



NEWSLETTER

January, 2019

Lewis & Clark Middle School

Every Child, Every Chance, Every Day !

Parent Advisory Meeting

For 8th Grade going 9th Grade Parents

February 6th, 6:00 pm

Senior & West High School

(Parents—please attend the meeting at the high school your student will be attending the 2019-2020 school year.)

Freshman Registration



8th graders will be pre-registering for 9th grade classes on Tuesday, February 12th thru Friday, February 15th. High School counselors from WEST and SENIOR will be at Lewis and Clark on Thursday, February 21st to register students for their 9th grade courses. Senior High counselors will be available all day but West High counselors will only be available in the morning.

THANK YOU

Thank you to our amazing coffee sponsors for helping us reach our coffee fundraising goal. City Brew and Global Travel, thank you for your continued help and support!



PARENTS!

All students must be checked in and out with Mrs. Backer (in the attendance office) before leaving during school hours.

VOLLEYBALL



6th, 7th & 8th grade Girls Volleyball begins February 4, 2019.

Officer Z's Corner



Good Citizenship: Back to a basic approach of kindness

If you're sick of your child's self-centered shenanigans, don't just sit around waiting for the behavior to change. Here are several ways you can help enhance your kid's empathy skills:

Play pretend! Kids who have more practice pretending, role-playing or taking acting classes tend to be better at putting themselves in another person's shoes.

Talk about feelings. Promote your child to read, and pay attention to what they are reading, discuss the thoughts of characters that drive them to act in the ways that they do. Or use everyday conflicts to talk about feelings: "How do you think Dillon felt when you made fun of him?"

Use discipline as an opportunity for teaching. Don't just issue a punishment when your child does something wrong – take the time to explain why rules exist, and how they ensure we treat people with respect.

Show your child plenty of care and compassion. Kids get lots of benefits from having parents that are warm and loving toward them, including learning that it's nice to treat others that way themselves.

So give your kids praise when they do something kind, and use positive words like "honest" and "caring" to describe them—they'll be more likely to think of themselves as good people, grow into good citizens and have higher self-esteem to boot!

You can promote your child's good citizenship skills even further:

Being a good role model. If your kids see you volunteering, working with charities and helping others, you'll help them discover that being nice is its own reward.

Encouraging your child to volunteer. Since kids naturally tend to get better at sharing and helping after the early elementary school years, you can support their budding humanitarian interests by encouraging them to volunteer in the community. Doing so can lead to feelings of personal responsibility for helping others and higher self-esteem.

For your child to truly develop a lifelong care and compassion for others, it has to be nurtured and practiced like any other skill. So recognize that this process will take time. But by making kindness to others a priority in your family, you'll be continually impressed by your child's capacity for caring!

CREATIVE COURAGE

In addition to the regular fall and spring AWB after school art programs, Ms. Wardrip offers a specialized program to a smaller group of students starting in February 2019. This program acts as a support group for students who face the challenges of depression, anxiety, or just simply need a safe and comfortable space for a more personal artistic expression. Throughout ten sessions, students will focus on methods of mindfulness-based art techniques, personal journaling, and healthy coping mechanisms for anxiety or depression. The goal of Creative Courage is to use art as a pathway to release our emotions, banish the stigma against mental illnesses, and understand more about our complex thoughts. *If you feel that your child would be a good fit for the Creative Courage program, please contact Tori Wardrip for more information: wardript@billingssschools.org*

PLEASE STOP IN TO THE MAIN OFFICE AND CHECK OUT OUR APPAREL WE HAVE ON HAND!!!!

Standardized Testing Information

These standardized tests are very important for a number of reasons. The tests are designed to measure how well students have learned what they have been taught. Test results provide parents with information about their child's academic progress. Tests help teachers understand a student's interests and needs. Test results are used to rate how well schools are doing to prepare your child. Also, test results identify areas of future student interests and possible career choices.

Upcoming Test Dates for Lewis and Clark

MontCas-Science: Grade 8

March 7th

Smarter Balance: Grades 6,7,8

March 20th—May 24th (Window)

NWEA-MAP: Grades 6,7,8

April 1st—May 8th (Window)

A few reminders/suggestions:

- ◆ Attendance on testing day is essential
- ◆ Encourage your child to always get enough sleep
- ◆ Insist that your child eat healthy, nutritious meals, especially breakfast
- ◆ Talk with you child about doing their best on these tests
- ◆ Encourage your child to read
- ◆ Provide incentives for your child to do well in school and on tests
- ◆ Actively participate in homework assignments



NO SCHOOL

Friday, Feb. 8th
Monday, Feb 11th

Thursday, April 18th
Friday, April 19th
Monday, April 22nd

Friday, May 3rd

Monday, May 27th

LAST DAY OF SCHOOL

Friday, May 31st

"Get in the Zone" - Discover Zone!

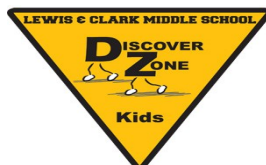
."Get in the Zone" – Discover Zone!

HAPPY NEW YEAR! Discover Zone is looking forward to 2018 at Lewis & Clark Middle School – offering 6th, 7th, & 8th grade students exciting after school opportunities in a safe and positive environment.

