



September 2017

Hillside Herald 2017-2018

Hillside Middle School

1825 South Nevada Street (2375 East), Salt Lake City, UT 84108

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From the Desk of Mrs. Berntson

Welcome Back Huskies!

We have had a great start to the 2017-2018 school year, starting with our Hello Day Assembly featuring student and teacher performances, and a slide show of our student body. Students learned the story of Daniel (Rudy) Ruettinger, who played college football at the University of Notre Dame. His life and career at Notre Dame became an inspiration to many. You may have watched the movie Rudy that was filmed in 1993. Rudy had a goal and stuck with it until he accomplished it!

Our school motto for this year is HUSKY STRONG!

We are the HUSKIES...

Hard Workers, United, Self-Starters, Kind, Innovators, Eager, Supporters.

MUSH!!! Mighty United Students of Hillside

Important Dates for September

- Monday, Sept. 4th = Labor Day (No School)
- Tuesday, Sept. 19th = SCC Meeting @ 7:30am
- Thursday, Sept. 21st = PTA meeting @ 9:30am
- Friday, Sept. 22nd = Mid - terms
- Tuesday, Sept. 26th =Parent/Teacher Conf. 3:45-7:30pm
- Thursday, Sept. 28th =Parent/Teacher Conf. 3:45-7:30pm
- Friday, Sept. 29th = Non-Student Day (No School)



School Musical



Join us this year for the production of Peter Pan! If your child is interested in participating in this great event, there is a mandatory parent meeting on Monday, October 2nd @ 6pm in the auditorium.

School Community Council

SCC

School Community Council

5 Reasons to Join SCC:

1. Benefit your Child!

Research shows that children perform better when parents are involved both at home and at school.

2. Get Connected!

There is no better way to know what's happening at school.

3. Minimal Time Commitment!

One hour meeting once a month.

4. Have a Say in Your Child's Education!

Share your opinions for making our school great.

5. Help Make School Decisions!

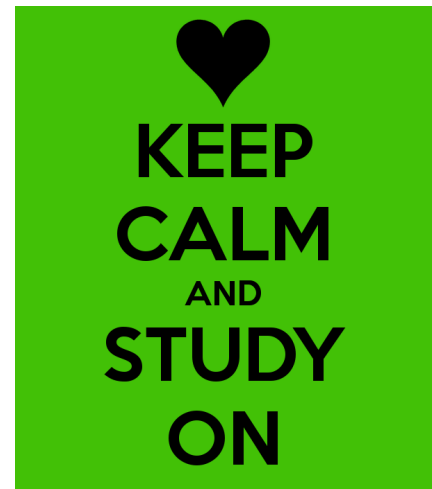
We discuss issues such as budgets, discipline, internet safety, school activities, & more.

Contact Lacy Egbert: Lacyegbert@gmail.com for more information. We meet on the 3rd Tuesday of the month at 7:30am in the front office. We will have **elections** at our first meeting of the school year, so please join us Tuesday, September 19th!

Study Skills for Success**STUDY SKILLS FOR SUCCESS**

Setting up a specific study time and space, and having study tools available for your student is essential for his or her success. You can help your students succeed in school by establishing homework and study rules, a place for them to work, and the tools they will need to complete their homework. The following are some ideas to help your student get into a homework routine.

1. Set up a time (the same time) each night for your student to study. Example: Immediately after your student gets home allow him/her 30 minutes to have a snack, then start his/her homework. Make this part of his/her daily routine.
2. Establish the length of study time. Example: Student will study for 1 hour per night with a 10 minute break after 30 minutes of work. Use a timer to notify student of breaks and/or when study time is over.
3. Do not allow cell phones, iPods, or other digital devices that will distract your student during study time.
4. Identify a space where your student will do homework and study. Examples: The kitchen table or a designated desk.
5. Stock the study area with supplies so your student does not have to leave the study area. Example: Have pens, pencils, erasers, paper, notecards, and highlighters at the designated area or a nearby drawer.



Orchestra News**Orchestra News!**

It was wonderful to meet, or see again, my orchestra students this week! We were very busy making sure we all have instruments, or choosing the instrument we will play, so that took up much of our time. We are really looking forward to getting some playing in next week!

Orchestra II will get Lagoon sign up information in the second week of school. Please look for that information to come home. It is also on my web page.

Please note that all **concert dates** can be found on my web page at Hillsideorchestra.weebly.com as well as dress code and concert policies. If you would like to sign up for text alerts for concerts and assemblies, please text the number below and message for your child's class.

Text to this number: **81010**

Message for Orchestra I (second period) is **@hillorch1**

Message for Orchestra II (first period) is **@hillorch2**

Thank you so much for your support, and I am looking forward to an amazing year! -
Mrs. Misco



Choir News



Hello and welcome back choir students and parents/guardians!!

Just a quick note to remind you to check out the choir's website
www.hillsidechoir.weebly.com.

T-shirt orders are due **Sept 15**. Please order the shirt online but pay in the Hillside office (\$8) and show the receipt to Ms. Hill.

It's not too early to be thinking about Lagoon Festival (May 19th) information is on the website. This festival is NOT a required performance.

***Winter Concert is Dec. 5th at 7pm at Hillside – call time for students is 6:30.

Feel free to e-mail me if you have any questions
Audrey.hill@slcschools.org



Attendance Matters!

Dear Parent/Guardian:

Our goal this year is to ensure that every student attends school regularly.

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and in life.

