

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

DEAR MCMS PARENTS/GUARDIANS,

We have a great deal to be thankful for here at MCMS! In this edition of the Pack Post, you will find information about upcoming Student Council events, Ski Club, fun intramural activities like yoga and lacrosse, several awesome learning activities in MCMS classrooms, Homelessness Awareness Month, and other important middle school happenings.

PARENT PICK-UP/WALKING HOME

MCMS students who are walking home or being picked up by a parent or guardian do not need to provide a note stating that they are not riding the bus home. As long as the student and parent or guardian are aware, a note is not required.

PARENT CONFERENCES

Parent/Teacher conferences at Mifflin County Middle School will be held on Monday evening, November 25; Tuesday evening, November 26; and Wednesday morning, November 27, 2024. Conferences will be set for 10-minute intervals, and you may conference with as many of your child's teachers as you wish. Details with specific times and scheduling instructions will be coming out later this week.

FOLLOW US ON SOCIAL MEDIA:



UPCOMING EVENTS

**Monday, November 4, 2024 -
Friday, November 8, 2024**
PBIS Spirit Week

Monday, November 11, 2024
Veterans Day - No School for Students

**Wednesday, November 13, 2024 -
Thursday, November 21, 2024**
Tally Your Turkeys Collection

Friday, November 15, 2024
6:30 p.m. - 8:30 p.m.
Student Council Fall Fest/Dance

Tuesday, November 26, 2024
Evening Parent Conferences

Wednesday, November 27, 2024
In-Service Day - No School for Students

**Thursday, November 28, 2024 -
Monday, December 2, 2024**
Thanksgiving Vacation

HOMELESSNESS AWARENESS MONTH - NOVEMBER 2024

Pennsylvania Education for Children and Youth Experiencing Homelessness (ECYEH) Week recognizes and brings awareness to the importance of the McKinney-Vento Homeless Assistance Act and the education needed to provide stability and consistency to students experiencing homelessness across Pennsylvania. Under federal law, children are considered homeless if they lack a fixed, regular, or adequate nighttime residence. Many people associate being homeless with living on the street, but homelessness is often hidden, especially in rural communities.



To date for the 2024 school year, Mifflin County School District has identified 127 students that are doubled up living with other families, living at the homeless shelter, or living in campers/RVs.

To assist those in need, MCSD staff will be raising money for the district's student homelessness fund. In exchange for a \$5 donation, staff will be able to dress down on Friday, November 15th and are encouraged to wear a red shirt to spread awareness.

If you are experiencing homelessness, please know that help is available. Please reach out to either of our district's homeless liaisons:

Nicole Frazier, LSW

717-250-0414; nrf56@mcsdk12.org

Kaitlin Marshall, LSW

717-250-2423; kjm07@mcsdk12.org



Scan this QR code, or [use this link](#) to visit the MCSD Homeless Education Services website.

INTRAMURAL YOGA AT MCMS

Intramural Yoga is in full swing here at MCMS. It will run for four weeks this fall. If you missed out, four spring sessions will be offered later in the school year. If you are a student who is interested in meeting new people, trying a noncompetitive activity that helps to relieve stress and anxiety, and encourages a positive mood, you may want to consider trying yoga. Listen to the announcements for more information for our spring session.



MCMS SKI CLUB

The last day to sign up for Ski Club is **December 1, 2024!**

Trips to Tussey this year will be on the following **Thursdays:**

- January 9, 2025
- January 16, 2025
- January 23, 2025
- January 30, 2025



Stay tuned for more information regarding bus information and clothing orders. For more information about Ski Club (further announcements and information) you can visit [the MCMS Ski Club Webpage](#).

