

Anchor Bay North

Principal's Corner

James Thiede



IMPORTANT UPCOMING DATES

February 1st– First Day of Black History Month

February 9th– 7th/8th grade dance

February 16th-19th Winter break– No School

February 27th– Teacher PD–No school

March 1st– First Day of Women's History Month

March 1st– 6th Grade Dance

March 23rd-April 1st-Spring Break– No School

April 9th– 8th grade PSAT testing

April 11th-April 17th– 8th MStep Testing

April 22nd-24th– 7th grade MStep Testing

April 25th-27th– 8th grade Washington DC trip

April 29th-May 1st– 6th grade MStep Testing

May 7th– Teacher PD day– No School

May 21st– Academic Awards

6th– 9am, 7th– 1:45pm, 8th– 7pm. North Gym

May 23rd– Band Concert 7pm @ ABHS

May 27th-Memorial Day– No school

May 28th– Spring Choir Concert 7pm @ ABHS

May 31st– Reward Trips

June 3rd– All A's Breakfast

June 5th, 6th, and 7th Final exams

June 7th– Last day of school

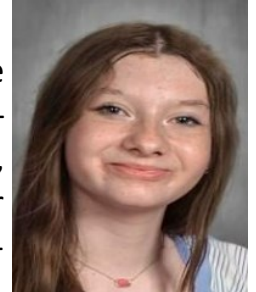
February 7th, 2024

2nd Semester Begins!

Our second semester began on Monday, January 29th. This officially marks the half way point of the school year. We are very proud of the continued success of our GREAT STUDENTS! SAIL THE SHIP!

Kaleidoscope

Congratulations to our Kaleidoscope winner for the 2023-24 school year, Kylie Yarber. An eighth-grade student at North. Kylie enjoys writing, sewing, puzzles, and tennis. Thank you Mrs. Brees for submitting her work and Mrs. Kessel for running the Kaleidoscope program at North!



Sailor Drama

There are a lot of GREAT things happening in North's drama classes. In December, the Drama 6 class put on a Christmas play called "CSI: Santa is Missing." They put on several performances before the holiday for many classes right here at North, and an evening performance for their parents. Drama 7/8 worked very hard on their production "Snow Queen" which they were able to perform at Lighthouse Elementary for their 3rd, 4th, and 5th graders. They also put on an AMAZING evening performance for their parents. They did an outstanding job. We were also VERY excited to take our drama / choir students to see "Frozen" as their big field trip at the Detroit Opera House. Our second semester



field trip is in Port Huron at McMorrان Place on March 7th. We are going to see "Beauty and the Beast, Jr" and we are super excited to see our very own North students perform in it. Good luck to Quinn Kleczweski and Griffin Smith. We can't wait! Our drama 6 class has also been invited to attend an event at Watermark Church to celebrate the volunteers that participated in the fundraising community Christmas event here at



North. We will be performing at their dinner on the evening of March 6th. We will do a short skit and a dance. We were honored to be asked to do this. Looking ahead, our drama 6, 7, and 8 students will be putting on another production in each class, but it won't be

until the end of the year so stay tuned!

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SAIL THE SHIP!

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Band News

On Saturday, January 20th, eleven of our band students attended Solo and Ensemble Festival at Rochester High School in eight different events (solo performances or trios). Of those eight events, seven received the highest possible rating! Great job Sailors!

Upcoming Events

2/22 - Pre-Festival concert at Anchor Bay High School. 7th grade performs at 6:30pm, and 8th grade performs at 7:00pm.

3/2 - MSBOA District XVI Festival at Dakota High School. 7th grade performs at 8:55am, and 8th grade performs at 1:00. 6th graders have been working hard in their Essential Elements book and have started preparing for the Spring concert in May!

North Clubs

Our Superintendent, Mr. Jankowski, has made a push to give students more opportunities to be involved with our school. Our teachers, staff, and parents have stepped up to begin to offer some creative club opportunities. We currently have the following clubs:

Yoga Club—run by Ms. Siemaszko

Cooking Club—run by Ms. Beninati and Mrs. Brees

Craft Club—Mrs. Thomas, Mrs. Deagen, Mrs. VanHeusden, and Mrs. Ramsey

Dungeons are Dragons Club—run by Ms. Turner

Ski Club—run by Ms. Siemaszko

Wood working—run by Mr. Patyi and Mrs. Manger

Bridge building—run by Mrs. Massey

Debate Club—run by Mrs. Goerke

Green Team—run by Mrs. Ramsey and Mrs. Thomas

Fishing Club—run by Mr. Elliot

Thank you to our teachers and parents who give our students these GREAT opportunities!

