



Zachary Cheney
Principal

Matthew Kempen
Vice Principal

Garrett Lebsock
Teacher-in-Charge

Joseph Kerr Middle School

8865 Elk Grove Blvd ~ Elk Grove, CA 95624

Administration

(916) 686-7728

Attendance

(916) 686-7736

Fax

(916) 685-2952

Joseph Kerr Families,

Greetings from Joseph Kerr Middle School! As I draft this letter, the first quarter of the 2019-2020 academic year has come to a close. It is hard for me to believe we have completed a quarter of the school year already! As we end the quarter, I would like to thank all parents and guardians for all they have done for the school community this past quarter. This was a great beginning for us at Kerr, perhaps the best start in the 7 years I've been here, due in large part to the amazing PBIS (Positive Behavior Intervention and Supports) kickoff we implemented. I trust that we will continue to work closely together, as a school and community team, to ensure the ongoing success of all of our children here at JKMS.

As we conclude the first quarter and prepare to begin the second, it is important for us all to take a moment and review your child's progress thus far. Quarter grades will be mailed home on October 18th. Upon receipt of your child's report card, should you have questions or concerns, the best place to begin is with the teachers. Although Administration is here to offer support, questions that are specific to grades, student behavior, or otherwise unique to the classroom teacher(s), should be addressed with the individual teacher. Each student at JKMS has an assigned guidance counselor who is also ready and willing to help attend to your questions and/or concerns.

The quarter grade represents an important part of your child's overall academic profile; however, please keep in mind that there is still much time for improvement. The end of the first quarter allows students the opportunity to reflect on past performance and work with teachers, counselors and parents, as necessary, to improve future performance. For our incoming 7th graders, there is often an adjustment period as students acclimate themselves to the many different nuances that are unique to middle school, such as successfully managing 6 different teacher personalities, classrooms, and expectations.

Often times, we also notice other specific challenges to students as they transition into middle school from elementary school. Some of these include: no recess, very little "free" time, new grading standards and procedures, more peer pressure, rapid developmental changes, accepting responsibility for their actions, interacting with new students from 4 feeder elementary schools, extracurricular activities and ensuing time management, project based assignments, and for some, social and emotional immaturity.

Here at JKMS, we encourage all students to be vested in our school community. Research confirms that students who are involved in clubs and extracurricular activities in school, have a heightened sense of belonging which leads to improved

*Knights show...**K**indness, **E**ffort, **R**espect and **R**esponsibility*

academic performance as well. We strongly encourage all students to find their own niche, here at Kerr, where they can explore their unique gifts, talents, abilities and inclinations. We have been enjoying our varying events from dances to volleyball and look forward to basketball, wrestling and our upcoming Fall Festival! Please be sure to check our website at jkms.egusd.net Parent and then “calendar,” to stay informed as to student activities, current events, club news and other newsworthy items.

We are so blessed by our wonderful parent and school community! On behalf of all of the staff here at JKMS, thank you for entrusting us with those who are most precious to you, your children. Thank you for your support, understanding, positive energy, enthusiasm, encouragement, patience, and above all, for partnering with us on this unforgettable adventure we call middle school! Go Knights!