We realize some absences are unavoidable due to health problems or other circumstances. But, we also know that when students miss too much school— regardless of the reason – it can cause them to fall behind academically. Your child is less likely to succeed if he or she is chronically absent—which means missing 18 or more days over the course of an entire school year. Research shows:

- Children chronically absent in **kindergarten and 1st grade** are much less likely to read at grade level by the end of 3rd grade.
- **By 6th grade**, chronic absence is a proven early warning sign for students at risk for dropping out of school.
- **By 9th grade**, good attendance can predict graduation rates even better than 8th grade test scores.

Absences can add up quickly. A child is chronically absent if he or she misses just **two** days every month!! **Clearly going to school regularly matters!**

We don't want your child to fall behind in school and get discouraged. Please ensure that your child attends school every day and arrives on time. Here are a few practical tips to help support regular attendance:

- ***Make sure your children keep a regular bedtime and establish a morning routine.***
- ***Lay out clothes and pack backpacks the night before.***
- ***Ensure your children go to school every day unless they are truly sick***
- ***Avoid scheduling vacations or doctor's appointments when school is in session.***
- ***Talk to teachers and counselors for advice if your children feel anxious about going to school.***
- ***Develop back up plans for getting to school if something comes up. Call on a family member, neighbor, or another parent to take your child to school.***

Let us know how we can best support you and your children so that they can show up for school on time every day. We want your child to be successful in school! If you have any questions or need more information please contact your child's school.

Sincerely,
Salt Lake City School District

College and Career Readiness Conferences**“Plan for College and Career Readiness Conferences”
are coming up soon.**

These conferences are an opportunity to speak with a school counselor and get information to assist your child in preparing for their future.

College and Career Planning helps students:

- explore possibilities and learn about opportunities
- plan for both education and future career goals
- review progress toward achieving those goals
- learn about important career and/or college readiness skills, and make connections between work, school and post-secondary training

7TH GRADE COLLEGE & CAREER READINESS GROUP CONFERENCE INFORMATION

(classroom presentation):

7th Grade College and Career Readiness Planning Conference invitation letters will be sent home with your child towards the end of September.

The 7th grade conference is a group session that will occur during your child's 7th grade College and Career Awareness Class. The dates for the conferences will be on October 10th (Streba's CCA students) and October 12th (Platt's CCA students). A specific time will be on the letter.

Materials will be sent home with students for parents to review if parents are unable to attend the conference.

8TH GRADE COLLEGE & CAREER READINESS INDIVIDUAL CONFERENCE INFORMATION

(individual meeting with a counselor):

The 8th grade conference is an opportunity to review and obtain important information to assist students in transitioning to high school. We would love to meet with all of our parents and students.

8th grade College & Career Readiness Individual Conferences will begin at the end of October and go through December.

Parents will receive an invitation letter with details about using an online scheduler to create your own appointment. If you are unable to use the online scheduler, you can also call Luana Hofeling, 801-481-4828 x 1017. Also, please feel free to contact us if the online appointments will not work within your schedule. We will try to build an appointment time that will work for you.



Brief Fact Sheet

Teen Depression

Depression is not normal teen moodiness; it is a medical condition that interferes with a child's life and may have long-lasting symptoms. Depression can lead to suicide. Treatment is essential. Consider these facts:

1. **Depression begins in adolescence.**
 - At least half of all cases of depression begin by age 14.
2. **Teen depression is common.**
 - By the end of their teen years, 20% will have had depression.
3. **Depression is treatable.**
 - More than 85% of teens improve with a combination of medication and therapy.
4. **Over 65% of teens don't receive treatment from a mental health provider.**
5. **Untreated depression has serious consequences.** It can lead to
 - Substance abuse
 - Academic failure
 - Bullying
 - Eating disorders
 - Suicide, which is the second leading cause of death among 15- to 24-year-olds.

Teen Depression—What Schools and Parents Can Do When Help is Refused

FREE WEBINAR

Tuesday, September 26, 2017

7:00 PM ET

What can you do if a teen with depression doesn't want help? Learn how to identify depression in teens and intervene with effective communication techniques to help a teen that may be reluctant to start treatment. Join our discussion with Dr. Nancy Rappaport, expert in teen depression.

Register at www.familyaware.org/trainings

Signs of Depression: What Parents or Teachers May Notice

- Irritable or cranky mood
- Loss of interest in sports or other activities, withdrawal from friends and family, relationship problems
- Failure to gain weight as normally expected
- Excessive late-night activities, having difficulty falling asleep or staying asleep, having trouble getting up in the morning, frequently late for school
- Taking a long time to complete normal tasks, pacing back and forth, excessive repetition of behaviors
- Social withdrawal, napping, withdrawal from usual activities, boredom
- Making critical comments about themselves, having behavior problems at home or school, being overly sensitive to rejection
- Poor performance at school, drop in grades, frequent absences
- Frequent complaints of physical pain (headache, stomachache), frequent visits to school nurse
- Preoccupation that life is meaningless
- Writing about death, giving away favorite toys or belongings, "You'd be better off without me."

If you are concerned about these issues, here are some things you can do:

- Learn about teen depression and how you can help by viewing our FREE webinar, **Teen Depression— What Parents and Schools Can Do When Help is Refused** on Tuesday, September, 26, 2017 at 7:00 PM ET, and afterward on demand. Register at www.familyaware.org/trainings.
- View additional resources about helping a teen at <http://www.familyaware.org/teen>.
- If a teen you know has been thinking about death or suicide, page their clinician, call 9-1-1, or take them to their local emergency room immediately.

Families for Depression Awareness is a national nonprofit organization empowering families to recognize, address, and cope with depression and bipolar disorder to get people well and prevent suicides.

www.familyaware.org * 781-890-0220 * info@familyaware.org