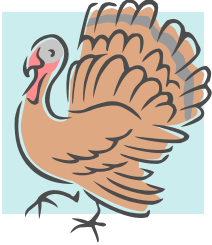


October 23, 2019
Volume 25, Issue 2

Lebanon Middle School

"Panther Pride"

From the Principal's Desk



Dear Parents and Guardians,

November is here, and our students are busy in their classes and the many activities here at the middle school. As the temperature drops, please be sure to send your child to school dressed appropriately. Please remember that the school doors do not open until 7:25 a.m. As the weather gets colder it may be rather unpleasant for those students who are dropped off early and have to wait outside for the building to open. When dropping off or picking up students please drive slowly and be careful! When picking up students in the afternoon, please be mindful of the traffic pattern in the lower lot and drive very slowly as students traverse the parking lot to get into their parents vehicles.

I am pleased to announce we have a new 7th grade science teacher. Ms. Monika Kadlof will join us on November 4th. Ms. Kadlof is a graduate of Sacred Heart University as well as Southern Connecticut State University's teaching certificate program. She comes to us with a wealth of unique experiences and is anxious to start her teaching career in Lebanon.

Recently I attended a Title 9 workshop where an interesting topic of "subbing" came up. Schools reported many instances of issues on social media that were not specific and subliminal in nature. Students post hurtful comments with no specific target audience but the target audience is "implied". It is a difficult scenario to investigate and prove wrongdoing. This is just another example of the many distractions and hurtful actions happening on social media. I encourage all parents to check their students electronic devices and delve into the platforms they are using to communicate with. Many are using innocuous sites that have group chatting as an additional feature, in order to avoid the more commonly used sites that parents are aware of.

Recently students went on field trips to Boston, Lexington/Concord, Project Oceanology and Nature's Classroom. Students and staff reported that the trips were very exciting and informative. Be sure to check out the LMS Facebook page to see pictures from field trips. The office staff try to post pictures from all the trips.

Enjoy the nice Fall weather and upcoming holidays!

Sincerely,

Robert M. Laskarzewski

Robert M. Laskarzewski

Reporting an Absence



JUST A REMINDER TO PARENTS:



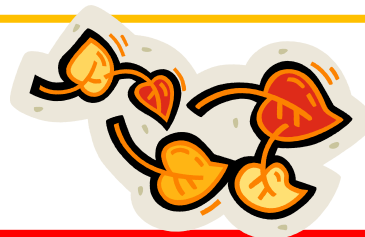
Please call the school (x5626) the morning of your child being absent or tardy.

As the year progresses, please keep in mind the Board of Ed Attendance policy. Any absences due to illness after the 9th absence in a school year, will require a Doctor's note to be considered excused.



Leaving a specific reason for the absence such as fever, cough, sore throat, stomachache, vomiting, etc. helps the nurse track illness in the school.

**Attendance Line:
860-642-5626**

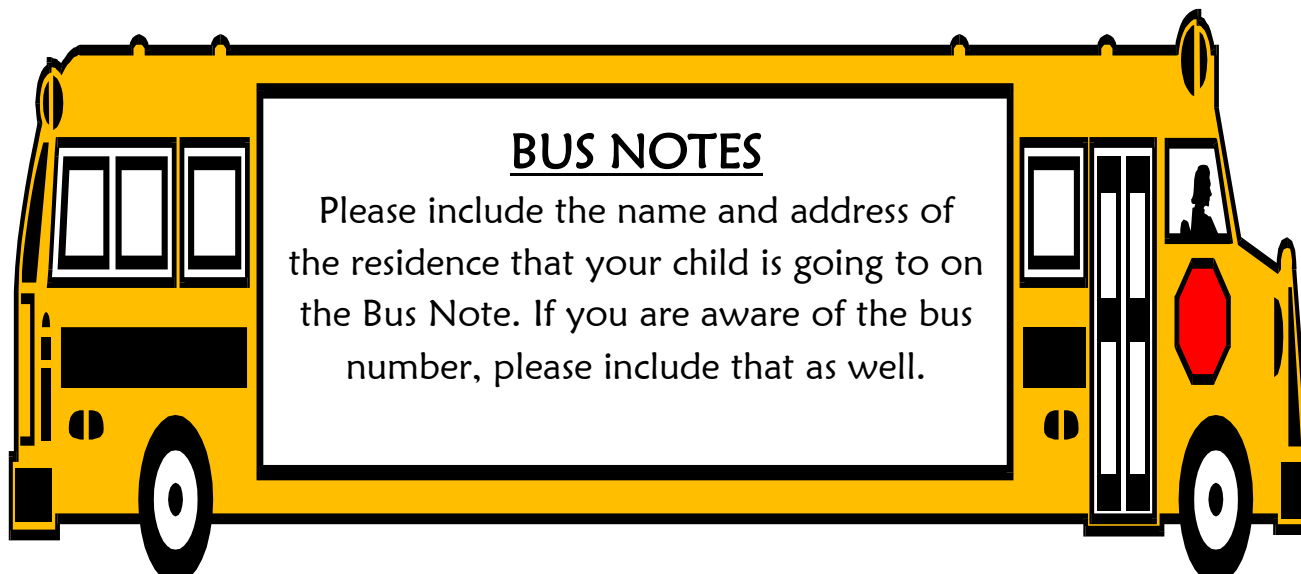


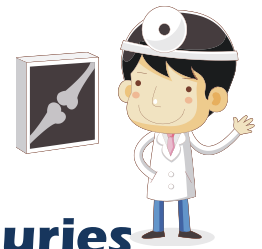
!! PLEASE BE ADVISED!!

Parents should be advised that if they would like to set up a time to meet with their child's teacher, they may contact them via telephone or e-mail to schedule an appointment.

Please do not visit classrooms before or after school without prior approval.

All parents should sign in at the office upon entering the building.





ATTENTION Parents of 6th Grade Students

The state of Connecticut requires that all students have a blue State of CT physical form on file with the school nurse BEFORE entering into 7th grade.