Sincerely,



Zack Cheney

CALENDAR OF EVENTS

OCTOBER 2019	EVENT	TIME
September 20-October 18, 2019	Fall Band Fund Raiser - Online Fund Raiser	
October 1, 2019	Girl's Volleyball Games at Kerr vs. Eddy (Gym)	4:00 pm
October 4, 2019	Spirit Day - Jersey Day	
October 4, 2019	Lunch Time Activity (Quad)	Both Lunches
October 4, 2019	Popcorn Friday (Library)	Both Lunches
October 7-November 1, 2019	KCRA Kids Can Food Drive	
October 7-11, 2019	Teen Read Week (Library)	
October 8, 2019	8th Grade Hearing & Vision Screening thru PE	Gym
October 10, 2019	Girl's Volleyball Games at Kerr vs. Harris (Gym)	4:00 pm
October 11, 2019	Minimum Day - End of Quarter 1	Dismissal at 12:00 pm
October 11, 2019	Joseph Kerr Day - Wear Red & Black	
October 12, 2019	Band at Band Review (Franklin HS)	
October 17, 2019	Minimum Day	Dismissal at 12:00 pm
October 18, 2019	Joseph Kerr Day - Wear Red & Black	
October 18, 2019	Fall Festival (Room B-1, Quad, MP Room & Gym)	1:40-2:55 pm
October 21-22, 2019	8th Grade Basketball Try-Outs (Gym)	3:15 pm
October 23, 2019	8th Grade Basketball Try-Outs (Gym)	2:45 pm
October 25, 2019	Spirit Day - Wear Blue & Gold	
October 25, 2019	Red Ribbon Week Kick-Off	
October 25, 2019	EGHS Homecoming Parade (Front of School)	1:10 pm
October 28-November 1, 2019	Red Ribbon Week	

Knights show...Effort, Respect and Responsibility

CALENDAR OF EVENTS

OCTOBER 2019		
	EVENT	TIME
October 29, 2019	Lunch Time Activity (Quad)	Both Lunches
October 30, 2019	Pizza Reading Contest Ends (Library)	
October 31, 2019	Lunch Time Activity (Quad)	Both Lunches
NOVEMBER 2019		
	EVENT	TIME
November 1, 2019	Joseph Kerr Day - Wear Red & Black	
November 4, 2019	Wrestling Practice Begins (MP Room)	3:15 pm
November 5, 2018	School Wide Spelling Bee (Library)	1:15-3:05 pm
November 5-7, 2019	Renaissance Sign-ups (MP Room)	Both Lunches
November 6, 2019	Pizza Reading Contest Luncheon (Library)	Both Lunches
November 7, 2019	Turkey Trot (Track)	8:30 am-3:05 pm
November 7, 2019	8 th Grade Basketball Games @ Edward Harris MS	4:00 pm
November 7, 2019	ELAC Meeting (MP Room)	5:30-6:00 pm
November 7, 2019	LCAP Stakeholders Meeting (MP Room)	6:00 pm
November 8, 2019	Spirit Day - Wear Red, White & Blue	
November 11, 2019	No School - Veterans Day	
November 12, 2019	8 th Grade Basketball Games at Albiani MS	4:00 pm
November 13, 2019	Minimum Day	Dismissal at 12:00 pm
November 13, 2019	PSAT	8:30 am-12:00 pm
November 14, 2019	8 th Grade Basketball Games at Pinkerton	4:00 pm
November 15, 2019	Joseph Kerr Day - Wear Red & Black	
November 15, 2019	Progress Reports - Quarter 2	
November 19, 2019	8 th Grade Basketball Games at Kerr vs. Harris (Gym)	4:00 pm
November 21, 2019	Renaissance Event (Adreani Park)	Both Lunches
November 21, 2019	Mathletes Competition (Florin HS)	3:30-6:00 pm
November 21, 2019	8 th Grade Basketball Games at Smedberg MS	4:00 pm
November 22, 2019	Joseph Kerr Day - Wear Red & Black	
November 25-29, 2019	No School - Thanksgiving Break	

IMPORTANT INFORMATION



DAYLIGHT SAVINGS

Don't forget that Sunday, November 3rd is Daylight Savings and you need to "fall back" and set your clocks back one hour!

Knights show... Effort, Respect and Responsibility

DON'T GET LOCKED OUT!

If you ride a bike, skateboard or scooter to school, secure it in the enclosed, fenced bike rack area when you arrive. It should be locked with its own individual lock. The bike, skateboard and scooter area is locked throughout the school day. If you need to leave campus during school hours, report to the Attendance Office and request that the gate be unlocked. All students riding bikes to school are required to wear a helmet. Remember, the riding of bikes, skateboards or scooters is prohibited on school grounds at all times. Locks should not be left in the bike rack area overnight or they will be cut off.

