

# BULLDOG BULLETIN

## HANCOCK MIDDLE SCHOOL



October 2022

One month of school is done! Mrs. Bernard and I sure enjoyed seeing students back in the building after it being so quiet all summer! I have been getting to know our new 6th graders-they have been adjusting to life in the middle school well and are opening lockers like pros now :) It has been great to see our 7th and 8th graders back in the school also; all a little older, wiser, and more mature than the last time they were here in June!

We have a great deal of new staff in our building; 4 high school teachers are teaching in the middle school part time, as well as 5 new middle school teachers. Along with our new staff, Advisory time was changed to right after lunch to better align schedules with the High School. This seems to work well as students can get some energy out prior to going back to a core class.

As always, please don't hesitate to contact me if you have any questions or if there is anything I can do to help your student!

Sincerely,  
Hannah Impola - Hancock Middle School Principal

Congrats to Mr. Schowengerdt's Advisory for winning the Copper Bowl Door Decorating Contest!

### IMPORTANT UPCOMING DATES IN TRIMESTER 1:

**OCTOBER 10**  
PICTURE DAY

**OCTOBER 14**  
NO SCHOOL (AREA-WIDE PD)

**OCTOBER 19**  
EARLY DISMISSAL

**NOVEMBER 2**  
HALF DAY SCHOOL  
CONFERENCES

**NOVEMBER 21**  
EXAMS

**NOVEMBER 22**  
EXAMS  
HALF DAY SCHOOL

**NOVEMBER 23-25**  
THANKSGIVING BREAK

## Welcome!

Hancock Middle School sends a warm welcome to our new staff members!

**Mrs. Huffman:** 6th and 7th grade Social Studies and Computer Applications/Spanish

**Mr. Benge:** Algebra and STEM

**Mr. Schowengerdt:** 7th and 8th grade Science, Computer Applications

**Mrs. Impola:** Special Education

**Mrs. Meckler:** Band

From the high school:

**Mr. Smith:** 6th grade ELA

**Mrs. Coleman:** 6th grade Science

**Mrs. Laakonen:** 7th grade Science

**Ms. Murphy:** 7th grade Intro to Computer Literacy

### State Testing:

On Oct. 4 we completed our Fall Smarter Balanced testing. The data from this test gives us a baseline score. Students will test again in the Spring to show how much they grew over the course of the year in math and ELA!

**MS Boy's Basketball** sign up is in the Middle School office. All boys interested are encouraged to sign up!

**4th-6th grade Girl's Basketball** will be offered on Mondays beginning October 10 after school at Barkell Elementary until 4:45.

### Quote of the Month:

"It is our choices, Harry, that show what we truly are, far more than our abilities."  
-Albus Dumbledore

### Power School

Do you have a PowerSchool account? With PowerSchool you can easily access your students grades and contact teachers if necessary. Contact Mrs. Bernard in the office if you would like to get an account set up!

## PBIS

We introduced Positive Behavior Interventions and Supports into Hancock Middle School last year. PBIS is a framework to teach and reinforce behaviors that we want students to display in school. Students and staff share clear and consistent expectations about how they should act in different settings.

Last Fall we focused on lunchroom behaviors and with the use of PBIS were able to reduce behavior related referrals from 0.44 to 0.08 per day. With the behavior improvement in the lunchroom, we decided to next focus on addressing inappropriate language, defiance and disrespect. The number of referrals in those areas reduced from 0.67 to 0.46 per school day.

This year we are starting the year with a goal of improving attendance. Last school year **82% of our students missed 20 days of school or more**. We have excellent teachers at HMS and students learn as a result of being involved in the varied experiences provided during class time. Not all learning can be measured by tests or homework grades.

Attendance is also a way to measure a student's dependability, one of our 4 pillars of leadership (along with loyalty, effort and adaptability) we are working to instill in students. We want all students to love their school experience at Hancock Middle School and it all starts with showing up!

### Are you getting enough sleep?

According to the American Academy of Sleep Medicine, students aged 6-12 should get **9-12 hours of sleep** each night. Students aged 13-18 should get 8-10 hours of sleep. A study showed that 60% of Middle School students do not get enough sleep on school nights. Children and adolescents who do not get enough sleep have a higher risk for many health and behavior problems.

### Parents can support good sleep habits such as:

1. **Sticking to a consistent sleep schedule during the school week and weekends.** This means going to bed at the same time each night and getting up at the same time each morning. Adolescents whose parents set bedtimes are more likely to get enough sleep.
2. **Limiting light exposure and technology use in the evenings.** Parents can limit when their children may use electronic devices (sometimes referred to as a "media curfew"). Parents can limit where their children may use electronic devices (for example, not in their child's bedroom).