Discover Zone offers non-school time, skill building activities to students at Lewis & Clark Middle School. ANY student enrolled at Lewis & Clark Middle School is eligible to participate and all activities are offered FREE OF CHARGE! Students must have parents complete a registration form prior to attending Discover Zone.

Activities take place after school Mondays through Thursdays, until 4:30 p.m. All activities take place at Lewis & Clark Middle School and are led by community volunteers who have been interviewed and screened prior to acceptance with Discover Zone. Parents are encouraged to volunteer as well. Registration forms and session calendars can be picked up at Discover Zone, Lewis & Clark Middle School room 105.

Please call 672-4214 for more information.



SMART PHONES AND OTHER ELECTRONIC DEVICES

Students are encouraged **not** to bring items such as smart phones, cell phones, i-pads etc. However, if they are brought to school they are to be promptly **TURNED OFF**, put in a safe place, and not

used until school is dismissed. No explicit music or violent video games are permitted. The following consequences will occur for violation of this policy:

First Offense: Phone confiscated, phone back at end of the day in the office

Second Offense: Phone confiscated, lunch detention, phone back at end of the day in the office

Third Offense: Phone confiscated, after school detention, phone back after three school days or parent pickup

Fourth Offense: Phone confiscated, one day in school suspension, parent pickup required

Fifth Offense: Parent pick up and conference required, device must be checked in at office daily if brought to school

Further Offenses: Subject to the discretion of administration as per the Billings Public Schools District Acceptable Use Policy.



Polar Bare Plunge 2019

This year on Saturday, December 1st, 20 students from Lewis and Clark got together and took the plunge for Billings Special Olympics. This group raised over \$1400 giving them the opportunity to jump into Lake Elmo. Without students like this our program would not be possible. Thank you to all those who supported this group of students and Billings Schools Special Olympics. Congratulations: to the following Scouts: "The Courageous Candy Canes" and Team "Freezin for a Reason" - Kyle Bailey, Sam Boese, Ethan Crawford, Emma Croft, Ashlyn Dennis, Lydian Eby, Riley Fenton, Kaleila Fuchs, Emily Humphrey, Paisley Jaeger, Celia Jaeger, Carolyn Kelso-Heggem, Audreyana Kiedrowski, Marienna Lopez, Hayden Pierce-Mahugh, Jazmin Smith, McKenzie Stephens, Lauren Wright,, Adysen Fitch & Marllorrie Olmsted.



Don't forget to order your yearbook

Science and Math Exploration for Middle School Girls

The 26th Annual Expanding Your Horizons in Science and Mathematics (EYH) Conference will be held on **Saturday, March 30, 2019, at 8:30 a.m. to 3:30 p.m. at Montana State University in Bozeman.**

The focus of this workshop is to encourage young women in grades 6-8 to explore a variety of math and science related professions through fun and creative hands-on workshops.

Conference registration will open March 4, 2019 and cost is just **\$30.00** which includes lunch and supplies. Space limited to 240 participants and is determined on first-come basis. Register early!

Registration forms will be sent to the schools the beginning of March. Students may also learn more about the conference at <http://ato.montana.edu/eyh/index.html>. And registration forms will be available online after March 4.

For further information or questions contact EYH Program Manager Nicole Soll at (406) 994-6633 or Nicole.soll1@montana.edu.

Indian Education Home to School Coordinator

Greetings!

My name is Rusty Ontiveros or Mr. O. As the Indian Education Home to School Coordinator. I am available as a resource to advocate for the academic, social, and cultural needs of the Native American students at Lewis and Clark Middle School.

I also coordinate the All Nations Club activities. The club meets on the second and fourth Wednesday of each month from 2:10-3:00 pm in room 227, everyone is welcome to attend!

I am scheduled to be at Lewis & Clark Wednesday afternoons and all day Thursday/Fridays. My office is in room 227 and I can be reached at 281-5958 or ontiverosr@billingssschools.org.

If your child is struggling in a particular area, you are having difficulty connecting with the school staff or have any other concerns, let me know what I can do to help!

WE NEED PARENT VOLUNTEERS!!!

Teacher appreciation week is May 6th through May 10th. Parent Advisory Council would like to help make this a special occasion for our teachers. If you would like to help in the event planning, or you would rather make a donation, please contact Mrs. Sulser at 406-281-5903 or email: sulserj@billingssschools.org.

Don't forget to like us
on Facebook!

Lewis & Clark Motto

"Every Child,
Every Chance,
Every Day."

DRIVERS EDUCATION

SUMMER 2019

REGISTRATION FOR BOTH SESSIONS IS APRIL 1, 2019- APRIL 12, 2019

SESSION 1: Students must be born on or before November 20, 2004 and be enrolled in grades 9-12 for the 2019/2020 school year

When: May 20, 21, 23 & 28, and June 3 – 28, 2018

Where: Senior, Skyview, and West

Time: 8:00am or 10:00am at the high schools. On May 20, 21, 23, 28 and June 3, 4, & 5 classes will all meet at 4:00 pm at the high schools. On May 20, 21, 23 & 28, 8th grade students will be bussed from Billings Public Schools middle schools to the high schools. Transportation after class and in June is the responsibility of the student/parent.