DROP OFF & PICK-UP

Parents, please remember to pull forward all the way down to the drop off/pick-up area both before and after school if you are dropping off or picking up your child. Parents are discouraged from using the parking lot parking spots to park while waiting for their child in the afternoon, as we do not have enough parking spaces to accommodate all waiting parents and parents who are visiting for important school business. Please join us in being considerate of, and equitable to, all parents during drop off and pick up.

LOST & FOUND

Items found at Joseph Kerr Middle School are turned into the Main Office. Every month sweatshirts, sweaters, keys, glasses and miscellaneous other items are lost or misplaced and put into a bin. While announcements are made in the bulletin reminding students to check the lost and found, many items are not claimed. At the end of the subsequent month, the clothing and larger items are donated. Parents are welcome and encouraged to come into the main office during office hours to look for their student's lost item.

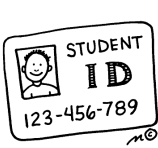


YEARBOOK

Make sure to buy your Kerr yearbook now! Yearbooks are on sale for the price of \$50 through December 31st and \$55 beginning January 1st until the end of the school year, or until they are sold out. Yearbooks do sell out, so make sure to order yours! You can buy them at the Student Activity Center (SAC) or go to www.jostensyearbook.com, find Joseph Kerr, and order.

ACTIVITIES CORNER

Here's what's happening at JKMS!



ID Cards

Students that were not here for picture day or make-up picture day and still need an ID card, please go to the Student Activity Center (SAC) at lunchtime to get an ID card. We will take your picture and get a new ID card made for you. If you lost your ID card, please go to the SAC to purchase a replacement card for \$5.00. This card is important to have with you at all times.

October 7th - November 8th, KCRA Kids Canned Food Drive

Support KCRA Kids Canned Food Drive and you will help feed the hungry families in your community. Bring canned and non-perishable food items to your 1st period teacher. The Canned Food Drive starts October 7th and ends November 8th. We will announce different incentives for the students who bring in cans.



*Knights show... **Kindness, Effort, Respect and Responsibility***



October 18th, Fall Festival 1:40 pm-2:55 pm

It's that time of the year for the Fall Festival. We will have food, games and other activities. Students who want to participate in the unlimited inflatables will need to purchase a wristband and have a waiver form filled out and turned in to the Student Activity Center (SAC). The waiver forms were sent home earlier in the school year. We will be selling tickets for food and other activities during PE on October 18th. Tickets will be sold for 25 cents each. Listen to the morning announcements for more information about the booths and food.

October 25th, Spirit Day - Blue & Gold

Please wear blue and gold that day to support Elk Grove High Homecoming day. We will observe the parade during the school day at 1:15 pm. Go Thundering Herd!

October 25th-November 1st, Red Ribbon Week

Red Ribbon Week is celebrated every year during the last week of October. Red Ribbon Week promotes tobacco, drug, alcohol, and violence prevention. Through classroom and school wide activities, this campaign provides knowledge and skills to help young people make healthy choices leading to a safe and healthy lifestyle. Here are the scheduled events for Red Ribbon Week. Show your spirit by dressing up!



Friday EGHS Spirit - Wear blue and gold to kickoff Red Ribbon Week

Monday Red Day - Wear red (the anti-drug color)

Tuesday Hawaiian Day - Alcohol isn't paradise!

Wednesday Pink Day - Breast Cancer Awareness

Thursday Camo Day - Disguise yourself against drugs

Friday Tie-Dye Day - Peace out to violence-Anti-Bullying Day

October 30th, Staff vs. Student Girls Volleyball Game

Who: Kerr 8th grade Volleyball Team Players (Girls) vs. Staff

When: Wednesday, October 30th, 2:30-3:30 pm

Where: Kerr Gym

What: Fundraiser Volleyball game

Cost: \$1.00/students, \$3.00/adults

November 5th-November 7th, Renaissance Sign-ups

The Renaissance Program honors students who are achieving academic excellence based on term grades. Renaissance is more than a program; it is an attitude that everyone can achieve excellence. There are four levels in our Renaissance Program:

Gold Card..... 4.0 GPA and No U's in Citizenship*

Red Card..... 3.6 GPA and No U's in Citizenship*

White Card..... 3.0 GPA, no F's in grades or U's in Citizenship*

Blue Card..... Perfect Attendance, No F's in grades or U's in Citizenship*

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*Anyone receiving a home suspension during the term will not be permitted to sign up. Students who qualify, sign up to receive rewards, recognition and access to exclusive activities. Sign-ups are well advertised. Due to the large number of participants, deadlines for signing up will not be flexed.