MCMS STUDENT COUNCIL NEWS

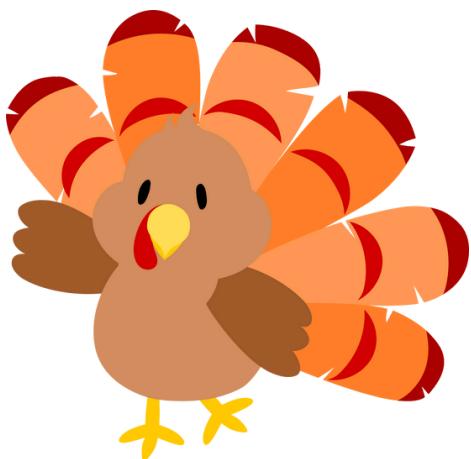
Fall Fest Dance

Student Council will be sponsoring a Fall Fest Dance. The dance will be from 6:30 – 8:30 p.m. on **Friday, November 15**. The cost for the dance is \$2.00. Only Mifflin County Middle School Students may attend. The dance is casual. There will be a concession stand and games that cost a quarter to play. Proceeds from this dance will support our Tally Your Turkeys Campaign.



Tally Your Turkeys

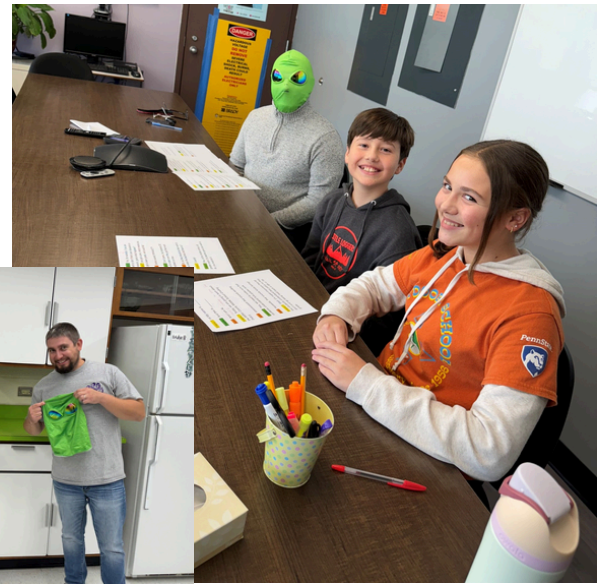
In the week leading up to Thanksgiving, Student Council organizes and runs a campaign to help the Salvation Army raise funds to benefit our community. During this week, we ask students to contribute money toward our goal. Our collections time this year will be November 13-21! On **Friday, November 22**, the Student Council will sponsor an assembly to celebrate their accomplishment. Students get the chance to compete in relays with the faculty, learn the total amount of money raised, and see the check presented. There are also prizes for the top money-raising first periods. You can tune into MERF radio in the mornings to hear what classes are topping the “Tally Your Turkeys Leaderboard”.



SCHOOL COUNSELOR VIDEO SERIES

Here's a sneak peek behind the scenes of our educational video series this week! This year, our School Counselors are introducing an exciting, new approach by creating helpful videos on topics like accessing Skyward, making up missed assignments, attendance, and more.

A few lucky students even got the chance to help our friend Al the Alien adjust to life here at MCMS!



MCMS INSTRUMENTAL ENSEMBLES TO HOST GOODS COLLECTION AT ANNUAL WINTER CONCERT

The MCMS Instrumental Ensembles will present their annual winter concert on **Tuesday, December 10, 2024**, at 7:00 p.m. This year, the concert will feature select small ensembles, the MCMS Jazz Band, Select Ensemble, and 6th and 7th Grade Concert Band. Musical selections include a variety of classic and contemporary holiday and seasonal tunes. We invite you to join us for a wonderful evening of music.

For the second year in a row, the groups will be collecting goods for our homeless pantry and the local food bank. Donations will be accepted at the concert. If you would like to make a donation and are unable to attend the concert, please contact band director Samantha Gates to make arrangements. Items being collected include, but are not limited to:

Homeless Pantry:

- Toothpaste
- Toothbrushes
- Dental Floss
- Deodorant
- Body Wash
- Shampoo/Conditioner
- Chapstick
- Lotion



Food Bank:

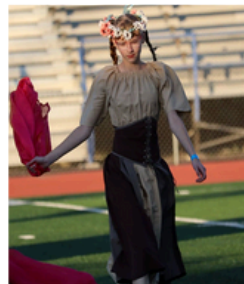
- Cereal
- Canned Meats (fish, spam)
- Applesauce
- Canned Beans
- Canned Vegetables
- Cooking Oils
- Crackers
- Granola Bars

Thank you for your continued support. We hope to see you at our annual winter concert on December 10!