Cooking Club

Mrs. Beninati and Mrs. Brees have Middle School North's Cooking Club in full swing! Students in grades 6th, 7th and 8th may participate. While in Cooking Club students will experience how to cook safely and discover several tasty recipes while working together as a group.

Cooking Club has received positive feedback from the students, staff, parents and our Facebook parent page! Being able to offer after-school programs such as Cooking Club has a wonderful impact on our students. It provides them with socialization, feeling part of a group, the ability to express themselves creatively and an overall fun time!

We will be offering several sessions throughout the year. Once the next session is scheduled we will promote the club by making overhead announcements, during afternoon Broadcast class, on the website and on our Facebook parent page. The cost is \$20.00 and space is limited to the first 32 students that turn in their permission slip and money.

Middle Years

Included in this Principal's Corner is information about Middle School-aged children. The information comes from a newsletter called "Middle School Parents" produced by The Parent Institute. I hope you find the information insightful.



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Shoe Drive

Green Team and NJHS will be collecting new and gently used shoes for the Shoe Drive until March 1st. Please help MSN meet the goal of collecting 2,500 pairs of shoes. If MSN collects 2,500 pairs of shoes, we will earn \$1,000. If we collect less, we will be paid 40 cents for each pound of shoes that we collect. Funds earned from the Shoe Drive will be donated to Feed the Bay, which services students in the Anchor Bay School District. As of February 2nd, North has collected 610 pairs of shoes! The first hour class that donates the most shoes will earn a treat. The grade level that donates the most shoes will earn a Pajama Day in March. Thank you to everyone that has sent in shoes!



Wood Working Club

Our new wood working club gives students an opportunity to learn how to measure, design, and build a project they are interested in out of wood. They will learn how to safely use drills, impacts and hand saws. They will be introduced to the diverse types of fasteners and glues. They will learn several types of wood and how to finish them. When completed they will bring home



both their small and larger projects! The wood working club is run by Mr. Patyi and Mrs. Manger

Ski Club

Let it snow, Let it snow, Let it snow. Anchor Bay Middle School North is proud to announce the 2024 Ski club. Students have been having a GRAND time hitting the slopes at Alpine Valley Ski Area in White Lake Twp. The Club takes a district bus to the slopes on Fridays after school. Some students have their own gear, while others are able to rent their skis or snowboards from Alpine. Middle School South as well as the High School also join us for a night of fun and laughs. If your child is interested in joining ski club, there will be an opportunity next year! The ski club is run by Ms. Siemaszko.



Yoga Club

Anchor Bay North is happy to offer Yoga Club after school from 3-4 on Wednesdays. Participants learn the practice of yoga that involves movement, mindfulness, and a whole lot of fun. Students will combine physical postures, breathing techniques and relaxation to foster harmony in the body and mind. The benefits of yoga include improved strength, stress management, increased flexibility, improved athletic performance. If you have any questions please contact Ms. Siemaszko at psiemaszko@abs.misd.net

SAILOR DODGEBALL

North Student Council hosted our 15th Annual Dodgeball Tournament on Friday, January 12th. **School spirit is alive and well at NORTH!** A total of 252 students played on 25 teams. All teams displayed amazing sportsmanship, whether it was after a win or a loss. The winning team was Can't Dodge This, and the runner-up team was Pink Ponies Club. Congratulations to all teams! A great time was had by all. We thank the students, parents, and staff who help make this a safe and successful event every year! Proceeds from the event go towards student-centered events and activities. We couldn't do it without the efforts of the entire North Staff and the main organizers, **Sarah Kessel and Paula VanHeusden.** Looking forward to next year's tournament! Start thinking about a team!

DODGEBALL CHAMPS!



2nd Place



ANCHOR BAY MIDDLE SCHOOL
NORTH



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Middle School Parents

February 2024
Vol. 27, No. 6

Anchor Bay Middle School North

still make the difference!



Connections, imagination & humor boost brain power

It's common for middle schoolers to seem more concerned with their friends than with what they're learning. Many act silly one minute and feel overwhelmed the next.

