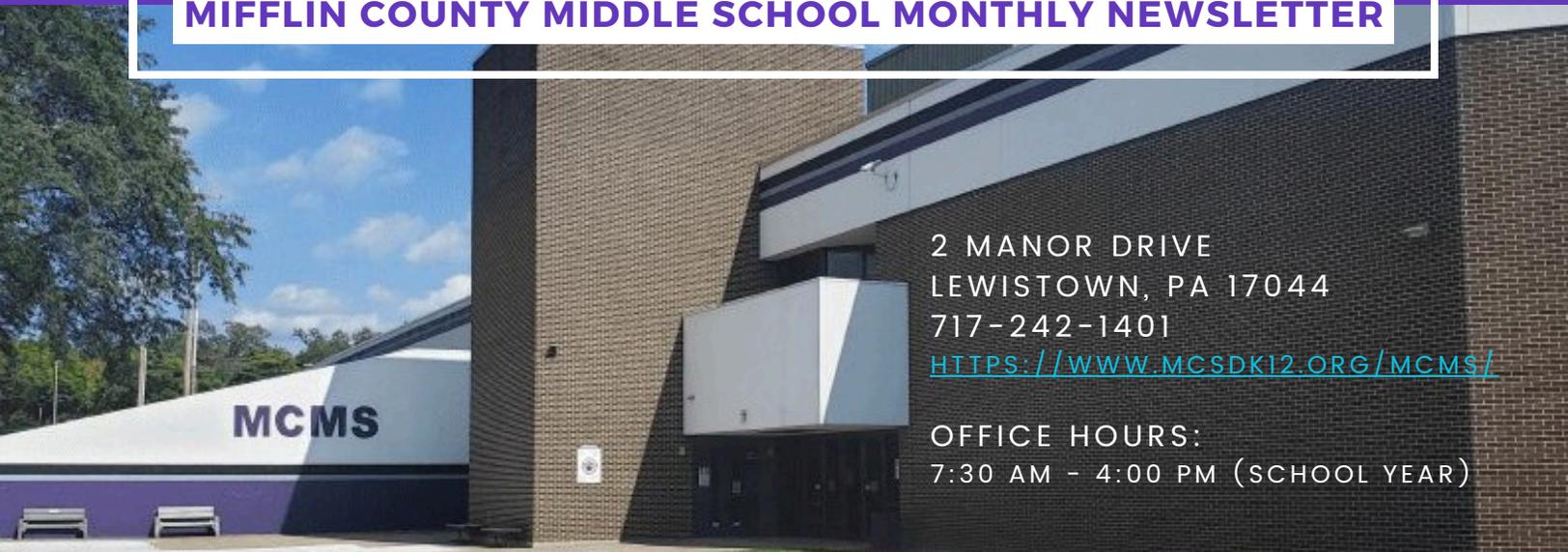


# PACK POST

## MIFFLIN COUNTY MIDDLE SCHOOL MONTHLY NEWSLETTER



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

[HTTPS://WWW.MCSDK12.ORG/MCMS/](https://www.mcstk12.org/mcms/)

OFFICE HOURS:  
7:30 AM - 4:00 PM (SCHOOL YEAR)

### DEAR MCMS PARENTS/GUARDIANS,

We are extremely excited to have welcomed students back to school for the 2025-2026 school year! In this issue of the Pack Post, you'll find information regarding Back-to-School Night, PBIS, a discount on yearbook orders, before/after-school homework help programs, and other middle school news.

### BACK TO SCHOOL NIGHT

Back-to-School night will be held on **Thursday, September 18, 2025, at 6:00 p.m.** Back-to-School Night is an opportunity to walk through your student's schedule as teachers share their classroom expectations with you. This evening is designed for parents/guardians only. The program will begin in the cafeteria with refreshments. You will then be dismissed from the cafeteria to your child's first period classroom promptly at 6:00 p.m. You will need to know your child's first period class and room number. This information can be learned from your child or through your Family Access account. Your child's first period teacher will then give you a schedule to follow for the remainder of the evening. You will be following day two of our six day cycle.

### FOLLOW MCMS ONLINE AND ON SOCIAL MEDIA:



### UPCOMING EVENTS

**Monday, September 1, 2025**

Labor Day

No School for Students

**Friday, September 12, 2025**

Mini-Thon Gold Out

Wear Gold or a Mini-Thon T-shirt

**Thursday, September 18, 2025**

Picture Day

Back to School Night - 6:00 p.m.

