

MISSION

The mission of Westside Middle School, as an exemplary model of early adolescent education, is to prepare students to become responsible citizens by providing a quality, success-oriented program through a caring school/family/community partnership.

Dates to Remember

WINTER BREAK

Friday December 23, 2016
through
Monday, January 9, 2016

SCHOOL RESUMES

Tuesday, January 10, 2016

On January 9th, there is no school for 7th and 8th grade students. This only affects WMS. This doesn't affect any of the other attendance centers in the district.

A Note From The Principal

This update article is focused on helping develop the "whole child" rather than focusing on just academic progress. As the semester nears the close, often time students become stressed and anxious about family, school, and peer relationships. Below are some helpful tips:

Help your Middle School Student Rise Above Worry and Anxiety

Young adolescents are often self-oriented. They are pre-occupied with their own worries and insecurities. But this isn't always bad. Kids must think of themselves and make connections to their own lives to be able to set and reach goals. Your son or daughter needs your help to rise above worries and balance the priorities of thinking of themselves and others.

To help, ask your son or daughter to set three goals at the start of each day: one for school, one for self, and one for service to others. Then have him or her take five minutes to answer three questions:

1. What is the most important thing I can do today for school? For example should I work on my project that is due next week or study for a test that is tomorrow?
2. What is the one best thing I can do to help myself? Eat Well? Exercise? Get more sleep? Other?
3. What can I do today to help another person? Be nice to a classmate that is not as popular? Help my little brother or sister with homework? Take out trash for an elderly neighbor?

Be sure to ask about the priorities your son or daughter sets. Praise effort, accomplishments, and unselfish acts. Discuss the obstacles in their life, and talk about how to overcome them. When anxieties get high, help your son or daughter to slow down. Help them to identify what they can and cannot change or influence. Talk with them about realistic goals and help them organize plans to achieve them.

If you have concerns about worrying and anxiety for your son or daughter, please let us know. WMS has wonderful counselors on staff. Please feel free to utilize their experience and talents. Our counseling department works with students in a variety of ways to help them sort through these types of issues. Most importantly, be a good listener as you work with your son or daughter. They often do not want us to solve the problem; they want us to help them clarify. Please do not hesitate to contact Mrs. Eymann or myself if we can be of any assistance. You can reach me at olsen.russell@westside66.net or Mrs. Eymann at eymann.kimberly@westside66.net, follow our school's webpage at <http://wms.westside66.org>, or follow me on twitter @Principal_Olsen. I hope this December Update finds you and your family healthy and safe. It is a privilege to be the principal at WMS. Please stop by and say hello!

Russ Olsen

Principal

Notes From the Nurse

Melissa Smith, RN

Students requiring exclusion from or modification of PE are required to have a note from a physician outlining these restrictions.

Students are to be fever-free for 24 hours without medication before returning to school after an illness. Students should also be free from vomiting for 24 hours before returning to school.

It is not too late to get your flu shot! A common myth is that the flu shot can cause someone to contract the flu. This is false. For further study about the myths surrounding the flu shot, visit the Center for Disease Control and Prevention's website:

<http://www.cdc.gov/flu/about/qa/misconceptions.htm>.

Remember that the most effective way of reducing the spread of illness is washing hands with soap and water. Using alcohol-based hand sanitizer containing at least 60% alcohol also helps reduce the spread of illness.

As always, feel free to contact me with any questions or concerns.

Nurse's Office: (402) 408-8652 Main Office: (402) 390-6464 Main Office Fax: (402) 390-6454

E-mail: smith.melissaa@westside66.net

Phone (402) 408-8652

Fax (402) 390-6454

Notes from the A.D.

Dan Carlson, Athletic Director

The boys' basketball season wraps up in early December. If your son participated on any of our competitive teams, please set aside Thursday, December 8th at 5:00 for a recognition event in our cafeteria. An invitation will be sent home the first week of December allowing you to RSVP and contribute toward the cost of the event.

Girls basketball and wrestling practices will begin right after winter break. Skills Assessment will begin Thursday, December 15th for 7th and 8th girls interested in playing basketball for WMS this year. More detailed information will be sent home with girls at sign-ups in December. Contact Lance Mosier or Dan Carlson if you have questions about girls basketball.