Fee: \$265.00 must be paid by April 30, 2019

All classes will meet for 2 hours each day. On May 20, 21, 23 & 28 classes will meet after school from 4:00 pm – 6:00 pm and 8th graders at Ben Steele, Castle Rock, Lewis & Clark, Medicine Crow, Riverside and Will James will be bussed from their middle school to the high school for class. Students who attend schools outside of Billings Public Schools are responsible for their own transportation to the high schools for the May classes. Due to teacher training, classes on June 3rd, 4th & 5th will also be held from 4:00 – 6:00pm. From June 6 – June 28, class will meet at 8:00am or 10:00am, whichever time you chose at registration.

SESSION 2: Students must be born on or before January 8, 2005 and be enrolled in grades 9-12 for the 2019/2020 school year.

When: July 8 – August 8, 2019

Where: Senior, Skyview and West

Time: 10:00am – 12:00pm Monday - Friday

Fee: \$265.00 must be paid by April 30, 2019

For both sessions there are 6 drive times outside of class time during the course. These are scheduled by the instructor. Students are allowed up to 3 absences but those absences must be made up at a time scheduled by the instructor. **Anyone missing more than 3 days or failing to attend the make-up days will automatically fail the course. NO EXCEPTIONS!**

Registration is done online at <https://www.billingssschools.org/programs/drivers-education>

The registration fee of \$265.00 is due by April 30, 2019. It may be paid online using the payment link under the school logo for which you are enrolling at <https://www.billingssschools.org/programs/drivers-education> or by mailing a check or money order made payable to Billings Public Schools to Billings Public Schools, Attn: Drivers Ed, 1470 Industrial Ave., Billings, MT 59101. **CARD PAYMENTS ONLY ACCEPTED ONLINE!**

No refunds will be issued so please make sure Drivers Ed fits your schedule and that you won't have more than 3 absences before registering and paying for it!

Questions? Please contact Joni Bertsch 281-5074, driversed@billingssschools.org



JOURNEY TO ANCIENT EGYPT!

6th Grade Social Studies classes under the direction of Mr. Feeley and Mr. Reitz brought Ancient Egypt to the Lewis and Clark Library. The exhibit featured Egyptian sarcophagi and accompanying mummies and canopic jars.



Many thanks to our amazing, 1st Semester library aides! The Library will miss you!
Morgan Moline and Alexis Lehmann



We will be placing this year's final book order this Spring...please let Mrs. Rice know if there are particular books you'd like her to purchase for the library! Thank you to all of the students and staff who have already given us their input!



World Book Online! All Lewis and Clark students have access to World Book Online (www.worldbookonline.com), a database that is especially helpful for **research projects**. World Book Online is a comprehensive, online encyclopedia. Check out this amazing resource on our Lewis and Clark website—click on "Library" to access the direct link. When accessing from home, username: lewisscouts, password: discovery



8th grade Social Studies teachers, Mr. Visser and Mr. Jensen, have kicked off LC's annual National History Day project. This year's theme is "Triumph and Tragedy in History". Students use the library to locate, evaluate, and use both primary and secondary resources in this student driven research project. Ask your 8th grader to describe their topic and how they will convey their message of Triumph and Tragedy in U.S. History!



The Library is open 4th, 5th, and 6th period lunches many days of the week! Come to the library to play games, enjoy our Makerspace, do homework, read a book, use a computer or just relax! Please eat



BOOK FAIR

Lewis and Clark held an extremely successful Book Fair in October! Thanks to all staff, families, and students that purchased books from our fair. The profits from the fair enabled the library to purchase a library "After Hours" book drop for the hallway and a large amount of books to add to our collection. Look forward to our Spring BOGO Book Fair! Thank you from the bottom of our bookshelves!



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Remember to turn in or renew your overdue library books!

NEWS

ENGLISH

The English department is proud to announce
A myriad of items that make our kids bounce
With happiness and joy because they are new

We couldn't believe our dreams all came true:
Computers and workbooks--oh my, do they shine
On every desktop from morning till night

The curriculum is aligned with all that they need
Now us teachers no longer need to beg and to plead
For materials and ideas to make it through
We have a plethora of items from which we may choose

Now you may think "That's great!" and "This poem must be done."
But I am happy to say we've only just begun
We meet every Wednesday to plan our attack
On the best way to help our kids who aren't on track
We share our ideas, our tests, and our plans
And put together a remedy that puts learning back in THEIR hands

As the New Year approaches, we examine their growth
Through assessments and writings--just look how they go!
They're building vocabulary and sharing their thoughts
Why these children have clearly hit the jackpot!

We look forward to a new semester that is in sight.
A merry school year to all; and to all a good night.

--The English Department (with the help of some elves)



MATH

Mathematics in 8th grade has been busy!
We have learned about the exponents and scientific notation, linear and equations and transformations.

We are also excited about the online program sponsored by Exxon Mobile called Spatial Temporal Mathematics (ST Math) created by Mind Research. ST Math is a visual instructional program that builds a deep conceptual understanding of math through rigorous learning and creative problem solving to engage, motivate and challenge students toward higher achievement. Please check it out at <https://www.stmath.com/play>. Our students will be on the program for about 90 minutes a week working with grade level content as well as a personalized learning plan to fill in any gaps in understanding. Please contact your child's math teacher with any questions!



