

## 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

Monday December 25,  
2017

through

Friday, January 5, 2018

### SCHOOL RESUMES

Monday, January 8,  
2018

## 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](mailto:olsen.russell@westside66.net) or Mrs. Eymann at [eymann.kimberly@westside66.net](mailto: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 Attendance

*Liz Webb, Attendance Secretary*

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 email, 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

## Notes from the A.D.

*Dan Carlson, Athletic Director*

The boys' basketball season wraps up in December. If your son participated on any of our competitive teams, please set aside Thursday, December 14th 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 Monday, December 18th 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 during the month of December. Contact Lucas Apfelbeck 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 in January.

Dan Carlson

Athletic Director

## Communication from WMS Community Club

*Barbara Wimmer, WMSCC President*

Hello WMS families! Thank you for all the support this first semester. I'm so amazed by the outpouring of support we receive to support our students and staff. Conference dinners were a success; our first athletic awards night recognized many students and their accomplishments; and our TAGG amounts keep growing. As of November 6th your receipt "tagging" has raised \$250. New businesses added include - DJ's Dugout, Kryotonik, Komp Chiropractic, and Thrive. To see all the TAGG businesses go to [www.togetheragreatergood.com/participating-businesses/](http://www.togetheragreatergood.com/participating-businesses/). Keep TAGG'ing!!!

Our next athletic awards night will be next Thursday, Dec. 14th at 5:00. If you'd like to donate water, lemonade, or store bought cookies for our athletes and families please contact Barbara Wimmer at [wimmers@cox.net](mailto:wimmers@cox.net).

Have a wonderful holiday break!

Sincerely,

Barbara Wimmer

WMS Community Club President

## 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

## Cold Weather Care for your Mac Book

*Mitch Scheffler & Ben Fraizer, 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

## Lunch Account Information

Tired of writing a check or sending cash with your student to pay for school meals? Go to the website [myschoolbucks.com](http://myschoolbucks.com) to pay for meals online. Follow the easy instructions on the web. Your student's ID number is required to open an account. This ID number can be found on the class schedule or by calling the WMS main office. You may choose to set up an account that will charge your credit card when you reach a pre-set low balance, or you may put money in the account yourself. It's an excellent way to take one more thing off your "to do" list.

## Notes From the Nurse

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

# December Athletic Calendar

|          |         |                        |          |         |
|----------|---------|------------------------|----------|---------|
| 12/14/17 | Thurs.. | Boys Basketball Awards | WMS Cafe | 5:00 PM |
|----------|---------|------------------------|----------|---------|

## December Calendar

|                  |  |                         |            |
|------------------|--|-------------------------|------------|
| 12/23/17-1/07/18 |  | WINTER BREAK- NO SCHOOL | ALL LEVELS |
|------------------|--|-------------------------|------------|

|        |      |                |            |
|--------|------|----------------|------------|
| 1/8/18 | Mon. | SCHOOL RESUMES | ALL LEVELS |
|--------|------|----------------|------------|

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.*