



**January 17, 2020**

## **Mark Your Calendars**

**Monday, January 20<sup>th</sup> - No School - MLK Day - School and Adventure Club is closed in observance of Martin Luther King Day.**

**Wednesday, January 22<sup>nd</sup> - Ace of Shakes - Round 1 Teachers** - Our Leadership Liaisons will participate in the First Round of Ace of Shakes in Town Square starting at 3:00 pm.

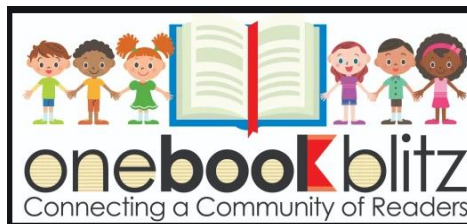
**Friday, January 24<sup>th</sup> - 4<sup>th</sup> Grade Family Gathering** - Our 4<sup>th</sup> Grade Families are invited to have breakfast with our 4<sup>th</sup> Grade students from 7:00 - 7:25 am. The presentations will take place in the theater from 7:45 - 8:15 am.

**Friday, January 24<sup>th</sup> - 7<sup>th</sup> Grade Medieval Fair** - The 7<sup>th</sup> Grade student Medieval Fair will be in Town Square (Saunders) and Adventure Club (Mysinger) during their SSL classes.

Please visit our CGIS website at [www.maryville-schools.org/cgis](http://www.maryville-schools.org/cgis) to find information regarding all our activities, clubs, school calendar, classroom information, and more.

## **Digital Citizenship Announcements Week: Privacy & Security 1/17/20**

Here are a few words of wisdom regarding digital citizenship. This week, we are focusing on Privacy & Security. Did you know websites have privacy policies that you can access before you create accounts? Looking at these policies should be a step we all take before creating an account. You'll be able to see what the website does with your information after you give it out. At Maryville City Schools, we recommend that each person: Begin to look at the privacy policies each time you create an account online. Review the information with your family and ask permission before you create the account. The information you give out online can impact your life offline. The choices are yours.



## **One Book Blitz T-Shirt Sale**

It is that time of year! The One Book Blitz will start for 4<sup>th</sup> and 5<sup>th</sup> Grade students on February 3<sup>rd</sup>. The title of the book will be a surprise until the opening ceremony for the event. When you go to order the shirt for your student the shirt will be blank with "design to be revealed". The link is: [2019-2020 OBB T-shirt Order Form](#) and the **store closes on January 19<sup>th</sup>**.

Students will receive shirts on the opening day February 4<sup>th</sup>.

## Leadership Student Trip Meeting for NYC

If your student is on one of the 48 Leadership Students going to New York City in May, there will be a parent meeting Tuesday, January 28, at 6:00. We will meet in the CGIS Theater and discuss details of the trip, hand out some paperwork, and answer any questions you may have. All students are asked to have a parent representative present for the meeting. If you did not get an email about the meeting from Mrs. Taylor please email her and let her know.



Yearbooks are a timeless way to keep record of the faces inside the place you call your school home. This year's *The Hawk Way* yearbook is one you won't want to miss out on adding to your forever library! With all new features created and compiled by Coulter Grove's first ever yearbook staff, this keepsake will be filled with:

- quotes of actual students from inside our school walls
- real data collected from our CGIS house surveys
- creative captures from our school year
- outstanding commitment to good story keeping

Payments can be made by **check {written to Coulter Grove Intermediate School}** and turned into the office OR taken online through **[commpe.pictavo.com](http://commpe.pictavo.com)**. Hurry and grab your yearbook for **\$30**. Celebrate your legacy and order *The Hawk Way* today!"



## Grade Card by EMAIL

This quarter you will be receiving your child's grade card through your email account. You will receive an email from Coulter Grove Intermediate School with the grade card as an attachment at the bottom. If you do not receive it on Friday, January 17<sup>th</sup>, please check your **clutter** then your **junk email** box. Then, please call the office to let us know that you did not receive your student's grade card and verify your email address.

