



J. B. Lange Middle School

Dr. C. Bernard Solomon, Principal

2201 E. Smiley Lane, Columbia, MO 65202 573-214-3250

Dr. Rhonda Jackson, Assistant Principal

November 2020

Amanda Minear, Administrative Assistant

Thel Sargent Jr. Home School Communicator

Hello Lange Family,

We are working hard to help all our students navigate through the virtual learning model. As we deal with this abnormal situation, we are trying to provide some stability along the way. Our teachers are covering the district's curriculum, athletic teams are playing games, and we are promoting parent connections as much as possible. We hope you connect with us during our Parent Teacher Conferences. We will prioritize conferences with Rotation 2/Term 2 teachers. Teachers will be sending out information on how to schedule a Zoom conference time slot. Our teachers are trying their best to be as flexible as possible with conference times so that all parents who want a conference can get one scheduled. We realize that Rotation 2 students will have been with those teachers only for a little while, but it will be a great opportunity for parents to find out firsthand what the course expectations are and how to best support at home. Many of our students are starting to adjust to the virtual learning model. Although we hope to get back to in-person learning soon, it is good to know students are putting forth more effort each day in their classes. You will be able to see your child's grades in the next few days when we mail grade cards out the end of this week (November 6).

We are excited that our PBS Committee is collecting nominations from our teachers to recognize some of the outstanding students from Rotation 1. Hopefully, this will motivate our students to continue the great work and provide extra encouragement to those who are still finding their way. We are providing teachers with more Kickboard (our building incentive tool) options to give students ways to earn incentives for being safe, respectful and responsible. We hope additional motivation will take place through our athletic program. Winter sports are beginning and we have quite a few students excited about the opportunity to become part of one of the teams. This is another avenue to help some of our students cope with this unique situation we are facing.

Finally, we are making a push to increase our PTSA participation. We will be reaching out to families in the next few days to promote memberships and identify new officers. If no one contacts you and you would like to join and/or volunteer, please don't hesitate to contact the main office. The "S" in PTSA is for students. This means we want our students to also be part of sharing their thoughts on how we might provide a great learning experience for everyone. Students will be able to participate in making some decisions in our building. We are looking forward to having a great group of parents, teachers and students working together. Thank you for having the Lange Leopard Spirit. IT'S TIME TO SHINE!



Please check out the
**Lange Middle School Guidance News-
 letter:**

<https://www.smore.com/9gvbt>

Dates to Remember

November 2020

- 3—4 No School - Teacher Work Day
- 3-20 Parent/Teacher Conferences
(times will vary)
- 13 No School - Teacher Work Day
- 25-27 No School - Thanksgiving Break

December 2020

- 23-Jan.4 No School - Winter Break



NOVEMBER 2020

LANGE MIDDLE SCHOOL

HEALTH OFFICE

7TH GRADE PARENTS

7th grade parents, it isn't too early to start getting your student immunized for the required 8th grade immunizations (TDAP and Meningitis). Ask your child's physician at your next appointment or call the Boone County Health Department.

DID YOU KNOW?

Did you know the Health Office and our Outreach Counselor: Kathy Robinson can help provide FREE hygiene products for those in need. If interested call the school and ask for Nurse Taylor or Kathy.