November 8th, Spirit Day -Red, White & Blue Day

Please Wear Red, White & Blue - Salute to Service!

November 21st, Renaissance Event during lunch

ATHLETICS

WINTER ATHLETICS

Winter sports are approaching very soon. All athletes must have the sports permission packet completed before they are allowed to participate. All athletes must have the sports physical form completed and stamped by their Primary Care Physician. Sports Physicals can also be completed at most urgent care centers. You may download a sports packet at jkms.egusd.net or pick one up in the schools front office. Please return all sports packets to Mr. Palmiere .

WINTER SPORTS

8th Grade Basketball:

October 21st is the 1st day of tryouts for 8th grade boys and girls Basketball.

8th grade boys tryouts begin at 3:15 pm in the gym.

8th grade girls tryouts begin at 5:15 pm in the gym.

Wrestling:

November 4th is the 1st day of wrestling practice for all 7th/8th grade boys and girls.

Practice begins at 3:15 pm in the multi-purpose room.



7th Grade Basketball:

January 7th is the 1st day of tryouts for 7th grade boys and girls basketball.

7th grade boys tryouts begin at 3:15 pm in the gym.

7th grade girls tryouts begin at 5:15 pm in the gym.

COUNSELING CORNER

Know what's up!

At the beginning of the year, many students are concerned about what to wear, what their friends are doing and getting used to their schedule and new team of teachers. They are typically not thinking about the other equally important, but less exciting parts of the school day. Here are some ways you can help them stay focused throughout the year on all the moving pieces and how you can stay in the loop too:

- Check Synergy regularly. If you don't have computer access, stop by the counseling office and talk to your student's counselor. There is also a computer in the office that is available for parent/student use.

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- Keep up on the school calendar. First term ended on October 11th, and students will receive a final grade. Report cards will be mailed out October 18th.
- Know what your school's attendance policies are and what you need to do if your student is out sick or needs to leave early for an appointment. The number for attendance is (916) 686-7736.
- Reading the student/parent handbook your student received at the beginning of the year is helpful in regards to the dress code, cell phone policy and rules regarding medications.
- College/Career Pathway Exploration. October 16th at Florin High School.



PSAT for all

This Fall, all 8th grade students will be provided a unique opportunity to take the Preliminary Scholastic Aptitude Test (PSAT) free of charge during their school day through the district's "PSAT for All" program. The PSAT will be administered on Wednesday, November 13th at Joseph Kerr Middle School. The benefit of the PSAT is that it provides an opportunity for students to practice taking the Scholastic Aptitude Test (SAT); an entrance requirement for some colleges and universities. Another benefit to taking this exam is that it provides important information to school staff about where students are being most successful. There are often students who are ready to take advanced classes who may not realize their college potential. The PSAT results help identify those students who are ready for Honors and Advanced Placement courses in high school.

COUNSELING DEPARTMENT

As a reminder, JKMS counselors are available to meet with students and parents regarding academic, personal and/or social concerns. Counselors are assigned as follows:

<u>Counselor</u>	<u>Student Last Name</u>
Mr. Farwell	A – L
Ms. Espinoza	M – Z



Our Counseling department phone number is 686-7728.

DEPARTMENT INFORMATION

AVID

The AVID classes are moving full speed ahead! We are practicing our organization skills by keeping agenda logs and cleaning out our binders weekly. We have gotten to know each other through fun activities, and the AVID 7 and AVID 8 classes are getting together weekly. We are just starting our focused note-taking and are practicing taking notes in our core content classes.



