

# MCMS NEWSLETTER

## August 2023

### Mifflin County Middle School

2 Manor Drive Lewistown, PA 17044

<https://www.mcSDK12.org/mcms/> T: 717-242-1401

Office Hours: 7:00 a.m. - 3:00 p.m. (Summer)

7:30 a.m. - 4:00 p.m. (School Year)

Dear MCMS parents/guardians,

It's hard to believe that summer is flying by so quickly! Welcome to the first edition of the 2023-2024 MCMS Monthly Newsletter. This is one way for us to keep you up-to-date on important information, events, and activities at the middle school. We are looking forward to welcoming our students back to school on Wednesday, August 30<sup>th</sup>!

### Student Drop Off/Arrival to School

- Doors open for student access beginning at 7:30 a.m.
- Students should NOT report to school any earlier than 7:30 a.m. as there is no supervision.
- Prior to the start of school (8:00 a.m.), students should be dropped off and/or picked up in the cafeteria parking lot.
- Students riding a bus will be dropped off in the auditorium parking lot. Busses are the only vehicles permitted in this lot.
- Upon entering the building, students may choose to wait in the auditorium, eat breakfast in the cafeteria, or attend an Early Bird academic session in the library.

### Family Access

Family Access is an excellent resource to keep up to date on your student's academic progress, and we encourage you to access it regularly. **You will need to access it to see your child's schedule beginning on August 18<sup>th</sup> at 3:00 p.m. Bussing information will also be available soon.** If you need login information, please call Mrs. Hesketh, the guidance secretary, at 717-242-1401 ext. 6506 for assistance.



### Upcoming Events

**Tuesday, August 22, 2023**  
**6:00 p.m.**

New Student Orientation

**Wednesday, August 30, 2023**  
First Day of School for Students

**Monday, September 4, 2023**  
Labor Day - No School for Students

**Thursday, September 21, 2023**  
Picture Day

**Tuesday, September 26, 2023**  
**6:00 p.m.**  
Back to School Night

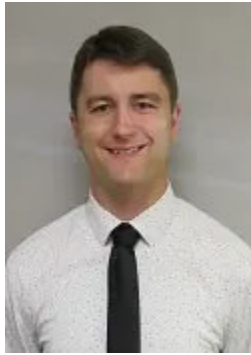
### MCMS New Student Orientation

Mifflin County Middle School will be holding a new student orientation on Tuesday, August 22, 2023. The program will begin at 6:00 p.m. in the MCMS auditorium and will consist of some information sharing followed by self-guided building tours. New student orientation is an excellent opportunity for students to check out the building prior to the start of school.

## Meet the Principals



Mrs. Macknair  
Principal



Mr. Strawser  
Assistant Principal

## Practice How to Open a Locker

1. Spin the dial to the right a few times.
2. Stop at the 1<sup>st</sup> number of your combination.
3. Spin the dial to the LEFT and PASS your 1<sup>st</sup> number of the combination, stopping at the 2<sup>nd</sup> number of the combination.
4. Turn the dial RIGHT and stop at the 3<sup>rd</sup> number of the combination.



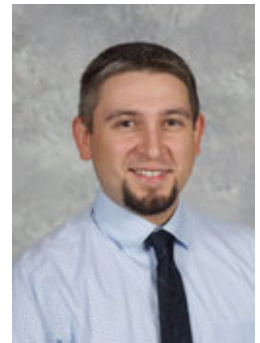
\*\*\* All students will receive a locker on the first day. One key to success is to practice using a combination lock prior to the start of school.



Mrs. Jane Foor and Mr. Andy McCardell are the MCMS school counselors. Mrs. Foor is the 6<sup>th</sup> grade counselor, and Mr. McCardell is the 7<sup>th</sup> grade counselor. Our counselors stay with their cohort of students for two years so they can get to know their students and families better. Please contact them if you have any concerns throughout the school year. You can also find additional information about school counseling as well as helpful resources by visiting the Mifflin County Middle School Counseling Department Website: <https://mcms67.wixsite.com/schoolcounseling>



Mrs. Jane Foor  
[jaf28@mcsdk12.org](mailto:jaf28@mcsdk12.org)



Mr. Andy McCardell  
[jaf28@mcsdk12.org](mailto:jaf28@mcsdk12.org)

## MCMS Bell Schedule

Period	Time
1	8:08 – 9:09
2	9:12 – 10:00
3	10:03 – 10:51

### A Lunch (6<sup>th</sup> Grade)

Lunch	10:54 – 11:24
4 (4B)	11:27 – 12:15
5 (5B)	12:18 – 1:06

### B Lunch (6<sup>th</sup> & 7<sup>th</sup> Grade)

4 (4A)	10:54 – 11:42
Lunch	11:45 – 12:15
5 (5B)	12:18 – 1:06

### C Lunch (7<sup>th</sup> Grade)

4 (4A)	10:54 – 11:42
5 (5A)	11:45 – 12:33
Lunch	12:36 – 1:06

6	1:09 – 1:57
7	2:00 – 2:50

Announcements 2:50  
Student Dismissal Begins 2:51

## From the Nurse

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



**6<sup>th</sup> 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 2023-2024 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.

