



Principal's Message December 2016/January 2017

Centerville Jr. High
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Fremont, CA. 94536
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Website:
www.fremont.k12.ca.us/Centerville

MISSION STATEMENT

The mission of our school is to ensure that each student holds the skills needed to strategically problem solve and is prepared to contribute and thrive in the 21st century work force. Each student will demonstrate mastery of common core standards through on-going, authentic and varying assessments. We will ensure this by means of real-world application and through a multi-faceted system of support.

*ESCRIP – (Lucky, Savemart,
FoodMaxx)*

So far this school year

\$149.87

Raleys – Extra Credit

So far this school year

\$133.03

Dear Families,

Time is really flying by. Before you know it, January 27th will be here and the first semester will be complete. The students may have schedule changes (mostly in electives and physical education) starting Monday, January 30th. By the way, January 30th is also a minimum day for students.

We have had a flurry of activity up to this point. We finished up our Parent/Teacher conferences prior to Thanksgiving break. The Merit Club hosted a Turkey Trot and the Leadership class continues to sponsor lunch-time activities and student clubs. Our teaching staff is constantly trying to make learning engaging and meaningful for students.

I want to remind parents and students how important it is for students to study and complete their homework every night. We here at Centerville believe that each student can reach high levels of learning through hard work, perseverance, and a growth mindset. Students who are taking notes, doing homework and reviewing nightly will perform well in class and receive good grades. Often, students who fail to learn at high levels are not doing their homework and reviewing daily notes. Please encourage your child to work hard to reach their maximum potential. We offer homeroom time four days a week to allow students to receive additional help and to complete their homework. Also, if you feel that your child is not performing as well as they should be, please contact their teacher to set up a meeting to discuss your concerns.

I wish everyone a restful Thanksgiving and winter break and hope you make time to spend with family and friends. Thanks for all that you do to make Centerville a great school.

Happy Holidays,

Kade Petersen

ASSISTANT PRINCIPAL'S MESSAGE

Fall and winter seasons are frequented with rainy days. Parents and students should be prepared for longer driving times in inclement weather. Students are still expected to be on time for classes.

Hopefully, most parents had a chance to attend parent teacher conferences in November and hear directly how their student is doing. You should have received your child's first quarter report card at that time. This report indicates the student's progress for the first Quarter.

January 27, 2017 marks the end of the first semester of school. Most of our students are doing well; however, students needing extra help should consider working directly with their teacher to get help. Parents should encourage and monitor their students; and contact teachers directly if they need advice or help in determining a plan to improve the child's academic performance.

Students who are meeting their academic goals should consider getting involved in various school activities. Students should broaden their horizons by participating in an intramural sport, joining a campus club, or serving in Community activities.

We continue to focus on a **zero-tolerance** for bullying. Every student is expected to treat everyone with respect. This includes the use of electronics for bullying. Parents who allow their student to have a cellphone, for example, should check to ensure that all messages sent are appropriate.

Wishing you a happy holiday season,

Dr. Ray Raskop
Assistant Principal



DECEMBER/JANUARY CALENDAR

December

- 2 Winter Dance, 7-9 PM
- 13 School Site Council Meeting, 2:45
- 22 Students dismissed at 11:56**
- 23-31 Winter Break**



January

- 1-6 Winter Break**
- 9 Classes Resume
- 13 Students dismissed at 11:42**
- 16 Martin Luther King B'Day – No School**
- 18 PTSA Meeting, 6:30
- 27 1st Semester Ends
- 30 Students dismissed at 11:42**

YEARBOOKS

Be sure to buy your yearbook! Cost is \$50. Order forms can be picked up in the office or orders may be placed online at: www.yearbookordercenter.com. School code is 7775.

TURKEY TROT

Thanks to all students who participated in the Turkey Trot. Most of the school joined in the fun. Besides the actual runners, many students came out to cheer their classmates on. In addition to the 100+ student runners, some staff members were also out there strutting their stuff. Thanks to Mr. Davis, Mrs. Stark, Mrs. Pecoraro, Mrs. Glaze, Ms. Chen, Mr. Staley and Mr. Pohl for making the event extra fun!



CANNED FOOD DRIVE

Thanks to all who contributed to the recent food drive. Centerville students pulled together to generate over 2500 donated items! All goods will be donated to the Tri-City Volunteers.