BE GREAT! MCMS MARCHING BAND MEMBERS MARCHING TOWARD SUCCESS

In June, six members of the MCMS community took their first steps in the MCHS Marching Band. The season started in earnest on August 5, when band camp began. Thirteen weeks later, IB Bishop, Amara Deckman, AJ Dean, Cadence Diehl, Aria Hartley and Sierra Snyder are wrapping up their first season in the marching band at the “Sweetest Place on Earth,” Hershey Park at the Tournament of Bands Atlantic Coast Championships.

Throughout the season, these six students have worked hard to embody the band motto, “Be Great!”, performing at football games, while going undefeated in competitions. On Saturday, October 19, they won their first regional championship, followed by their first state championship on Saturday, October 26. On Sunday, November 3, the group will go for the championship sweep by competing for the title Atlantic Coast Champions. Good luck to our six marching Huskies!



FINAL MITCHELL FIELD HOME GAME A GREAT SUCCESS!

Friday, October 25, 2024, was the last home game played at Mitchell Field. The atmosphere was electric as the football team played its heart out on the way to victory. Additionally, nearly 30 MCMS band members joined the MCHS Marching Band in the stands to help say goodbye to the legendary landmark.

This year, 6th and 7th grade band members were invited to join the band for one night. This unique experience is one way for students to see what marching band is like on a small scale. They had fun catching up with eighth grade members of the marching band, meeting other band members, playing songs like *Vamp*, *Eye of the Tiger*, *Blues Brothers* and the group's favorite, *Jaws*, and dancing to the cadence.



CLASSROOM SPOTLIGHT: MS. REESE'S COMPUTER CLASS

Students in Ms. Reese's period 1 computer class created Claymation projects. Each student made a character out of clay, created a background, and then took a series of photos of their character with props moving around the background using an iPad. Once the photos were taken, they were combined into Claymation videos with music.



CLASSROOM SPOTLIGHT: MRS. WONIAK'S ART CLASS

October highlights in Mrs. Wozniak's art room include watercolor bone studies, a collaborative clay sardine project, and adventures in acrylics and symbolism. Students have enjoyed drawing, painting and sculpting with clay as they continue experimenting with 2 & 3-dimensional media. The observational still life lesson was challenging, and our students excelled visually with attention to detail in their artworks!



CLASSROOM SPOTLIGHT: MR. PALOPOLI'S SCIENCE CLASS

In October, Mr. Palopoli's science classes conducted egg experiments. Students measured the diameter of their eggs and then soaked eggs in vinegar which took off the shell and exposed the membrane. Students then cleaned the eggs up and measured them to find that diffusion took place and the eggs had a larger diameter than before. They then placed the eggs in water, salt water, food coloring water, and corn syrup to see how diffusion would effect the egg.



CHILL ZONE

Chill Zone meets every Monday, 3:00-3:45 p.m. Students practice coping skills such as coloring, crafts, and relaxing after school. If any student is interested in joining, they should report to the Guidance Office for a permission slip.



REMINDERS FROM THE NURSE

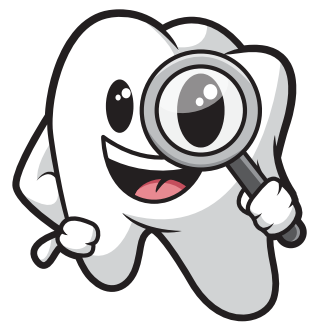


6th Grade Physical Examinations: The school nurse will accept a completed physical examination from up to one year prior to the first day of school this year or at any time during the sixth-grade year. A copy of the child's immunization record must be completed and turned in with the physical.

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.