Student-athletes interested in wrestling will have the opportunity to participate in pre-season fundamental/conditioning sessions after Thanksgiving break. Information about these sessions was announced and these sessions will continue into early December. Contact Dave Baker or Dan Carlson for any wrestling questions.

All student-athletes must have a sports physical on file with the Athletic Director before they can practice or play. If this will be the first sport that your son or daughter has participated in this year, they will also need to pay an athletic participation fee. This fee can be brought to the main office or my office. This fee should be paid before the first athletic contest.

Dan Carlson
Athletic Director

WMS Community Club

Susan Gass - Community Club President

Reminder: logo wear orders are due by next Friday the 9th!

The WMSCC would like to wish you a very safe and happy holiday season. Thank you to all the parent volunteers. We know we wouldn't be as successful if it wasn't for you.

WCS Coat Closet

Jessica Lowe

Westside Coat Closet has coats for people in our district - from babies to adults. If you are in need of a coat, please contact the school. We can get a coat for you. We also have hats, gloves/mittens. If you are cleaning out your closet and find you have coats you have outgrown, please pass them on to our Coat Closet. They can be left at the school office, and we will get them to the right place. Thank you for any help you can give us.

We also have a food pantry available to all families with a Westside student. The pantry provides food and other household supplies confidentially to families up to twice a month.

To get more information or access the coat closet and/or the food pantry contact Jessica Lowe (WMS Social Worker) at 402-957-5006.

WCS Snow Day Information

Nebraska Winters can get pretty tough at times. When snow accumulates and the bitter wind blows, Westside Community Schools share with parents a concern for the safety of their children. Here are a few guidelines that should help us work together to assure the safety of students, no matter how bad the weather.

- If bad weather forces the closing of school, you will receive an AlertNow phone message from the District the night before or the morning of the closing. We will also ask local radio and television stations to make the announcement. Information regarding school closings will also be available on the Information Line, 390-2299.

Designated staff should report to buildings unless notified otherwise.

If schools are open during inclement weather, parents should decide whether or not their children will attend school.

When extreme weather conditions develop during school hours, it is our policy not to dismiss students. Many children do not have adult supervision at home during the day and are safer at school.

Parents may pick their children up during the school day if they feel it is necessary.

Because of transportation requirements, there may be times when other school districts close while District 66 Schools remain open.

School personnel will remain in the buildings as long as children are present.

24-hour Information line: (402) 390-2299

www.westside66.org

Cold Weather Care for your Mac Book

Mitch Scheffler & Ed Krueger, Tech Support

1. Before turning on your computer, allow it to sit out and reach room temperature (between 50 and 95 Fahrenheit). Powering on the computer while the ambient temperature is outside of this range can cause damage to the computer.

2. Do not leave your computer in the car or any place where it might be exposed to extreme temperatures for extended periods of time (more than a few hours).

3. Keep your computer sleeve/case zipped up to help prevent snow and rain from getting inside, but be aware that the bag is not waterproof.

Please call the WMS Tech Support Department with any additional questions or concerns about your computer.

Tech Support Office: (402) 408-8606

Notes from Attendance

With the upcoming holidays and many opportunities for families to travel, here are a few tips from the attendance office to make sure your student doesn't miss out on work assigned in his or her absence. In the event of an absence or illness, there is no need for you to take the time to contact all of your student's teachers individually. By sending a note or e-mail, or making one call to the main office, we will take care of the rest. If you are sending a note, have your student bring the note to the main office first thing in the morning. Your student will receive a gold homework sheet that he or she will take to each of his or her classes, where the teacher will list the homework and initial the sheet. The students then keep the sheet so they know what they have to do while they are away from school. With the gold homework sheet, and the main office recording the absence in PowerSchool, all of the teachers will be aware of the absence. As always, contact the main office with any questions or concerns regarding your student's attendance.

