



September
2017

RMS Newsletter

From the Principal's Desk



Dear Parents/Guardians,

The 2017-2018 school year has started with great enthusiasm from our students and staff. Phyllis and the rest of the custodial crew did a tremendous job getting the school ready for our students. If you see them at an after school event, please make sure you let them know how much their time is appreciated!

CANVAS vs. HARMONY: At RMS Canvas is used to provide access to daily assignments, and to keep track of the students' grades. Harmony is used for progress reports and report cards. Canvas is updated weekly, Harmony is only updated twice a nine weeks. If you need assistance with either Canvas or Harmony please stop by the RMS office, or call us at 574-223-2280.

NWEA (Northwest Evaluation Association) is RMS formative assessment piece for the 2017-2018 school year. The students and teachers will refer to this as MAP (measure of academic progress). MAP is a formative assessment that will be given in August, December, and May. The MAP formative assessment personalizes the assessment experience by adapting to each student's learning level—precisely measuring student progress and growth for each individual. Teachers will have essential information about what each student knows and is ready to learn within 24 hours of completing the MAP formative assessment. This allows for the teachers to know the level of understanding for every student. Teachers will be able to provide enrichment, and remediation with the data from the MAP test. Here is a hyperlink to a parent guide for MAP: [NWEA: MAP - Parent Guide](#):

RMS teachers are offering study tables every Tuesday and Thursday after school until 4 p.m. Please check Canvas often to keep up with your student's grades, and see their assignments on a daily basis.

If at any time you have a question or concern; Please do not hesitate to contact us at RMS. My email address is: oscar.haugh@zebras.net, and our school phone number is: 574-223-2280.

Thank you for your time and dedication to your students!

Oscar C. Haugh

Principal RMS

Important Dates

Monday - 9/4 - Labor Day - no school

Wednesday - 9/6 - Mid-term reports available on Harmony

Thursday - 9/7 - Last day for Music Department fundraiser

Wednesday - 9/13 - 8th Grade Eye Exams

September 25-29 - College GO Week

RMS Choir

The Choir Department is anticipating a great year! The new students to the program have expanded our groups, and the talent is overflowing! Mrs. McMillen and Dr. Terry are looking forward to a great year! We have the following things on our upcoming agenda:

Monday, October 2

RMS Fall Concert

RHS Auditorium

6th grade 6:30 p.m.

7/8th grade 7:30 p.m.

(Call time will be $\frac{1}{2}$ hour before concert time)

8th Grade

8th Grade Science

Your student will be on Unit 1, Foundations of Chemistry. Students will be able to explain that all matter is composed of particular arrangements of atoms and that there are over a hundred types of atoms. They will also learn to understand that elements are organized on the periodic table based on atomic number along with how the arrangement of atoms and molecules determines chemical properties of substances.

8th Grade Social Studies

Students in 8th grade social studies began the year by studying the early Americas and European exploration. During the month of September the students will be learning about the Colonies and life leading up to the Revolutionary Era.

8th Grade Language Arts

Students in language arts class are beginning the year with a review of vocabulary skills and grammar skills. We

will be completing our "Read Box" projects during the month of September.

Zebra Stampede

RMS will be hosting the first Zebra Stampede Color Run/Walk on Saturday, November 4. Mark it on your calendar and stay tuned for details and registration information to be released soon!

Parents: You are now able to pay your textbook rental through Harmony!

7th Grade

Mrs. Long's Success Class is studying rockets this first nine weeks. Each student will build their own rocket and then eventually launch it in the high school parking lot. Students will identify the parts of a rocket, describe their functions, learn about thrust, drag, apogee, aerodynamics, and Newton's Laws of Motion. They will also describe and demonstrate proper safety procedures when launching a rocket. Parents are encourage to come and view the launching of their student's rocket.

Mrs. Long's 7th Grade Science students are studying the different branches of science, what science is, the scientific method, and the difference between scientific theories and scientific

laws. We will also learn how to use the metric system for measurement, what tools scientist use, and how to design an experiment.

