## MILLARD NORTH MIDDLE SCHOOL







### CONTACT US:

2024 - 2025

**HEXTER 1** 

2828 S. 139th Plaza Omaha, NE 68144

PHONE: 402-715-1280 FAX: 402-715-1275

http://nms.mpsomaha.org

### **MISSION STATEMENT**

Millard North Middle School, an International Baccalaureate World School, guarantees each student will exemplify the knowledge, skills, and character necessary for personal excellence and responsible living by cultivating a community of inquisitive, open-minded, and compassionate citizens who embody intercultural understanding and respect.

Millard School Board: Stacy Jolley, Mike Kennedy, Amanda McGill Johnson, Mike Pate, Linda Poole, Lisa Schoenberger and Superintendent, Dr. John Schwartz

### From Our Principal



Mustang Families,

We are excited to start another year and so thankful to our district leadership for helping repair the damage to NMS, allowing us to open on time for the school year. The storm that hit the Omaha Metro area on Wednesday, July 31st, ripped most of the roof off our gymnasium and

damaged the girls' locker room roof. During construction, these two areas will not be accessible for quite a while. Based on its location, Mrs. Brown's chorus classroom will also not be available for an extended period. We have made alternate plans for these classes in other places within our building.

We are in the process of finding a gym space to host our NMS volleyball practices. Rest assured, we are committed to providing a fun and successful volleyball season for our students. As we know more details, we will share. The construction vehicles and equipment located at NMS will impact our NMS traffic and parking. Based on losing so many spots, we created some new parking spots on campus for our staff.

Thank you for your support and patience as we overcome these obstacles together.

Our NMS Open House will take place on Thursday, August 15th. Details are below. We will send our traditional Open House videos to our NMS families days before our Open House night. With the reduced parking, this even might be more of a hassle for our families as you might be required to park across Center Street or in our adjacent neighborhood. We apologize for the inconvenience and the longer walk.

### **OPEN HOUSE TIMES:**

### 5:30-7:30pm on Thursday, August 1.

- To help provide a less crowded experience for everyone, we encourage families who do not plan to attend the informational meetings below to attend Open House at the times listed below.
  - \* Families whose last names start with A-L attend from 5:30-6:30pm.
  - \* Families whose last names start with M-Z attend from 6:30-7:30pm.

### Information Session- High Ability Learners (HAL)

6:15-6:45 in the Library

### Information Session- 6th and 8th grade Health classes talk

-6th grade: 5:30-6:00pm in the Library -8th grade: 7:00-7:30pm in the Library

We are excited to get to know our new 6th grade students and reconnect with our returning students. The start of the school year is the best time; you can feel the positive energy from all directions. As always, please reach out if we can support you or your student in any way.

Roll 'Stangs!

Dr. Scott Ingwerson, NMS Principal





## <u>Coming Up</u>

**August 8:** First Day of School for 6th graders and First Day of Hexter 1

August 9: First Day of School for 7th & 8th graders

August 15: NMS Open House 5:30-7:30pm

August 20: MAP Testing (ELA)

August 21: MAP Testing (Math)

August 26: School Pictures ('B' day PE)

August 27: School Pictures ('A' day PE)