SMILE DENTAL CLINIC

The Mifflin County Middle School will be holding their next Smile Dental Clinic on November 18-21, 2024. If your child does not see a dentist regularly, this is the perfect opportunity for them to see a real dentist. The dental clinic will perform x-rays, a cleaning, an exam, restorative work (fillings and sealants), as well as fluoride treatments. If more extensive dental work is deemed necessary, then a report and referral will be sent home with the student so you as the parent/ guardian may schedule this appointment for your child. It also counts as your child's 7th grade mandated dental exam for school. A form will be sent home to parents/guardians. If you are interested, please fill out the form and return to your child's school nurse as soon as possible, complete with insurance information. If you do not have insurance, please still fill out the form and check the "donated care" box if you cannot afford to pay. This dental clinic will continue to see your child through Junior High and High School. It is a great way to keep up with dental care for your child. If you choose, you may also fill out a form online at https://www.myschooldentist.com/31733_schsm.



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.
- 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.

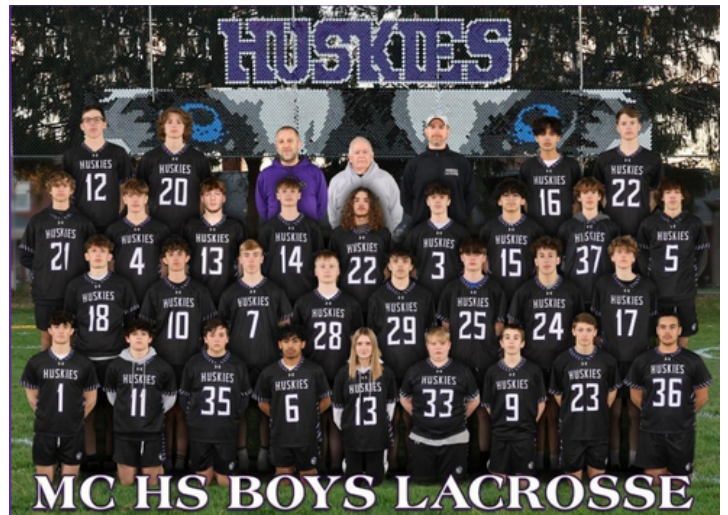


Geisinger is the official sports medicine and orthopedics provider of the Mifflin County Huskies. Geisinger supports the big dreams of Mifflin County athletics, and whether your dreams include playing in the pros, hiking, or just getting back on your feet, our doctors and healthcare professionals are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

BOYS FALL AND WINTER INTRAMURAL LACROSSE

Boys intramural lacrosse for 7th, 8th, and 9th graders will be held Wednesdays from 7:00 p.m. to 8:30 p.m. starting October 16th. It will be held in the auxiliary gym at MC High School. This program will run through February.

This program will familiarize players with the sport by learning stick skills, running drills, and live scrimmaging. Sneakers and mouth pieces are required; all other equipment can be provided. If you have your own lacrosse stick already, bring it. See you there!



TALKING WITH YOUR MIDDLE SCHOOLER

Some parents/guardians may have discovered that students in middle school may not share many details about their school day. In an article from [Edutopia](#) entitled [“15 Questions to Replace ‘How Was School Today?’”](#) Elena Aguilar provides questions and tips for how to draw out information from your student about school.



1. Tell me about a moment today when you felt excited about what you were learning.
2. Tell me about a moment in class when you felt confused.
3. Think about what you learned and did in school today. What's something you'd like to know more about? What's a question you have that came from your learning today?
4. Were there any moments today when you felt worried? When you felt scared?
5. Were there any times today when you felt disrespected by anyone? Tell me about those moments.
6. Were there times today when you felt that one of your classmates demonstrated care for you?
7. Were there any moments today when you felt proud of yourself?
8. Tell me about a conversation you had with a classmate or friend that you enjoyed.
9. What was challenging about your day?
10. What do you appreciate about your day?
11. What did you learn about yourself today?
12. Is there anything that you'd like to talk about that I might be able to help you figure out?
13. Is there anything you're worried about?
14. What are you looking forward to tomorrow?
15. Is there a question you wish I'd ask you about your day?

Tips for Asking Questions

How and **when** we ask these questions makes a big difference in the information we receive from our kids. First, you don't want to ask all of these questions on the same day. You might ask one or two. After a while, you'll figure out which ones elicit the most meaningful responses. You'll want to ask during a time when you have the ability to focus so that your child feels they have your full attention. With my child—and in my household—dinner and driving in the car are optimal times for these conversations.