BAND

The Fall Band Concert is Wednesday, October 30th from 6:00-7:30 p.m. in the Kerr Multi-purpose Room. Bring friends and family to celebrate the joys of Making Great Music Together! Beginning Band will share their journey from mouthpiece tones to simple melodies and duets. The Concert Band will present selections from their performance at the EGHS football game and formal concert selections that will be sure to entertain. The Jazz Band will wrap up the evening with inspirational swing and rock n roll. See you there!

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ENGLISH

Students in both 7th and 8th grade are using the newly adopted core curriculum, Study-Sync. Quarter 1 focused on story elements, reading comprehension, context clues, annotating strategies, and citing text evidence. Students are using both a consumable textbook and lessons on chrome-books. Homework may include accessing the StudySync program at home – students should check with their ELA teacher if they have trouble logging on.

SOCIAL SCIENCE

7th Grade

Seventh Grade Social Science students are off to a great start! Now that we have completed the Fall of Rome and Arabian Peninsula Units, students are learning about the medieval Sub-Saharan civilizations of Ghana, Mali and Songhai. Before Winter Break they will learn about medieval Japan and China. Honors classes are also working on their Amazon Book Review project, which will be due the week before Winter Break. Parents can be a big help to their student by checking grades on ParentVue regularly, talking to their child about what they learned in class each day, asking the student if they need to re-stock on any supplies, and contacting the teacher if they have any questions.

8th Grade

As we approach the fall season, our students will begin learning about “The Shot Heard Round the World”... the beginning of the American Revolutionary War and its impact on future generations. Shortly thereafter, our eighth graders will learn about the U.S. Constitution and American government. Some highlights in the next few months will include doing Document Based Question (DBQ’s) and short response essays as well as the eighth grade Constitution exam.

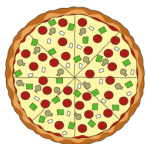


LIBRARY

LIBRARY- November is **Native American Month & Sikh-Appreciation Month**

Thank you!

Thanks to all of you who supported the fall book fair! We earned many new books for our library, and put over a thousand books into the hands of students!



Pizza Reading Contest

The Pizza Express Reading Contest began September 16th! Students read 4 books from different genres and were invited to a pizza lunch in the library where they won prizes.

Students can win free popcorn for a year by turning in their boxtops for education in at the library!

Banned Book Week

Banned Book Week was September 23rd-27th! We celebrated our freedom to read what we choose in the library all week.

Teen Read Week

We promoted the love of reading during Teen Read Week October 7th-11th with activities in the library every day during lunch, free books, magazines, and posters.

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Book Club

Book Club is meeting both lunches every other Wednesday. Early Lunch meets with Mrs. Fernandez in C-7 and Late Lunch meets with Mrs. Heaton in B-4.

Puzzle Club

Meets Tuesdays and Thursdays in the library. Teams are working on 1,000 piece puzzles. We are working on Pier 39 Sea Lions, Floral Map of the World, Tropical Fish, Statue of Liberty with Constitution, & The Simpsons Puzzles.



Popcorn Fridays in the library at lunch are **Dec. 6th, Jan. 10th, Feb. 14th, March 20th, April 17th, and May 1st**

Textbooks

It is very important that students keep all textbooks covered throughout the year. Paper grocery bags make the best book covers. As we get into rainy weather, students should put their books into a plastic grocery bag, and then put the bag of books into their backpacks to keep them dry.

Ms. Breault, Librarian

Mrs. Flores, Library Technician

CLUBS AT KERR

AFTER SCHOOL BAND CLUB

Advisor: Mr. Tootle

After School Band is intended for any student already enrolled in a Joseph Kerr Middle School Band class. Students will use the time to practice alone or rehearse together in small groups. Sectional (small groups) or private (one-on-one) lessons will be coached or taught by the teacher. Focus will be on improving technical playing skills on a Band instrument through exploring various practicing and small group rehearsal strategies.



Pre-requisite: Students should currently be enrolled in Jazz Band, Beginning Band, Intermediate Band or Concert Band. Prior teacher permission for non-Band students is requested before participating in After School Band.



BOOK CLUB

Advisors: Mrs. Fernandez & Mrs. Heaton

Get a pass to get your lunch and bring it to the library. Talk about books! Be the first to check out new books!