DANCES

Dances are held in the evening (7:00 p.m. to 9:00 p.m.) or after school (3:00 p.m. to 5:00 p.m.). Students may not leave before the end of the dance. Students must have a signed permission slip and a Centerville I.D. to get into the dance. Replacement I.D.s can be purchased in the office for \$5.00. I.D.s are not sold on the day of a dance. ASB members receive free entrance to the December dance. All others pay \$

In order to participate in an after school/evening activity, students must be in attendance that school day by 2nd period and remain for the duration of the school day. Medical notes will excuse a tardy or early dismissal so the student may participate.

Students are expected to behave and dance appropriately. Students may be restricted from attending subsequent dances for failure to follow these rules. Parents will be contacted to pick up their student for inappropriate dancing. Students may receive disciplinary actions for sexual harassment in regards to inappropriate dancing. All students must be neatly and appropriately dressed.

Please pick your child up promptly at the end of the dance.

PTSA will sell refreshments at the dances. Also, parents are welcome to chaperone school dances. Contact PTSA at 510-797-2072, extension 68503 to volunteer.

FORGOTTEN ITEMS

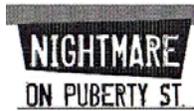
Lunches and forgotten items may be dropped off at the office. Unfortunately, we cannot interrupt instructional time by delivering messages/items to students. The student must check in the office at lunch.

For safety reasons, students may not enter the parking lot or pick things up from a car directly. Please arrange to meet your child in the office.

NIGHTMARE ON PUBERTY STREET

"Nightmare on Puberty Street" is a live play, presented by Kaiser Permanente Educational Theatre Programs (adopted June 2008). Centerville's 8th grade students will view Nightmare on Puberty Street on May 25, 2017.

The Parent Preview Night of Nightmare on Puberty Street, will be on May 2, 2017, 7 PM, at the district office.



MEDICAL AND DENTAL APPOINTMENT/ABSENCES

Please send your student to the office in the morning before the start of school with a note indicating the reason and the time he or she needs to be picked up.

The student will receive a pass that allows him or her to leave class and meet you in the office where an adult will need to sign them out. This saves time (especially if the student is in PE and needs to change clothes) and also minimizes interruptions to the classrooms (which is naturally our highest priority).

If it's a last minute arrangement, even a call ahead to the office will assure that we can send a pass out to the classroom with a minimum of disruption.

Adults do need to sign students out in the office when leaving but when a student returns from an appointment, the adult does not need to sign them in. The student does, however, need to come to the office to get a pass so they can return to class.

Students cannot return to school until they have been fever free (without the use of medications) for 24 hours or vomit free for 48 hours. Fever is defined as 100° F and above.

SIGN UP FOR E-FLYERS

FUSD schools are now distributing flyers electronically through its partnership with Peachjar. Parents can now receive school-approved flyers via email, or by visiting their school websites. Peachjar recently sent emails to parents with account setup instructions. If you did not receive an email, visit <http://www.peachjar.com>, click the 'Login' button, enter your email address as the username and select 'Forgot Password'.

INTRAMURAL SPORTS

Starting in December the gym windows have all new rosters listing participants enrolled in Session Two (beginning in January). Please remind your children to look for their names, start dates, times and locations. If you have any questions, please contact me by voicemail at 510-797-2072, extension 68501.

The **Release of Liability** form signed when enrolling in August is still in effect. Please remember that if your child has a late afternoon or evening class, **participants will only be released by their coaches when a parent or designated adult enters the location where the activity takes place.** Feel free to drive down the side road leading to the back of the school to the parking area near the gym. **No student is allowed to leave the supervised area alone to walk or cycle home in the dark.** This is a school safety policy that all of us must obey.

On behalf of all the Intramural coaching staff, thank you to all of the supportive parents and enthusiastic participants for a very successful Session One this school year.

Ray Gehrke, Intramural Sports Coordinator



Disaster/Emergency Procedures

In the event of a disaster, please **DO NOT CALL THE SCHOOL.** We must keep phone lines free for emergency communication.

Lockdown/Shelter in Place Procedures: If it becomes necessary to institute a lockdown, Mr. Petersen will make an announcement over the PA system notifying staff to secure students in their classrooms with the doors locked. Students are not allowed to use their cell phones at this time. Parents are asked to stay off campus until the lockdown is lifted. No one will be admitted to school buildings during this time and students will not be released.

Evacuation Procedures: If it becomes necessary to implement an evacuation, teachers will lead their students to their assigned areas at the back of the campus until the evacuation has been lifted.

Evacuation due to disasters such as an earthquake: Procedures are in place to ensure student and staff safety. Each teacher has an Emergency Backpack in their classroom with medical supplies. We also have a Disaster Container on campus with water, food, medical supplies, equipment, etc.