Sound familiar? If so, your child is a typical middle schooler. Brain research sheds some light on the behaviors that worry adults (and drive them crazy). Adolescents act this way because the emotional part of the brain develops faster than the rational part of the brain.

Over the next few years, you are likely to witness swings in your child's emotions. However, you can use emotions to maximize your child's ability to learn. Here's how:

- **Make learning personal.** Middle schoolers tend to think the world revolves around them. So, link

learning to your child's life. When studying the Revolutionary War, ask about a time your child felt like revolting against authority.

- **Promote imagination.** Help your child put imagination to work while studying. Ask questions like, "What do you think it would have felt like to be there with George Washington at Valley Forge?"
- **Use humor.** Middle schoolers love to laugh and make jokes. Look for funny cartoons, GIFs or videos about subjects your child is learning. They can satisfy your middle schooler's desire to laugh and promote learning at the same time.

Source: T. Armstrong, Ph.D. *The Power of the Adolescent Brain: Strategies for Teaching Middle and High School Students*, ASCD.

Use report cards to set goals and celebrate effort



Whether your middle schooler's report card is better or worse than you expected, it's an ideal learning

opportunity. With your child:

- **Celebrate.** Straight A's are a reason to celebrate, but so is working hard to bring up a grade in a class. Always acknowledge things your middle schooler does well first.
- **Talk about issues.** Are there many surprises? Discuss them with your middle schooler. If you're upset about a particular grade, remember to stay calm. Say, "I'm disappointed about that C in English. What do you think are the reasons for it? Do you think it reflects how much you've learned?"
- **Set goals.** Use the report card to help your child chart a course for the rest of the school year. If your child did well, talk about ways to keep up the good work. If your child struggled, brainstorm ways to improve things going forward. "You did a great job of turning in your science assignments, but you stumbled on tests. What if I start quizzing you each night of the week leading up to a test?"



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Effective ways to handle your middle schooler's outbursts



Just when you thought your child had outgrown tantrums, along comes adolescence. Preteens are notorious for their strong emotions. Here are tips for handling your child's angry outbursts:

- **Stay in control.** Overreacting to your child's anger only adds fuel to the fire. Give your child some space and time to settle down. Resume your discussion when you're both calm.
- **Avoid harsh punishment.** It's tempting to yell, "You're grounded for a month!" when you're upset. But discipline should be designed to teach, not punish.

- **Don't give in.** If you've made a good decision, stick to it. Show your child that pleading and tantrums will not change your mind.
- **Offer choices.** Giving your middle schooler a sense of power can reduce frustration and outbursts. Say things like, "You can finish your report either before you go on a run or after. It's your decision."

"The child supplies the power but the parents have to do the steering."

—Dr. Benjamin Spock

Three key skills help students prepare for college and careers



Most middle schoolers don't know what they want to do after they graduate from high school—and that's perfectly all right.

However, your child can start strengthening some skills now that will improve chances of success in the future—whatever it may hold. These skills include:

1. **Communication.** From factory floors to hospital operating rooms, on-the-job success depends on effective communication. You can help your child develop speaking and listening skills at home. If your middle schooler wants you to change a rule, ask to see a presentation about why you should. Why does your child want to stay up later on the weekends? How has your child demonstrated responsibility to support this change?
2. **Analytical thinking** and problem solving. Middle schoolers often see things they'd like to change. There's a school policy that doesn't seem fair. The science equipment needs an upgrade, but the school lacks the budget. Instead of just listening to complaints, help your child think of ways to be part of a solution. Perhaps your child can share ideas with the principal.
3. **Decision making.** Suppose your child is wondering whether to sign up for an honors math class next year. Suggest making a T chart—putting the reasons *for* on one side and the reasons *against* on the other. Seeing the pros and cons on paper will help your middle schooler make an informed choice.

Source: B. Cook, "College and Career Ready: What It Means for Middle School Students: Helping students develop the skills they know they need to succeed," Association for Middle Level Education.

Are you helping your child handle new relationships?



It's not too early to start talking to your child about romantic relationships.

Are you providing guidance that will help your child navigate tricky interactions when the time comes? Answer *yes* or *no* to the questions below to find out:

___ 1. **Have you talked to your child** about the basics—respect for yourself, respect for the other person, kindness and consideration?

