



Dear Wildcat Families,

I want to thank all the parents that were able to attend conferences these past few weeks. If you did not have a scheduled conference, but still feel the need to meet with your child's teacher and/or teachers please do not hesitate to e-mail them for a meeting.

Our job educating your child heavily relies on the strong communication and partnership between school and home. 12-week progress report will be going out in a few weeks so please make sure to log into Aeries Parent Portal and have your kiddos checking for missed assignments and redo's as well. We have college tutors in the Wildcat Den every lunch so students can get work done or get extra help outside the classroom. The den is open before and after school everyday to support kids with a quiet place to work.

WSMS has amazing spirit and I encourage all parents and family members to come experience our PRIDE Rallies the last Friday of every month. This past awards and spirit rally had the following staff members receiving awards; Mr. Slemph the cleanest room, Ms. Mahnke/Antista teacher of the month, Mrs. Kim Miaja Classified person of the month. The student awards that are handed out were Science awards, Paw Awards, Golden Binder awards, RFEP Awards, and Wildcat lunch awards. Pride rallies start at around 9:10 and run till around 9:40 so mark your calendar and get into the spirit come to and see our amazing ASB/WEB games, Drumline, Cheer, Color guard and Choir Performances.

Parents that are interested in the adult Turkey trot run on the 22nd of November please make sure to contact the front office and come enjoy the fun as well. Parent connections here at WSMS are extremely important, don't be shy.

Together we can make this middle school experience a positive and transformative time for our kids...

Making connections is the Key to Success

Happy Thanksgiving. There are so many things I am thankful for this year, but at the very top of that list is our Wildcat staff, students & all of our families. Wishing you a wonderful holiday filled with the warmth and happiness of the season.

Go Wildcats and Go Big Blue!,

Mr. Picchiottino (Mr. P)

Principal WSMS



Warm Springs



Middle School



39245 Calle De Fortuna
Murrieta, CA 92563
Phone: (951) 696-3503
Fax: (951) 304-1611

Principal

Terry Picchiottino x3199

Assistant Principal

Francie Lopez-Zarate x3198

AP/Dean of Students

Mike Duran x3147

Counseling

Mary Davis (A-K) x3191

Cari Young (L-Z) x3155

Site Secretary/Bookeeper

Julie Bungenstock x3197

Attendance/Discipline

Susan Carmichael x3194

Guidance Tech

Veronica Salgado-Kerr x3257

Please visit our
School Events Calendar for
November
events and activities

- Safety Threats
- Weapon Possession
- Bullying of any kind
- Suicide thoughts
- Drug activity including alcohol
- Vaping and Tobacco use on Campus
- Fights, harassment or intimidation

SEE SOMETHING

SAY SOMETHING



TARDY POLICY



It is important that students be at school and in class on time. Arriving late to class creates a disruption to the learning environment. Habitual tardiness will receive a consequence as follows;

- Tardy 1-3 - student will be warned and parent will be contacted.
- Tardy 4 or more - will receive a lunch detention and parent contact/ meeting
- Eighth grade students may lose the privilege of participating in the end of the year activities if they receive twenty (10) cumulative tardies during the school year.

MESSAGES & DELIVERIES

Please make travel, lunch, clothing and other arrangements with your student before he/she arrives at school as these items are no longer accepted at the front office. While we join with you in the celebration of special occasions, bouquets of flowers, balloons or other gifts should be delivered elsewhere and will not be accepted at the front office. Calling into or delivering messages and non-emergency items to classrooms is disruptive to the learning environment and students should be responsible for remembering their own work, lunches, clothing, instruments and sports equipment or other necessities; therefore, we no longer deliver any items to classrooms. We appreciate your assistance in helping us to reserve this function for true emergencies.