Requirements:

- Parent completes 1st page of Physical Form (Blue School form or Provider's office form).
- Health Care Provider completes page 2
- Be sure all areas with * are completed

New Immunization requirements to enter 7th Grade:

- One dose Tdap vaccine (combined tetanus, diphtheria and pertussis)
- One dose of Meningococcal vaccine
- Second dose of Varicella vaccine or proof of Chickenpox disease

Notes For Injuries

To ensure a smooth transition and appropriate care, any student returning to school after hospitalization/emergency room care of any type must present a note from the hospital/doctor to return to school.

This note must include the following: student diagnosis, a date student may return to school, and any restriction/limitations/assistive services (SLINGS, CASTS, CRUTCHES, ELASTIC BANDAGES, SPLINTS, STITCHES, CONCUSSIONS, ETC).

No student will be allowed to attend school using an assistive device without written doctor's authorization and guidelines.

Medication in School

❖ Students are not allowed to carry any medication in school.

This means no Tylenol, Ibuprofen, cold or cough medicine, or meds for bus sickness. The only exceptions are inhalers, epinephrine, and insulin. Even these meds need special approval to be carried by the student. Students can be suspended if found with medications or drugs in school.

❖ Parents need to bring medication to be given in school to the school nurse. Secretaries cannot accept medication.

❖ Medication must be accompanied by a doctor's authorization form, filled out and signed by the doctor as well as the parent. This includes both prescription and over the counter medications.

❖ Medication brought in to the nurse should be in the original container and no more than a three month supply at a time.

❖ The only medications available in school are Tylenol Ibuprofen and Tums. The nurse does not have cold, cough, or allergy medicine. Please be sure to give these at home before school.

❖ Medication in the nurse's office is only available during school hours. If required for after school activities, contact the school nurse to make arrangements.

❖ If your child is involved in an after school sport, a second inhaler, or Epipen, is needed. Coaches are not allowed to administer any medication other than Inhalers or Epipen.

❖ Medications kept in the nurse's office will be sent on field trips.

❖ Medications and authorization forms for over- night field trips should be turned in to the nurse 2 weeks prior to the trip.

❖ Medications left in the nurse's office at the end of the school year will be discarded.

Attention 5th Grade Parents:

Plan ahead for next fall when your child will be eligible for school sports. Students need a current physical on file in order to play!



Student Drop-Off

We ask that parents who drop their children off at school in the morning drop them far enough up the sidewalk so that you can turn around the **flag circle**.

The large circle is reserved for BUSES ONLY.

Please note that when a school bus has its flashers on it is a traffic violation to pass it, even if it is in a parking area in the school driveway.

Please remember that students are not allowed in the building until 7:25.

Parent Pick Up

When leaving the parent pick up area, please understand there are many students crossing in the lot.

NO ONE (including parents and students) should be on their cell phones in the parking lot. It is too much of a distraction!

Update: There are new arrows painted in the parking lot. All vehicles should be entering and exiting in the same direction!



Items left
unclaimed **WILL**
BE donated!!

LOST AND FOUND

There have been a large amount of items brought in to the lost and found, with not many owners showing up to claim them.

Please remind your child to check it out if you notice anything missing! Also, labels are a great way to easily find the owners!

*****Items can be found in the gymnasium *****



5th Grade News

READING:

The fifth grade has finished several of the stories of the Trophies reading program, while diving into nonfiction in our Storyworks program, and analyzing the three types of reading. In addition, students continue to work on various reading strategy skills using the CARS program. We soon will be starting our first novel, *The Sign of the Beaver*.

LANGUAGE ARTS:

We have been exploring the many elements of figurative language, and effectively integrating them into our paragraphs. Our next unit in writers' workshop will be narrative writing, followed by informational/expository.

SOCIAL STUDIES:

We will be completing our chapters 5 & 6 units on colonization and our trip to Plimoth Plantation will tie in to this study of early colonial living, and lay the foundation for future study on the Revolutionary War.

MATH:

Students have completed units on place value and long multiplication. We are just finishing long division now. Next month we will begin studying decimals and operations with decimals. We also just wrapped up the first segment of an activity called Warm-Up Hall of Fame. Students work in teams to score points on different problems relating to our math curriculum. For the first session we had a tie for the championship between **Super Pencils** (Cayleigh Petrucci, Noah Vaughn, and Laila Sedgwick) and the **Cute Pink Tigers** (Lucas Judd, Abby Landry, and Evan Osga) Congratulations!

SCIENCE:

The fifth grade has learned the process of science inquiry and the steps of science investigations. We had fun designing a few labs and investigating some questions we had. We will practice these skills in our next unit, the study of matter and its properties. Tools of science and the metric system will be a big focus throughout this unit.

INTERVENTION READING

Students in Intervention Reading classes are working to reach their goals for independence. Students in all grades are developing strategies for independent comprehension, vocabulary knowledge, and perhaps most importantly, enjoyment of their reading. Toward that end, students will be reading class novels related to content area topics to apply their strategies in a supported environment. Students are participating in non-fiction readings to develop background knowledge to apply to their fiction books. These novels, connected to themes discussed in Social Studies or LA, allow students to use previous knowledge and new strategies to build comprehension. As we move into our many fall activities and our days become increasingly busy, please encourage your young reader to set some time aside for independent reading of their class novels.

Upcoming Class Novels:

Grade 5 – [The Courage of Sarah Noble](#)

Grade 6 – [The Stumptown Kid](#)

Grade 7 – Winter Survival Novels

Grade 8 – Civil War Novels

6th Grade News

Sixth grade **Social Studies** classes are moving along. We have mastered primary and secondary sources, defined "archaeology" and have a firm grasp of the 5 standards of civilization.

We have now begun to move on to the brilliant Chinese. Our work on this group of intriguing people will take us through one of the most interesting and unique civilizations the world has ever known. We will learn about the impact the geography had on their ancient society, the various dynasties that developed there as well as investigate some of their best known philosophers, like Confucius. Please check our school web page at www.lebanonct.org and follow links to "Schools," and "Lebanon Middle School" and then use the "menu" tab to find the 6th grade information & homework page.

6th grade team

Language Arts students have been working on reviewing and practicing their parts of speech, specifically nouns and pronouns. This month, we have also perfected a well written introduction which includes an interesting hook/lead. In addition, 6th grade students also receive a weekly Latin or Greek root word to investigate and help build their vocabulary. This allows them to locate various words that fit the definition of the root and become more familiar with them by utilizing them in their writing.