- ❖ Part of our disaster plan allows for parents or designated adult, to pick up students. The bike rack next to the office (follow the signs) will be the Student Check-Out Area.
- ❖ Students will only be released to adults listed on that student's Emergency Form. Photo IDs are required.
- ❖ Please don't block driveways or fire lanes when picking up student(s). Emergency vehicles must have access to the school.
- ❖ Staff is prepared to stay on campus with any students not picked up, for as long as necessary. If it becomes necessary to evacuate Centerville, a note will be left on the office door indicating where we have evacuated.

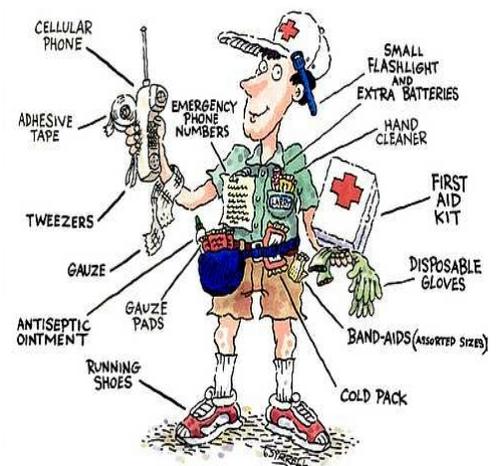
The District will post emergency information at the following locations:

District website -

<http://www.fremont.k12.ca.us/site/default.aspx?pageid=31>

Facebook – Search 'Fremont Usd'

Twitter - @USDFremont



PICNIC TABLES FOR OUR LUNCH AREA

This past summer our lunch shelter was finally installed. Students enjoy eating their lunch under it. Unfortunately, we don't have enough picnic tables to seat all of the students who would like to utilize the area. We are asking parents and community members to donate towards the cost of tables. Each table costs \$984.08. Any amount would be appreciated.



Follow these simple steps to make your donation:

- 1** Go to www.fremont.k12.ca.us/centerville
- 2** Click the Donate TO YOUR SCHOOL button.
- 3.** Donate to NONE
- 4.** Additional comments for donation Picnic Tables
- 5** Make a donation using a credit/debit card or eCheck.
- 6** Print and save the receipt for your records.

*Donations can also be dropped off in the school office.

Make a donation today!



Fremont Unified School District is now accepting donations online!

Follow these simple steps to make your donation:

- 1 Go to www.fremont.k12.ca.us.
- 2 At the top of the homepage, click Select a School and choose one.
- 3 Click the Donate TO YOUR SCHOOL button.
A green rectangular button with the text "Donate TO YOUR SCHOOL" in white. The word "Donate" is in a larger font, and "TO YOUR SCHOOL" is in a smaller font below it. To the right of "Donate" is a small logo for "MY SCHOOL BUCKS".
- 4 Make a donation using a credit/debit card or eCheck.
- 5 Print and save the receipt for your records.

**MY
SCHOOL
BUCKS**



Middle Years

Working Together for School Success

Short Stops

Year in review

As a family, take time to appreciate each other by looking back at the past year. What were your favorite moments together? Were there situations that brought you closer? Spend an evening or two discussing those experiences—and talk about what you're looking forward to as a family in 2017.

Dream team

Encourage your tween to list the people in his life he could turn to if he needed help. His list might include you, teachers, coaches, relatives, or neighbors. Then, when he needs someone to talk to about a problem with a friend or why he didn't make the honors chorus, he can pick from among his "dream team."

Study hangout

Studying with friends can be motivating for middle schoolers. Suggest that your child and her study mates hang out at your house and divide their work into pieces, then explain the parts to each other. They might have each person read a section in a textbook or review separate topics in their notes.

Worth quoting

"No one is useless in this world who lightens the burden of another."
Charles Dickens

Just for fun

Q: What's the best thing to put into a pie?

A: Your teeth!



Show grit

Twins Tanner and Taylor had a lot of the same subjects, but each handled schoolwork differently. Tanner took his time, studied, and got good grades. Taylor wasn't as driven and got only passing grades.

The difference between them? Tanner's grit and his passion about school kept him determined to do well so he could achieve his goal of attending college. Try these three tips to foster grit in your middle grader.

1. Encourage effort

Share a situation that required you to confront a challenge. If your tween knows how you overcame a struggle, it will help him build confidence to do the same. Then, acknowledge his efforts when he shows grit. Be specific: Instead of just saying "Good job!" try, "Your daily practice at the pool paid off when you nailed the dive at the swim meet."