In Algebra we are finishing up systems of linear equations. After systems we will be starting on our Statistics Unit before finishing the year with Polynomials. Algebra students will also be

utilizing the ST Math program for the remainder of the year. Algebra students will be taking finals before the end of each semester; January and the end of May.

Mr. Qualls, Mr. Lindell and Mrs. Scott

SOCIAL STUDIES

It has been an awesome semester so far in our social studies classes! We are all working on inquiry learning through various activities. In sixth grade, the students have just completed their unit on ancient Egypt where they delved into the mysteries of Egyptian society, religion, government, and even created a sarcophagus. Before that, they studied Mesopotamian society, Hominids, and as always, current events. After break, sixth grade will be exploring the dynasties of ancient China. Some of the major topics covered will be - the Great Wall of China, the first emperor, and the Terracotta warriors (which the students will construct). In seventh grade, the students have just completed their study of the Western Hemisphere. They focused on North and Latin America with an emphasis on physical features, map reading skills, and governments. They will go on to focus on the Eastern Hemisphere, continuing with the big question, "How does where you live affect how you live?". Two areas of focus will be economics, and world religions. Current events are woven throughout the course. In eighth grade, the students have studied American History from pre-contact through the American Revolution with a daily dose of current events. The students are currently studying the United States Constitution and will soon move into the Bill of Rights. Students are in the process of selecting topics for our capstone history project - National History Day, which will be due in March. As you can see, all three grade levels are in sync and creating a robust social studies program that builds upon the skills and knowledge learned the year before.

CARE CLUB

The Lewis and Clark Care Club has been very busy this year. This year they are once again

assisting at the Assisted Living Facility off of Grand Avenue helping the elderly folks with activities once a month on Wednesdays. They have completed two fundraisers with cookie sales and bake sales raising money for the epilepsy foundation and for the Billings Animal Shelter and Bark. In the upcoming New Year they already have plans to make blankets for the homeless and the Children's Hospital and a

respect rally at the end of February.



SCIENCE

In 7th grade, students have wrapped up their units on Plants and Cells. Students learned about cells, cell structure, how cells photosynthesize, and how respiration allows cells to get energy. The adventure into Genetics has begun! We'll be learning how genes are passed from one generation to the next and how to predict potential genetic outcomes. Throughout the rest of the year, we will be continuing our focus on graphing skills. Coming up, we will be learning about bacteria, viruses, and the other kingdoms of living things. We are especially looking forward to our "Zombie" unit!

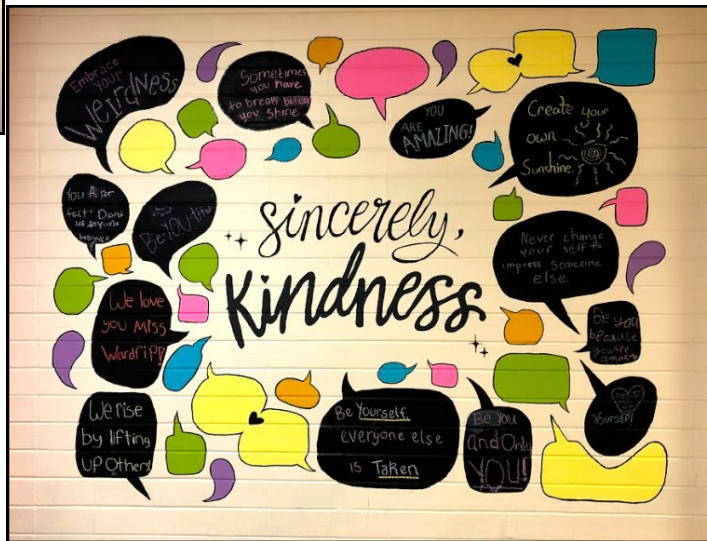
Last semester, 8th grade science studied chemistry and the Periodic Table. The students adopted an element and built a 3D model with a poster of a chosen element. These beautiful models are now displayed in our classrooms. In addition, we concluded our Invention Project and shared these amazing prototypes in class the week before winter break. The students were very creative and inspiring with their inventions. We will begin exploring Newton's Laws of Motion and the Engineering and Design Process through the next semester.



ART



This Fall, twenty-four students from Art 2 had artwork on display at the Yellowstone Art Museum. Students worked with kindergarten classes from Poly Drive elementary to create reimagined illustrations based on the children's artwork. The exhibit will be on display in the young artists gallery at the YAM through January 14th.



Ms. Wardrip and a team of 8th graders created a Kindness wall by the front office. Students will be able to write words of kindness on the wall each week to spread positive messages throughout our school. Mural Club will be continuing this spring and will be creating a large scale mural in the cafeteria. If your student is interested in helping, just have them get info from Ms. Wardrip!



Several students worked on painting decorative instruments to help fundraise for Arts Without Boundaries after school art programs. The instruments turned out beautifully and we can't wait to auction them off. If any students would like to join the spring painting program for AWB, please listen closely for announcements of dates and times!

HEALTH ENHANCEMENT

Health

The 6th grade students will be wrapping up the Social, Family/Mental and Emotional Health Unit by the end of the semester. The second semester will consist of Communicable and Chronic diseases along with Injury Prevention and Safety which includes First Aid and CPR/Choking.