___ 2. **Are you remaining calm?** Many middle school relationships are more about friendship than they are about getting "serious."

___ 3. **Have you discussed rules** about relationships with your child and emphasized that school comes first?

___ 4. **Do you show respect** for your child's feelings?

___ 5. **Do you talk** about your family's values regarding appropriate behavior? Have you talked about all of the consequences of risky behavior?

How well are you doing?

Mostly *yes* answers mean you are preparing your middle schooler to handle this new phase. For *no* answers, try those ideas in the quiz.

Middle School
Parents
still make the difference!

Practical Ideas for Parents
to Help Their Children.

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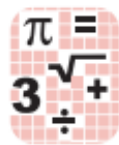
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Boost your child's math skills with an imaginary stock portfolio



Nearly every middle schooler is interested in making money. See if your child can "make" some money by playing

a stock market game.

To play, follow these steps:

1. **Explain that stocks** are small pieces or *shares* of a company. If enough people are buying pieces of that company, the value of its stock will go up. But if people are selling off pieces of that company, the value of its stock will go down. Then, show where the stock prices are listed online or in the newspaper.
2. **Give your child** an imaginary amount of money to invest. Then, have your child pick several companies and decide how much

of the imaginary money to spend on each company's stock.

3. **Ask your child** to chart the prices each day. Explain that by purchasing 100 shares of a \$10 stock on the first day, your child would have \$1,000 worth of that stock. But if the stock goes up to \$11, your child would have \$1,100 worth of the stock. If it goes down to \$9, your child would have only \$900. Your child should figure out how much money was earned or lost on each stock for the entire month.
4. **Have your child** give the family a report at the end of the month. Don't forget to ask if there is anything different your child would do next time, based on this experience.

Your words can affect your middle schooler's motivation



The way middle schoolers hear the adults in their lives talk about them to others can have a lasting effect. It can motivate them to do their best—or discourage them from even trying.

To make sure the things you say have a positive effect:

- **Assume your child** is listening when you speak—even if your middle schooler doesn't appear to be paying attention. Kids instantly perk up their ears when they hear their names. And they pick up more than the words. Middle schoolers are mature enough to take note of the tone of voice and the context of the conversation.
- **Avoid discussing** your child's strengths and weaknesses with siblings. This only fuels rivalry.

- **Avoid making** negative comments about your middle schooler to others—especially to other family members. Think about how you would feel if two people you love talked about how lazy, messy or frustrating you were, right in front of you.
- **Congratulate** your child on academic performance, but focus on what's *really* important to you. Talk about things your child has learned, or about your child's kindness or sense of responsibility. And if you really want to motivate your middle schooler, talk about persistence. Discuss a time when your child didn't give up, even when the going got tough.

Source: S. Rimm, *Why Bright Kids Get Poor Grades and What You Can Do About It: A Six-Step Program for Parents and Teachers*, Great Potential Press.

Q: I caught my middle schooler copying all the answers from a friend's school assignment. My child said it was no big deal and that other students do it all the time. What should I do?

Questions & Answers

A: Unfortunately, the pressures of middle school cause some students to turn to cheating. In middle school, students become more aware of how they compare with their peers and they may view cheating as necessary to keep up.

In one study, 90% of students admitted to copying a friend's assignment and 75% admitted to cheating on tests.

Cheating is very serious. But you can keep your child from turning one mistake into a more severe problem. Here's how:

- **Ask if working with others** was part of the assignment. If it wasn't, talk about the consequences of cheating. It's dishonest and it robs your child of learning the skills and information needed for success in life.
- **Ask why your child cheated.** Many students are worried about disappointing their families or getting punished for less-than-perfect grades.
- **Emphasize learning** more than grades. Explain that your child's best effort is what matters. Let your middle schooler know that mistakes are learning opportunities and don't affect your love.
- **Help your child** strengthen study habits. Then your student can earn higher grades without cheating.
- **Find help** if your child has fallen behind. The teacher may be able to suggest a tutoring program or a student who might work with your child.