## Adventure Club Openings

The Adventure Club currently has openings in the 4th, 6th, & 7th grade groups. We accept part time, full time, and drop- in students. Please contact Joy Livesay at 865-982-6301 [joy.livesay@maryville-schools.org](mailto:joy.livesay@maryville-schools.org).

## 2020 Spring Running Club at CGIS

All Students may participate in Spring Running Club. We will begin immediately after school in the cafeteria and end at 4:00 pm. This club is filled on a first come, first served basis. There is space for 50 runners. Please return the permission form and cash or check made out to CGIS by Monday January 27th. **Respectful behavior is mandatory.**

Cost \$30 for 22 sessions (includes fruit. A limited number of printed Running Club wicking shirts are available for \$10) Students who attend 1 day a week pay \$15. (Please specify W or F.)

Running Club will start Wednesday January 29th. We will meet every Wednesday and Friday that school is in session through April 24<sup>th</sup>. Please send a water bottle every day!

Each session will start with a warm up run followed by fresh fruit and running games. Our focus is physical and mental health, respect for ourselves and others, self-motivation and compassion.

We will run the 5K Spring Sprint Saturday April 4th (This race is optional and involve a registration fee. Students will race at their own pace. Family members are encouraged to run with their student. I will finish with the slowest runner.)

Jaquie Stiver Running Club Coach

---

Please return this form with payment to the office by Monday January 27th.

A limited number of shirts are available for \$10.00. Inquire before sending money.

\_\_\_\_\_ \$30 Wednesday **AND** Friday                      \_\_\_\_\_ \$15 Wednesday **OR** Friday (please circle)

My Student \_\_\_\_\_ has my permission to participate in running club at CGIS. This includes running in the adjacent Everett Park Ball Fields.

\_\_\_\_\_ **I will pick my student up promptly at 4:00 in the front lot.**

\_\_\_\_\_ My student will go to Adventure Club after running club.

\_\_\_\_\_ My student has the following health concerns. \_\_\_\_\_

The number I can be reached at during this activity is \_\_\_\_\_

Signed \_\_\_\_\_ date \_\_\_\_\_

E-mail \_\_\_\_\_

# After School Art



## Valentine Art

3D Heart painting on canvas board, Cards & Cookies

Thursdays Jan. 23 & 30 Feb. 6 and 13th from 2:45PM – 4:00PM

\$40.00 includes snacks \* meet in the far science lab

Class filled on a first come first served basis. We will only contact you if the class is full

-----  
Return this form and cash or check made out to CGIS to the office by Tuesday Jan. 21st.

Name \_\_\_\_\_

Grade\_\_\_\_\_ Homeroom teacher\_\_\_\_\_

Known allergies \_\_\_\_\_

\_\_\_\_\_ My student will be picked up promptly at 4 in front of CGIS.

\_\_\_\_\_ My student will go to Adventure Club after art.

\_\_\_\_\_ My student will walk home

The phone number I can be reached at during this event is \_\_\_\_\_

E-mail \_\_\_\_\_

Signed \_\_\_\_\_



# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

Family Resource Center  
Maryville City Schools



MIDDLE SCHOOL

February 2020

## Act now to reduce your middle schooler's risk of substance abuse

Experts say that people are more likely to misuse drugs during times of transition. For many students, middle school can be a challenging transition period.

Middle schoolers face new classmates, harder classes and more expectations. At the same time, they want to try new things. Drugs and alcohol may seem appealingly new and adult.



But because they aren't adults, middle schoolers don't always see the risks of this behavior. Substance abuse early in life increases the risk of addiction and damage to brain function. It's critical to prevent it before it starts.

Take action now to protect your child. Here's how:

- **Ask what he has learned** in school about substance abuse. Reinforce those messages at home.
- **Make it clear that you expect** him to avoid drugs, alcohol, tobacco and vaping products. Discuss the dangers of misusing prescription drugs. Enforce your rules consistently.
- **Build a strong relationship** with your child. Participate in activities together. Make family time a priority.
- **Be a good role model.** Your example is the most powerful teacher.

Source: "Preventing Drug Misuse and Addiction: The Best Strategy," National Institute on Drug Abuse, [nisdw.com/drugfree](http://nisdw.com/drugfree).