Science

Our sixth grade scientists concluded their scientific inquiry unit with an investigation into some unusual absences in a school system. We are about to begin our matter unit. At the start of this unit students will be introduced to scientific models and will make some of their own. Modeling is a science and engineering practice that we will be incorporating into all of our upcoming units.

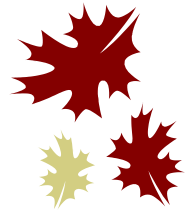
Megan Huntington

Math

Students in 6th grade math have finished our unit on fractions and are now moving on to a review of decimals and long division. Students who are proficient with their multiplication and division facts will have a much easier time with this unit! Please encourage your student to practice their facts if necessary!

Next we will be beginning to work with negative^[1]_[SEP] numbers. In this third unit we will explore how negative numbers are^[1]_[SEP] used to represent real world situations, how to compare and order^[1]_[SEP] integers, and how to graph integers on a number line and on a coordinate^[1]_[SEP] plane.

Thank you! Cindy Violette



7th Grade News

In 7th grade **Mathematics** RATIONAL NUMBERS UNIT

Students build on their understanding of rational numbers to add, subtract, multiply, and divide signed numbers. Students extend integer rules to include the rational numbers and use properties of operations to perform rational number calculations without the use of a calculator.

EXPRESSIONS AND EQUATIONS UNIT

In 7th grade students are starting Expressions and Equations Unit. Students will be able to simplify variable expressions, create equivalent expressions, use distributive property, combine like terms and factor expressions. Later students will be working on modeling real life situations using algebraic equations and solve one-, two-, and multi step equations.

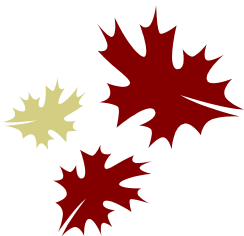
This unit consolidates and expands upon students' understanding of equivalent expressions as they apply the properties of operations (associative, commutative, and distributive) to write expressions in both standard form (by expanding products into sums) and in factored form (by expanding sums into products).

Homework assignments are posted on the LMS site in Staff Pages. Khan academy and Study Island Math Programs provide fluency practice and individualized learning plans for each student. KEEP LEARNING!

In **Language Arts** students are preparing for their first Oral Presentation. The presentation will be on one of the independent reading books that they have read so far this year. Students will be incorporating what they have learned about setting, plot, and theme-based connections.

Science: This month in science we are working on energy conversions with labs and hands on activities, including building a model NASCAR.

Social Studies: This month in 7th grade Social Studies we will be exploring the culture and history of Latin America.





8th Grade News

CIVICS

The eighth graders went on their Boston Field Trip earlier last month. They had the opportunity to learn about the history of the Old North Church, tour the church crypt, and learn about Paul Revere's connection to the church. Unfortunately it rained on our afternoon visit to the Old North Bridge and Minuteman Statue but the kids and chaperones toughed it out! Next we'll be analyzing documents to determine if the British Captain Preston, gave the order for British troops to fire into the crowd of colonists outside the Boston Customs House on the night of March 5, 1770. We'll also look at the Boston Tea Party through the lens of civil disobedience and examine other civil disobedience movements throughout recent history. Don't hesitate to contact me if you have any questions at erin.gaucher@lebanonct.org

LANGUAGE ARTS

Students are writing papers arguing whether they believe *The Outsiders* should be banned following our unit surrounding censorship. Students will be starting the Civil War unit where they will be close reading primary sources such as Abe Lincoln's *Gettysburg Address*, Sijourney Truth's "Ain't I A Woman," and more! During this time, students should also be thinking about their Job Shadow projects, as they need to make sure they have chosen a profession and set up their job shadow date and host by November 15th.

SCIENCE

We will be wrapping up our Genetics Unit with a research project where students choose a genetic condition/disorder to examine in-depth. Students will present these in the beginning of November before we transition to our Evolution Unit. Evolution will explore the global changes of organisms over time as a result of natural and human-caused factors. This will happen by examining fossil records, anatomical changes among species, and population-genetics.

French 8th grade

Students in my 8th. grade French class are learning to talk about what they have and what is in the classroom. (the verb avoir) In November they will be able to communicate about their likes/dislikes and describe themselves as well as their friends/family. We will also have our first "petit déjeuner français" celebrating "les anniversaires de septembre, octobre, and novembre".

Lebanon Middle School
Sports Schedule

For the complete schedule please visit:

The Lebanon Middle School Website at <https://www.lebanonct.org/o/lms>

Under the tab titled:

“Calendars and schedules” Follow the link to:
“LMS Athletics Calendar

Come Support your School



Fall into Reading

By Ms. Picard



The crisp fall weather (along with our recent mosquito scare) has meant that we are all spending a little more time inside now. What better activity on a frosty autumn day than to curl up with a good book? Reading for pleasure from self-selected titles helps students to improve their skills and develop a life-long reading habit. Casual reading at home encourages children to read more and helps them to develop the skills necessary to make reading an enjoyable independent activity throughout their lives. According to the American Library Association, students who engage in independent reading “gained knowledge of the world, learned story structures, and became aware of literary devices by reading series books.” Encouraging your child to put down their tablet or phone and reading together can be a great way to enjoy time together while fostering the reading “bug”.

Below are sources for some fun fall reads and the full text of the ALA article:

<https://www.readbrightly.com/spooky-semi-scary-books-middle-grade-readers/>

<https://middlegradereads.com/scary-middle-school-books-to-read/>

http://www.ala.org/aasl/sites/ala.org.aasl/files/content/aaslpubsandjournals/slr/vol3/SLMR_IndependentReading_V3.pdf



The “Eyes” Have It!

By Ms. Picard & Mrs. Parker

Adolescence is a time of great change. By the end of middle school, the little fifth graders who could barely reach the top of their lockers now tower over us... The little kids who didn’t care what they wore as long as it was comfortable enough for recess now worry about their outfits and making sure that they have just the right accessories... The sweet children who wanted to be tucked in at night no longer want anything to do with us... Surprisingly, the hormonal changes of puberty that cause these changes can also cause changes in vision.

According to the American Optometric Association, just having 20/20 eyesight is not enough for success in school. Students need to be able to focus, track and see clearly at various distances. Just as their bodies change, adolescents’ eyes may change, as well. Children who never had vision problems before may experience myopia (nearsightedness), farsightedness (which can make it more difficult to see up close), or difficulty with focus. They may complain of headaches, seem to have difficulty focusing, show reluctance to do their school work, make surprising mistakes when practicing their musical instruments or even have trouble with sports activities with which they had once flourished. Many students at LMS complain of difficulty reading or have trouble with homework. These problems are often not due to a reading disability, but rather to changes in their near vision. These difficulties can be addressed through corrective lenses or specific exercises – but they must be discovered to be corrected!

While our schools provide a far vision screening, children should have a full exam with an eye doctor to rule out any of these vision problems. Dr. Michael McQuillan, an optometrist who specializes in pediatric optometry, says that “A yearly eye exam is a must. (Adolescents’) eyes can change so quickly, and before you know it, their performance in school can suffer.” Most insurance providers cover regular eye exams for children, but screenings are also available through the state of Connecticut through the state’s *Network of Care* at <http://connecticut.networkofcare.org/mh/services/subcategory.aspx?tax=LF-4900.2000>. With a regular vision checks, we can ensure that our students are ready for the academic challenges they will face in middle school and beyond.

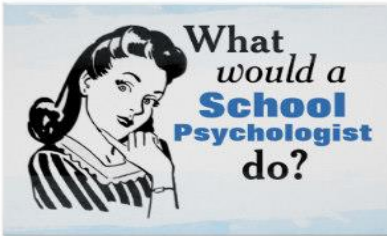
Sources used:

<https://fashioneeyeglassworld.com/growth-spurt-affects-vision/>

<https://www.vsp.com/vision-screening.html?selMod=/eye-care-for-babies-kids-teenagers.html>

<https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age>

[From the desk of our school psychologist Ms. Pagliarini...](#)



Last month I introduced Executive Function (EF) Skills and this month I will cover how to assess those skills.

“First, executive dysfunction is NOT a disability category within the field of special education, nor is it a disability category recognized by the American Psychiatric Association in its latest *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5).¹”

The primary purpose in assessing executive skills, therefore, is not to make a diagnosis but rather to understand what executive function challenges are impacting school performance.² Standardized tests are useful to an extent; no standardized test isolates any one EF skill and results are best supported with rating scales, interviews, and observations. A detailed case history is pertinent as EF skills have a genetic component.

Classroom observations would look at some or all of the following

<https://www.brainline.org/article/school-based-assessment-executive-functions>):

- Has materials ready at the beginning of a lesson
- Begins and stops working when others in the class do
- Switches from one task to another task
- Has difficulty with writing
 - Motor control
 - Planning how written information will fit on a page
 - Writing automatically
 - Difficulty with organization of content in written material
 - Poor retrieval and use of ideas when writing
 - Difficulty holding and manipulating thoughts, retrieving ideas and executing written material
- In math, look for the following types of difficulties
 - monitoring progress and self-correction when doing calculation
 - maintaining an idea, organizing a strategy and retrieving steps accurately when calculating
 - organizing, storing information, retrieving information and executing steps when learning and applying memorized information such as addition facts
- In reading, look for the following types of difficulties
 - Ability to plan, recall and use decoding strategies
 - Reading words fluently
 - Understanding and using information read in a sentence, passage, or longer article
 - Ability to make inferences or use strategies for reading comprehension
- In study skills, look for
 - Desk, backpack organization
 - Homework completion
 - Ability to read a text and glean needed information
 - Turning completed homework in on time
 - Interpreting assignments correctly
 - Use of study strategies in classroom

Parents interviews would consider the following behaviors in the home:

- Does the student plan events or long-term assignments in advance?
- Is the student able to start and stop a conversation appropriately?
- Does the student adjust voice, topic, or comments depending on the setting or environment?
- What is the student's ability to initiate activities such as going out of the house, getting to school on time, etc?
- How well does the student appropriately express emotions?
- Does the student demonstrate a full range of emotions, few emotions, or extreme emotions only?
- What type of future plans does the student have?
- Are the student's room and belongings organized to an age appropriate degree?

Next month I will link assessment to interventions.



From the desk of school counselor Ms. DeLong...

What is Connections?

Connections is an Advisory program that we run on Mondays for about 30 minutes during the school day. Connections groups are done by homerooms and have the homeroom teacher as well as one other adult in the building serving as advisors for the program. The idea is students are making “connections” with both the teachers and the other students in the group. During this time, we use a social emotional curriculum called Second Step®. Through this program we cover topics like goal setting, values & friendships, thoughts, emotions & decisions, and serious peer conflicts. By addressing student's social-emotional needs we are better able to help students to achieve overall emotional health and academic success.

From the desk of

Sabena Escott, MSW

Lebanon School District Social Worker

(860) 642-5684

Monday, Thursday & Friday: Lyman Memorial High School

Tuesday: Lebanon Elementary School

Wednesday: Lebanon Middle School

ADDITUDE
SCHOOL RESOURCE

DOWNLOAD ADDITUDE'S COMPLETE SUCCESS @ SCHOOL TOOLKIT AT ADDITUDE.SCHOOL

Explaining ADHD to Teachers

Share this infographic, created by Chris A. Zeigler Dendy and Alex Zeigler, with your teacher (artwork adapted by ADDitude magazine).

The Tip of the Iceberg: The Obvious ADHD Behaviors

Hyperactivity

- > Can't sit still
- > Fidgets
- > Talks a lot
- > Runs or climbs a lot
- > Always on the go

Impulsivity

- > Lacks self control
- > Difficulty awaiting turn
- > Blurts out
- > Interrupts
- > Intrudes

- > Talks back
- > Loses temper

Inattention

- > Disorganized
- > Doesn't follow through

- > Doesn't pay attention
- > Is forgetful
- > Doesn't seem to listen
- > Loses things
- > Late homework

Hidden Beneath the Surface: The Not-So-Obvious Behaviors (2/3 have at least one other condition)

Neurotransmitter Deficits Impact Behavior

- > Insufficient levels of neurotransmitters, dopamine and norepinephrine, results in reduced brain activity.

