

The BMS Week Ahead

March 1 - March 7



Phone Number (316) 742-3263

		BREAKFAST	LUNCH
Monday 1	BMS Wrestling @ Remington @ 4:00 p.m.	Cereal Bar Cereal Fruit Milk	Beef & Noodles Mashed Potatoes Green Beans Pineapple Tidbits Dinner Roll Milk
Tuesday 2		Super donut Cereal Juice Milk	Chicken Fajita w/ Lettuce & Cheese Mixed Veggies Pear Half Peanut Butter Cookie Milk
Wednesday 3		Uncrustables/ Peanut butter & Jelly Cereal Fruit Milk	Tator Tot Casserole Peas Celery Stick Fruit Cocktail Dinner Roll Milk
Thursday 4	BMS Wrestling @ Douglas @ 4:00 p.m.	Super Bun Cereal Juice Milk	BBQ Rib Tri Potato Baked Beans Peach Half Dinner Roll Milk
Friday 5		Pop Tart Cereal Fruit Milk	Fish Wedge on Bun w/ Tartar Sauce Hashbrown Potato Corn Apple Half Milk
Saturday 6	BMS Wrestling @ Chase County @ 9:30 a.m.		
Sunday 7			



Go Cubs!!!

Middle Years

Working together for school success

Short Stops



Spring break

Help your middle grader find safe, educational ways to spend spring break. He might attend a school holiday camp, take a drama workshop, or spend extra time reading or practicing an instrument. *Tip:* Be sure he has free time to hang out with friends, play outside, and relax, too.

A costly habit

Here's a reason for not smoking that may click with your child: it's an expensive addiction. Ask her to calculate the monthly cost of cigarettes (the price of a pack or a half pack times 30 days). Thinking about what that money could buy may convince her to leave cigarettes alone.

Learn from others

Chances are, your middle grader admires someone famous (actor, fashion model). But good role models can be everyday people in your community, too. Mention a business owner who sponsors recycling drives or a neighbor who delivers meals to homebound seniors. Discuss how they do good deeds worth imitating.

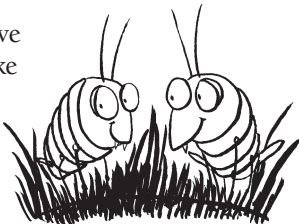
Worth quoting

"Nothing is a waste of time if you use the experience wisely."
Auguste Rodin

Just for fun

Q: What did one flea say to the other?

A: "Shall we walk or take the dog?"



Reports made easy

Writing reports gives your middle grader a chance to explore a subject and develop a clear way to present what she's learned. Share these steps for preparing an organized, well-written paper.

1. Focus

Before your child begins her research, she should know what her main idea will be. That way, she can find convincing facts to support it. When she starts writing, stating her central point in the first paragraph will let readers know immediately what the report is about (*example:* Professional athletes should have salary caps).

2. Plan

A diagram can give your middle schooler a big-picture view of her report. Suggest that she write her main idea in a large box in the center of a poster board or large sheet of paper. She can surround that box with medium-sized boxes containing subtopics (contracts, player motivation). Finally, she should connect each subtopic to small boxes with supporting details (average salaries, team statistics).

3. Write

Your child can write her paper logically by converting the ideas from her

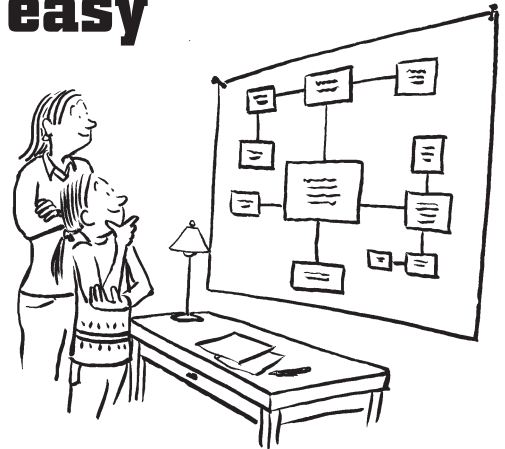


diagram into paragraphs. The opening paragraph should contain her main idea, and the first sentence of each subsequent paragraph should come from one of the subtopics in her plan. Then, she can fill out each paragraph with facts from the small boxes.

4. Revise

Once your youngster has a draft, she'll need to edit for clarity. Have her read it aloud to hear how it sounds. She might want to tighten up sentences, substitute more precise or interesting words, or add transitions like "because" or "then." And she should proofread carefully for proper spelling, grammar, and punctuation. 👍

Great expectations

Expecting your child to do his best and reach for goals can actually help him succeed. Use these ideas to set high standards and communicate them to your middle grader.

Be clear. Let him know what you expect ("I expect you to finish your homework every day"). He'll know at the outset what your standards are and that they're not open to discussion.

Be realistic. You might tell your middle grader that you know he can bring a C up to a B (rather than to an A). He'll be more likely to be successful if your expectations are reasonable.

Be definite. If you expect your child to get a job after he graduates or to go to college, for example, talk about it as if it's a given. "When it's time for college, we'll look at large and small schools to see which you like better." 👍