## Talk about what should go into notes

It's nearly impossible for students to simply remember everything teachers say in class. They need to be able to take effective notes that will remind them of key facts and concepts. Share these note-taking tips with your child:

- **Write down** what the teacher writes down. If it's on the board, it's usually something your child should learn.
- **Listen for lists.** If the teacher says, "Three factors caused the conflict ..." your child should write them down.
- **Make the most of pauses.** A teacher who stops talking is likely giving students a chance to write.
- **Notice extreme words** like *best*, *most* and *last*. When the teacher uses them, your child should take notes.
- **Write down information** the teacher repeats.
- **Pay special attention** at the end of class. Teachers sometimes squeeze in important information if they realize they are running out of time.

## Stay on top of attendance

In the second half of the year, the pace of instruction picks up and exam preparation is added to students' regular workloads. Kids who miss school find it more difficult to catch up. Emphasize the importance of attending every class. Accept no excuses except an illness or emergency.



## Decisions affect the future

Studies show that thinking about how a decision will affect the present *and then* the future helps people make better choices. Encourage your child to:

- **Anticipate consequences.** If she completes her homework now, she'll be able to relax later. Then tomorrow she'll get full credit for the assignment.
- **Imagine alternatives.** If she plays a game now, she may be too tired to do her homework later and then she won't get any credit for it.

She may see that making a small sacrifice in the present can lead to a long-term benefit.

Source: "Sequential options prompt future thinking, boost patience," ScienceDaily, [nisdw.com/sequence](http://nisdw.com/sequence).

## Supervise social media use

Social media is replacing social interaction in many middle schoolers' lives—and that can be a problem. Research links high emotional investment in social media with high anxiety. To foster your child's well-being:

- **Set limits** on social media time.
- **Discuss what is appropriate** to post and what's not.
- **Follow his accounts.** Let him know you'll look at them.
- **Encourage him** to invite friends over for real-life activities.



Source: K. Barrett, "Social Media's Impact on Students' Mental Health Comes Into Focus," *neaToday*, [nisdw.com/socialmedia](http://nisdw.com/socialmedia).





## How should parents handle cheating on homework?

**Q:** My child has been copying the answers from friends' homework. She says "everyone does it." What should I do?

**A:** Cheating is a major issue with serious consequences. So it's important to take time to talk about it with your child.

Be clear that copying homework is cheating, and cheating is always wrong. It's dishonest, and unfair to others who don't cheat. And it cheats your child of the skills and knowledge she needs.

Explain that you are unhappy about the cheating, but you're also worried about why she cheated. Is she afraid of disappointing you? Is she struggling with the topic? Did she just not want to do the work?

Make sure not to put too much emphasis on grades. Instead, stress the value of learning for its own sake. Then help your child find solutions that let her complete work without cheating. For example, she could:

- **Improve time management.** Review her schedule and help her schedule ample homework and study time.
- **Develop strong study habits,** such as organization, goal-setting and persistence.
- **Ask the teacher to suggest resources** she can check if she can't understand the homework—and follow up if she's still confused.



## Are you providing relationship guidance?

Middle school transitions aren't all academic. Many students will begin to explore romance in these years. Are you helping your child navigate relationships responsibly? Answer *yes* or *no* to the questions below:

1. **Do you discuss** the basics of dating—respect for yourself, respect for the other person, kindness and consideration?
2. **Do you establish** rules about relationships and remind your child that school takes priority?
3. **Do you keep** your cool on the topic? Middle school dating is often more about friendship than getting serious.
4. **Do you talk** with your child about values as well as the consequences of risky behavior?

5. **Do you show** respect for your child's feelings?

**How well are you doing?**

*More yes answers mean you are guiding your child as he enters this new phase. For each no, try that idea.*

*"When teaching your kids about the concept of respect, teach them of their worth as a person."*

—Claire Stranberg

## Inspire your child to strive

A carrot may motivate a horse. Motivating a middle schooler, on the other hand, isn't quite as simple. To encourage your child to do her best:

- **Challenge and support her.** Urge your child to aim high. Remember that if she falls short, she still needs your love and acceptance.
- **Avoid comparisons.** "Your sister got an A-. Can you beat that?" Competitions only motivate people who feel they have a shot at winning. If your child thinks she might fail, she'll have no desire to try.

