsletters

North Lake Newsletters are available on line at www.lkstevens.wednet.edu/northlake. Just click on the “Newsletter’ link. This year we won’t be mailing a copy of the newsletter to each home. If you would like one mailed to you, please just contact our school office, and we’ll send it out. Please read our news, but let’s conserve our planet’s resources every way we can.

Subscribe to E-mail Announcements

If you actively use email, you may subscribe to periodic e-mail announcements on our website www.lkstevens.wednet.edu/nlms. Simply go to the left column toolbar and click the Subscribe box to enter your email address.
Whom to Contact - Dial (425) 335-1530 and ask for...

- Activities and Club Information
  Ms. Sanchez, Mr. Abels
- ASB Cards/Fees/Fines/Payments
  Ms. Ames
- Attendance/Homework Requests/Pre-Arranged Absence
  Ms. Allen
- Counseling/Class Schedule
  Mr. Width
- Grade Information
  Mr. Width
- Parent Conferences
  General Ed - Mr. Width
  Special Ed - Case Manager
- Discipline
  Ms. Sanchez
- Illness & First Aid
  Nurse, Office Staff
- Library Procedures
  Ms. Kesler, Ms. Garner
- Lunch Information/Free and Reduced
  Kitchen Staff
- New Student Registration
  Ms. Hall
- Instructional Concerns
  The Teacher, Mr. Width, Administration
- Withdrawal from School
  Ms. Hall

North Lake Middle School Dress Code

Two of The 3 R's of Bulldog Pride are related to how you dress for school: i.e., Respect for Learning and Respect for People. By dressing for school in a manner that contributes to a purposeful and businesslike atmosphere and that is conducive to student learning and success, you demonstrate your commitment to showing respect for learning and respect for people.

The guidelines below will assist you in determining whether or not your manner of dress is in conflict with the educational and developmental goals of the school. Items of clothing that are unacceptable for school are those that . . .

- promote or glorify the use of alcohol, tobacco, or drugs,
- portray, promote, or encourage illegal actions, activities, items, or substances,
- depict in words or graphics messages that demean, harass, threaten, frighten, exploit, offend, or ridicule individuals or groups of people,
- represent gangs,
- contain profanity or that refer to or depict in words or graphics obscene gestures, actions, or messages,
- tank tops with shoulder straps less than 2” wide
- shirts with sleeves off the shoulders or cut out sleeves that reveal undergarments
- are excessively revealing: e.g., items that expose the chest, stomach, navel, buttocks, or underwear. There may be no break between the waistband of the skirt, pants, or shorts and the hem of the top, shirt, or blouse.
- are shorter than the finger tips when standing in a normal manner.

**REMEMBER**

- Shoes must be worn at all times.
- Hats, bandannas, and other head coverings are not permitted to be worn on school grounds, in school buildings, or in classrooms. Hoods may not be worn inside buildings or classroom.
- Sunglasses may not be worn in the buildings.

Final determination of acceptable dress will be made by the school administration. [LSSD Policy 5530]
Supply List

6th GRADE
General Supplies
2” 3-ring binder with dividers
College ruled paper – 3 hole punched
#2 pencils
Pens – blue or black
1 large eraser
Set of colored pencils
Set of colored markers
2 composition books
2 thick dry erase markers
2 packs of 2” x 3” Post-it notes
1 package 3” x 5” lined index cards (2 packages for challenge LA)
Bulldog PE Uniform
Combination lock (optional for PE)
Shop: Consumable fee: $24
Band: Accent on Achievement Book 1

7th GRADE
General Supplies
2” 3-ring binder with dividers
College ruled paper – 3 hole punched
#2 pencils
Pens – blue or black
1 large eraser
Set of colored pencils
2 composition books
2 packages 3” x 5” lined index cards
2 packs of 2” x 3” Post-it notes
2 Expo dry erase markers
Scientific calculator (optional for math)
Bulldog PE Uniform ($14 purchased from NLMS)
Combination lock (optional for PE)
Art: Consumable fee: $24
Band Book: Standard of Excellence

New District Plans for Early Release Fridays

An 85 minute student early release is set for all Fridays for the 2012-2013 school year. This time is being set aside to provide time for teacher collaboration and professional development. Parent and community input reflected overwhelming support for Friday early release days. Neighboring school districts have implemented student early release Fridays and have found it to be a successful approach to setting aside dependable time for teachers and administrators, while meeting the wishes of families who have to adjust their weekly schedules.