Warm Springs



Middle School

2019-2020 Grading Ending Period

| Semester | Title | Ending Input Date |
|--------------|------------------------|-------------------|
| 1st Semester | 6 week Grading Period | Tues, 9/24/2019 |
| 1st Semester | 12 week Grading Period | Tues, 11/05/2019 |
| 1st Semester | Final Grading Period | Thurs, 12/26/2019 |
| 2nd Semester | 6 week Grading Period | Tues, 02/25/2020 |
| 2nd Semester | 12 week Grading Period | Tues, 04/14/2020 |
| 2nd Semester | Final Grading Period | Tues, 06/09/2020 |

Our next Latino Parent Advisory Council General Meeting is

November 13th @ 6 p.m. in the district office boardroom.

Dinner is served at 6pm and childcare will be provided.

Administration from our school sites will be in attendance to answer any concerns and questions you may have and we have the meeting in English and Spanish.

Hope to see you there!

November

Visit the Den to get help with your homework & catch up on assignments.

Computers are available!

Wildcat Den is OPEN!

Unless otherwise notified

Monday—Friday

Room 617 ext. 3187

Students must bring their WSMS I.D.

Before school

8:00 - 8:50

After School

Monday 2:00 - 4:00

Tuesday - Friday 3:15 - 4:00



Warm Springs



Middle School

November



November 18th–22nd

Monday, 11/18

Marvel vs. DC

Tuesday, 11/19

Twin Day

Wednesday, 11/20

Wild West

Thursday, 11/21

Jersey Day

Friday, 11/22

Extreme Wildcat Day

November 8th

Veterans Day Celebration

Wear red white & blue



Happy
veterans
DAY

NOVEMBER 11TH

NO SCHOOL

From all of us at



HAPPY
Thanksgiving

THANKSGIVING BREAK

NOVEMBER 25TH–29TH





AFRICAN AMERICAN PARENT ADVISORY COUNCIL A.A.P.A.C

The mission of the African American Parent Advisory Council, is to support the academic and social-emotional growth of African American Students.

- ***DINNER WILL BE SERVED FROM 6:00-6:30***
- ***CHILDCARE WILL BE PROVIDED***
- ***MEETINGS WILL TAKE PLACE IN THE BOARD ROOM, FROM 6:30-7:30***



AAPAC Calendar

September 4th
2019

November 6th
2019

February 11th
2020

April 28th
2020

6:00-7:30

MURRIETA VALLEY USD
41870 McAlby Ct.,
Murrieta, CA., 92562

Contact:

Raquel Anthony
ranthony@murrieta.k12.ca.us
Marguerite Rucker
mrucker@murrieta.k12.ca.us

What We Wish You Knew

BREAKING THE SILENCE

This session will provide students (ages 12+), staff and families with information about depression and suicide. Learn how to recognize the signs and how and where to get help. Discussion topics include identifying risk factors/warning signs, starting conversations, safe messaging, self-care and resources. This event will feature a variety of booths from community-based agencies, a panel discussion about “lived experiences” and opportunities for Q & A.

Date: November 18, 2019

Time: 5:00 pm-8:00 pm

Location: Shivela Middle School 24515 Lincoln Ave. Murrieta, CA 92562



Dinner will be provided
Childcare will be available



PLEASE RSVP BY 11/13/19

murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/

Murrieta Valley USD, Project 99-Play for Life, Inc. & Riverside University Health System- Public Health



RSVP



Lo Que Deseamos Que Supieran

ROMPIENDO EL SILENCIO

Esta sesión proporcionará a los estudiantes (mayores de 12 años), al personal y a las familias información sobre la depresión y el suicidio. Aprenda a reconocer los signos y cómo y dónde obtener ayuda. Los temas de discusión incluyen la identificación de factores de riesgo / señales de advertencia, conversaciones de inicio, mensajes seguros, autocuidado y recursos. Este evento contará con una variedad de puestos de agencias comunitarias, una mesa redonda sobre "experiencias vividas" y oportunidades para preguntas y respuestas.