## Use report cards to plan

Reviewing your middle schooler's report card together is a useful way to help him chart a course for the rest of the year. If he has done well, discuss his plans to keep up the good work.

If he's struggling, help him brainstorm ways to do better going forward. "You did a great job with your science homework, but stumbled on tests. What if I quiz you for 10 minutes each night the week before a test?"

## Encourage healthy eating

A healthy diet helps students stay alert in class and retain what they learn there. You can't watch every bite your child puts in her mouth, so help her become an informed eater. To promote responsible food choices:

1. **Expose your child** to lots of healthy foods. Bring home new produce to try.
2. **Cook together.** Involve your child in preparing nutritious meals.
3. **Offer smart snacks.** Toss the soda and chips. Stock up on cut veggies she can grab on the run.



Source: L. Wiggins, "Middle Schoolers Learning Nutrition Education," University of Florida, [nswc.com/healthy](http://nswc.com/healthy).

## Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Sara Amon.

Translations Editor: Victoria Gaviola.

Copyright © 2020, The Parent Institute®,

a division of PaperClip Media, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • [www.parent-institute.com](http://www.parent-institute.com) • ISSN 1527-1021



# Daily Learning Planner

*Ideas parents can use to help students  
do well in school*

Family Resource Center  
Maryville City Schools



THE  
**PARENT**  
INSTITUTE

## February 2020

### Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. With your child, brainstorm ways to reduce screen time.
- ☐ 2. Let your child daydream sometimes. It can strengthen creativity and coping skills.
- ☐ 3. Talk about your family's ethnic background with your child.
- ☐ 4. Encourage your child to brainstorm ways to solve problems at school—before asking for your help.
- ☐ 5. Watch a TV commercial with your child. Notice and discuss the techniques it uses to influence people.
- ☐ 6. Ask your child to add two four-digit numbers. Can she figure it out on paper before you can with a calculator?
- ☐ 7. Suggest a few activities that your child can do alone, such as drawing and putting together a jigsaw puzzle.
- ☐ 8. Have your child time how long a bus or car trip takes. How many miles did you travel? What was your average speed?
- ☐ 9. Patiently explain the reason for a rule your child doesn't like.
- ☐ 10. Help your child think of tough situations he might face. How would he handle them?
- ☐ 11. With your child, look for ways to add peaceful moments to your lives.
- ☐ 12. Encourage your child to be a humble winner and a gracious loser.
- ☐ 13. Have each family member prepare one part of a meal, then enjoy it together.
- ☐ 14. Cut out small paper hearts. Write a reason you love your child on each one. Tape them together to make a chain of hearts.
- ☐ 15. Practice active listening with your child. Listen carefully while she talks. Repeat what you hear in your own words.
- ☐ 16. Spend 20 minutes on DEAR time today (Drop Everything And Read).
- ☐ 17. Make raisins dance. Have your child add a few to a glass of clear soda. They rise as bubbles collect, and fall after bubbles pop at the surface.
- ☐ 18. Be positive about your child's ability to learn, even if he is discouraged.
- ☐ 19. Write your child a note of thanks for a time she helped you.
- ☐ 20. Look for an educational TV show or video to watch with your child tonight.
- ☐ 21. Make up trivia questions about your family. Quiz one another at the dinner table.
- ☐ 22. Take a walk with your child and use all five senses to observe the world around you.
- ☐ 23. Give your child a cereal box. Ask him to calculate how many calories he will take in if he eats one serving a day for 25 days.
- ☐ 24. Faced with a difficult parenting situation? Teachers and other parents at school can be helpful sources of advice.
- ☐ 25. Is your child overwhelmed by a task? Have her commit five minutes to working on it. She may realize it's not so bad.
- ☐ 26. Read a newspaper editorial with your child. Tell him if you agree with the opinions stated. Ask what he thinks.
- ☐ 27. Think about your expectations of your child. Ask if there's a new responsibility she thinks she could handle.
- ☐ 28. For more time with your child, create a new weekly ritual together.
- ☐ 29. Ask your child to recommend a book for you to read.

**Helping Students Learn**  
Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL