

## IMPORTANT PLEASE READ!

Parents and Students, please take time to read. We would like to make you aware of a new law that took effect at the beginning of this year. As of January 1, 2018, any driver under the age of 18 can be cited to court for using their cell phones (calling, talking, texting, or using Bluetooth) in any school zone. Also, adults (18 or older) must be in Bluetooth mode if on the phone while in any school zone. Please help us keep our schools safe for our students.

## REMINDER

Winter weather is here and with snowy weather comes the chance of early dismissal from school. Please have a transportation plan with your student on what to do if school is released early.

## IMPORTANT DATES

01/11/18 4-H Public Speaking @5:30

01/15/18 MLK Day – No School

01/18/18 Basketball Homecoming

01/22/18 Math-A-Thon Kickoff

02/19/18 President's Day – No School

## SPARTA WHITE CO. LITTLE LEAGUE 2018

In-person sign-up is Jan. 13<sup>th</sup> from 9 am until 2 pm. The second in-person sign-up will be Feb. 17<sup>th</sup> from 9 am until 2 pm at the Rescue Squad Building.

Fees before Jan. 20<sup>th</sup> are \$35 for first child, \$25 for second, and \$15 for third child. After Jan. 20<sup>th</sup> fees will be \$40 for first, \$30 for second, and \$20 for third child.

ALL registrations will stop at 12 midnight March 2<sup>nd</sup>.



FARRAH GRIFFITH, PRINCIPAL | KIM SAVAGE, ASST. PRINCIPAL | STEVE WILSON, ASST. PRINCIPAL

From the Principal's desk:

Happy New Year! The start of a new year always brings with it the opportunity to reflect, resolve and renew. Here at WCMS we continue to keep our focus on creating and maintaining a physically and emotionally safe learning environment for our students to be able to achieve and thrive academically and socially. We renew our efforts at our midyear point to make WCMS a welcoming place and to communicate with you in a variety of ways. If you haven't done so recently, please do check out our school's website. Also, we invite you to log on to Parent Portal to check your child's progress in the classroom. If you don't have your current login information, please call our school and we will be happy to assist you.

In an effort to make our school a better place for everyone, we have been focusing on KINDNESS and EMPATHY. Students and teachers have been having regular conversations about kindness, and how just an ounce of kindness can make our school a better place to be! It is my hope that a focus on kindness will reduce the need for discipline and negative consequences. If we all treat one another kindly, we can learn in an environment that is free of bullies, fighting, and many other negative things. Please help us, by continuing the focus on kindness in your home and conversations with your student. Together, we can make WCMS the best place it can be!

I wish you blessings in the new year!

## ENERGY DRINKS

STUDENTS AND PARENTS: ENERGY DRINKS ARE NOT ALLOWED AT WCMS.

Negative Effects of Energy Drinks on Young Adolescents

- Cardiac Arrest
- Headaches and Migraines
- Increased Anxiety
- Insomnia
- Jitters and Nervousness
- Dehydration
- High Blood Pressure

Headaches, Anxiety, & Poor Sleeping Habits can negatively impact a student's school work.



WHITE COUNTY MIDDLE SCHOOL  
300 TURNTABLE RD.  
SPARTA, TN 38583



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# Basketball Homecoming 2018

## WARRIORS TURN "UP" THE SPIRIT

Tuesday, January 16, 2018

### BALL "UP" DAY

Wear your favorite sports attire or team jersey.



Wednesday, January 17, 2018

### GROWN "UP" DAY

Dress like an elderly person.



Thursday, January 18, 2018

### SQUAD "UP" DAY

Go all out to support the teams by wearing maroon & gray.

Friday, January 19, 2018

### FLAG "UP" DAY

Wear your Red, White, and Blue.

### Pinning of Colors and Recognition of Mr. & Miss Basketball

We would like to invite everyone to attend our homecoming ceremony on the evening of Thursday, January 18, 2018. Our 7th grade teams will be playing at 4:00 and 5:00. Then, pinning of colors and recognition of Mr. & Miss Basketball will begin at 5:45 p.m. with the 8th grade game following at 6:00 p.m. Admission to the game is \$2 for students and \$5 for adults.