Fecha: 18 de Noviembre 2019

Horario: 5:00 pm - 8:00 pm

**Ubicación: Shivela Middle School
24515 Lincoln Ave. Murrieta, CA 92562**

**Se proporcionará la cena
Cuidado de niños estará disponible**

Por favor confirme su asistencia 13 de Noviembre 2019
murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/

Murrieta Valley USD, -Project 99-Play for Life, Inc. & Riverside University Health System- Public Health



Middle Years

Working Together for School Success



Short Stops

Asking about school

It may take a little creativity to get your tween talking about school. Instead of asking “How was school?” try “What made you laugh today?” or “What was the most interesting thing a teacher said?”
Idea: Share something about your day first. Your child may be more likely to open up.

Eat your fruits and veggies

Encourage your middle grader to get more fruits and vegetables with her cafeteria lunch. She might add salad bar veggies like lettuce and tomato to her burger or chicken sandwich. And for a healthy dessert, she could dip fresh fruit like apple slices or pineapple chunks into yogurt.

DID YOU KNOW?

Checking your tween’s grades online helps you know how he’s doing. However, it’s important to keep in mind that grades aren’t always updated every day. If you notice a low grade or a missing assignment, ask your child about it. He might have a reasonable explanation, or it’s possible his teacher hasn’t entered everything yet.

Worth quoting

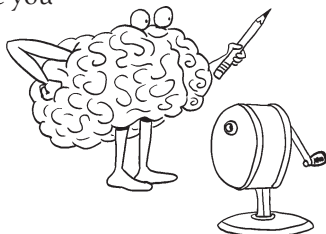
“Remember that happiness is a way of travel, not a destination.”

Roy M. Goodman

Just for fun

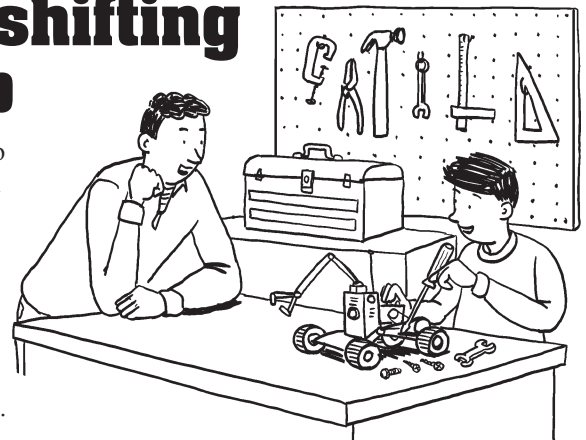
Q: What gets sharper the more you use it?

A: Your brain.



Tweens: A shifting relationship

Watching your child grow into an adolescent can be fun. You get a peek at his future adult self as his interests, opinions, and sense of humor develop. It may also be confusing, though, as he becomes more independent. Try these strategies for maintaining a strong relationship.



Allow some space

Does your tween prefer to hang out with friends rather than with you? Does he often hole up in his room? Those behaviors are normal. Stay connected by making some family activities, such as weekend outings or dinners, non-negotiable. Also, be sure to spend time chatting with him each day. He’ll find it comforting to know you’re there.

Find the positives

When your middle grader is moody, think about what you enjoy about him, such as his sense of humor or his compassion for animals. Try framing his

negative behaviors as positives. For instance, his ability to argue could be seen as a knack for debate. Or his insistence on doing things his way shows he’s thinking for himself.

Avoid comparisons

Focus on who your child is instead of comparing him to yourself at his age or to other tweens. Perhaps you played sports in middle school but he wants to build robots and join the environment club. Show interest in his activities, and ask questions to learn more about them. (“What can your robot do?” “How was the watershed cleanup?”) 👍

Effort = results



Hooked on a book

Reading for pleasure will build your tween's background knowledge and vocabulary. Inspire her to read more with these ideas.

Make reading a priority. When your family sits around in the evening, have each person read silently instead of watching TV. Visit the library regularly so you always have books in your home. Talk to your child about what you're reading, and ask about her book.

