

PACK POST

MIFFLIN COUNTY MIDDLE SCHOOL MONTHLY NEWSLETTER



2 MANOR DRIVE
LEWISTOWN, PA 17044
717-242-1401

[HTTPS://WWW.MCSDK12.ORG/MCMS/](https://www.mcSDK12.org/MCMS/)

OFFICE HOURS:
7:30 AM - 4:00 PM

DEAR MCMS PARENTS/GUARDIANS,

We're thinking spring at MCMS, and we hope you are, too! In this edition of the Pack Post, you'll find news and information about lots of exciting events and activities happening at MCMS. Don't miss the photos on page 6 which feature some of our awesome students taking part in learning activities that have been happening throughout our building.

4TH ANNUAL HUSKY CHORAL FESTIVAL

The 6th and 7th grade choir students at MCMS will be joining all of the choir students throughout the Mifflin County School District for the 4th Annual Husky Choral Festival at Mifflin County High School on March 19 at 7:00 p.m. Each choir in the district will perform two pieces and will join together for a combined piece in the grand finale. This is a great opportunity to see the progress of choir students over the years, and the final piece is a beautiful and emotional experience for singers and audience alike. There is no cost to attend and all are welcome.

FOLLOW US ON SOCIAL MEDIA

MCMS is online, on Facebook, and on Instagram! Follow us to keep up with the latest Husky happenings!



UPCOMING EVENTS

Wednesday, March 13, 2024

Mini-Thon Stall Day

Friday, March 15, 2024

Act 80 Day

No School for Students

Tuesday, March 19, 2024

7:00 p.m.

Husky Choral Festival @ MCHS

Tuesday, March 19, 2024 - Wednesday,

March 20, 2024

Smile Dental Clinic

Friday, March 22, 2024

6:30 - 8:30 p.m.

March Madness Activity Night

Friday, March 29, 2024

Good Friday

No School

STALL DAY TO BENEFIT MINI-THON

MCMS Student Council is helping to raise funds for Mini-THON. We will be participating in Stall Day on March 13. Students can bring coins in to their first period classes from March 6 through March 13.

On March 13, first period teachers must count all of the coins brought in by their students. Class may not begin until the teacher counts all the coins; the more coins, the longer class is stalled! Last year, MCMS students raised \$2,756 through Stall Day. All proceeds benefit pediatric cancer research.



MARCH MADNESS ACTIVITY NIGHT



MCMS Student Council will be sponsoring a March Madness Activity Night on March 22, 2024 from 6:30 to 8:30 p.m. in the MCMS cafeteria/gym. The cost will be \$2.00. There will be cornhole, badminton, indoor bowling, hula hooping, and much more! Our concession stand will also be open.

INTRAMURAL YOGA

Intramural Yoga plans to be in full swing this spring here at MCMS. It will run for six weeks starting on March 13 through April 17. Yoga sessions will be held every Wednesday right after school. If you are a student who is interested in meeting new people and trying a noncompetitive activity that helps to relieve stress and anxiety and encourages a positive mood, you may want to consider trying yoga. Listen to the announcements for more information.



INTRODUCING THE HUSKY HOWLER: MCMS'S NEW SCHOOL PAPER



Attention all MCMS students! Are you passionate about writing, photography, or design? Do you want to be the voice of our school community?

Join the School Paper Club! The first meeting is scheduled for March 6, with meetings to follow every Wednesday from 3:00-4:00 p.m. in Room 308.

ATHLETIC NEWS

- The first day of spring sports practices will be March 4. Check out the athletics website for the most up to date information regarding spring sports information.
- Our Husky Club Awards Night will take place May 22 at 6:00 p.m. in the MCHS Auditorium. All are welcome to attend.
- Get the most up-to-date athletic information on our [athletic website](#) and by following [ArbiterLive!](#)
- Check out our [MC Athletics' Facebook page](#), 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.



Geisinger is the official sports medicine and orthopedics provider of the Mifflin County Huskies. Geisinger supports the big dreams of Mifflin County athletics, and whether your dreams include playing in the pros, hiking, or just getting back on your feet, our doctors and healthcare professionals are here for you every step of the way. Learn more at [Geisinger.org/bigdreams](https://www.geisinger.org/bigdreams).

MR. WRIGLESWORTH'S WINTER ANIMAL THROWDOWN

In other athletic news, Mr. Wriglesworth's classes recently participated in a March Madness-style Winter Animal Throwdown. Students (and several staff members) completed tournament brackets that pitted a diverse pool of animal competitors against one another in combat. Mr. Wriglesworth chooses each contest's winner.

This year's event featured a number of surprising upsets (wolverine defeats grizzly bear?), but in the end, it was the jaguar who took home the 2024 crown. This year's champion was a timely nod to the sighting of a 4th jaguar in the state of Arizona in January. In the contest between principal and assistant principal, Mrs. Macknair schooled Mr. Strawser with a final score of 13 to 9.



SMILE DENTAL CLINIC



The Smile Dental Clinic will be visiting the middle school on **March 19 and 20, 2024**. If your child has been seen by them prior to this time, they will automatically be scheduled with them each time they visit, which is twice per school year from now through high school until you tell us otherwise. If your child is in need of a dentist, please call the nurse's office at 717-242-1401 option 3, to get a form filled out and submitted back to us before the clinic. This will count as a private dental for those who still need to meet the state mandate for school.