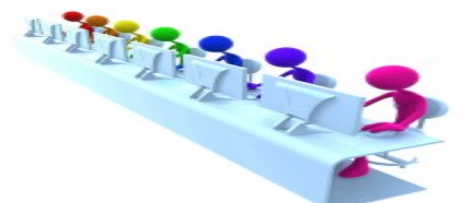
The 7th and 8th grade students are finishing up with Alcohol, Tobacco and other drugs paralleling with refusal skills and influence of advertisements. The students also learn of the consequences of these drugs along with treatments and relapse. The second semester will include the Growth and Development Unit which includes, fetal development, abstinence and changes during puberty.

Physical Education

The physical education aspect of Health Enhancement continues with cardiovascular fitness incorporating basic skills of lifetime games through fundamental motor skills, and game strategies. The second semester includes Team Handball, Volleyball, Badminton and outside games and activities such as softball and yard games.

SPANISH

Spanish 1 students have been busy learning vocabulary that helps them greet friends, count, and write sentences. They are currently learning about food. Each student has created a place setting for a table and has filled the plate with food to eat. They are learning how to make sentences about this food. They will have a final fiesta on January 10th (B day) or 11th (A day) depending on which day they have class. This is to celebrate their learning while in Spanish 1. Spanish 2 kicks off on January 15th where some of these students will continue to expand their exploration of Spanish. Many others will be joining us who had Spanish 1 in the past.





6th Grade

Lewis & Clark Middle School

1st Semester Academic Achievers

Adame	Ayden	Deming	Shayla	Hughs	Avalon	Murray	Jacob	Skillen	Owen
Adams	Danica	Dennis	Brenna	Hulquist-Hill	Cordae	Nagel	John	Skjeret	Brennan
Adams	Cecily	Diekemper	Leo	Ickes-Williams	Patience	Nedens	Katelin	Smith	Elizabeth
Aguirre	Elena	Douglas	Simon	James	Aaron	Nelson	Logan	Smith	Mason
Allie	Addison	Doyle	Djo-Lee	Jimison	Jayla	Niemantsverdriet	Owen	Sneddon	Owen
Anderson-St. John	Hannah	Dreikosen	Peyton	Johnson	Cillian	Oak	Justin	Staszczuk	Kaydee
Bach	Elizabeth	Driscoll	Robert	Johnson	Jaida	Ormsby	Leela	Steffan	Devin
Banderob	Harrison	Eckhardt	Emerson	Johnson	Sausha	Padilla	Tegan	Steiner	Natalee
Beam	Alexander	Eckley	Jackson	Jones	Naomi	Palmer	Saerien	Steiner	Caleb
Bearing	Kenyon	Edwards	Broden	Jones	Ula	Patterson	Katelin	Stewart	Tatiana
Bergeron	Jackson	Egan	Trek	Kanning	Ty	Peabody	Garrett	Stiles	Jackson
Beverlin	Eliana	Elliott	Dessa	Karls	Caleb	Peak	Jah Chelle Reign	Sundstrom	Nora
Binkley	Grace	Engerran	Leland	Kay	Alexander	Pearson	Autumn	Swift	Holden
Blumhardt	Jacob	Eto	Sachi	Kelling	Henry	Peters	Dazia	Szillat	Quinn
Boulet	Parker	Evans	Christianna	Kelly	Kiara	Peterson	Trask	Tabi	Faith
Bouwkamp	Martin	Ewing	Margarett	Kelso Heggem	Carolyn	Phipps	Ethan	Te'o	Kyrie
Brady	Anthony	Falls Down	Addison	Kiedrowski	Audreyana	Pickens	Bryan	Thompson	Kyra
Brannon	Logan	Fenton	Riley	Kiner	Haven	Pitts	Lillian	Thompson	Hannah
Brown	Darrius	Fillinger	Addison	King	Dylan	Pizzolato	Syler	Tiry	Britney
Bryant	Portia	Flores	Talaya	Kirschenmann	Addison	Principe	Izabella	Torres	Kalle
Burr	Elizabeth	Fortun	Olivia	La Fontaine	Rihana	Prior	Kenadie	Tuomala	Brent
Campagna	Gino	Franklin	Izabella	Lefthand	Tawnya	Pritchard	Torrey	Valdez	Madison
Carter	Ruby	French	Dexter	Limberhand	Isabella	Radke	Hope	Voorhis	Hazen
Chakos	Benjamin	French	Henry	Linderman	Jade	Ramirez	Arelia	Waddell	Brecken
Chakos	Eleanor	Gainan	Landon	Marble	Madeline	Reese	Lola	Walker	Samantha
Chapel	Lilah	Goes Ahead	Vincent	Maruffo	Shay	Reeves	Brandtson	Wallace	Cody
Christianson	Ava	Gomez	Jeriko	Matson	James	Riley	Vanessa	Watson	Logan
Clark	Noah	Gothro	Atreyu	Maulolo	Lucius	Roan	Boone	Webber-Dereszynski	Owen
Cohn	Alice	Graham	Andrew	McCreary	Ryan	Romero	Ezti	Werk	Eli
Coles	Andrea	Greyn	Landon	McKenna	Aidan	Ruff	Eli	West	Porcellana
Conroy	Echo	Gutierrez	Camila	McNamee	Lilly	Salman	Joseph	Westerman	Wyatt
Cook	Autumn	Hanson	Ava	Medina	Madalle	Sather	Evey	White	Robert Ezekiel
Corbridge	Sophia	Hartman	Chloe	Meismer	McClain	Sattler	Madison	Willems	Mikaela
Coulter	Marissa	Hatzell	Hudson	Melius	Emma	Schauer	Dylan	Wizeman	Jasper
Cowger	Mcenna	Hein	Talon	Miller	Emma	Schuman	Skylar	Wold	Aidan
Cozzens	Audrey	Hofstad	Keegan	Mitchell	Tyler	Schwindt	Kamielyn	Zarycki	Nora
Crawford	Saige	Hogg	Keven	Moon	Maci	Serpe	Maxwell		
Cruz	Saige	Holbrook	Ryan	Moots	Preston	Serrano-Corral	Anjali		
DeGroot	Nataliah	Horgdal	Elizabeth	Morrison	Spencer	Shoemaker	Madison		
DeGroot	Mikayla	Horn-Charnesky	Matthew	Mueller	Ashlyn	Simeon	Maya		
DeLao	Lyssa	Horn-Charnesky	Owen	Murdock	Ryder	Simonsen	Evan		