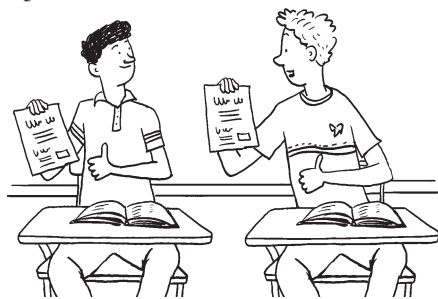


Read about authors. If your middle grader likes particular books, she could visit authors' websites to learn more about them. She might search the internet to find interviews with the authors and reviews of their other books—and discover something new to read.

Take material along. Reading a few minutes here and there adds up. Your teen could plan ahead by packing a book everywhere she goes! That way, she can read on the subway, in the dentist's office, or while waiting for her ride home. Suggest that she grab a magazine for her purse, keep a novel in her backpack, or download an e-book so she always has something to read. 👍

Q & A Think first

Q My son sometimes makes decisions without thinking them through. How can I teach him not to make impulsive decisions?



A Your tween's brain is still developing—especially the part of it that controls decision making.

Let him know that to make good choices, he needs to consider the facts. For example, maybe he needs to pick partners for a group project. His first instinct may be to work with his best friend. But encourage him to think about who has good work habits and won't leave him doing all the work.

Also, give him experience making everyday decisions like picking out gifts for relatives or choosing the film for family movie night. For instance, rather than picking the first gift that looks cool, he should consider your family's budget and each relative's interest. 👍

Make the most of conferences

Use fall parent-teacher conferences to touch base with teachers early in the year and share information to support your middle grader's learning. Consider these tips:

- Get your child's input. Ask if there's anything specific he'd like you to bring up. He may want a teacher to know he feels hesitant about raising his hand in class, for instance.
- Ask about your tween's strengths as well as areas where he could improve. Maybe you'll find out that he loves helping other students but needs to manage his time better in class. Also, get advice on how you can support him at home.
- Point out what you notice at home. Perhaps he's enjoying a math game the teacher recommended, or maybe he's struggling with a science project. This gives teachers useful information for challenging and assisting your child. 👍



Parent to Parent Empathy can prevent bullying

My sister's son was being bullied in school. Thankfully, she worked with the counselor and the situation was resolved—and my sister learned something interesting that she shared with me.

The counselor told my sister that empathy is an antidote to bullying. He said when kids really understand and care about how others feel, they're far less likely to bully. That got me thinking about ways I could approach the subject with my daughter Dara.

When she mentioned that a classmate's parent was sick, I encouraged her to call the girl regularly and perhaps even send a card or cookies.

I also try to show empathy for Dara if she's upset about something, rather than saying, "You'll be fine." When a boy she liked didn't feel the same way about her, I related a similar experience I had in middle school.

I'm hopeful that our focus on empathy will help Dara be kind toward others and never participate in bullying. 👍



OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
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Middle Years

Trabajando para el éxito escolar



Notas Breves

Preguntar sobre el colegio

Quizá se necesite algo de creatividad para conseguir que su hijo hable del colegio. En lugar de preguntarle “¿Qué tal el colegio?” pruebe con “¿Con qué te reíste hoy?” o “¿Qué fue lo más interesante que dijo uno de tus maestros?” *Idea:* Comparta antes con él algo de su propia jornada. Es probable que su hijo se abra a usted con más facilidad.

Come frutas y verduras

Anime a su hija a que consuma más frutas y verduras en el almuerzo del comedor escolar. Podría añadir verduras del bar de ensaladas como lechuga y tomate a su hamburguesa o sándwich de pollo. Y un postre sano podría ser mojar en yogurt fruta fresca como rodajas de manzana o trozos de piña.

¿SABÍA USTED?