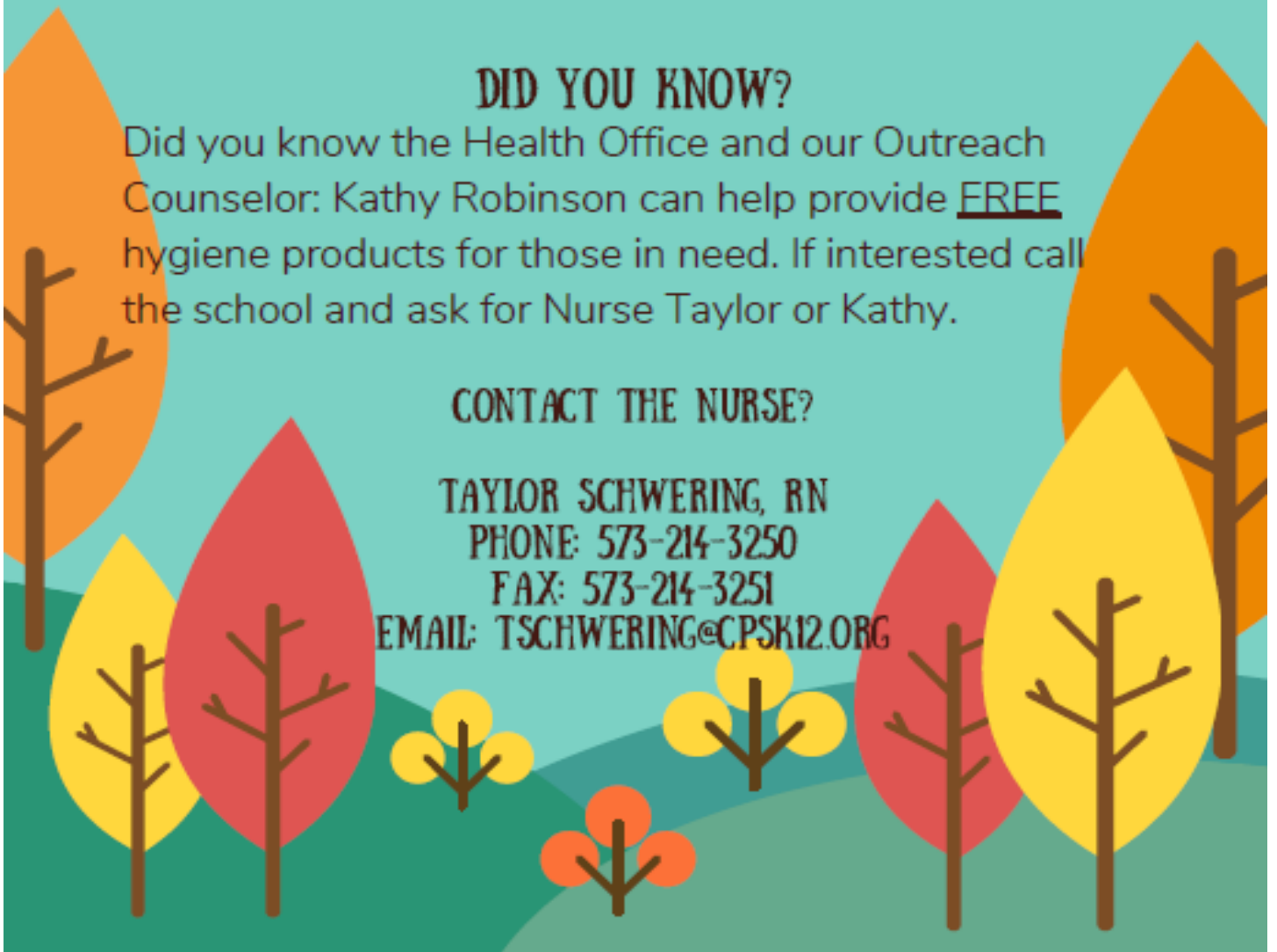
CONTACT THE NURSE?

TAYLOR SCHWERING, RN

PHONE: 573-214-3250

FAX: 573-214-3251

EMAIL: TSCHWERING@CPSK12.ORG



Lange Special Services

Our Mission: To individualize the instruction and supports necessary for students in special education to reach their educational goals.

WELCOME TO A NEW SCHOOL YEAR! Meet the team!

Lucas DeLaporte LDeLaporte@cpsk12.org *Department Chair*

Krista Emis KEmis@cpsk12.org *Lead Educational Diagnostician*

Nicole Potter npotter@cpsk12.org *Process Coordinator*

Sandhya Sharma ssharma@cpsk12.org *Speech and Language Pathologist*

Patricia Wallace pwallace@cpsk12.org *Occupational Therapist*

MaryAnne Wolfmeyer MWolfmeyer@cpsk12.org *School Psychologist*

Learning Specialists

Adam Alley aalley@cpsk12.org *Essential Skills*

Jenni Burt JBurt@cpsk12.org *Online Learning*

Kimberly Hall KiHall@cpsk12.org *7th and 8th grade Math*

LaVetta Hodges lhodges@cpsk12.org *6th grade English and Reading for Success*

Sheridan Hounsshell shhounsshell@cpsk12.org *6th grade Math and Essential Skills*

