

# EASTHAMPTON PUBLIC SCHOOLS

## WHITE BROOK MIDDLE SCHOOL

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Meredith Balise, Principal

Jill Pasquini-Torchia, Assistant Principal

November 1, 2018

Dear Families of White Brook Middle School Students:

Thank you for attending your child's parent teacher conference in October. You are welcome to make an appointment to meet with your child's teachers or with us at any time during the school year. During conferences, you may have noticed the WE Free the Children bake sale and coat drive. The results are in! White Brook Middle School's WE Free the Children raised over \$850 at their annual bake sale with proceeds going to support sustainable agriculture in Kalthana, India and the Easthampton Community Center. The students also collected boxes and boxes of gently used winter coats for the Easthampton Community Center for families in our community who need warm coats for the upcoming winter season. A special thank you to Ms. Breier and all the members of WE. Thank you for helping us help others! Together WE all make the difference we want to see in the world. It is through building a community that we recognize the central importance of relationships and connections in all our lives.

In an effort to connect White Brook families within our school community, we would like to create a school directory listing the contact information for students' families. Participating in the directory eases communication between fellow parents for class work, social events or carpooling. To have your information included in the White Brook Middle School directory, please fill out the information you would like included, sign the attached form, and return it to school. Participation in the directory is optional and your child's information will not be listed without your signature.

We are noticing that some students are coming to school over tired and unprepared because they spent too much time playing video games the night before. Because of the popularity of video games, eliminating them from your child's life might be unreasonable. If your child is playing on an Xbox, PlayStation or Switch, you can use parental controls to limit the timing, length of sessions, or ban games entirely if you feel it's appropriate. Using some kind of timer, a stop watch, egg timer, or hourglass may also help. It is important to know the ratings of the video games your child is playing. The Entertainment Software Rating Board (ESRB) looks at a number of factors when rating games. In particular, it considers the amount of violence, sex, controversial language, and substance abuse found in a game. Based on its developed guidelines, the ESRB then gives the consumer an age recommendation and content descriptor to each game submitted (Norcia, 2014). You can decrease the negative impact that video games can sometimes have on school. A few ideas that could help are:

- Do not install video game equipment in your child's bedroom.
- Set limits on how often and how long your child is allowed to play video games.

*A great place to learn and grow.*

- Monitor all of your child's use of video games, television, movies, and the Internet.
- Supervise your child's use—there are now many video games available for playing online with strangers.
- Take the time to discuss with your children the games they are playing or other media they are watching. Ask your children how they feel about what they observe in these video games, television programs or movies. This is an opportunity to share your feelings and grow closer with your child.
- Share information with other parents about certain games or ideas for helping each other (Norcia, 2014).

November 5<sup>th</sup> is picture retake day. There is no school for students on Tuesday, November 6<sup>th</sup>. Teachers are in professional development on that day. The WE Scare Hunger Food Drive will run from November 5<sup>th</sup>-21<sup>st</sup>. Please send in non-perishable foods if possible. Students are off on the 12<sup>th</sup> in honor of Veterans Day. On November 9<sup>th</sup>, students will honor our veterans in an assembly. Students share work and perform music for local veterans. The students then provide breakfast for the veterans in the library. This special performance makes Veterans Day very meaningful to our students and families. Please note that the next payment for the 8<sup>th</sup> Grade Washington D.C. trip in the amount of \$120 is due on November 16<sup>th</sup>. Checks should be made payable to White Brook Middle School. The cafeteria staff will prepare the traditional Thanksgiving feast on Thursday, November 15, 2018. This is always a special delight for our students. Thanksgiving recess for students and staff is November 21<sup>st</sup> – 23<sup>rd</sup>.

Every day is Easthampton Eagles Day! Students are encouraged show their Eagle pride. This is a reminder that students *must* arrive by 8:15 a.m. every day. Being in school all day, every day helps children get the most out of middle school. It is crucial that students arrive to school on time so that important instructional time is not missed. Please point out to your child that there is no substitute for being in class. Students need to be present to hear teachers explain concepts and participate in discussions and projects. Please schedule appointments before and after school hours whenever possible and if you cannot, try to arrange them for lunchtime. Also, it will be easier for your child to get up on time for school if she / he has had at least nine hours of sleep. Set a reasonable bed time and make sure all electronics are put away so children are not tempted to stay awake to read texts or play games. We value you as a member of our White Brook Middle School community. We look forward to your continued participation and welcome your calls, visits, and suggestions.

Yours truly,  
Meredith Balise  
Principal

Jill Pasquini-Torchia  
Assistant Principal

#### **A Virtues Pick**

### **HUMILITY**

*Humility is considering others as important as yourself. You are thoughtful of their needs and willing to be of service. You do not expect others or yourself to be perfect. You learn from your mistakes. When you do great things, humility reminds you to be thankful* (The Virtues Project, 2002).

You are practicing **HUMILITY** when you:

- consider the needs of others as important as your own and are doing your best because you know it is right
- apologize and make amends when you hurt others
- learn from your mistakes and change for the better
- ask for help when you need it and are grateful

*A great place to learn and grow.*

**Please include my child's information in the 2018-2019 Family Directory. *Only fill out the information you would like included in the directory.***

**Student Name** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Parent/Guardian 1 Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Home Phone Number** \_\_\_\_\_

**Mobile Phone Number** \_\_\_\_\_

**Parent/Guardian 2 Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Home Phone Number** \_\_\_\_\_

**Mobile Phone Number** \_\_\_\_\_

**Please publish the above information in the 2018-2019 White Brook Middle School Family directory.**

**Parent Signature** \_\_\_\_\_ **11-1-18**