CHRISTIAN CLUB

Advisors: Mrs. Frizzie & Mr. Martinez

Serve the school and the community. Sharpen your character. Build relationships. Play games. Be part of a great club.

CULTURE CLUB

Celebrate different cultures of our Kerr students.

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CYBERPATRIOT CLUB

Advisor: Mrs. Deml

CyberPatriot is the Air Force Association's National Youth Cyber Education Program, created to motivate students toward careers in cybersecurity and other science, technology, engineering, and mathematics (STEM) disciplines. At the center of CyberPatriot is the National Youth Cyber Defense Competition. The competition puts teams of high school and middle school students in the position of newly hired IT professional-tasked with managing the network of a small company. In the rounds of competition, teams are given a set of virtual images that represent operating systems and are tasked with finding cybersecurity vulnerabilities within the images and hardening the system while maintaining critical services in a six hour period. Teams compete for the top placement within their state and region, and the top teams in the nation earn all-expenses paid trips to Baltimore, MD for the National Finals Competition where they can earn national recognition and scholarship money.

GAMES CLUB

Advisor: Mr. LaVanaway

Like King Arthur's Knights of old, the Knights of the Wooden Table enjoy friendly competition. Join us in the Art room after school to enjoy board games, card games, etc. Magic: the Gathering players wanted.

GAY STRAIGHT ALLIANCE

Work towards a more accepting and safe environment for all people, regardless of sexual orientation or gender identity through education, support and advocacy. Provide a safe space for students.

MATHLETES CLUB

Mathletes is a club for 7th and 8th grade students. You do not have to be a mathematician to join. This is a great place to be if you enjoy math. The idea is to get together with a group of students with similar interests, who like to be challenged. We will be doing other things in Mathematics, including in-house competitions, puzzles/games, and various challenges. The Mathletes participate in interscholastic math competitions against local schools.

PUZZLE CLUB

Advisor: Ms. Breault

Puzzle Club meets Tuesdays and Thursday at lunch in the library. You will work in groups of 4 to finish a puzzle. Puzzle Club is limited to 20 students per lunch.

SILVER K

Advisors: Mrs. Frizzie & Mrs. Blackwood

Silver K is an honor society, and students work towards earning a Silver K pin at their 8th grade Awards Ceremony. Students must complete 16 hours of service in 7 of 8 areas. Petitions are available, completed, and accepted only during meetings. Students in Silver K exemplify Kerr expectations of effort, respect, & responsibility. These students are role models both on our campus and in our community.



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BE A GOOD NEIGHBOR

As you know, traffic around Joseph Kerr Middle School, especially around arrival and dismissal times, is very congested. With the advent of cell phones, iPods, and a myriad of other distractions, it is easy for our children to pay less attention to traffic than they should. Drivers also can become distracted and pay less attention to foot traffic around schools than they should.

For those parents who drive their son or daughter to school, we are asking you to slow down, model patience and take extra precautions around Joseph Kerr. **We would also like to reiterate that businesses surrounding our school are open and need to access parking lots for their customers. Please refrain from parking in these areas or using them for drop-off and pick-up. We want to be good neighbors!!!**

We are asking you as parents and guardians to remind your children to be aware of the vehicle traffic, obey the rules of the road, use crosswalks and practice safety and common sense. Please take the time to talk with your child about using crosswalks and refraining from jaywalking. Jaywalking is a very hazardous practice for students and drivers alike. Drivers may anticipate other drivers, but they may not be prepared for students suddenly crossing the street between parked cars. When it comes to the safety of our children, there can be no margin for error.

We all agree the well-being of our children is the highest priority for us all.

Thank you again for your patience and understanding. Be a good neighbor and good friend!
Obey the rules of the road!



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Elk Grove Unified Digital Citizenship Website!

Snapchat, Instagram, Tumblr, Vine. Are these terms you wish you were more familiar with? Are you concerned how these social media programs are being used (or misused) by children? Do you know basic Internet terminology such as *flaming, phishing* and *grooming*?