Melissa Manie mmanie@cpsk12.org *7th grade English and Reading for Success*

Deanna Null dnull@cpsk12.org *8th grade English and Reading for Success*

Resources:

A Way with Words and Numbers tutoring resource:

<https://career.missouri.edu/a-way-with-words-numbers/>

Khan Academy is a free online resource for math and other lessons and practice:

<https://www.khanacademy.org/>

Epic gives access to 40,000 digital books. Students can log in with preexisting accounts or sign up for free for 30 days. <https://www.getepic.com/>

6th Grade After School Choir

Hello Lange musicians! If you are in 6th grade and are interested in being in choir ALL YEAR round, you are in luck! Starting in November, Lange will have an after school choir that meets VIRTUALLY once a week! We'll learn and sing music, play games, and prepare for a virtual choir performance in the Spring. If you are interested, please fill out this [google form](#).

Musically,

Ms. Ahlenius

School Pantry Program

Dear Students and Families,

Your school is participating in the School Pantry program, a program of The Food Bank for Central & Northeast Missouri. This program is intended specifically for Middle and High School students and is available to all students enrolled in your school.

Through the School Pantry, students may access free food items on an as-needed basis. Students are able to “shop” the available items and take only what interests them. School Pantries are hosted in the school nurse’s or counselor’s office to allow for confidentiality while each student is “shopping”.

Schools are able to contact The Food Bank as needed and receive food items to stock their pantry. Items that are typically available include: canned entrée’s (such as soup, ravioli), tuna, canned veggies, pasta/pasta sauce, fruit cups, peanut butter/jelly, boxed and individually packaged cereal, snack items (such as granola bars) and hamburger helper. Some food items are packaged individually for use by the student, while other items are more family-friendly.

To participate in the School Pantry program, students or parents may contact your Outreach Counselor, Kathy Robinson. (573) 214-3250.

Thank you for allowing us to serve your family! If you have any questions about Children’s Programs at The Food Bank, please feel free to contact me.

Gratefully,



Stacey Brown

Children’s Programs Coordinator

The Food Bank for Central & Northeast Missouri

2101 Vandiver Drive
Columbia, MO 65202

Direct Line: (573) 447-6617

Front Desk: (573) 474-1020

www.ShareFoodBringHope.org

Middle Years

Working Together for School Success



Short Stops

Attendance matters

Missing even a few classes — whether they're in

person or online— can have a snowball effect. Not only does being absent make it hard for your child to keep up, but chronic absenteeism is linked with a higher dropout rate. Make sure your middle grader knows you expect him to be in every class every day, unless he's sick or there's a family emergency.

Digital manners

Before your tween sends a text, post, or email, suggest that she ask herself, "Is this nice? Would I say it in person?" If the answer to either question is no, it's a good idea to reword. *Tip:* If she feels the need to type a disclaimer like "No offense, but ..." she probably shouldn't hit "send."

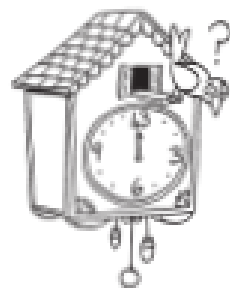
When parents disagree

Children who hear their parents arguing can feel stressed and insecure. Try to avoid topics that cause tension when your middle schooler is within earshot. If he does overhear an argument, offer reassurance: "We were upset, but we worked it out. And we still love each other and you."

Worth quoting

"Go confidently in the direction of your dreams!" *Henry David Thoreau*

Just for fun



Q: What time is it when the clock strikes 13?

A: Time to get a new clock.

Fine-tune your study routine

A good study routine helps your middle schooler manage her workload and make the best use of her time. Use these ideas to help her develop one that works for her.

Set the scene

For one week, challenge your tween to do "quality checks" of her study sessions. She can write down distractions (TV, text messages), note how she feels when she loses focus (fidgety, hungry), and pinpoint time wasters (searching for school supplies, choosing a snack). Together, brainstorm solutions. Maybe she can silence electronics, set a timer to take breaks, and gather supplies and snacks before she starts working.

Always have a plan

Your middle grader could find a regular time to study each day that fits with mealtimes and other activities. It might be at 5 p.m. most days and 7 p.m. on Wednesdays when your family eats dinner early. Then, she can start each session by listing specific tasks and how long she expects them to take. "Do 12



algebra practice problems (30 minutes)" instead of "Study for math test."

