



Hillside Herald 2019-2020

Hillside Middle School

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

Phone: (801)-481-4828 Fax: (801)-481-4831

From the Desk of Mrs. Berntson

Dear Parents,

During the 1st quarter we have made it a point to welcome and say hello to every student. This is part of our district goal towards social and emotional learning. Making eye contact and saying hello to every student may seem like an easy goal but alas it is harder than you think. Surely, you have experienced talking to your teen and not getting much response from them, only to find out their hoodie or hair is covering their earbuds with music playing.

We've also noticed students being tired or saying they were up all night for one reason or another. Some of that could be due to screen time. Here are a few things that might be causing our students to be tired from raisingchildren.net.au:

- Screen use in the hour before bed can stimulate your child.
- Blue light from televisions, computer screens, phones and tablets might suppress [melatonin](#) levels and delay sleepiness.
- Your child might be tempted to stay up late to chat with friends or play games, or he might be disturbed in the night by notifications, messages or calls.

All in all we want our students to be happy and ready to learn. We believe middle school is the time to prepare for high school.

I am honored and amazed every day to be working with and for our students at Hillside!

MUSH!

Important Dates for November

Monday, Oct. 29th—Fri., Nov. 18th: Empty Your Pockets in Change fundraiser.

Tuesday, Nov. 5th: PTA meeting @ 2:15pm

Wednesday, Nov. 13th: Netsmart Assembly @ 10:45am

Tuesday, Nov. 19th: SCC @ 7:30am

Friday, Nov. 22nd: Midterms

Wed., Nov. 27th—Fri., Nov. 29th: Thanksgiving Break (No School)



Orchestra

The Winter Orchestra Concert is on December 10th at 7:00pm at Hillside.

ALL Orchestra students must attend! Both classes will perform, and every player is important.

Orchestra I should be in the choir room by 6:30pm and Orchestra II should report by 6:45pm. All students need to wear concert black or black and white dress clothing. No jeans, t-shirts or sneakers. Contact Mrs. Misco if you need anything, at least 2 weeks before the concert.

Both classes are making great progress this year! I am very excited for their performance in December. We would love for family and friends to attend and support your student. The concert begins at 7:00pm, and we ask that everyone stay the entire time. The concert will only last about 45 minutes, and it is polite to stay and support everyone. We really appreciate having you in our audience!

Thanksgiving Break



Dear Families of Hillside Students,

We are thankful!

As we prepare to take a short break from school for Thanksgiving, we want to express our gratitude for everyone who makes it possible for as many students as possible to come to school every day, on time, ready to learn. We thank:

- Our students and families for making daily attendance a priority since they know the habit of attendance will help them do well in the classroom and eventually in a job
- Our wonderful teachers who pour their energy into making each classroom an exciting place for exploration and knowledge so children do not want to miss out on learning
- Our support staff and community volunteers who provide the extra hands and attention our children need

We appreciate each one of you so much. We look forward to seeing you after the Thanksgiving holiday. **School will be closed Wednesday, November 27th-Friday, November 29th for Thanksgiving. We will resume classes on Monday, December 2nd.**

We especially appreciate everyone's efforts to avoid taking extra days off during the Thanksgiving holiday. Just a few missed days here and there, even if they are excused absences, can add up to too much lost learning time and leave your child behind in school. Thank you for keeping your child in school.

Sincerely,

Hillside Middle School Administration and Staff

Family Support & Food Pantry

Anyone interested in giving Christmas to a family in need here at Hillside please contact Dayna Evans in family support 801.481.4828 ext.1072

Our annual "Empty the Change in Your Pockets" begins October 29th–Nov.18th. The homeroom that brings in the most change will get a free breakfast! Please remind your child to bring in their spare change. All of the money collected will help those students in need at Hillside for the holidays.