In response to the many parent requests for guidance and information in helping children make responsible choices on the Internet and with social media, the Elk Grove Unified School District has created a comprehensive [digital citizenship website](#) for hosting a wide range of digital citizenship resources.

EGUSD's Digital Citizenship Initiative is an on-going project and commitment. As new technology applications and tools are created, the district's Digital Citizenship Task Force expands the curriculum and staff trainings accordingly. In a visit to the website, you will be able to view many of the lessons and materials currently being used at elementary and secondary schools throughout the district.

The parent section of the new website includes parent tips, guides, videos and more. All resources support EGUSD's four main digital citizenship themes: cyberbullying, digital footprint, protecting privacy and respecting intellectual property.

Please plan to visit the website (<http://blogs.egusd.net/digitalcitizenship>) often, as digital citizenship is the fastest changing subject in education. Although every school in the district is already teaching digital citizenship, we recognize that it is imperative that parents be involved in important conversations surrounding digital citizenship issues beyond the school day.

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WHY FAMILY MEALS MATTER



When was the last time you sat down for a meal with your family? Was it last night, last week or last month? For some families, eating together is reserved for special events and holidays, like birthdays or Thanksgiving. These special occasion meals allow families to connect with each other, strengthen family ties and pass on family cultural traditions.

But Family meals don't have to be reserved for special occasions. Family meals can happen any time of day, any day of the week! If the words "I'm too busy" pop into your mind, you're not alone. You probably even hear this from other parents and peers.

But family meals can fit into even the busiest of schedules and they offer a host of benefits for children and adults alike!

Children who eat with their families are better nourished, have lower rates of obesity and better vocabularies. These factors can have a positive impact on classroom behavior and academic performance. And when it comes to improving the health of our children, family meals are a great way to instill healthy eating habits that will last a lifetime.

Research into family meals and their benefits is becoming more in depth, with some interesting findings:

- Dining as a family can create an environment for parents to lead by example for their children. Children who eat with their families consume more fruits, vegetables, milk and milk products compared to those who eat fewer family meals. Parents will be thrilled to learn that young adults who were raised eating regular family meals consume more vegetables (there is hope yet for teenagers!)
- Adults also report that eating as a family is a positive portion of their day. Mealtime creates a feeling of togetherness and family cohesion. The concept of family meals does not exclude single-parent homes or couples without children. The routine associated with meals can provide a protective value for some of the risks associated with single-parent homes. For couples, the routine of sitting down together carves out time for each other and creates work schedule boundaries creating a balance between work and personal life.
- There is an association between family meal frequency and lower rates of obesity. However, while the meals are more nutritious (especially when prepared and eaten at home) they are not necessarily lower in calories. Family meals consumed while distracted (watching television, taking phone calls, reading the mail) may actually increase food consumption.

But benefits of family meals go beyond nutrition and family unity. Family meals are also an opportunity to promote child development. Regular family meals teach children many things that will enrich their lives beyond the immediate health benefits of eating nutritious food.

Taking the time to sit together at mealtime helps create positive memories for yourself and your family. The first and most important place where children learn positive attitudes about food is in the home, and eating meals together starts a lasting and positive relationship with food. Mealtime conversation brings the family together and promotes positive self-esteem in children. Children learn best by doing, not watching, so get them involved! You can teach children how to cook balanced meals for themselves by including them in meal planning and preparation. Isn't it time to make family meals a habit in your home?

Maureen Bligh, Andrea Garen and Ashley Rosales, Registered Dieticians

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TIPS FOR SUCCESS

Middle school can be a confusing time, for parents as well as for their students. Your child is becoming more independent yet still needs your support as much as ever. While you may decide to allow your child more autonomy in some areas, be sure to stay actively involved in your child's school. Research shows that children whose parents are engaged in their education are more likely to achieve academic success.

Here are some tips for getting involved in your child's middle school learning experience.