7th Grade Math is off to a great start. We are learning about proportional relationships, slopes and algebraic expressions. All the 7th graders have their math books downloaded in their bookbags on their iPads. Please take the time to sit down with your student and let them give you a tour of the resources available with their online textbook. They also can give you a quick tour of Canvas to help you remember all the benefits of staying up with your student's grades and what is going on in the classroom each day.

7th Grade Language Arts

7th graders are reading *Touching Spirit Bear*, a novel that explores a type of restorative justice called Circle Justice. The novel's protagonist commits a terrible crime and must spend a year in isolation to atone for his actions. The novel does an exemplary job of teaching students the importance of considering the consequences of their actions and taking responsibility for them. It calls into question how we think of crime, punishment, and justice. It also is a superb example to students of character development in fiction.

Paying Textbook Rental Online Through Harmony

- 1) Log into Harmony
- 2) From the Menu icon, select "TBR Balance" OR scroll down to select Blue "Make A Payment" link
- 3) Select "Textbooks" to pay for textbook rental
- 4) Enter the amount desired to pay & billing information
- 5) Select "Continue"
- 6) Enter Credit Card Information
- 7) Select Submit
- 8) Print Confirmation page, if desired (Not necessary if email address provided-transaction will generate a receipt to email address for confirmation)

6th Grade

The 6th grade students have had a GREAT transition to middle school life at RMS. Kids picked up quickly on how to travel from class to class, use their lockers, go through the lunch line, and adjust to several different teachers throughout the day. We feel as though these kids have had an extremely smooth transition, and we are excited about the upcoming school year with them! In **English**, the students have been working on the basics of story elements and will begin a novel, *The City of Ember*,

right after Labor Day to reinforce those concepts. This book is worth 15 Reading Counts points, which counts toward the 35 that the kids need for the first quarter, so technically, the kids only need to get 20 points on their own. In **Science**, the students have learned quite a bit about the moon, rotation, and orbit paths as it relates to Earth. It was an AWESOME experience to view the eclipse with the kids! In **Social Studies**, students have been learning maps and climates of Canada and Central America,

and how to read a map with longitude and latitude lines. Finally, in **Math** class, you can find the students learning all about ratios! We are excited to welcome our new Math teacher, Mrs. Brower, to the 6th grade team! Please keep up to date on Canvas with your student's grades and assignments. Feel free to contact us with any questions or concerns! Thanks for letting us spend this year with your student!

Nurse's Corner

By: Morgan Ruff

The Importance of Sleep

Sleep is very important to the human body in many ways. Not getting enough sleep not only makes a person feel slow and groggy, but sleep affects your physical health, emotional health, and overall quality of life. Adequate sleep in young children and teenagers is especially important because it helps growth and development of the brain. The lack of sleep can cause slower reaction times and poor decision-making skills. A healthy sleep schedule is linked to the strengthened ability to pay attention, which is important for children in school. Also, a boost in sleep can result in a boost in creativity. In young children and adults, the lack of sleep can cause major problems. Some of these problems include the inability to get along with other students, feeling sad or down, lower grades, and lack of motivation.

Sleep also plays a major role in the physical health of the human body. Sleep can actually help and aid your body in the repair and care of the heart and blood vessels. An unhealthy sleep schedule in adults can often cause heart disease, kidney disease, or even diabetes. Not getting enough sleep may also alter hormones within the body in a negative way.

Sleep is crucial at every stage of life. For young children and teenagers, sleep helps the brain develop and work at its highest ability. Sleep helps children pay attention and be focused, which could lead to higher grades for a child. In adults, sleep can help prevent fatal diseases and other complications that can arise. Focusing on a healthy sleep schedule often improves the mood of a person and gives that individual the energy that he or she needs to reach their highest potential everyday.

Age	Recommended Amount of Sleep
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a day
Teens aged 13-18 years	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

“Why Is Sleep Important?” *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, 7 June 2017, www.nhlbi.nih.gov/health/health-topics/topics/sdd/why. Accessed 14 Aug. 2017.