Personalize the approach

The "right" way to study is different for every student. Suggest that your child experiment with study methods to find her favorites. She might notice whether she stays on task better when she studies alone or if she learns more in a study group. Or maybe she'll try reading notes silently and out loud. She may realize that silent reading is faster but that she remembers more when she sees and hears the material. 🍌

On common ground

As your child gets older, you can stay close by discovering routines and activities to share. Here's how:

- Choose things you do regularly, like eating and exercising, and try to do them with your tween. For instance, have breakfast together before he leaves for school. Or if he's doing online school, aim to sync your lunch breaks. Invite him to join you on your next run, or offer to shoot baskets with him.
- Look for common interests. Does your middle grader like music you enjoyed at his age? Play "Name That Tune" to see who can shout out titles and artists first. Or did he stream a TV series you loved when it originally aired? Make up trivia questions about the show, and try to stump each other. 🍌



Focus on mental health

Strong coping strategies can help your tween navigate difficult situations—including a pandemic. Share these techniques for boosting his mental health.

Let it out. If your middle grader feels anxious or sad, writing may make his feelings more manageable. Suggest that he keep a journal, write poetry or song lyrics, or jot concerns on slips of paper to drop in a “worry jar.” Also, talk to him regularly about his feelings, and



share your own thoughts. (“I miss working in the office with my colleagues, but it’s nice to work in comfy clothes.”)

Look for the good. When your tween is stressed, encourage him to close his eyes, take deep breaths, and visualize one positive thing that happened today. Maybe he got to video chat with a friend he hasn’t seen in a while. Thinking about good times can make worries seem less intense.

Find humor. Laughter is a proven mental health booster. Your middle schooler might decorate his bedroom wall with things that make him chuckle, such as comic strips or funny pictures. He could even draw his own comics or write silly captions for photos. Ask him to show you the jokes, and enjoy a good laugh together. 🍷

Parent-teacher conferences

There are many great reasons to take part in conferences with your middle grader’s teachers. Here are four.

1. You’ll help your child succeed. Students do their best when parents and teachers work together. Making a personal connection sets the stage for a strong partnership.

2. You’ll get to share information. Hearing about life at home gives the teacher insight into your tween. (“Lucy’s two younger siblings are also doing remote learning.”)



3. You’ll learn what’s expected. Knowing what your middle schooler needs to master helps you support her. Ahead of time, ask if she has questions for her teachers.

4. You’ll send a good message. Taking time to attend conferences shows your tween that school is important to you. Tip: Share teachers’ nice comments with her. (“Mr. Walker said you make excellent points during class discussions.”) 🍷



Parent to Parent

A STEM-powered race

My son Tony loves STEM club, and he asked if we could do STEM challenges at home. So we decided we’d hold a family competition to engineer the best balloon-powered car.

Tony used a paper cup for the body of his car, chopsticks for the axles, and wagon-wheel pasta noodles for the wheels. He poked a hole in the bottom of the cup and threaded an uninflated balloon through the hole. Then, he blew it up and let go—the car whizzed across the room as the air left the balloon.

I made my car out of an empty cream cheese tub, knitting needles, and thread spools. It didn’t go as far as any of my kids’ cars—but Tony helped me redesign it so it would go a lot farther.

Next, we’re going to see who can build the biggest house of cards that stands on its own. 🍷



Raise a lifelong learner

Q My daughter told me I’m lucky that I don’t have to do school-work or take tests anymore. How can I help her understand that learning is lifelong?

A Knowing that she’ll keep learning throughout life can motivate your daughter to do better in school.

Share with her what you learn each day. You might mention a new cash register system you’re being trained

on at work, an article you read about the Mars rover, or a podcast on food trends that you listened to in the car. Show enthusiasm for learning new things—it may rub off on your child!

Then, talk about how she’ll keep learning outside of class. If she wants to get a puppy, she’ll need to research training tips.

Or if she loves playing guitar, maybe she’ll teach herself to play other instruments like the ukulele and the banjo. 🍷



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
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-9052 • rfe.customer@wolterskluwer.com
 www.rfeonline.com
 ISSN 1540-5340