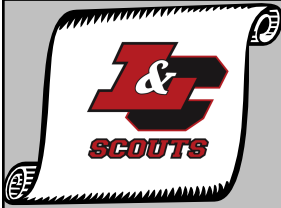




7th Grade Lewis & Clark Middle School 1st Semester Academic Achievers

Anderson	Isabelle	Freese	Aidan	Ludwigson	Aeson	Romero	Mia
Archer	Cadien	Friedt	Mechelle	Maddox	James	Rosas	Jalen
Bach	Tyler	Fuchs	Kaleila	Mares	Mackenzie	Salinas	Daniel
Bailey	Kyley	Garcia	Solana	Martin	Harmoni	Salman	Jonathon
BearQuiver	Taesean	Gaston	Xavier	Massey	Allison	Schaefer	Frankie
Begrin	Jaedon	Glassing	Parker	Mavencamp	Emily	Schell	Emma
Belcourt	Isabelle	Gomez Garcia	Juan	Mavencamp	Peyton	Scott	Nolan
Bentler	Beatrice	Goudy	Joshua	Maya	Jose'	Septer	Emilee
Berry	William	Gress	Rian	McCoy	Alina	Shaw	Kaitlynn
Binkley	Caleb	Grier	Addison	McCoy-Hill	Amelia	Shelden	Ella
Blackburn	Bryce	Guerrero-Martinez	Francesca	McLaughlin	Ethan	Sherman	Terrence
Boatright	Caine	Gunderson	Evelynne	McNeish	Aurora	Simons	Landon
Borden	Ashlyn	Gutierrez	Luis	Michael	Aden	Sims	Isis
Bouchard	Stella	Hagstrom	Grace	Morledge-Hampton	Abigail	Sironi	Joshua
Bradley	Brooke	Harrington	Jackson	Mountain Sheep	Evan	Smith	Lilian
Brady	Ayden	Harris	Lyric	Nissen	Aspen	Smith	Izac
Brown	Alexander	Harvey	Anthony	Oak	Elizabeth	Spargo	Cadence
Brown	Kalli	Hertz	Keatin	Oakley	Peyton	Stahl	Eva
Bryant	Carlyn	Hight	Maxwell	Olmstead	Mallorrie	Steiner	Haley
Buchanan	Thomas	Hohn	Lydia	Oster	Shakira	Stephens	McKenzie
Buckley	Timothy	Honea	Anna	O'Toole	Evan	Stevenson	Lance
Byrd	Ava	Horton	Alexaz	Owens	Preslee	Stoller-Little	Sierra
Carreno	Cecelia	Hostettler	Jacob	Palmen	Ariel	Swanson	Madeline
Chapel	Trystin	Humphrey	Jayda	Parker	Khoen	Terry	Jasmine
Chase	Adeline	Humphrey	Emilyann	Parkins	Lydia	Thomas	Emma
Chavez	Perrin	Hutsell	BreAnna	Pederson	Benjamin	VanHaele	MaKayla
Christensen	Xavier	Jaeger	Paisley	Pender	John	Vaughn	Katie
Clark	Zion	Jaeger	Celia	Pizzolato	Sennett	Visser	Hayden
Coghlan	Cooper	Jones	Braydon	Plotner	Kayden	Waddell	Brinli
Cole	Cooper	Jones	Carter	Prindle	Natalie	Wagner	Camille
Croft	Emma	Jordahl	Sophie	Putra	Tri	Waldron	Sy
Dabney	Cameron	Kelly	Erik	Radtke	Kaysei	Walker	Campbell
Dankovchik-Greene	Tula	Kincaid	Aubrey	Raifsnyder	Aaron	Walton	Silas
Deichl	John	King	Briella	Rainey	Jonah	Watson	Sadie
Dennis	Ashlyn	Kintz	Nicholas	Redington	Joshua	Webb	McKenzie
DeRoeck	Kara	Kluth	Noah	Reese	Gavyn	Weddle	Cory
Dillon	Isabelle	Koch	Ella	Reiber	Drake	West	Kaiden
DiMatteo	Joseph	Koch	Nicholas	Reid	Steven	Wilcox	Riann
Doucette	Harper	Lambert	Madison	Rentz	Meredith	Wilkinson	Lucas
Dunn	Kelcie	Lamere-Johnson	Ryan	Rice	Blake	Willems	Noah
Dust	Kaidee	Lara	Jose	Rindahl	Avery	Wolf	Hamish
Eby	Lydian	Lee	Ava	Rivera	Yandel	Woods	Alexander
Elbert	Isaac	Lehmann	Hailee	Robbins	Gracie	Wright	Lauren
Evans	Caeleb	Leone	Lilac	Robertson	Tatianna	Yates	Jude
Fawcett	Avery	Lewis	Hasten	Robinson	Ethan	Zeiler	Aiden
Firman	Ax	Linster	Sophia	Rogers	Jamison	Zeiler	Jonas
Foss	Parker	Lopez	Marienna	Rollefson	Celeste		
Foss	Morgan	Loveridge	Ainsley				