Si controla por la red las notas de su hijo sabrá qué tal va en sus estudios. Es importante recordar, sin embargo, que las notas no se ponen al día cada día. Si ve una mala nota o que falta una tarea, pregúntele a su hijo. Quizá tenga una explicación razonable, o es posible que su maestro no haya puesto aún todas las notas.

Vale la pena citar

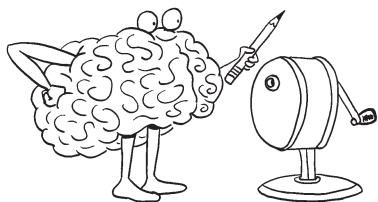
“Recuerda que la felicidad es una forma de viajar, no un destino”.

Roy M. Goodman

Simplemente cómico

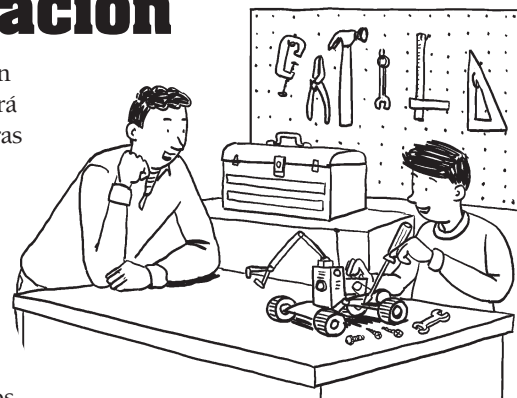
P: ¿Qué mejora con el uso?

R: Tu mente.



Preadolescentes: Relaciones en transformación

Ver cómo se transforma su hijo en un adolescente puede ser fascinante. Le dará una idea de cómo será de mayor mientras se desarrollan sus intereses, sus opiniones y su sentido del humor. Pero también puede ser complicado pues se está haciendo más independiente. Ponga a prueba estas estrategias para mantener una relación sólida.



Dele algo de espacio

¿Prefiere su hijo estar con sus amigos en lugar de con usted? ¿Se suele encerrar en su habitación? Esos comportamientos son normales. Conecte con él haciendo preceptivas algunas actividades en familia, como las salidas de los fines de semana o la cena. Procure también hablar cada día con él. Le reconfortará saber que puede contar con usted.

Busque lo positivo

Cuando su hijo esté de mal humor, piense en lo que le gusta de él, por ejemplo su sentido del humor o su compasión por los animales. Formule sus comportamientos negativos como algo positivo. Por

ejemplo, su habilidad para discutir podría indicar talento para el debate. O su insistencia en hacer las cosas a su modo indica que piensa por sí mismo.

Evite las comparaciones

Concéntrese en la persona que su hijo es en lugar de compararlo con usted a su edad o con otros preadolescentes. Puede que usted practicara deportes en la escuela media, pero él quiere construir robots y hacerse del club ecologista. Muéstrelle interés por sus actividades y hágale preguntas para informarse sobre ellas. (“¿Qué puede hacer tu robot?” “¿Qué tal resultó la limpieza del río?”) 👍

Esfuerzo = resultados



Enganchados a un libro

La lectura por placer reforzará los conocimientos generales y el vocabulario de su hija. Estas ideas la motivarán a leer más.

Conviertan la lectura en prioridad.

Cuando su familia descansa por la tarde, procure que cada persona lea en silencio en lugar de ver TV. Visiten la biblioteca con regularidad para que haya siempre libros en casa. Hable con su hija de lo que lee usted y pregúntele por su libro.



Lean sobre los autores. Si a su hija le gustan ciertos libros en especial, podría visitar el sitio web de sus autores para informarse sobre ellos. También podría buscar en internet entrevistas con los autores y reseñas de sus otros libros y así descubrir algo nuevo que leer.

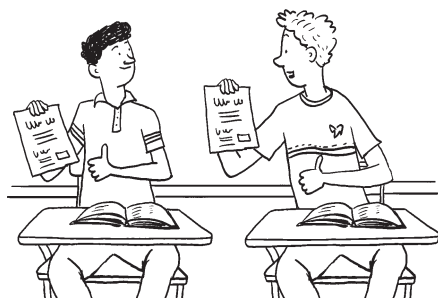
Salgan con material de lectura.