Weak Executive Functioning

- > Working memory and recall
- > Getting started, effort
- > Internalizing language
- > Controlling emotions
- > Problem solving

Impaired Sense of Time

- > Doesn't judge passage of time accurately
- > Loses track of time
- > Often late
- > Forgets long-term

- projects or is late
- > Difficulty planning for future
- > Impatient
- > Hates waiting
- > Time creeps
- > Avoids doing homework

Sleep Disturbance (56%)

- > Impacts memory
- > Doesn't get restful sleep
- > Can't fall asleep
- > Can't wake up
- > Late for school
- > Irritable
- > Morning battles

3-Year Delayed Brain Maturation

- > Less mature
- > Less responsible
- > 18-year-old acts like 15

Not Learning Easily from Rewards and Punishment

- > Repeats misbehavior
- > May be difficult to discipline

THE ADHD ICEBERG

Only 1/8 of an iceberg is visible. Most of it is hidden beneath the surface.

- > Less likely to follow rules
- > Difficulty managing his own behavior
- > Doesn't study past behavior
- > Acts without sense of hindsight
- > Must have immediate rewards
- > Long-term rewards don't work
- > Doesn't examine his own behavior
- > Difficulty changing his behavior

Co-Existing Conditions

- > Anxiety (34%)
- > Depression (29%)

- > Bipolar (12%)
- > Tourette Syndrome (11%)
- > Obsessive Compulsive Disorder (4%)
- > Oppositional Defiant Disorder (54-67%)

Serious Learning Problems

- > Specific Learning Disability (25-50%)
- > Poor working memory
- > Can't memorize easily
- > Forgets teacher and parent requests
- > Slow math calculation
- > Spelling problems
- > Poor written expression
- > Difficulty writing essays
- > Slow retrieval of information

- > Poor listening and reading comprehension
- > Difficulty describing the world in words
- > Disorganization
- > Slow cognitive processing speed
- > Poor handwriting
- > Inattention
- > Impulsive learning style

Low Frustration Tolerance

- > Difficulty controlling emotions
- > Short fuse
- > Emotionally reactive
- > Loses temper easily
- > May give up more easily
- > Doesn't stick with things
- > Speaks or acts before thinking
- > Difficulty seeing others' perspective
- > May be self-centered

ADHD is often more complex than most people realize! Like icebergs, many problems related to ADHD are not visible. ADHD may be mild, moderate, or severe, is likely to coexist with other conditions, and may be a disability for some students.

You can order the original color ADHD Iceberg poster at chrisdendy.com.

ADDITUDE

additu.de/school

PHOTO: GETTY IMAGES; ILLUSTRATION: ALEX ZEIGLER

*From the desk of
Sabena Escott, MSW School Social Worker*

National Prescription Drug Take Back Day

October 26, 2019 – 10AM to 2PM*



National Prescription Drug Take Back Day: A safe, convenient, and responsible means of disposing unused or expired prescription drugs in your home, while also educating the general public about the potential for the abuse of medications.

FACTS:

- April 2019 Take Back Day brought in 937,443 pounds of unused or expired prescription medication.
- 2018 National Survey on Drug Use and Health: A majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

“Help prevent drug addiction and deaths by overdose”

Drug Enforcement Agency (DEA)

Medication Drop off Locations for this Event :

DESPP DIVISION OF STATE POLICE TROOP K 15A OLD HARTFORD RD., COLCHESTER *

WILLIMANTIC POLICE DEPARTMENT 2 JACKSON ST. JILLSON SQUARE

NORWICH POLICE DEPARTMENT 70 THAMES ST.

WATERFORD POLICE DEPARTMENT 41 AVERY LANE

DESPP DIVISION OF STATE POLICE TROOP D 55 WESTCOTT RD., DANIELSON *

*24 hour drop boxes located in the lobby www.DEATakeBack.com

*From the desk of
Sabena Escott, MSW School Social Worker*

SUPPORTING OUR CHILDREN'S MENTAL HEALTH

Sabena Escott, MSW District Social Worker

We'd like to think that our children are immune to depression and thoughts of suicide. We've done everything possible to make them happy. We want the best for them. We want them to grow up to have fulfilling careers, loving families, and good friends and success.

Sometimes it's not quite that simple. Depression is normal during adolescence, and about 5% of teens and adults can have long term issues with depression.

BECOMING A SAFE PERSON FOR DIFFICULT DISCUSSIONS

Supporting a young person during periods of stress and depression is crucial. Parental support can be the difference between hope and despair.

Model talking about emotions: When you describe your feelings of anger, sadness, or loss, your family can learn how to talk about emotions with you.

Talk about the importance of mental and emotional health: Talk about depression as something that can be helped. Lift the stigma of depression and emotional pain.

Talk about sudden loss: Don't avoid discussions about sudden loss, like death and relationship break-ups. Talk about the sadness that occurs and how people come out the other side. Young people experiencing their first losses need to understand they can get through it.

Talk about substance use and abuse: Open dialogue about these issues can help avoid reckless behavior.

Talk about being a good friend: When we see a friend in trouble, we need to respond by talking to the friend, getting help together, and going to an adult to report that a friend is in danger.

Model talking about failure: Talk to your family about your own triumphs and failures. If your kids know that you are not perfect, they can see that they do not need to be perfect either.

Learn to listen: Don't be dismissive or over eager to "fix" the situation. Instead, sit down and listen to what your child has to say, giving him/her your full attention. Try to listen without interrupting.

Multiple safe people: Everyone needs multiple safe people to talk to. Encourage your child to talk to other family members, counselors, coaches or teachers. Talk to your children and explore appropriate people to talk to about problems.

Take a break as a family: Families are under stress and it is fine just to take a break, and go have fun as a family once in a while.