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8th Grade

Lewis & Clark Middle School

1st Semester Academic Achievers

Aguirre	Carlos	Flagler	Siera	Merchen	Holly	Thompson	Kaleb
Allen	Mason	Freese	Miles	Moline	Morgan	Townsend	Samuel
Anderson	Riley	Galvin	Evan	Montclair	Nevaeha	Townsend	Peter
Arellano	Ilianna	George	Sophia	Moore	Madison	Truby	Eliana
Ash	Walker	Green	Syr	Mullowney	Molly	Tyrrell	Faythe
Atwood	Liviya	Grinder	Starla	Nentwig	McKenna	Underwood	Sequoyah
Ball	Hayden	Gutierrez	Fernando	Olson	Logan	Utle	Riviera
Barreca	Brooklyn	Hammond	Sheamus	Oster	Tamera	Vinger	Conner
Barreca	Logan	Hanson	Elijah	Paris	Ellie	Virostko	Lila
Blatnick	Lucas	Hawkins	Kenneth	Parker	Jaiven	Walker	Madison
Boese	Samuel	Helmick	Trevor	Perez	Koral	Walls	Justin
Boulet	Ava	Hernandez	Angellina	Peychev	Dinko	Watters	Tyson
Bradley	Atticus	Holbrook	Matthew	Pierce Mahugh	Hayden	Watterson	Ashlynn
Bronson	Rosalee	Hultman	Skarlett	Plasterer	Tirzah	Wichman	Olivia
Brown	Robert	Hunt	Emmett	Reeves	Jessica	Wilson	Olivia
Brownson	Brooklyn	James	Micah	Reitz	Sydney	Wintode	Nicholas
Buck	Mary	Johnson	Olivia	Riggs	Emma	Wonder	Owen
Capser	Gracy	Kelling	Rowan	Robbins	Abigail	Yellowtail	Jenaya
Carlson	Benjamin	Kerns	Kayla	Rodriguez	Caleb		
Carpino	Logan	Kidd	Erica	Rogers	Chloe		
Chakos	Davis	Kidd	Hannah	Rolfson	Joseph		
Clark	Ryan	Killsnight	Neveah	Sanderson	North		
Clausen	Ryne	Kuntz	Dominique	Sandridge	Wolfgang		
Collett	Breena	Kuntz	Caden	Schwarm-Simpson	Kietrich		
Cook	Alexander	Latham	Alexander	Scoles-Coburn	Phoenix		
Cowger	Braden	Lehmann	Alexis	Sheridan	Vaughn		
Cox	Jadon	Lien	Kendra	Shorten	Maryemma		
Craven	Bowen	Ligget	Miles	Slemp	Derek		
Crawford	Ethan	Limberhand	Benjamin	Smith	Arlen		
Damron	Allan	Lintern	Sofia	Smith	Erika		
Demeritt	Nathan	Luft	Lexi	Sneddon	Ava		
Demis-Eliason	Theodore	Marble	Michael	Soelter	Paige		
Dennis	Seth	Marshall	Haley	Sopko	Sara		
Dreikosen	Zoe	Marshall	Hannah	Spargo	Adelynn		
Easton	Bennett	Maruffo	Sofia	Stanley	Aiden		
Edwards	Tobin	McCaffrey	Brighton	Steiner	Taylor		
Felten	Jared	McKinney	Owen	Tatsakron	Evangelina		
Ferguson	Abby	McManus	Asher	Thompson	Brooklyn		
Fischer	Kierra	McNamee	Gabriel				



Our Mission at Lewis & Clark:

“Empowering every student to achieve their individual success by creating positive connections and engaged learning.”

Middle Years

Working Together for School Success



Short Stops

Wait a minute

Tweens are used to getting things quickly, from online information to fast food. Learning patience will help your child cope with stress and frustration when things *don't* happen fast. For example, if his computer crashes and won't reboot, he could take a deep breath or drink a glass of water before tackling the problem.

Eyes up front

How and where your middle grader sits in class may affect how well she pays attention. Suggest that she sit up straight and look at the teacher when he speaks. Also, encourage her to ask for a seat near the front if she finds herself distracted by other students.

DID YOU KNOW?

When your tween wears earbuds to listen to music, he should be able to hear what's going on around him. If he can't, or if his ears ring afterward, he may be damaging his hearing. Share the 60/60 rule: Keep the volume at less than 60 percent, and listen for no longer than 60 minutes at a time.