Los momentos de lectura se van acumulando a lo largo del día. Su hija podría planearlos de antemano ¡llevándose un libro dondequiera que vaya! Así puede leer en el metro, en la consulta del dentista o mientras espera a quien la lleve a casa. Sugírela que

meta una revista en su bolso, que tenga siempre una novela en la mochila o que se descargue un e-libro para tener siempre algo que leer. 👍

PAR Párate a pensar

P Mi hijo suele tomar decisiones sin meditarlas bien. ¿Cómo puedo enseñarle a no tomar decisiones impulsivas?



R El cerebro de su hijo está aún desarrollándose, especialmente la parte que controla la toma de decisiones.

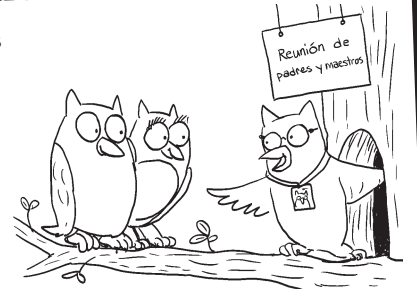
Explíquele que para elegir bien debe considerar los hechos. Por ejemplo, tiene que elegir compañeros para un trabajo en equipo. Quizá su instinto le pida trabajar con su mejor amigo. Pero anímelo a que tenga en cuenta quién tiene buenos hábitos de estudio y no le cargará a él con todo el trabajo.

Dele también experiencia en tomar decisiones cotidianas como elegir regalos para los parientes o seleccionar una película para la noche de cine en familia. Por ejemplo, en lugar de elegir el primer regalo que le guste, debería tener en cuenta el presupuesto de su familia y las aficiones de cada persona. 👍

Aprovechar al máximo las reuniones

Aproveche las reuniones de padres y maestros para ponerse en contacto con los maestros desde el comienzo del año y compartir con ellos información que apoye los estudios de su hijo. Tenga en cuenta estos consejos:

- Pídale opinión a su hijo. Pregúntele si le gustaría que usted mencionara algo específico. Quizá quiera que un maestro sepa que le da apuro levantar la mano en clase, por ejemplo.
- Pregunte por los puntos fuertes de su hijo y por aspectos en los que podría mejorar. Quizá averigüe que le gusta ayudar a otros estudiantes pero que tiene que gestionar mejor su tiempo en clase. Pida también consejo sobre cómo puede apoyarlo en casa.
- Comente lo que usted observa en casa. Puede que su hijo disfrute con un juego matemático que recomendó la maestra o tal vez le cueste trabajo un proyecto de ciencias. Esta información es útil para que los maestros exijan y ayuden más a su hijo. 👍



De padre a padre La empatía puede prevenir el acoso

El hijo de mi hermana sufría acoso en el colegio. Por suerte, mi hermana se puso en contacto con el orientador y resolvieron la situación y, además, mi hermana aprendió algo interesante que compartió conmigo.

El orientador le dijo a mi hermana que la empatía es un antídoto contra el acoso. Dijo que cuando los niños entienden y se preocupan por los sentimientos de los demás, es menos probable que acosen. Así que me puse a pensar en formas de hablar con mi hija Dara del tema. Cuando mencionó

que el padre de una compañera estaba enfermo, la animé a que llamara a la niña con regularidad y que incluso enviara una tarjeta o galletas.

También procuro mostrar empatía cuando Dara está disgustada por algo en lugar de decirle “Todo se arregla”. Cuando le gustaba un niño pero él no sentía lo mismo por ella, le conté una experiencia semejante que yo tuve en la escuela media.

Confío en que concentramos en la empatía ayude a Dara a ser amable con los demás y a no participar nunca en acosos. 👍



NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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