2. Jump the bumps

Help your middle grader learn to handle setbacks by making "stretch" goals for himself. For example, if he got a poor English grade, he might work toward

better grades on essays. His "stretches" could be to improve his thesis statements, to include more evidence to support his points, and to spend 15 minutes each night writing in a journal. Achieving tougher goals will give him grit to keep going further.

3. Stay excited

Perhaps your child was enthusiastic about learning Spanish when school started, but now he's lost interest. He can find ways to get excited again by looking for opportunities to use Spanish in everyday life, like talking to neighbors in their native language or translating signs on store windows for you. 👍



Ways with words

No matter what classes your middle schooler is in, she'll need to learn new vocabulary. These ideas will help her pick up new words.

Make up crosswords. Suggest that your child use her science, math, or history vocabulary words to make up a crossword puzzle for you. She'll have to study and understand the words' meanings to give clues that make sense.

Record the meanings. Speaking definitions out loud can make them easier to remember. Your tween could record herself saying what new terms mean and using them in sentences. Playing back the recordings will give her another way to review. 👍



Prevent bullying

Did you know that bullying often peaks in middle school? Help your tween be part of the solution with these strategies.

Know the forms. Point out that bullying is more than physical. Your child might recognize bullying when she sees a classmate give someone a mean shove during recess. But it's also bullying when kids spread rumors, exclude people, or text hurtful comments.

Take action. Bystanders are the first line of defense in overcoming bullying. Maybe your tween overhears a bully say he's going to steal someone's backpack. Or she might see a bullying victim hurting herself in the restroom. If that happens, she



actions are harmful and wrong. Also, set consequences. If she posts mean social media messages, for instance, you might take away her cell phone.

Note: If you think your child is bullying or is a victim of bullying, take it seriously. Ask a pediatrician or mental health professional for help. 🙌

should immediately tell a teacher or another adult. Encourage her to be kind to kids who don't have many friends, inviting them to sit with her on the bus, for example.

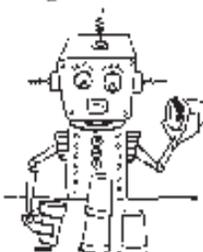
Get on the same page.

If your middle schooler is bullying, discuss why her

That's code for...

Computer coding is an in-demand skill that will help your child in future careers. Here's a fun offline way to introduce him to it.

Suggest your middle grader write a "code" to instruct someone on how to move paper cups around. He could first devise symbols like these:



- ↑ pick up cup
- ↓ put down cup
- move cup forward 6 inches
- ← move cup backward 3 inches
- △ turn cup on its side
- ⤵ turn cup upside down

Then, your child and a friend could use his code to write "programs" for each other, such as →← ↑↓↓ △.

Tip: Many websites offer free coding activities that teach tweens programming basics. Help your youngsters look online for ones to try. 🙌

OUR PURPOSE

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

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De-stress the holidays

Q I always try to create the perfect holidays, but I get so stressed that I can't enjoy the season—and then my family can't enjoy it either. What would make things easier?

A If you're less stressed, then you'll have a happier holiday home that everyone enjoys.

■ **First, try to have a sense of humor.** If you run out of gift wrap at the last minute, use the newspaper or leftover birthday paper. Add a note saying, "Wrapped with love and yesterday's news!"

■ **Look at your to-do list, and think about what has to be done** vs. what you would like to get done. If you're hosting a gathering and are pressed for time, shut the door to the spare room, and your company won't see the clutter.

■ **Find ways to streamline,** and involve your child. For instance, combine your errands to cut down on trips, and bring along your middle grader as a helper. 🙌



Parent to Parent

Talking with my tween

When my daughter, Susie, started middle school, I got nervous about discussing "big" topics. I'd heard neighbors talk about their kids having boyfriends or even drinking alcohol. The whole thing made me want to say, "Call me when it's over!"

Luckily, I have a good friend who's been down this road. She said it's important to start conversations with Susie sooner rather than later.

If Susie mentions a friend having a crush, for example, I could

open the door to a discussion by saying, "I remember having the biggest crush on a boy named Mark. Have you felt that way about anyone yet?" Or if the local news has a story about a drunk driver, I might ask her what she's learning in school about substance abuse.

Finally, my friend said tweens may shut down if they think they're being lectured. She said I should focus more on listening. That's hard for me, but I'm practicing by saying, "Would you like to hear what I think?" 🙌