*From the desk of
Sabena Escott, MSW School Social Worker*



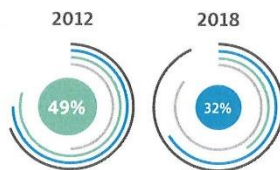
CHILDREN'S MENTAL HEALTH REPORT SOCIAL MEDIA, GAMING AND MENTAL HEALTH

The link between excessive or impairing internet use and depression is increasingly supported by research. At the same time, studies, surveys and testimonials demonstrate that for many young people, communicating online makes them feel better about themselves and more connected.

The purpose of the Children's Mental Health Report is to put these risks and benefits in context for parents and educators so that they can practically guide youth in a connected world. Below is a summary of top findings. [Download a PDF of the report and more at childmind.org/report](http://childmind.org/report)

IRL VS ONLINE

In 2012, 49% of teens rated their favorite way to communicate with friends as "in person," compared with only 32% in 2018



AUTISM AND GAMING

Autistic teens are five times more likely to watch TV or play games than use social media or messaging

TECH IS JUST ONE PART OF TEEN LIFE



Recent research suggests screens and the internet explain 0.4% of variation in wellbeing

ADDICTED TO SMARTPHONES

72% of teens feel compelled to immediately respond to texts, social posts and notifications

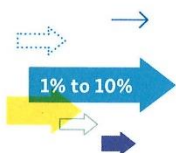


14% TO 22%

Teens who have disordered eating that is of concern but doesn't reach the level of clinical diagnosis.

PROBLEMATIC INTERNET USE (PIU)

1% to 10% of children and adolescents have excessive and impairing online behavior



SOCIAL MEDIA AND CONNECTEDNESS

81% of teens say social media makes them feel more connected to their friends

MORE SOCIAL, LESS SLEEP

Teens who spend three hours a day on devices are more likely to get less than seven hours of sleep



How parents can help

- ✦ Talk to children about online use and problems they may face
- ✦ Become educated about different technologies kids use
- ✦ Be a "digital neighbor": monitor online behavior and talk with kids about their profiles

Tips on Screens and Sleep

- ✦ Designate "screen free time" starting at least one hour before bed.
- ✦ Use an actual alarm clock instead of a phone
- ✦ Create another comfortable space in the house where adolescents can use tech

From PE Department:

All 8th and 6th grade students will be taking the CT Physical Fitness Assessment during the month of November. We have been practicing during class time and we have been pleased with the students progress and effort. This assessment has no effect on their grade unless they fail to put in effort. Please encourage you son or daughter to put forth their best effort. We take a lot of pride in the fitness level of all our students at the Lebanon Middle School. There are 4 assessments they need to take:

1. Cardio-Respiratory-Mile or Pacer test. Students choose one.
2. Flexibility-Sit and reach
3. Muscular strength-Push ups
4. Muscular endurance-sit ups.

Students can either pass the standards or reach for high level. Standards or high levels are determined by gender and age. Ask your child what levels they are working towards. We ask for your support during the assessment period of November. Thank you.

Marty Gomez
Chris Fabry

Lebanon Physical Educators

**Library Media Exploratory**

6th grade: Students in quarter 1 worked hard to find information from books, database articles, and websites to support the message of their public service announcements. Students in quarter 2 will begin each class practicing their typing skills using typing.com, and will then start reviewing information literacy skills, such as searching for books in the library's catalog before creating their own public service announcements.

8th grade: Students in quarter 1 formed interesting research topics, found information in a variety of reliable sources, and then shared their findings with their classmates through presentations. Students in quarter 2 will jump right into inquiry-based learning and will begin by brainstorming and selecting a topic before learning about selecting and evaluating sources.

Hailey Litwin

**ART**

Congratulations Hailey, the art student of the month! This monthly designation is in recognition of a student who shows exceptional effort and craftsmanship in the art room. Hailey is shown here holding her printmaking project. Her subject matter features a pair of leopards. Students learned about the linocut method of printmaking and began the unit studying this unique art making technique. The printing block is made of a rubber material that is carved and then rolled with ink to create multiple impressions on paper. Hailey's attention to detail and great use of texture and balance really make her image outstanding!

COMPUTERS

As the first quarter wraps up, we are finishing our various projects in Computers class. In **5th Grade**, we continue our work in **Google Slides**. The fifth graders are researching their "place in the world" by exploring Lebanon, Connecticut, New England, the United States, and North America. In each case we are hoping to gain a new appreciation for our locations, local and global. In **6th Grade** we are also working with **Google Sheets** and creating data sets and charts, which will culminate with our Million Dollar project. In both grades 5 and 6 we continue our work in both *coding* and *keyboarding*.

In **7th Grade** our research project - country web pages - has wrapped up and we are finishing our final classes with the on-line robot program, **Xemo**. Xemo is a program that allows students to create pre-programmed motions for a simple robot. Then the robot must be steered through a variety of obstacles. In **8th Grade** our work in Astronomy is winding down as we create presentation in **moovly** on the eight planets in our Solar System. Once done, 8th graders will also be working in Xemo. Both 7th and 8th graders are also continuing their work in *coding*.

LMS Live!

Quarter 1 announcers did a great job starting off the school year sharing important news to their classmates, but will soon make way for the quarter 2 announcers, Aden Collins and Kelsey Dunnack and the quarter 2 sports announcers, Christopher Sarnik and Elizabeth Scala.



MUSIC

Students in the 5th Grade Music Exploratory have just completed their music videos using the software WeVideo. The videos look great! Topics included dog shows, hockey, soccer, gold, and many other interesting subjects. Some students even opted to use original photos and music. They have also created original compositions through the BandLab software. They have been prepped for this using the MusicLab Songmaker feature as well as the loop layering software Incredibox. I hope that the students will continue to create their own unique music and media that they can use for other school and personal projects.

Notes from the Band Room

All of the Band students are currently working very hard to prepare their music for the Winter Concert! Please mark your calendars for Thursday, December 12th @ 6:30pm in the LMS Gymnasium! The evening will feature our band, jazz band, and choir from all grades.

A big "**THANK YOU!**" to all who supported the 7/8 grade Band and Chorus members through the annual Yankee Candle and Otis Spunkmeyer fundraiser! This money will go directly to students for their Great East trip. The products will be delivered soon.

Several LMS Band and Choir students will be auditioning for the annual Eastern Region Music Festival on Saturday, December 7th! These students have been working very hard to prepare audition materials since the start of the school year. We wish them the best of luck as they are in the final process of their audition preparation!