Attendance: (402) 390-6484

Direct: (402) 408-8649

Main Office: (402) 390-6464

Main Office Fax: (402) 390-6454

December Athletic Calendar

12/2/16	Fri.	Boy's Basketball Tournament	Papillion Jr. High	TBA
12/3/16	Sat.	Boy's Basketball Tournament	Papillion Jr. High	TBA
12/5/16	Mon.	Boy's Basketball Tournament	Papillion Jr. High	TBA
12/6/16	Tues.	Boy's Basketball Tournament	Papillion Jr. High	TBA
12/8/16	Thurs.	Boys Basketball Awards	WMS Cafeteria	5:00 PM
12/15/16	Thurs.	Girls Basketball Skills Assessment	WMS	3:30 PM
12/16/16	Fri.	Girls Basketball Skills Assessment	WMS	3:30 PM
12/19/16	Mon.	Girls Basketball Skills Assessment	WMS	3:30 PM
12/20/16	Tues.	Girls Basketball Skills Assessment	WMS	3:30 PM

December Calendar

12/05/16	Mon.	WMS Don and Millies night	Don and Millies	4-9:00 PM
12/08/16	Thurs.	7th Grade Band/Chorus Concert	WMS- PAC	7:00 PM
12/13/16	Tues.	Jazz Band/ Westside Connection Concert	WMS PAC	7:00 PM
12/23/16 - 1/09/17		WINTER BREAK - NO SCHOOL	ALL LEVELS	
1/10/17	Tues.	SCHOOL RESUMES	WMS	

HAPPY HOLIDAYS!

The Westside Community School District does not discriminate on the basis of sex, race, creed, color, age, national origin or disability. If you have questions or concerns, please contact Kami Jessop, Director of Special Services, 390-2110.

Westside Logo Wear for the Holidays!

If you would like to order Westside gear for the holidays this is the final order of the year. We have added a red version of one design as indicated below on the order form. Orders can be placed from now through December 10th and will be ready on December 17th. If this is a gift and you would prefer to pick it up rather than having it delivered to your student, you can arrange to pick it up from me directly. We also have Nike string bags for \$15.00 and elite socks for \$12.00. Money and orders can be dropped in the office at school or mailed to me at 306 South 94th Street, Omaha NE 68114. Email questions to sgass@cox.net.

WESTSIDE MIDDLE SCHOOL

GET YOUR WARRIOR SPIRITWEAR!

		YL	S	M	L	XL	2XL	3XL	4XL	COLOR	TOTAL QTY	COST PER	TOTAL		
		SHORT SLEEVE TEE								GREY		\$10			
		LONG SLEEVE TEE									GREY		\$18		
		HOODED SWEATSHIRT										GREY		\$25	
		SHORT SLEEVE TEE										GREY		\$12	
		LONG SLEEVE TEE										GREY		\$20	
		HOODED SWEATSHIRT										GREY		\$27	
		SHORT SLEEVE TEE								RED		\$10			
		LONG SLEEVE TEE									RED		\$18		
		HOODED SWEATSHIRT										RED		\$25	
		SHORT SLEEVE TEE										RED		\$12	
		LONG SLEEVE TEE										RED		\$20	
		HOODED SWEATSHIRT										RED		\$27	
		SHORT SLEEVE TEE								BLACK		\$10			
		LONG SLEEVE TEE									BLACK		\$12		
		SHORT SLEEVE TEE										BLACK		\$18	
		LONG SLEEVE TEE										BLACK		\$20	

GRAND TOTAL

LAWLOR'S
CUSTOM SPORTSWEAR

PLEASE MAKE CHECKS PAYABLE TO WESTSIDE MIDDLE SCHOOL COMMUNITY CLUB or WMSCC

Your Name:	Student's Name:
Phone Number:	Home Room Teacher:

RETURN ORDER FORM & PAYMENT TO WESTSIDE MIDDLE SCHOOL attn: COMMUNITY CLUB

Orders due by:

Questions?
Please contact Susan Gass at sgass@cox.net



Westside Middle School

Caring & Sharing

EARN
20%
FOR
OUR
SCHOOL!

MONDAY
December 5
4 - 9 pm

Grab your family and friends and join us at Don & Millie's! Twenty percent (20%) of every dollar spent on great food and drink will go right back to our organization!...See you there!

Please tell the Cashier

**108th &
W. Center Rd.
390-9096**