You may enroll online for the Smile Dental Clinic [at this link](#).

NATIONAL SOCIAL WORK MONTH

March is National Social Work Month, so we would like to recognize and say thank you to the three social workers who provide services to MCMS:

Kaitlin Marshall and **Nicole Frazier** are our School Social Workers for the entire district. They are available to help families with a variety of issues including gaining access to local services.

Lynsey Phillips is our Therapeutic Social Worker. Lynsey provides therapy to students who have mental health issues or on-going family issues. She sees students at all of the secondary buildings.

In addition to our social workers, MCMS has several service providers who see students for various mental health issues and/or problems with addiction. Students who are struggling with their mental health can receive free counseling through the school's SAP (Student Assistance Program) program. For more information about the SAP program or for help from one of our social workers, please contact your child's school counselor at 717-242-1401, or via email at:

6th grade—Jane Foor jaf28@mcsdk12.org

7th grade—Andy McCardell alm21@mcsdk12.org



Kaitlin Marshall



Nicole Frazier



Lynsey Phillips

3 WAYS TO TEACH KIDS TO “THINK BEFORE YOU POST”

We all agree that it's important to think about what you want to say before you say it and to make good decisions about the delivery of your message. Kids tend to be impulsive and go along with the trends of what others are doing and saying, and it is important that they learn to recognize how hurtful this can be. A few ways parents and guardians can teach our kids about posting are below:



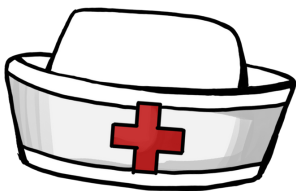
1. Stop, Think, Continue/Choose to Respond – No matter what type of photo they want to send, message they've received, or comment they wish to make, it is important to teach your children to stop, think, and continue, or choose if they wish to respond. - literally every time: "Is it kind? Is it necessary? Could it hurt someone? Could it give me a bad reputation? Would my parents and teachers approve?" Once kids have considered all of these questions, they should be able to respond appropriately in any situation. If there is a problem, they should bring it to an adult's attention immediately.

2. Understand that there is a human on the other side – Just like you would think before you speak to a friend or adult in person, you must always do the same when you're online. There are real people behind that computer, gaming system, and phone screen you are looking at, and just because you are not face to face in real life with these people, doesn't mean that common courtesy rules change. While there is a difference when you are looking a person in the eye as opposed to looking at a screen, you still must adhere to positive behavior standards always, no matter what.

3. Always treat others how you would want to be treated – When learning proper internet etiquette, you should always remember the age-old rule: Treat others how you want to be treated. Do you like to be called names? Do you like to be told you're stupid? Do you like to have your comments dismissed and ideas ignored? Do you want people to spread rumors about you? Do you like when people laugh at your mistakes? If the answer is "No," it is safe to assume that others do not like to be treated this way, either.

(Adapted from "3 Ways To Teach Kids To 'Think Before You Post' On The Internet," Honey and Lime, 2024)

REMINDERS FROM THE NURSE



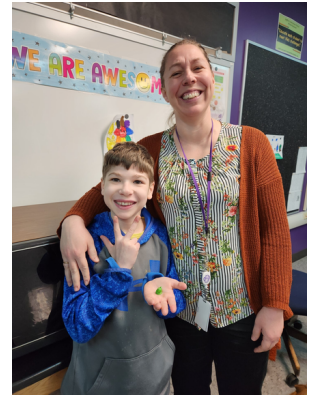
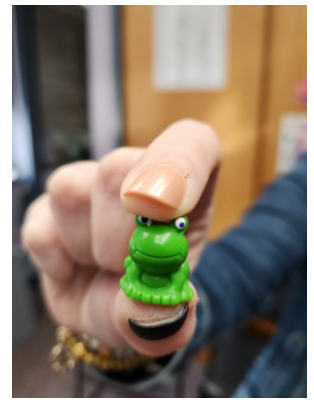
6th Grade Physical Examinations: The school nurse will accept a completed physical examination from up to one year prior to the first day of school this year or at any time during the sixth-grade year. A copy of the child's immunization record must be completed and turned in with the physical.

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.

All physical/dental forms can be picked up in the main office or downloaded from the district website.

LEAP DAY CELEBRATED AT MCMS

MCMS celebrated Leap Year on February 29 with a “Leap Frog” hunt! One hundred miniature frogs were placed throughout the common areas around the school. Students who found a frog were rewarded with a bag of Skittles. Each frog was numbered and Rhyder Wilson found number twenty-nine. In addition to skittles, Rhyder was awarded a \$25 gift card of his choice for finding the “Leap Year Frog.”



CLASSROOM SPOTLIGHT: MRS. HARTMAN'S 6TH GRADE SCIENCE

Mrs. Hartman's 6th grade science students have been learning about volcanic activity along tectonic plate boundaries. Students have worked to model and map a "growing" shield volcano. Once their model was completed, they had the opportunity to investigate and interpret the eruption history of another group's volcano using techniques employed by geologists, like core sampling.