**ATTENTION
8th GRADE STUDENTS
AND PARENTS!!**



Just a Reminder:

Windham Tech

Open House
Thursday, November 7th
6-8 p.m.

Norwich Tech

Open House
Wednesday, November 13th **This is a correction from what was originally sent out!
5-7 p.m.

Lyman Memorial HS 8th Grade Open House

Open House
Thursday, November 21st
6:00 pm

LMHS Agricultural Science

Open House
Thursday, November 21st
5-7pm

Arts at the Capitol Theater (ACT)

Open House
Wednesday December 11th
6:00pm

**Technical HS Applications
(Norwich & Windham)**

Are Due by November 27th
To Ms. DeLong
in the School Counseling Office

A huge thank you to the 8th grade students and their parents for another successful Butterbraid Fundraiser!!!! They will be delivered on Thursday, November 7th, and pick-up will be from 3:00-5:00 pm that evening. Since we do not have enough freezer space to store all the orders, they must be picked up that evening! If you cannot pick up at this time please contact erica.strong@lebanonct.org so I find a storage solution and arrange alternate pick-up.



Field Trip & Fundraising Info

5th GRADE:

Coming up: Info regarding a Pancake Breakfast Fundraiser will be sent home soon

7th GRADE:

Triad Field Trips
Payment due Oct. 31st - \$56

8th GRADE:

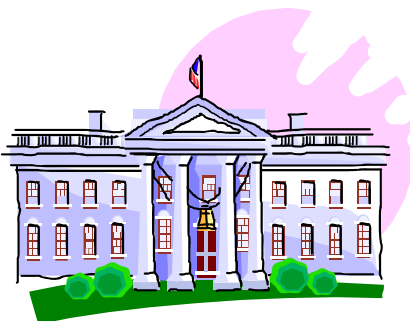
Washington DC:
2nd Payment – Due November 26th - \$118

UPCOMING FUNDRAISERS:

**Individual sales are contributed to individual payments!*

****Butterbraid pick-up will be November 7th from 3:00-5:00pm****

Poinsettia Fundraiser – later this month



Washington D.C. Field Trip (June 2nd-5th)

- Please note that our second payment for \$118 is due Tuesday, November 24th. Please have students turn payments into Mrs. Strong with their payment slip.

•Washington DC Payment Schedule:

1st payment - \$100.00 deposit (**non-refundable**) is due by Wednesday, October 16th

2nd payment - \$118.00 - Tuesday, November 26th

3rd payment - \$118.00 - Tuesday, January 28th

4th payment - \$118.00 - Tuesday, February 25th

5th & final payment - \$118.00 - Tuesday, March 24th



EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR THE NEW LABEL:



HERE'S HOW IT WORKS:



BUY

BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN

YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



EARN

CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. **You can still clip these and send them to school.** Please make sure each clip has a valid expiration date.



BUY
BOX TOPS
PRODUCTS



CUT
OUT THE BOX TOP
FROM EACH PACKAGE



SEND
YOUR BOX TOPS
TO SCHOOL

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT BTFE.COM

THE ALL-NEW BOX TOPS IS HERE! DOWNLOAD THE APP:



Order Your Yearbook Now!

2019-2020 Lebanon Middle School Yearbooks

Dear Parents, Students and Teachers,

It is time to place your order for the 2019-2020 Lebanon Middle School Yearbook!

Order before Dec. 31, 2019 - \$25.00

Order between Jan. 1st and Feb. 1, 2020 - \$30.00

NO Yearbooks will be ordered after February 1, 2020

All you need to do is complete the form below and return it to the middle school office or to Ms. Morse along **with your payment.**

All checks can be made out to Lebanon Middle School.

You may also order online by going to www.jostens.com/yearbooks and searching for Lebanon Middle School.

If you have any questions, please contact Ms. Morse at 860-642-5640.

Yearbooks will be delivered the last week of school in June.

Please return the bottom portion with payment to Mrs. Morse or the main office. **If you are buying multiple yearbooks for DIFFERENT STUDENTS**, please complete a separate form for EACH student. The payment may be combined - place with slips in the SAME envelope!

DATE: _____

Student Name (Full) _____ Grade _____

Homeroom Teacher _____

Current Telephone Number _____

of Yearbooks Ordered _____ TOTAL COST: _____ **(Money included)**

Lebanon Children's **LCCW** Clothing Wardrobe

Donations Accepted:

- Children's clothing
- Children's shoes/boots
- Local school uniforms
- Maternity clothing
- Sports gear
- Games, books, puzzles
- Toys (must include all parts)
- Strollers
- Infant swings
- Exersaucers
- Children's furniture
- Children's bedding
- Halloween costumes
- Prom dresses, formal wear
- Personal care items
- Wrapping paper
- Monetary donations

Donations NOT Accepted:

- Ripped or stained clothing
- Car seats
- Car booster seats
- Bike helmets
- Stuffed animals
- VHS tapes
- Drop-side cribs
- Crib bumper pads
- Rock n Plays

Looking for a place to donate your children's clothes? Looking for FREE children's clothes?

Welcome to The Lebanon Children's Clothing Wardrobe. We are an organization, comprised solely of volunteers, that provides free, gently used children's clothing, coats, shoes, and boots, etc for families in the area. We also have maternity clothes, baby items, children's books, puzzles and games. Our organization relies on clothing donations from the community. When funds are available, we are able to purchase new socks, underwear, diapers and feminine products.

FIRST THURSDAY OF EVERY MONTH FROM 4-6 PM

Upcoming dates: Oct 4, Nov 7, Dec 5

or by appointment

We accept donations of new or gently used children's clothing. For those who are gracious enough to give a large drop off, please first contact us (lebanonccw@gmail.com), as space can sometimes be limited. Please also contact before bringing large items such as exersaucers, high chairs, swings, strollers, cribs, etc.