Washington D.C. and New York – 7th Grade Opportunity

If you are interested in learning more about a Spring Break trip offered to students as a non-school related activity, contact Mr. Krause at travis_krause@lkstevens.wednet.edu.

Have You Moved?

One of the forms listed below is necessary for enrollment and change of address in our district. A copy of any one of the following is sufficient to verify residency. The district may require that this documentation be updated periodically.

_____ Accepted real estate contract for purchase of home with date of closing.
_____ Building construction permits for residence with date of completion.
_____ Lease/Rental agreement specifies the date of occupancy within 30 days.
_____ Rent receipt(s).
_____ Utility bills with name and address of parent/legal guardian.
_____ Current legal parenting plan/custody agreement (if applicable).
_____ Legal guardianship papers (if applicable).
What to Expect with a Middle Schooler

Make an effort to speak often with your middle grades students about the changes in their lives. Don't shy away from the topic of emotions. We can help them cope by talking openly, encouraging them to talk, and assuring them through our adult perspectives.

Jealousy – For reasons we don't fully understand, young adolescents often don't feel good about themselves. Like anger, this can be due to several factors: hormones, media messages to which they compare themselves, not being the same person they were during their "childhood" (just a few weeks ago). The result is often excessive feelings of jealousy toward other kids who seem to have more, do more, and be more. Talk to your child about these jealous feelings. Help them to see what's great about themselves instead of focusing so much on others.

Anger – Even the most even-tempered student can be "set off" by something that may seem trivial to everyone else. Help your child understand that angry feelings will bubble up every now and again and could even move them to strike out, verbally or physically. It's what happens next that is key: help them figure out how to handle strong emotions appropriately. This is an important skill for young adolescents to learn.

Fear – The world of a young adolescent is ever-changing, and change can make anyone feel vulnerable. When asked, young adolescents express fear of authorities, their parents, imagined accidents, possible illnesses, failure, and many less obvious sources of unease. Add to those fears real family or social problems, and some students become overwhelmed. Get students to write about these fears; often, putting them down on paper helps students see how irrational some fears are.

Sadness – No more Santa Claus, Easter Bunny, Tooth Fairy, Disney princesses, and superheroes with special powers—those cozy, other-worldly beliefs are gone by the middle grades. The loss of childhood weighs heavily on some students, and they feel a real sadness about the loss of magic and mystery in their lives. Help students recognize that what makes life magical is how we live it.

Joy – Not all young adolescent emotions are negative. Achieving a long-held goal, mastering a challenging task, having a teacher or coach bring out a latent talent, making a new friend, seeing good in oneself—all of these spark positive feelings in middle grades kids. When talking with students about their changing feelings, make sure they acknowledge joy.

Technology – With technology at our fingertips, it is hard for young people to ignore. If your child uses technology (i.e.: cell phones, texting, social networking, etc.), talk to them about staying safe. If he or she is sending or receiving inappropriate messages, take quick action. Tell them not respond, as it may escalate the situation. Next, block the person who is making inappropriate contacts. Often when the person sending messages does not get a response, the situation will cease. If problems continue, law enforcement may be contacted.

These are exciting years for kids and families. Investing time in your relationship with your middle school child pays off. Enjoy the ride!

(Adapted from: Helping Students Ride Out the Emotional Roller Coaster – By Judith Baenen)