September 2: No School- Labor Day

September 3: No School- Teacher Workday

**September 6:** 6th Grade to Camp Kitaki (Teams China & Thailand)

**September 13:** 6th Grade to Camp Kitaki (Team India & ACP)

September 19: Last Day of Hexter 1

## **Traffic Flow Guidelines**

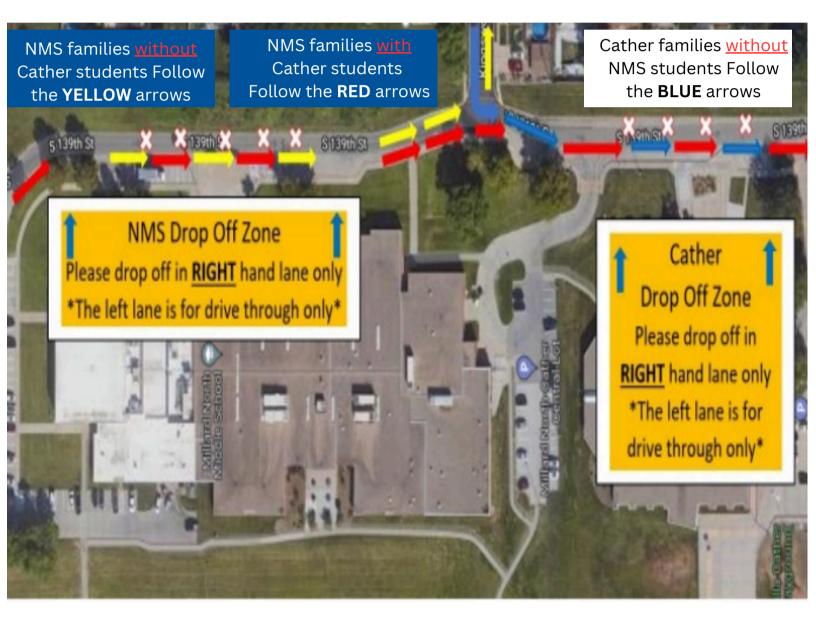
- Please have your student exit your car as soon as you are stopped, while in the **right lane**. *Please do not wait until you are directly in front of the main doors to drop off, as this will prevent our drop off line from moving consistently.*
- Please do not park in or near the handicap parking spots without a required handicap parking permit. *Please also be mindful of not blocking the parking stalls for early pick-ups*.
- Consider dropping off across Center Street and have your student(s) walk over the bridge; you can also drop off at the top of the hill on Kingswood to avoid traffic. *This will prevent the amount of traffic backed up on Center Street and in front of the school.*
- Our Monday morning late start presents a traffic flow issue, as Cather Elementary starts school at 8:30 as well. Please consider dropping off your student between 7:00-8:20am to ease the congestion that will occur.

**Cather Families without NMS students:** Please access Cather Elementary using Kingswood Drive to drop off your student(s). We ask that you avoid entering at Center Street passing in front of NMS to alleviate traffic congestion while middle school parents are dropping off their student(s). Please only use the right lane to drop off your student(s). (see map)

**NMS Families with Cather students:** Please use the Center Street entrance to drop off your NMS student first, then continue in the right lane to drop off your student(s). If you drop off your NMS student(s) early, you will not be allowed to sit idle in front of Cather to wait to drop off your elementary student(s). Please utilize one of the parking lots on the South or West side of Cather while you wait to drop off your student(s). This will allow traffic to continue to move smoothly in front of Cather. (see map)

## Traffic Flow Guidelines, cont.

NMS Families without Cather students: Please only use the right lane to drop off your student(s). Please consider dropping off your middle school student at the same time you do during the rest of the week. This will substantially reduce traffic congestion. The front doors at NMS open at 7:00am each morning. Otherwise, please plan to drop off your student(s) at or before 8:00am. You should use Center Street to access NMS and then turn left on Kingswood Drive to exit. (see map)



We appreciate your feedback as well as your willingness to remain positive when things can get frustrating. We know modeling kindness in our everyday lives is the best way to instill our #BeKind initiative in our school culture.

## Student VUE

### Our ParentVUE and StudentVUE is

an online service that gives parents and students the tools to stay informed about their education. You will have access to school-related information such as attendance, grades, and assignments via a secure website. This online resource will help you remain better informed about day-to-day progress in school. Students and parents may access this by going to the Millard North Middle School website at https://nms.mpsomaha.org/about, clicking students or parent, and clicking on the Synergy tab.

## LOST & FOUND

Has your child lost a book, sweatshirt, lunch box, folder, or a pair of shoes? Please check the **LOST & FOUND** across from the nurse's office for any items that may belong to your child. Items will be donated to the Sienna Francis House.



## MILLARD IS HIRING

Are you or someone you know looking for a rewarding job? Do you love kids? Want to do something meaningful each day? We are hiring for most positions!