**Note to Parents:** If your child attends the game, PLEASE have all rides at school no later than 8:00 p.m.

### WHAT DOES BEING KIND MEAN TO YOU?

*"Kindness is important in our school because many people rarely get to hear enough good things in their life. We should be kind to everyone because we have no idea what their life outside of school is like. For many students, school is the only place they are exposed to positive influences. If everyone is more kind and more positive, those students will be more positively influenced and become better people in return. We need to spread kindness and positivity for the students who do not get it anywhere else." -Luci McBride*

*"To me kindness shows love, just a simple smile and a "Hi!" can make someone's day. Kindness shows respect towards others and can make a big difference in your everyday life. If you haven't been showing kindness, it's not too late to start! If someone is not kind to you, don't give it back to them, be the better person and walk away. Kindness is a strong thing, so if you are hurt or feeling bad show kindness and it will make you and others feel stronger and more confident. That's what kindness means to me." -Kalie McDonald*

### 10 WAYS TO FOSTER KINDNESS AND EMPATHY IN KIDS

**Remember that apples don't fall far from trees.** Model compassion by treating friends, acquaintances, and colleagues with kindness.

**Keep it real.** Being inauthentic damages credibility with kids. Kindness doesn't require liking or speaking positively about everyone all the time. Validate kids' feelings when they accurately point out that someone has been mean-spirited. Take the opportunity to talk about why a specific action was mean, and remind children that it's possible to make bad choices but still be a good person.

**Stop the contagion.** Anyone who has spent time in a toxic environment knows that behaviors such as gossip, jockeying for power and negativity spread rapidly.

**Teach compassion through mindfulness.** Mindfulness can enhance attention span and reduce stress, but now researchers are finding that it can also foster empathy.

**Explore both natural and fictional worlds.** Going out into nature and experiencing "feelings of awe" appears to heighten empathy. You can also build kids' compassion by sending them to fictional universes. When children read books and become invested in characters' plights, they can imagine themselves in other people's shoes.

**Be a coach, not a browbeater.** To teach children how to rationally consider the consequences of their harmful actions, use logical reasoning.

**Give back to the community.** Meaningful volunteer engagement can widen children's worldview, teach them gratitude, and build their awareness of and sensitivity to others' struggles. Placing children in unfamiliar settings or uncomfortable situations heightens their ability to empathize with anyone who feels like an outsider or lacks a sense of belonging.

**Talk about the importance of diversity.** Teach children that their lives are enriched when they encounter and befriend people from different backgrounds. When kids are self-aware and self-accepting, they are less likely to be judgmental or prejudiced. Promote self-discovery by sharing personal journeys and helping kids understand that everyone has a story.

**Get moving.** Researchers at the University of Michigan studied middle school children and found that those who were more physically active and involved in team sports scored highest in leadership skills and empathy.

**Impart the art of making amends.** Everyone makes mistakes. Kids in particular are still learning, and developmentally they may be self-centered. Encourage children to do their best to behave kindly and ethically, but to recognize when their efforts fall short. Explain that there is tremendous power in an apology, even when the harm caused was unintentional.

### 3<sup>RD</sup> QUARTER MIDTERM ASSESSMENTS

#### 6<sup>th</sup> Grade

ELA- January 30<sup>th</sup>  
Math- January 31<sup>st</sup>  
Science- January 30<sup>th</sup>  
S.S.- February 1<sup>st</sup>

#### 7<sup>th</sup> Grade

ELA- January 31<sup>st</sup>  
Math- February 1<sup>st</sup>  
Science- January 30<sup>th</sup>  
S.S.- January 25<sup>th</sup>

#### 8<sup>th</sup> Grade

ELA- January 31<sup>st</sup>  
Math- January 26<sup>th</sup>  
Science- January 30<sup>th</sup>  
S.S.- January 25<sup>th</sup>

#### Title VI and Title IX Policy Notification

It is the policy of the White County School System not to discriminate on the basis of race, color, religion, sex, national origin, age or disability in its educational programs or employment policies as required by Title VI and VII of the Civil Rights Act of 1964, the Equal Pay Act of 1973, Title IX (1972 Educational Amendments), Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act.

Inquires or complaints regarding compliance with Title VI, Title IX, or the Americans with Disability Act should be directed to:  
Title VI and Title IX Coordinator

for  
White County School System  
Kemberly Marcum  
136 Baker Street, Sparta, TN 38583  
Ph: (931)836-2229

And/or  
Office of Civil Rights  
Tennessee Department of Education  
And/or

The Office of Civil Rights  
U.S. Department of Education  
61 Forsyth Street S.W., Suite 19T70  
Atlanta, GA 30303-3104  
(404)562-6350

Inquires or complaints regarding Section 504 should be directed to:  
Section 504 Coordinator for White County School System  
Bryan Haley  
136 Baker Street, Sparta, TN 38583  
Ph: (931)836-2229

And/or  
Office of Civil Rights  
Tennessee Department of Education  
And/or

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