**\*\* The exclusion date for 7<sup>th</sup> grade students not compliant with immunizations is September 7<sup>th</sup>.**

**7<sup>th</sup> 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 7<sup>th</sup> grade must have a dental exam. Dental forms can be picked up in the nurse's office or downloaded from the district's webpage.

As a friendly reminder, students are NOT permitted to carry any prescriptions or over the counter medications on their persons during school hours. The only medications students may carry with a physician's order are epi-pens, diabetic supplies, inhalers. Parents and guardians must deliver medications to the school nurse in the original prescription bottles or packaging along with the MCSD prescription medication form completed by the prescribing physician.

Please call Mrs. Sheetz if your child needs to take any medication at school. Finally, please call or email the MCMS school nurse throughout the school year if your student has a change in his or her health status and needs any additional support or assistance during school hours. Please also keep in mind, morning meds should be given at home.

## 2023-2024 Character Traits

**Loyalty** - Show others that you are faithful and dependable when you have a commitment to them.

**Adaptability** - Be ready and willing to adjust as necessary to the changes in people and circumstances that arise in daily life.

**Contemplation** - Think things through with proper care before taking action.

**Courage** - Face difficulty or danger and express your beliefs even if you are afraid.

## Preparing for a New School Year

It's important to establish routines in the weeks before school resumes. Consider the following tips as you start preparing for our opening day on August 30.

**1. Implement a Bedtime** - The first thing you'll need to get your child used to is a new bedtime. To determine the best bedtime, determine what wake-up time will be first as in how much time does your child

need in the morning before leaving for school? Then, work backward. Your child should get 9-10 hours of sleep each night. So, depending on their age and sleep needs, you'll come with an appropriate bedtime.

**2. Implement a Wake-up Time** - The obvious counterpart to a set bedtime is a wake-up time! Using a similar process, start implementing a wake-up time corresponding to the bedtimes already set up. For older children, you can encourage responsibility by asking them to set an alarm clock.

**3. Try Out a Practice Run on Routines** - Plan your routines ahead of time. Some may include these tasks:

- Pick out your clothes the night before
- Pack a lunch and water bottle in the morning
- Make sure your backpack is ready
- Eat breakfast

**4. Emphasize the Positive** - A new school year brings new clothes and school supplies, but it also gives your child a fresh opportunity to make friends and find new interests.

## Athletic News

- **Please note the following Mitchell Field Student/Guardian Guidelines for Varsity Football games. There were some changes to the guidelines for this year:**
  - All students in grades 6 through 12 **MUST** show a current MCSD school ID to be granted admission into the game.
  - Students in grades K through 7th **MUST** be accompanied by a supervising adult or they will not be permitted into the game.
  - No backpacks are permitted.
  - Parents/Guardians are responsible for student (K - 7th) behavior and supervision inside the gates of Mitchell Field.
  - MCSD students (8th - 12th) will sit in the designated DAWG Pound Student Section.
  - MCSD students (K - 7th) will sit in the stands with parents/guardians.
  - No walking/running around the outside of the field during the event.
  - No balls, bicycles, scooters or skateboards are permitted.
- **August 8 - Deadline for 7<sup>th</sup> grade students to register for junior high fall sports.**
- **Get the most up-to-date athletic information on our athletic website and by following ArbiterLive!**
- **Check out our MC Athletics' Facebook page <https://www.facebook.com/MiffcoAthletics>, and follow us on Twitter @MCHuskySports for the most up-to-date information regarding MC Athletics.**
- **Many sponsorship opportunities are available to support your MC Huskies! Please contact the athletic office for more information.**

## Principal Contact Info

Mrs. Jennifer S. Macknair, Principal - [jsm33@mcsdk12.org](mailto:jsm33@mcsdk12.org)

Mr. Luke J. Strawser, Assistant Principal - [ljs36@mcsdk12.org](mailto:ljs36@mcsdk12.org)