Things to like: Flexible hours, variety of hours, no weekends, great pay, summers off for many positions, family-first place to work.

Come SHINE with us at Millard! #SHINEwithMPS





## **INFORMATION**

**BUS** 

Millard Public Schools provides a partial pay bus service for middle school students who live more than 2 miles from their assigned school. The cost of this service to parents for the 24-25 school year will be \$400.00 for **AM/PM** bus service or \$250.00 for either **AM or PM**. Payment can be made in installments through your child's Synergy account. Millard will no longer use bus tickets or offer occasional rides using tickets.

## MY SCHOOL BUCKS

### ADD A STUDENT/ADULT

1.Add Students/Adults during account creation or at a later time
1.Click ADD STUDENT
3.Enter information in the required fields and click FIND STUDENT
4.From the Found a Match page, click ADD STUDENT
5.Click ADD ANOTHER STUDENT or FINISH

### MAKE A PAYMENT

1.Click MAKE A PAYMENT
2.Select or enter the payment amount for each student/adult
3.Choose a payment method
4.Click PLACE MEAL ORDER
5.Click PRINT ORDER or FINISH

### **BALANCE ALERT EMAIL**

1.Establish Balance Alert Emails when adding Students/Adults or by editing existing ones 2.When adding a Student/Adult check the SEND EMAIL WHEN ACCOUNT BALANCES FALL BELOW and enter a dollar amount 3.Under Manage Your Account click UPDATE ACCOUNT SETTINGS to EDIT existing student/adult 4. Click UPDATE

## ABSENT/TARDY PROCEDURES

On any day that your child is going to be tardy or absent from school, we ask that you call our office between 7:00-8:00am to let the office staff know. You may even call the office during the evening or early morning and leave a message on our voicemail. Please call in advance if you know you will be traveling.

## NMS Main Office: (402) 715-1280

## YOU CAN HELP!

Please remember, it is disruptive to the learning process to page students during class time for nonemergency reasons. **Please try to arrange rides home with your student BEFORE they come to school in the morning.** Also, encourage your child to leave you a message if they call you duing the day. Your child may call from another phone in the school, but the main office number will display in your call history, so we in the office may not be aware of who called you and why.

## From Our Nurse

## Looking ahead to next year

### **IMPORTANT INFORMATION FOR PARENTS**

### 2024-2025: required 7th grade physicals for all students

- Required for all 7th grade students regardless of sports participation
- Physicals will count for sports
- Schedule a physical for your child (appointments fill quickly) completed after **May 1st** to qualify for sports clearance
- Obtain a copy of the up to date immunizations (especially TDAP-required for 7th grade)
- If you are having your child's physician complete the required vision, hearing, height and weight, please ensure the results are recorded on the physical form

### <u>2024-2025: Sports physicals- 8th grade, 6th grade</u> <u>cross country only</u>

• Athletic physicals for next year must be completed after May 1, 2024 to be valid for the 2024-2025 school year for any student wishing to participate in sports through NMS.

### 2024-2025: Asthma, Severe Allergy, Anaphylaxis

• If your child has a severe allergy or asthma have the physician provide a **new/updated** action plan and document whether they are allowed to carry their inhaler/Epi-pen and self-administer

Please contact the school nurse with any questions.



Mary Grieve, RN

## CONTACT

mkgrieve@ mpsomaha. org

402-715-1394

## From Our Athletic Director

There are many activities, clubs and athletic opportunities again this year at North Middle School. I encourage all students to get involved in multiple groups. Research shows that involvement in extracurricular activities, clubs, plays, music etc. promote social skills as well as better academic successes.

Fall athletics start up August 12 for this school year. In order to participate in volleyball or football the student must be a 7th or 8th grader who has completed a sports physical prior to any on-the-field practice.

Our cross-country program is open to 6th, 7th and 8th graders who have completed a sports physical prior to any type of practice. This is a vital part of the paperwork that



cannot be skipped. We also do not want our students to fall behind in the practices, so please have that paperwork completed and turned in on the first week of school. Our 7th and 8th graders will start August 12 with a team meeting and practices starting on August 13.

The 6th grade cross country is a club-sponsored event that will start during the third week of school with more information to come. This club has the goal to have 10 gatherings to introduce the basics of warm-ups, workouts

and cool downs.

The paperwork needed (physical form, transportation permission form and parent permission form) can be found on the NMS website under the Activities link. Scroll down to the bottom to locate the forms.

\*For those of you interested in Millard North Athletics, The Mustang Booster Club is offering Family Athletic Passes for admission to sporting events. Please support our Mustangs by purchasing a pass. Click the link below for details about each pass. <u>Mustang Booster Club Passes</u>

Media

Millard Public Schools is one of the first districts in the country to have LED video scoreboards in each middle school. It's a facilities upgrade and great for the teams and fans. It's also an incredible educational opportunity for our students to learn to operate this state-of-the-art equipment. Lastly, it's an opportunity for businesses to reach our community by advertising on the boards during games!

SCOREBOARD



### North Middle School Tryout Guidelines

#### Paperwork

Students will not be allowed to tryout for a sports team without a <u>current sports physical</u> and <u>insurance</u> identified <u>to cover the individual</u> trying out. A current physical that is <u>dated on or</u> <u>after May 1st</u> of the previous school year will be accepted. Lastly, there is a <u>transportation</u> <u>form</u> to complete, as students will travel via bus to competition sites. The <u>online registration</u> <u>process</u> can be completed in the parent portal of <u>Synergy</u>. All paperwork must be signed off on by our NMS activities director, Mr. Stinson, prior to the tryout. Please <u>have the paperwork</u> <u>completed prior to the tryout date or first practice</u> to expedite the process for clearance.

### Tryout Procedures

- There will be a <u>two-day tryout procedure</u> for <u>volleyball and girls/boys basketball</u>. Our goal is to place individuals where they will be competitive and represent NMS at the highest level.
- Students are encouraged to have <u>appropriate clothing and athletic shoes</u> for tryouts. Locker rooms are available after school for changing purposes.
- 3. Tryouts are closed from the public and take place after school.
- 4. Coaches <u>evaluate</u> the athletes on <u>fundamental skills, knowledge of the game,</u> <u>athletic ability, and other aspects of the sport.</u> Coaches will then place athletes on the following teams: <u>Varsity/JV/Reserve teams</u>. Unfortunately, <u>not all students who</u> <u>try out</u> are required to <u>make a team</u>. If we have more athletes than spots on the available teams, some individuals will be released and not make a team.
- <u>Students</u> are encouraged to <u>talk to coaches for feedback</u> on their ability and skill level for guidance in future years.

### Teams

We offer three levels of play at NMS for basketball and volleyball: <u>Varsity/Junior</u> <u>Varsity/Reserve</u>. Our <u>Varsity</u> level will consist of our <u>top team</u>. Our <u>Junior Varsity</u> team will be a <u>developmental team</u>, allowing students to complete at the appropriate level. Our <u>Var/JV</u> <u>teams will practice together</u> and can be fluid for athletes to play at both levels based on the coaches' discretion.

We offer two **Reserve teams** to really **focus on fundamental skills, learning the game, and competitive games** at the reserve level. These teams will practice together to maximize opportunities for improving skills.

If you have any questions about the tryout procedure, please contact The NMS activities director, Jamie Stinson, at jrstinson@mpsomaha.org or the coaches for the sport you're interested in.

## **COUNSELING CORNER**



## **Hexter 1 Upcoming Events**

## WELCOME BACK TO SCHOOL!

Welcome back, Mustangs! We can't wait to start the 24-25 school year! The counseling department will send out upcoming information to families this school year each hexter along with the hexter newsletters from the school.

-Mrs. Brown, Mr. Depue and Mrs. Kroll (NMS Counseling Team)

## August:

MUSTANAS

- Aug. 14: Handbook Talks (all grades)
- Aug. 15: Open House @ 5:30pm
- Aug. 20: MAP Testing- ELA
- Aug. 21: MAP Testing- Math
- 6th Grade Outdoor Education @ Camp Kitaki
- Counseling Intro Lessons- Who we are and how we can help!

## September:

- September 19: End of 1st Hexter
- Counseling Suicide Prevention & Awareness Lessons

## <u>Contact a Counselor</u>

6th Grade: Mrs. Megan Brown mmbrown@mpsomaha.org 7th Grade/SW: Mr. Eric Depue etdepue@mpsomaha.org 8th Grade: Mrs. Malinda Kroll makroll@mpsomaha.org

### Hexter 1: Table Talk

- What is one of your goals this school year?
- What are you most excited and most nervous about this school year?

## RESOURCES

MPS Community Resources

Virtual Calming Room

Where Can I Find Help

24/25 School Calendar

MNMS Website

<u>MNMS Counseling</u> <u>Center</u>

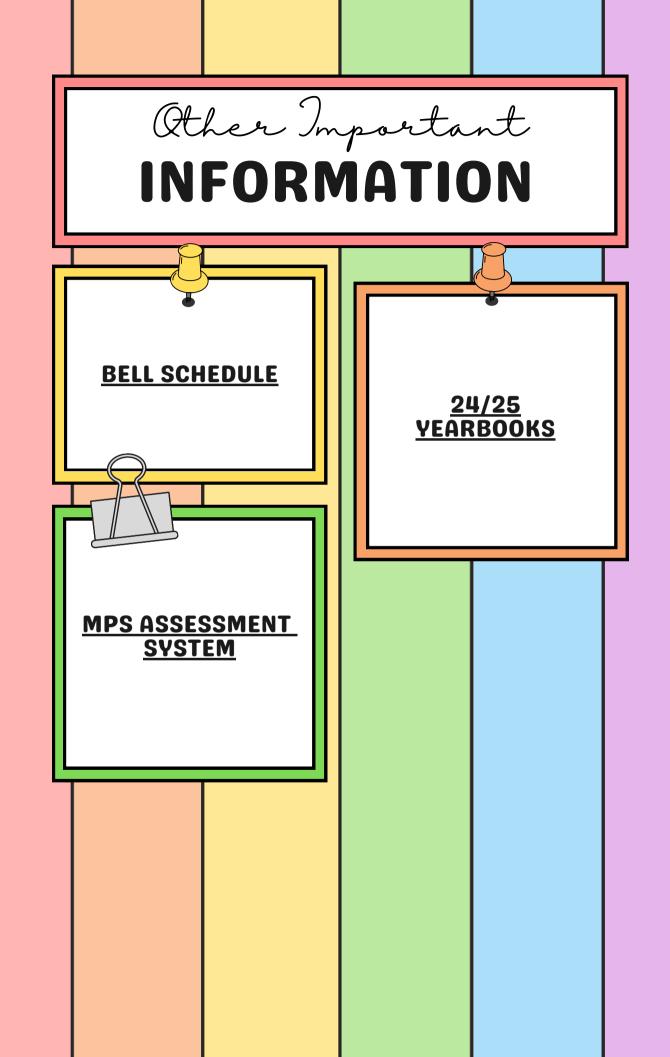
Information for <u>Families</u>

<u>MPS Website</u>

## **Tech Tips**

Have you downloaded the StudentVue and ParentVue Apps?

- Parents/guardians can view grades and missing work
- Student can view grades, their student ID's and locker info



## **IN AN EMERGENCY TAKE ACTION**



#### HOLD! In your room or area. Clear the halls. ADULTS STUDENTS

Clear the hallways and remain in room or area until the "All Clear" is announced Do business as usual

Close and lock the door Account for students and adults Do business as usual



#### SECURE! Get inside. Lock outside doors. STUDENTS ADULTS

Return to inside of building Do business as usual

Bring everyone indoors Lock outside doors Increase situational awareness Account for students and adults Do business as usual



#### LOCKDOWN! Locks, lights, out of sight. STUDENTS ADULTS

Move away from sight Maintain silence Do not open the door

Recover students from hallway if possible Lock the classroom door Turn out the lights Move away from sight Maintain silence Do not open the door Prepare to evade or defend



#### EVACUATE! (A location may be specified) STUDENTS ADULTS

Leave stuff behind if required to If possible, bring your phone Follow instructions

Lead students to Evacuation location Account for students and adults Notify if missing, extra or injured students or adults

Notify if missing, extra or injured students

Account for students and adults

or adults



#### SHELTER! Hazard and safety strategy. STUDENTS ADULTS Lead safety strategy

Use appropriate safety strategy for the hazard

Hazard Tornado Hazmat Earthquake

Tsunami

Safety Strategy

Evacuate to shelter area Seal the room Drop, cover and hold Get to high ground



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## **EN CASO DE EMERGENCIA** TOMEN MEDIDAS



#### HOLD! (iESPEREN!) En su salón o área. Despejen los pasillos. ESTUDIANTES ADULTOS

Permanezcan en el área hasta que se indique que la situación se ha resuelto Continuar con la actividad rutinaria

Cierren la puerta y echen la llave Cuenten a los estudiantes y a los adultos Continuar con la actividad rutinaria



#### SECURE! (iPROTEJAN!) Vayan adentro. Echen llave a las puertas exteriores. ESTUDIANTES ADULTOS

Regresen adentro Continúen con la actividad rutinaria

Lleven a todas las personas adentro Echen llave a las puertas exteriores Mantengan la alerta sobre lo que ocurre en su entorno Ouenten a los estudiantes y a los adultos Continúen con la actividad rutinaria



#### LOCKDOWN! (iCIERRE DE EMERGENCIA!) Echen llave, apaguen las luces, escóndanse. ESTUDIANTES ADULTOS

Desplácense a un lugar donde no se les vea Guarden silencio No abran la puerta

Lleven a las personas en los pasillos a dependencias interiores si es posible hacerlo de forma segura. Echen llave a las puertas interiores

Apaguen las luces Desplácense a un lugar donde no se les vea Guarden silencio No abran la puerta Prepárense para evadirse o defenderse



#### EVACUATE! (iEVACUEN!) (Es posible que se especifique un lugar determinado) ESTUDIANTES ADULTOS Dejen sus cosas donde estén si se les

Dirijan la evacuación a un lugar determinado Cuenten a los estudiantes y a los adultos Avisen si entre los estudiantes o los adultos falta. alguien, hay personas de más o hay heridos

#### SHELTER! (iBUSCAR RESGUARDO!) Riesgo y estrategia de seguridad ESTUDIANTES

pide que lo hagan

Seguir instrucciones

Llévense sus teléfonos

Utilizar una estrategia de seguridad adecuada para el peligro

#### Estrategia de seguridad

Riesgo Tornado Terremoto Materiales peligrosos Sellen el salón Tsunami

Evacúen a un área resguardada Agáchense, cúbranse y agárrense Diríanse a terreno elevado

### ADULTOS

Dirijan la estrategia de seguridad Cuenten a los estudiantes y a los adultos Avisen si entre los estudiantes o los adultos falta alguien, hay personas de más o hay heridos

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## IN CASE OF AN Active Shooter



IF YOU SEE SOMETHING, SAY SOMETHING. REPORT SUSPICIOUS ACTIVITY TO THE POLICE.

## **1. RUN** RUN / ESCAPE IF POSSIBLE

- Have an escape route and plan in mind
- Leave your belongings behind
- Evacuate regardless of whether others agree to follow
- Warn and prevent individuals from entering an area where the active shooter may be
- Hide in an area out of the active

2. HIDE

IF ESCAPE NOT POSSIBLE

 Lock and block doors, close blinds, and turn off lights

shooter's view

- Silence your cell phone (including vibrate mode) and remain quiet
- Stay in place until law enforcement gives you the all clear.

# **3. FIGHT**

- Fight as a last resort and only when your life is in danger
- Attempt to incapacitate the shooter
- Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.
- Act with physical aggression, yell, and throw items at the shooter.

### CALL 911 WHEN YOU'RE SAFE TO DO SO

#### WHEN LAW ENFORCEMENT ARRIVES:

- Remain calm and follow officer's instructions
- · Drop items in your hands (i.e., backpacks, jackets)
- Immediately raise hands and spread fingers
- Keep hands visible at all times
- · Avoid quick movements toward officers, such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not ask questions when evacuating

#### INFORMATION TO PROVIDE 911 OPERATORS:

- Location of the active shooter
- Number of shooters
- Physical description of shooter(s)
- Number and type of weapons shooter has
- Number of potential victims at location

ROOM:

YOU ARE IN BLDG:

Source: Department of Homebord Security. The information provided is for spack relevance only and is not a subditure for specific training. Cantact year local tax enforcement for more information on what to do if there is an active shocker event. ZoCo<sup>4</sup> distaines are warming on liability for your use of the information. It 2022 2060<sup>4</sup> (accorporates)

# - STRATEGIES TO SUPPORT A POSITIVE TRANSITION-

MELCOME

The end of summer and start of the school year can be a time of mixed emotions and changes to routine. Here are tips for a positive transition:

Establishing routines This can help make life more predictable. It's useful to plan ahead for before and after school activities and discuss these plans as a family to ensure everyone is aligned. Here are some considerations:

- Expectations for morning routine and after-school activities
- Homework management
  - Quiet, distraction-free space for homework Timeframe
  - when homework and studying are to be done Use
  - of TV, phones, and other devices
- Chores and other responsibilities

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Supporting healthy sleep habits

 Gradually adjust your schedule to wake up earlier in preparation for the school year. -----

- Maintain consistent bedtimes and wake times throughout the school year.
- Encourage your child to establish a bedtime routine with enjoyable, non-electronic activities the hour before bed (e.g., reading, listening to music, or talking with family). For more back-to-school sleep tips: https://www.sleepfoundation.or g/school-and-sleep/back-toschool-sleep-tips.

Coping with Stress: This transition can be stressful! Caregivers can provide strategies to help students cope with that transition. Below are a few activities that you can consider:

 Talk with them about the emotions they are experiencing and validate them.
 Practice calming strategies such as taking mindful, deep breaths (e.g., breathe in for 4 seconds, hold for 4, breathe out for 4, and rest for 4).

3.Prompt the use of positive self-talk. See what ideas they have of their own- if they're having difficulty, give examples (e.g., "I'm looking forward to meeting my new teachers." "I wonder what I'll learn in art this year.")

4.Resources for activities:

a.Bubble breathing: https://www.youtube.com/watch?v=5DqTuWve9t8 b.Leaves on a Stream: <u>https://www.youtube.com/watch?v=vjKltKKSur8&t=160s</u> c.<u>How We Feel (free app)</u> d.<u>Mind Shift (free app)</u>

Support Organization: As the school year begins, students will resume using their organization, planning, and time management skills, which are still developing in adolescence. Caregivers can support teens by demonstrating their own organizational methods, sharing strategies, and providing regular check-ins as needed.

- Organizing Materials: Discuss with your teen how they can organize their physical and digital materials for school using tools like folders, notebooks, and binders. Identify any challenging areas, such as their backpacks or lockers and develop a plan for keeping these areas organized.
- Planning and Calendaring: Encourage your teen to create an accessible calendar to track assignments and extracurricular activities. Options include digital calendars, printed monthly or weekly schedules, and planners.
- Managing Time: Help your teen practice time management skills by creating to-do lists. During homework time, some students might benefit from methods like the Pomodoro Technique, which breaks work into intervals of around 25 minutes, separated by short breaks of about 5 minutes. Numerous websites and apps can assist with time management, such as <u>Pomofocus</u>.

Prepared by MMI's School-Based Mental Health Clinics



MUNROE-MEYER INSTITUTE