

# PACK POST

## MIFFLIN COUNTY MIDDLE SCHOOL MONTHLY NEWSLETTER



2 MANOR DRIVE  
LEWISTOWN, PA 17044  
717-242-1401

[HTTPS://WWW.MCSDK12.ORG/MCMS/](https://www.mcSDK12.org/mcMS/)

OFFICE HOURS:  
7:30 AM - 4:00 PM (SCHOOL YEAR)

### DEAR MCMS PARENTS/GUARDIANS,

Happy Fall! In this edition of the Pack Post, you will find information about Red Ribbon Week, Morning Meetings, yearbook presale, the MCMS Newspaper Club, homework help programs, and a helpful new resource to help students use smartphones responsibly.

### SAFETY DRILL

On **Wednesday, October 16 at 8:30 a.m.**, MCMS will be conducting a lockdown drill. The purpose of a school lockdown drill is to protect the children and adults in the building from a potential emergency such as the presence of a school shooter. As with fire drills and other safety programs, the hope is to acclimate students and teachers to a procedure that they will be able to follow quickly, effectively and safely.

### YEARBOOK PRE-SALE

The online yearbook store is open! Pre-order your yearbook at a discount. Yearbooks will cost \$30.00 if ordered by **December 31**. After that, books will cost \$35.00. [To order visit this link](#). Books will be distributed by homeroom, so please list your homeroom teacher when ordering. See or email Ms. Reese with questions at [ldr24@mcSDK12.org](mailto:ldr24@mcSDK12.org).

### FOLLOW US ON SOCIAL MEDIA:



### UPCOMING EVENTS

**Friday, October 4, 2024**

Homecoming White Out

**Friday, October 4, 2024**

Pawsitive Vibes Tye-Dye

**Monday, October 14, 2024**

Act 80 Day - No School for Students

**Wednesday, October 16, 2024**

8:30 a.m.

Lockdown Drill

**Tuesday, October 15, 2024 -**

**Thursday, October 17, 2024**

Vision and Hearing Screenings

**Monday, October 21, 2024 -**

**Friday, October 25, 2024**

Red Ribbon Week

**Friday, October 25, 2024**

End of First Marking Period

Goodbye to Mitchell Field Black Out

## RED RIBBON WEEK 2024

Nationally, Red Ribbon Week is observed from October 23 - October 31. MCMS will observe Red Ribbon Week during the week of October 21-October 25 with a week of themed dress up days.

### Red Ribbon Week Dress-up Days

**\*\*No pajamas, costumes, or onesies are permitted.**

#### Monday, October 21 - Mellow Monday

Mellow Out Drug Free - Wear comfy clothes

#### Tuesday, October 22 - Twinning Tuesday

Pair Up Against Drugs - Dress like your friend

#### Wednesday, October 23 - Wacky Wednesday

Don't Get Mixed Up with Drugs - Wacky Hair/Clothes

#### Thursday, October 24 - Movie Theater Thursday

Life is a Movie, Film Drug Free - Dress Like a Movie Character

#### Friday, October 25 - Black Out Friday

Don't Get Caught Under the Dark Cloud of Drugs - Wear black



## MORNING MEETINGS & STATUS CHECKS

### What are Morning Meetings?

Every morning, during first period, teachers facilitate Morning Meetings with their classes. The topics discussed range from light-hearted preferences like favorite candy bars to more substantial subjects such as coping skills. Students have the option to actively participate or choose to observe.

### Why do we do Morning Meetings?

The overarching goal of these meetings is to foster stronger bonds between the staff and students, ultimately cultivating a greater sense of community within the school environment.

### What is a Status Check?

In addition to Morning Meetings, students utilize the PBIS app to complete a "Status Check." This tool serves as a means for students to monitor their own mental well-being and assess their readiness to engage in learning. If a student consistently indicates feelings of anger, sadness, or stress, the School Counselor will arrange a meeting with him or her and, if necessary, reach out to a parent or guardian.

The staff at MCMS encourages all students to embrace this opportunity.

## MCMS NEWSPAPER CLUB

Any student who is passionate about writing, reporting, creating content or who has an interest in comics and enjoys drawing is invited to join us in the **MCMS Newspaper Club!** We will share the latest news, stories, and events within our school community in our school newspaper *The Husky Howler*.



Our first meeting will be held on **October 2** from **3:00-4:00 p.m.** in **Room 308**.

No experience is necessary – just bring enthusiasm, creativity, and great ideas! Permission slips can be picked up on the table outside of the office. For more information, please contact Mrs. Smith or Mrs. Heimbach. We are looking forward to our newest edition of *The Husky Howler!*

[Follow this link](#) to read our first edition of *The Husky Howler!*

## MCMS ACADEMIC HELP 2024-2025

### Need help with homework and studying?

Check out Early Bird or the Husky Homework Huddle!

Both of these programs are available for homework help all year long!



<b>Early Bird Before School</b>	Monday through Friday Library Mr. Hetrick and Mrs. Haines	7:30 a.m. – 8:00 a.m.
<b>Husky Homework Huddle After School</b>	Tuesday and Thursday Room 203 Mr. McKelvey	3:00 p.m. – 4:00 p.m.



# SHAPE THE SKY

Shape the Sky ([shapethesky.org](http://shapethesky.org)) is an educational resource designed to help parents, educators, and other adults guide young people in using smartphones, technology, and social media responsibly. As a middle school parent, here's how you could use Shape the Sky to support your child:



## 1. Access Educational Resources

- **Workshops & Blogs:** The website offers blog posts, videos, and workshops that discuss trends, apps, and tips related to technology and social media. By reviewing these, you can better understand the digital world your middle schooler navigates.
- **Technology & App Reviews:** Shape the Sky keeps adults updated on apps that teens are using, explaining both their benefits and potential risks. This helps parents make informed decisions about what apps are appropriate for their children.

## 2. Set Digital Guidelines

- **Digital Responsibility Tools:** Shape the Sky encourages creating family agreements about technology use. This can include setting screen time limits, discussing which apps are allowed, and creating rules for online behavior.
- **Social Media Safety:** The website provides guidelines on monitoring your child's social media accounts and ensuring privacy settings are properly configured.

## 3. Model Responsible Technology Use

- **Lead by Example:** Shape the Sky emphasizes the importance of adults modeling positive behavior. Parents can use the guidance on the site to show their children how to balance screen time, avoid oversharing, and use social media constructively.

## 4. Engage in Conversations

- **Open Dialogue:** Resources like conversation starters provided by Shape the Sky help parents discuss the emotional and social impacts of social media, cyberbullying, and responsible digital citizenship with their children.
- **Social Media Trends:** The website provides updates on trends in teen technology use, enabling parents to stay current and relevant in their discussions with their children.

## 5. Monitor and Support Mental Health

- **Mental Health Awareness:** Shape the Sky covers the emotional side of social media and technology, helping parents recognize signs of distress in their children, whether related to online bullying, overuse of screens, or comparison culture.
- **Resources for Assistance:** They offer tools and links to mental health resources for situations where technology impacts well-being.

## ATHLETIC NEWS

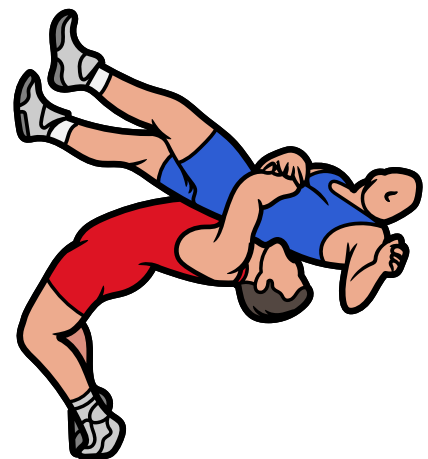
- Senior Citizen, Active Military, and Veteran Free Athletic Passes can be obtained at the MCHS Main Office. All passes are good for life.
- Homecoming - October 4. Gates will open at 5:00 p.m. We are expecting a very large crowd and online ticket sales are highly encouraged.
- Winter Sports registration is now open. The deadline to register for Winter Sports is November 4. Check out the MC Athletics Website for more information.
- Access the MC Stadium Project page on FB to contribute to the project and become a part of MC History!
- Get the most up-to-date athletic information on our [athletic website](#) and by following [ArbiterLive!](#)
- Check out our [MC Athletics' Facebook page](#), and follow us on Twitter [@MCHuskySports](#) for the most up-to-date information regarding MC Athletics.
- Many sponsorship opportunities are available to support your MC Huskies! Please contact the athletic office for more information.



Geisinger is the official sports medicine and orthopedics provider of the Mifflin County Huskies. Geisinger supports the big dreams of Mifflin County athletics, and whether your dreams include playing in the pros, hiking, or just getting back on your feet, our doctors and healthcare professionals are here for you every step of the way. Learn more at [Geisinger.org/bigdreams](https://www.geisinger.org/bigdreams).

## WRESTLING WEIGHT CERTIFICATION EDUCATION MEETING

Attention parents of junior high and high school wrestlers – there will be a meeting on **Wednesday, October 16th at 6 p.m.** at Mifflin County High School in the commons area regarding the weight certification process for wrestling at the junior high and high school levels. This will be an educational meeting explaining how weight certification occurs, how descent planning occurs, and will allow for parents to ask questions regarding the process. We look forward to seeing you there!



## OCTOBER HEALTH SCREENINGS

On **October 15, 16, and 17, 2024**, the health screenings will take place at Mifflin County Middle School. Vision screenings will be administered to both 6th and 7th graders and hearing screenings to 7th graders by the Tuscarora Intermediate Unit. All students will also have a height and weight check as well as their scoliosis screening done by the school nurse. Please be sure your student wears their contacts or glasses these days. Thanks for your help!

## REMINDERS FROM THE NURSE



**6th Grade Physical Examinations:** The school nurse will accept a completed physical examination from up to one year prior to the first day of school this year or at any time during the sixth-grade year. A copy of the child's immunization record must be completed and turned in with the physical.

Any student going into 7th grade without documented TDAP and Meningococcal vaccines, an exemption on file, or a med cert (documented upcoming doctor appointment on file with the school nurse) will be excluded from school until one of these three things are obtained. **\*\*Remember that exclusion day is September 4, 2024.**

**7th Grade Dental:** The school nurse will accept a dental form dated from up to one year prior to the school start date or anytime during their seventh-grade year. It is a state requirement that every student in 7th grade must have a dental exam. All physical/dental forms can be picked up in the main office or downloaded from the district website.

## EDUCATIONAL TRIP REPORT FORMS

If a student is planning on going on a trip/vacation, an Educational Trip Report Form must be completed in order for the student's absences to be excused. These are available in the MCMS Main Office and [the MCSD website](#) by clicking on "Students/Parents," and then "Forms and Flyers." Forms should be submitted 2-3 weeks prior to the trip. A written report is required to be submitted following the student's return to school for absences to be excused.

## PRINCIPAL CONTACT INFO

Mrs. Jennifer Macknair  
Principal  
jsm33@mcsdk12.org

Mr. Luke Strawser  
Assistant Principal  
ljs36@mcsdk12.org