It Matters: Test Success

Preparation improves test outcomes



Tests in middle school are often more frequent, challenging and involved than they were in elementary

school. To help your child improve test performance, share these preparation strategies:

- **Schedule plenty of study time.** Teachers usually provide advance notice of when they plan to give a test. Your child should start studying the day the test is announced, in short sessions each day.
- **Experiment** with different studying methods. Some students like to read material aloud and then explain it to someone. Some create diagrams, posters or models. Help your child find a strategy that works best for the subject.
- **Try “chunking.”** Most students retain more when material is broken down or “chunked” into smaller pieces. Suggest making note cards with one relevant fact on each card.
- **Think like a teacher.** Encourage your child to consider: What are the most important pieces of *information in this unit? What are the concepts this unit is presenting? What parts of this unit will help me understand material that is coming up in the next unit and beyond?* Then, your child can create and take a practice test.
- **Save the last day** of studying for review. Your child shouldn't try to learn new concepts on the last day. This is cramming, and crammed material is typically forgotten as quickly as it is learned.

Share five test-taking steps with your middle schooler

Tests aren't the only measure of learning, but they are a useful way to check students' progress. For the best results, encourage your middle schooler to follow these five test-taking steps:

1. **Read the directions carefully** and underline action words, such as *compare, list, describe, define* and *summarize*.
2. **Skim the whole test quickly.** Your child should think about how much is available to take the test and then decide how much time to spend on each question.
3. **Start working.** If the format allows, your middle schooler should answer the easy questions first, and place a check mark next to questions that will take more thought or time to answer.
4. **Go back to the checked questions** and answer each one.



5. **Double-check answers** before handing in the test. Your child should make sure the answers make sense and that there are no careless mistakes.

A test-prep checklist keeps middle schoolers organized



Talk to middle schoolers about being organized and they probably think about keeping their rooms neat. But organization is also a way of approaching schoolwork and studying.

It's hard for students to do well on a test if they don't know when the test is, what to study or what materials they need.

In middle school, your child is expected to keep track of all this information—for each class. Few people can do this in their heads.

The solution? Have your child create a test-prep checklist and refer to it often.

For upcoming tests, your child should write down the answers to these questions:

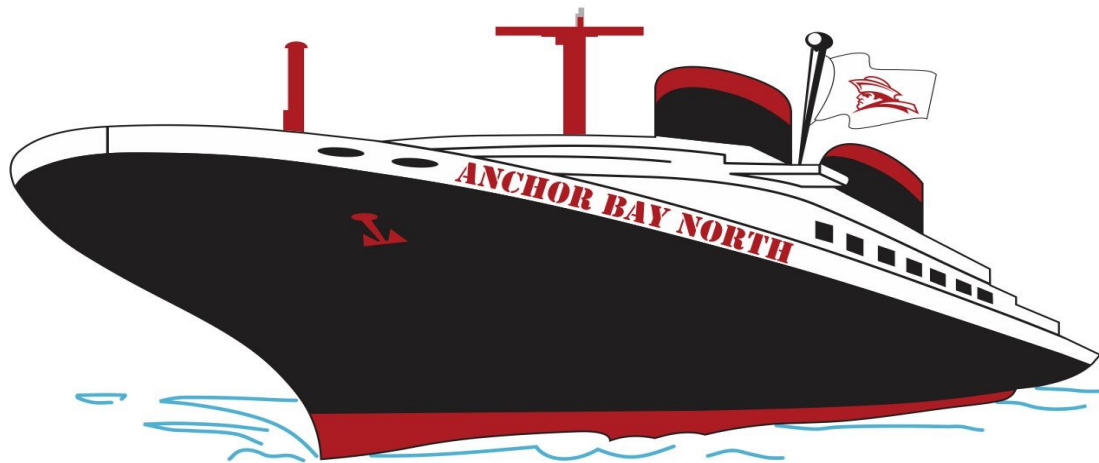
- **What is the class?**
- **When is the test?**
- **What is the test format?**
- **What topics will be covered?**
- **What are the relevant pages** in the class reading material?
- **What materials do I need** to study—textbook, notes, past assignments and quizzes?

Anchor Bay North

Principal's Corner
James Thiede



We are the “Anchor Bay NORTH Sailors” and our motto is **“SAIL THE SHIP!”**. We consider our school a ship that requires everyone’s best effort and ALL HANDS ON DECK to SAIL THE SHIP! **WE BELIEVE IN EACH OTHER** and know that we need each other to SAIL THE SHIP! GO SAILORS!



SAIL THE SHIP!