Family Support- Forty one percent of our students here at Hillside live below the poverty level. All the money that we raise helps provide Christmas, school supplies, back-packs, shoes, clothing, or whatever they may need to help them succeed in school. Thank you for all of your support and generous donations. Dayna Evans

If you or any one you know is interested in giving a family Christmas this year please contact Dayna Evans 801.481.4828 ext.1072 or Dayna.evans@slcschools.org. Thank you for your support, Dayna

Food Pantry

We are in need of items for the food pantry, particularly **Ramen Noodles, Mac & Cheese cups, spaghetti, snack size gold-fish crackers, pretzels and fruit snacks.**

Please donate today!!

ME Time

Salt Lake County Youth Services presents:

ME Time

ME Time is a new, FREE six-week work group for youth between ages 13-17 to learn skills to manage difficult emotions.

Upcoming classes start October 21st (8781 South Redwood Rd., West Jordan) and October 22nd (177 W. Price Avenue, South Salt Lake). All classes are from 4:30-5:30 PM.

To register or learn more, contact Chandler at 385-468-4525 or cparkinson@slco.org



College & Career Readiness

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 October 28th 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.



College & Career Day!

8th Grade filed trip to Highland High! 7th Grade Career Day!

The entire 8th grade class will be taking a field trip to Highland High School and Innovations Early College High School and Career & Technical Center on December 5th. Students have received permission forms.

If you have not already returned the form, please do so as soon as possible. Also, please consider being a chaperone! If you are interested please e-mail Mrs. Neff-Mikolash: Elizabeth.Neff-Mikolash@slcschools.org

7th grade students will participate in a Career Day on December 5th: Professionals from several different career fields will give short presentations to students.



Veteran's Day

NOVEMBER is the MONTH OF THE MILITARY FAMILY!!

In celebration

Utah PTA and Utah National Guard

Invite all Utah Families to the

Utah National Guard Veteran's Day Concert

Friday, Nov. 8, 2019 at 7 pm

Tabernacle on Temple Square

Salt Lake City, Utah

Utah PTA, in partnership with Utah National Guard, is also holding an essay contest for Military Families! The three winning students from Elementary School, Middle School /Junior High, and High School, from Military Families will be honored at this concert and receive a valuable cash prize!

A Military Family is one that has an immediate family member presently serving or who has served in the Active, Reserve or National Guard (Army, Navy, Air Force, Marine Corps, and Coast Guard). If children live with guardians or grandparents who are presently serving or who have served, they are included.

The theme for the essay contest is "Why I am Proud of my Veteran!" The essays must be no more than 500 words. You can email or send your essays to our Utah PTA Military Family Specialist, Kathy Allred, at the address below. Word format is preferred. The article can be sent any time before the deadline. Please include full name, school grade, school name, mailing address, email address and contact phone number. The articles must be in by Friday, October 18, 2019. If you have any questions or need more information please contact:

Kathy Allred, militaryfamilies@utahpta.org

Kathy Allred
Utah PTA Military Family Specialist
c/o Utah PTA

5192 S. Greenpine Dr., Murray, Utah 84123, 801-261-3100, (Fax) 801-261-3110



Ms. Davis's Language Arts Field Trip

On October 3rd, Linda Davis's Language Arts classes had the opportunity to visit the Wasatch Community Grateful Tomato Educational Gardens.

We were excited to visit a real community garden similar to the one in the novel *Seed-folks* that we have been reading as a class. We learned a little bit about how such a garden works and about different crops that they plant there. This particular garden also has an underground aquifer that provides fresh water continually.

Mrs. Davis has a special connection to this garden because her Aunt once lived on this property. As a child, Mrs. Davis would go there to help her in the garden. It was a wonderful way for the students to connect with the setting of our book and to help them answer our essential question of how communities can affect individuals.



Screen Addiction

EXPLORING SCREEN ADDICTION

With
Dr. Avery Holton &
Dr. Alison LaFollette

Do you wonder if you or a loved one is
suffering from this type of addiction? Do
you wonder how to overcome this
challenge?

Join us for this free event
for adults and children.

Thursday November 7th at 7:00pm
At Bryant Middle School
40 South 800 East
Salt Lake City