1. **Get to know the teachers.** It's a good idea to meet each of your child's teachers. Ask about their expectations. Find out how much time your child should spend on homework each night. Find out whether there will be regularly scheduled tests and if so, when. Ask about the best way to get in touch if you have questions.
2. **Do behind-the-scenes work.** If you can't be in school during the day, ask teachers and other school personnel to pass along some work that you can do on your own. Photocopy homework assignments; collect recyclables for a science or art project; serve on a parent-school site council; join the JKMS Parent Booster Club.
3. **Volunteer to chaperone school dances, help out in the library, or assist with the Fall Festival.** You'll meet other parents, school staff, and your child's classmates.
4. **Go to school meetings and events.** Attending concerts, plays, assemblies, meetings, and other activities is a good way to become familiar with your child's school community.
5. **Find out about homework assignments and school tests.** Check Synergy ParentVUE at <http://jkms.egusd.net/>, where teachers list homework assignments, get in the habit of checking it regularly. If not, contact your child's teachers and ask them to alert you when there's an important project or test coming up.
6. **Talk to your child about school.** Ask specific questions to draw out your child. Ask "How do you think you did on the math test?" "Did Mr. Smith say anything funny today?" "What activities did you do in PE?" Having a conversation about school.
7. **Give your child a quiet place to study and do homework.** Find an area in your home that is free of distraction where your middle schooler can concentrate on homework. Be available to help if your child has a question.
8. **Check your child's homework, but don't do it for your child.** Offer to check math problems, proof-read written papers, and look over spelling words. If you find a mistake, point it out to your child and help your child figure out the correct answer.

Joseph Kerr Middle School welcomes those with disabilities to participate fully in the programs, services and activities offered to students, parents, guardians and members of the public. If you need a disability-related modification or accommodation, including auxiliary aids or services, to participate in any program, service or activity offered to you, please contact Zachary Cheney at least 48 hours before the scheduled event so that we may make every reasonable effort to accommodate you. [Government Code Section 54953.2; Americans with Disabilities Act of 1990, Section 202 (42 U.S.C. Section 12132).]

*Knights show...**Kindness, Effort, Respect and Responsibility***

UPCOMING 8TH GRADE ACTIVITIES - LOOKING AHEAD



DISNEYLAND/CALIFORNIA ADVENTURE TRIP

Dates: March 13-15, 2020

Estimated Cost: \$320.00 with an ASB sticker
 \$330.00 without an ASB sticker
 \$190.00 with Disneyland Season Pass



We will begin taking sign-ups for the Disneyland trip on Monday, January 13, 2020 in the Student Activity Center (SAC) at lunch.

GOLFLAND SUNSPLASH TRIP

Date: May 27, 2020

Estimated Cost: \$70.00 with an ASB sticker
 \$75.00 without an ASB sticker



We will begin taking sign-ups for the Sunsplash trip on Monday, April 27, 2020 in the Student Activity Center (SAC) at lunch.

BELL SCHEDULES 2019-2020

Regular Day Schedule

(Monday, Tuesday, Thursday & Friday)

Period 0	7:30-8:20
Period 1	8:30-9:30
Period 2	9:34-10:30
Period 3	10:34-11:30
Period 4	
Lunch	11:30-12:05
Early Class	11:34-12:30
Late Class	12:09-1:05
Late Lunch	12:30-1:05
Period 5	1:09-2:05
Period 6	2:09-3:05

Minimum Day Schedule

Period 0	7:30-8:20
Period 1	8:30-9:05
Period 2	9:09-9:40
Period 3	9:44-10:15
Period 4	10:19-10:50
Period 5	10:54-11:25
Period 6	11:29-12:00

Early Dismissal Wednesday Schedule

(Wednesday)

Period 0	7:30-8:20
Period 1	8:30-9:25
Period 2	9:29-10:19
Period 3	10:23-11:13
Period 4	
Lunch	11:13-11:48
Early Class	11:17-12:07
Late Class	11:52-12:42
Late Lunch	12:07-12:42
Period 5	12:46-1:36
Period 6	1:40-2:30

Minimum Day Late Start Schedule

(5/31/19)

Period 1	9:00-9:35
Period 2	9:39-10:10
Period 3	10:14-10:45
Period 4	10:49-11:20
Period 5	11:24-11:55
Period 6	11:59-12:30

*Knights show... **Kindness, Effort, Respect and Responsibility***