Worth quoting

"It isn't where you came from; it's where you're going that counts."
Ella Fitzgerald

Just for fun

Q: Why did the kid wear one boot?

A: Because there was a 50 percent chance of snow!



Everyday math

What does shopping have in common with achieving fitness goals? Your tween can use math to do both more effectively! Here are situations where math is sure to come in handy.

Find the bargain

Doing math may save your child money on craft supplies, snacks, and clothing. Have her calculate the best deals when you shop together. Say she has a coupon for 20 percent off if she buys more than one pack of colored duct tape. Should she buy one 6-pack for \$15.99 or two 3-packs for \$8.99 each?

Make more space

Interior designers measure carefully and use spatial reasoning. Maybe your middle grader wants to rearrange her bedroom to make space for a desk she found at a thrift shop. She'll need to measure the walls and furniture to make everything fit. Is her bookcase narrow enough to go in



her closet? Will her bed fit against the wall?

Finish the race

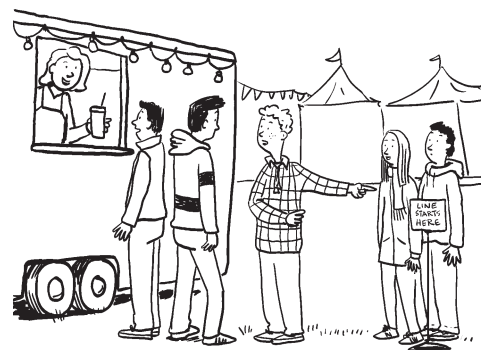
Your tween can do math to reach her workout goals, such as completing a 5K race (3.1 miles) in less than 30 minutes. First, she should figure out what her average pace must be ($30 \text{ minutes} \div 3.1 \text{ miles} = 9.67$, or about 9:40 minutes per mile). Now she can consider her current pace and how many weeks she has to train. Finally, she could plan practice runs so she shaves off enough time each week. 🍷

Lessons in assertiveness

Assertive people know how to stand up for themselves firmly yet respectfully. Use these ideas to help your middle grader be assertive:

■ Explain to your child that he can be nice to others and speak up for himself at the same time. For instance, if someone cuts in front of him in line, he might politely point out where the line starts.

■ Have your middle grader practice saying no when necessary. Tell him that it helps to remember the 3 Cs: Show confidence by looking the other person in the eye, speak clearly, and stay calm. ("The party sounds fun, but I have a big project due Monday.") 🍷



Protect your privacy online

Even the most tech-savvy child can share sensitive information online without realizing it. Share these ways to help your tween keep personal details safe.

■ **Only interact online with people you know in real life.** Your child shouldn't accept chat invitations or friend requests from strangers. He'll need to use privacy settings on websites and apps to control who sees his posts.

■ **Guard accounts.** Tell your tween to set a different password for each device and account. When he uses a shared computer



Also have him opt out of location sharing so strangers don't know where he is. 👍

(say, at the library, in school, or at a friend's house), he shouldn't store passwords, and he should log out of websites and apps after he's finished.

■ **Avoid posting identifying information.** This includes your middle grader's full name, school, phone number, home address, and email address.



Parent to Parent

Motivated to learn

My younger daughter, Ava, seemed to care more about her social life than about learning and grades. I mentioned this to my older daughter, Erin. She thought a glimpse of college life might motivate her little sister in school, so on a recent Saturday, I took Ava to visit Erin on campus.

The girls had a great time.

And Erin made sure to mention how much time she spends

attending classes and studying so she can land a teaching job after graduation. Ava came home talking about how she wants to study business one day and open her own "doggy day care."

I'm happy Ava is thinking about the future. When she shows me her assignments, we talk about how what she learns will come in handy one day when she's running her own business! 👍



Family meals with tweens

Did you know that eating together can boost your tween's self-esteem and make her less likely to try risky behaviors? Consider these suggestions for making family dinners pleasant on busy days.

Plan ahead

Have meals ready to go so you're able to focus on each other rather than on what to cook. On weekends, you and your child could make double portions of casseroles or soups. Freeze them to pull out and reheat on weeknights.

Keep conversations light

While you eat, share an upbeat news story you heard or mention something funny your cat did that day. Save conversations about your tween's low test grade or missed curfew for another time. She'll look forward to coming to the table and chatting with you.

Tip: Put electronics in another room and silence them so you're not tempted to check messages or answer calls. 👍



Managing ADHD in middle school

Q My son started middle school this year. Now that he has had time to settle in, I want him to take more responsibility for managing his ADHD. What should I do?

A At this age, children start moving into the driver's seat when it comes to learning—and tweens with ADHD are no exception. Suggest that your son make a list of the accommodations included in his IEP (Individualized Education Program) or 504 plan, such as having extra time to complete tests. He could hang the list inside his locker or tape it inside the front cover of his

binder to remind himself to take advantage of them.

Also, discuss strategies he can use at home to help himself. For instance, he might call a friend to double-check on assignments each evening or take a homework break every 20 minutes. Have him experiment with ideas and see what works best for him.

Finally, organization is important for all middle graders. Your child should use a daily planner or to-do list, and sort through his backpack and locker on a weekly basis. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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