

# MCMS NEWSLETTER

## April



## Mifflin County Middle School

2 Manor Drive Lewistown, PA 17044

<https://www.mcsc12.org/mcms/> T: 717-242-1401

Office Hours: 7:30 A.M. - 4:00 P.M.

Dear Parents/Guardians,

Happy Spring! Read on to find out more about MCMS PSSA information, PBIS Pack Day Celebration, Earthquake Resistant Structures, Husky of the Month winners, and much more.

## Nine Tips to Help Reduce Test-Taking Anxiety

As we prepare for the PSSA's at the end of April/early May, we understand that some students might be experiencing anxiety related to taking tests. Here are nine tips to help reduce anxiety related to taking tests:

1. Keep a positive attitude—remind yourself that you CAN do this!
2. Get a good night's sleep—taking a test when you're tired can make it harder
3. Fuel up—eat a healthy breakfast on test day—if your tummy hurts, eat something that will settle your stomach
4. Try to be on time—make sure to report to your testing room as quickly as possible so you have time to get settled
5. Read carefully—follow the directions and read all the answer choices before picking one
6. Take deep breaths—breathing can slow your heart rate and your racing mind down to reduce anxiety
7. Focus—pay attention to your own test and forget about everyone else
8. Envision success—imagine how happy you'll feel when you're done
9. Remember that you can take as much time as you need on the PSSAs so don't watch the clock

## Upcoming Events

Friday, April 8, 2022

Report Card Distribution - MP3

April 15<sup>th</sup> and 18<sup>th</sup>

**Easter Vacation**

April 26<sup>th</sup> - April 28<sup>th</sup>

PSSA ELA Testing A.M.

May 3<sup>rd</sup> and May 4<sup>th</sup>

PSSA Math Testing A.M.

**Congratulations to Mrs. Hartsock's 2<sup>nd</sup> period class for winning the "Idioms" contest. They wrote over 100 different idioms on a poster!**



## MCMS PSSA TESTING SCHEDULE 2021

### ELA

#### **TUESDAY, April 26, 2022**

*No Period 1, 2, or 3 Today*

**8:20 a.m. -10:51 a.m. - ELA PSSA Testing - Session 1**

Period 4

Period 5

Period 6

Period 7

#### **WEDNESDAY, April 27, 2022**

*No Period 3, 6, or 7 Today*

**8:20 a.m. -10:51 a.m.- ELA PSSA Testing – Session 2**

Period 4

Period 5

Period 1

Period 2

#### **THURSDAY, April 28, 2022**

*No Period 1, 2, or 7 Today*

**8:20 a.m. -10:51 a.m. - ELA PSSA Testing - Session 3**

Period 4

Period 5

Period 6

Period 3

### MATH

#### **TUESDAY, May 3, 2022**

*No Period 1, 2, or 3 Today*

**8:20 a.m. -10:51a.m.– MATH Testing – Session 1**

Period 4

Period 5

Period 6

Period 7

#### **WEDNESDAY, May 4, 2022**

*No Period 6, 7, or 3 Today*

**8:20 a.m.-10:51 a.m. - MATH Testing - Session 2**

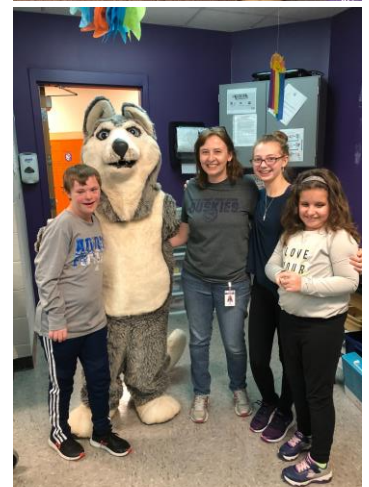
Period 4

Period 5

Period 1

Period 2

## PACK Day - PBIS Celebration



## Mrs. Hartman's Science Class

Mrs. Hartman's 6<sup>th</sup> grade science students spent much of March learning about the causes of earthquakes. After spending time researching how engineers design buildings in earthquake prone areas, students designed and built their own earthquake resistant structure using simple materials like marshmallows, spaghetti sticks, and tape. Throughout the building process, students used model earthquake boards to mimic earthquake waves and test their structures earthquake resistance.



## From the Nurse



As your child prepares for their middle school years, please note the following PA Department of Health school health requirements:

**6th Grade Vaccinations and Physical Examination:** The school nurse will accept a completed physical examination with the student's healthcare provider from up to one year prior to the first day of school this year or at any time during the sixth-grade year. A copy of the child's immunization record must be completed and turned in with the physical. Prior to the 2022-2023 school year, every student entering seventh grade must have a TDAP and an MCV (meningococcal) vaccination. These vaccines are a state requirement and failure to either turn in proof of vaccination or an exemption due to moral or religious belief can result in the student being excluded from school until proof of the vaccine or appointment to get one is turned in. Students may request physical examination forms in the school nurse's office or they can be downloaded and printed from the district's webpage.

**7th Grade Dental:** The school nurse will accept a dental form dated from up to one year prior to the school start date or anytime during their seventh-grade year. It is a state requirement that every student in 7th grade must have a dental exam. Dental forms can be picked up in the nurse's office or downloaded from the district's webpage.

## March Husky of the Month Winners



6<sup>th</sup> Grade: Abigail Riden, Alaina Cline, Allison Renninger, Josie Aumiller, Olivia Goss

7<sup>th</sup> Grade: Aden McCarl, Brayden Stitt, Carson Franklin, Kaden Baker, Reiley Houtz