THIRD FRIDAY OF EVERY MONTH FROM 8:30-11 AM

*Upcoming dates: Oct 18, Nov 15, Dec 13**

*Please note the date change - TGIF will not be on 3rd Friday this month. TGIF - Thank God It's Infant Friday - We welcome families to choose from our clothing inventory size newborn-24 months. Infant clothes and accessories can also be donated during this TGIF time. (We do accept bigger items such as cribs, swings, high chairs, etc. but ask that you email us first (lebanonccw@gmail.com) before bringing them in to see if we have space).

THROUGHOUT THE MONTH BY APPOINTMENT

Appointments will only be scheduled based on our inventory of clothing
We offer appointments to pick up clothing if our inventory allows. Please email lebanonccw@gmail.com to request an appointment.

Other Important Information:

We are here to help families, so please make your selections for personal use, not for business or resale

Please take clothing in moderation as we do serve hundreds of children. We ask that when your children outgrow clothing or items, please bring them back to us for other families to also benefit

We are located at The Redeemer Lutheran Church, 321 Village Hill Rd, Lebanon (available only during our above listed times, or by appointment)

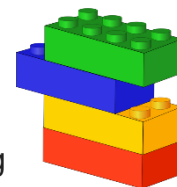
Bring what you can. Take what you need.

Contact Us for More Information:

www.facebook.com/lebanonccw | lebanonccw@gmail.com



The Lebanon Children's Clothing Wardrobe organization here in Lebanon has asked us to collect any toys, books, games, dolls, puzzles, etc. These will be available for parents to take for Christmas gifts for their children. These items can be new or gently used. This is a great way to clean out those shelves or toy boxes at home. Our donations the last couple of years has been very appreciated during these hard times for many families. Please consider donating even just one item. I will need all donations in my room by Monday, December 2nd. If you have any questions, please feel free to see me.



Thank you to all that helped to make The Haunted Trail a success!!! We couldn't have done it without you! 🎃

The next Panther Den will be Friday, November 15 from 7-9.

Bring a non-perishable food donation for a chance to be entered into our raffle.



Please remember, an adult must come into the building to pick up their child.

Keep in mind, Panther Dens run from 7-9.

Please consider joining us at our next PTO meeting on 11/6 at 6:30 in the LMS library.



2nd Annual Indoor Tag Sale

Benefiting the Lebanon Children's Clothing Wardrobe

The LCCW is an organization, comprised solely of volunteers, that collects and distributes free, gently used children's clothing and other items for families in the area.

Proceeds from this event will be utilized to support ongoing needs of the organization.

A space at the tag sale can be rented for \$20, with a table rental for an additional \$5. This must be reserved in advance by contacting lebanonccw@gmail.com


January 4, 2020

9 am – 2 pm

Snow Date: January 11

Redeemer Lutheran Church

321 Village Hill Road, Lebanon



The LCCW will be holding a bake sale during this event with a variety of baked goods and beverages available for purchase.

Lebanon Children's
LCCW
 Clothing Wardrobe

Thank God It's Infant Friday

Welcome to The Lebanon Children's Clothing Wardrobe. We are an organization, comprised solely of volunteers, that provides free, gently used children's clothing, coats, shoes, and boots, etc. for families in the area. Our organization relies on clothing donations from the community.

We hold a monthly event called **TGIIF**, Thank God It's Infant Friday. It is shopping for maternity and infant clothes (newborn - 24 months). It is held on the third Friday of the month, 8:30-11.

There are no appointments needed for this event.

Upcoming dates:

July 19, Aug 16, Sept 20, Oct 18, Nov 15, Dec 13*

*Please note the date change - TGIIF will not be on 3rd Friday this month.

In addition to infant and maternity clothes, we may have infant hats, bibs, socks and shoes, nursing bras, bottles, sippy cups, bassinet and crib sheets, changing pads and changing pad covers, cloth diapers, wipe warmers, boppys, bathtubs, potty seats, jumparoos, infant carriers, nursing covers, kitchen booster seats, grocery cart covers, car seat covers, swings, high chairs, etc.

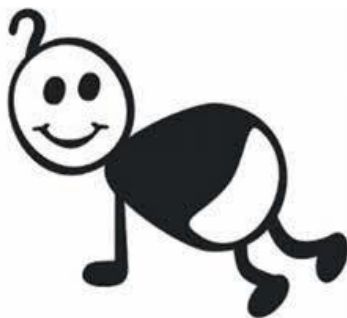
Please email before bringing in a generous donation or larger items, such as swings, bouncers, or strollers.


In our attempt to accommodate all of our families:

- Please only take clothing and/or items that are for your child's current size or need.
- Please only take clothing and items for your own personal use, not for business or resale. This will enable you to bring things back to us when your child has outgrown them.
- Please stay home if you or your children exhibit any sickness or cold/flu symptoms.

Contact Us for More Information:

www.facebook.com/lebanonccw | lebanonccw@gmail.com





**Lebanon Children's
Clothing Wardrobe
Important November Dates**

We are accepting donations on
Thursday November 7 from 4-6 PM
(no appointment needed).

We are scheduling appointments for families to pick
up clothes on the following dates:

Saturday, November 2, at 9 or 10 AM
Wednesday November 13, at 9 or 10 AM
Thursday, November 21, at 4 or 5 PM

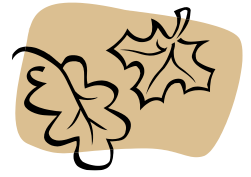
Families can make appointments by
emailing lebanonccw@gmail.com.
Please include your name, phone number,
child(ren)'s gender/sizes, and your
preferred appointment day and time.

We will have Thank God It's Infant Friday, (TGIIF)
on Friday, November 15 from
8:30-11 AM (no appointment needed).


This day is for maternity and infant
clothes shopping only.



Happy Thanksgiving!



NOVEMBER EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 28	29 BOE meeting 7:30p	30	31 Happy Halloween 	1 Peer Educator Dance 7p-10p
4	5 NO SCHOOL Professional Development day	6 PTO meeting 6:30p	7 5 th Grade Field Trip Plimouth 8a-5p	8
11 NO SCHOOL Veteran's Day	12 BOE meeting 7:30p	13	14	15 Panther Den 7p-9p
18	19	20	21	24
25 7 th Grade Trio Trip 8a-2p	26	27 Early Dismissal (12:10p)	28 NO SCHOOL Thanksgiving	29 NO SCHOOL