**Monday, September 22, 2025**

Drama Club Auditions in Auditorium  
3:30 p.m.

**Friday, September 26, 2025**

Homecoming

Wear Throwback/Alma Mater Gear

**Monday, October 13, 2025**

Act 80 Day

No School for Students

# Mifflin County School District

## September 2025 Middle School Lunch Menu

USDA is an equal opportunity provider and employer.

**What is a Meal?**  
 You must choose at least 3 of the 5 components available for the school lunch price.  
 Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch  
**Meat or meat alternate**  
**Choice of Vegetable**  
**Choice of Fruit**  
**Grain/Bread**  
**Choice of Milk**

**Weekly Vegetable Subgroups May Include:**  
 Dark green - spinach, broccoli, romaine and spring salad  
 Red/Orange - carrots, sweet potatoes, tomatoes, red peppers  
 Beans/Peas  
 Starchy - white potatoes, corn, and lima beans  
 Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage  
**Featured Fruit May Include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch Box at Home**  
**Daily alternatives May include:**  
 Chicken Patty, Cheeseburgers, Deli Sandwiches  
 Premium Salads, or Salad Bar..etc.

"The Menu is subject to change based on product availability."

**Lunch Prices:**  
 Student: \$3.10  
 Student Reduced: \$.40

Questions, Please Contact "Food Service Director"  
 Bob DuFour  
 717-248-0148  
 Ext. 2514  
 rd02@mcsdk12.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><u>September 1</u></p> <p><b>No School</b></p> <p><b>Labor Day</b></p> <p style="text-align: right;">Day 1</p>	<p><u>September 2</u></p> <p><b>Entrée</b> Sloppy Joe On Roll</p> <p><b>FEATURED VEGGIES</b> Tots Corn</p> <p style="text-align: right;">Day 1</p>	<p><u>September 3</u></p> <p><b>Entrée</b> Spaghetti w/ Meat Sauce Breadstick</p> <p><b>FEATURED VEGGIES</b> Side Caesar Broccoli</p> <p style="text-align: right;">Day 2</p>	<p><u>September 4</u></p> <p><b>Entrée</b> Corn Dog</p> <p><b>FEATURED VEGGIES</b> Fries Baked Beans</p> <p style="text-align: right;">Day 3</p>	<p><u>September 5</u></p> <p><b>Entrée</b> Egg &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Hash Brown Baby Carrots</p> <p style="text-align: right;">Day 4</p>	
<i>Alternatives:</i>		<i>Deli Sandwich or</i>		<i>Chicken Caesar Salad w/Roll</i>	
<p><u>September 8</u></p> <p><b>Entrée</b> Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice</p> <p><b>FEATURED VEGGIES</b> Broccoli Green Peper Strips</p> <p style="text-align: right;">Day 5</p>	<p><u>September 9</u></p> <p><b>Entrée</b> Taco Fries (Fries with Taco Meat)</p> <p><b>FEATURED VEGGIES</b> Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 6</p>	<p><u>September 10</u></p> <p><b>Entrée</b> Ham &amp; Cheese Pretzel Sandwich</p> <p><b>FEATURED VEGGIES</b> Tots Baked Beans</p> <p style="text-align: right;">Day 1</p>	<p><u>September 11</u></p> <p><b>Entrée</b> Meatball Sandwich</p> <p><b>FEATURED VEGGIES</b> Green Beans Buttered Noodles</p> <p style="text-align: right;">Day 2</p>	<p><u>September 12</u></p> <p><b>Entrée</b> Maxi Sticks w/sauce</p> <p><b>FEATURED VEGGIES</b> Side Salad Corn</p> <p style="text-align: right;">Day 3</p>	
<i>Alternatives:</i>		<i>Chicken Patty or</i>		<i>Crispy Chicken Salad w/ Roll</i>	
<p><u>September 15</u></p> <p><b>Entrée</b> Chicken Patty Sandwich</p> <p><b>FEATURED VEGGIES</b> Fries Green Beans</p> <p style="text-align: right;">Day 4</p>	<p><u>September 16</u></p> <p><b>Entrée</b> Chicken &amp; Cheese Quesadilla</p> <p><b>FEATURED VEGGIES</b> Lettuce, Tomato Green Pepper Strips</p> <p style="text-align: right;">Day 5</p>	<p><u>September 17</u></p> <p><b>Entrée</b> Penne w/Meat Sauce Breadstick</p> <p><b>FEATURED VEGGIES</b> Side Salad Broccoli</p> <p style="text-align: right;">Day 6</p>	<p><u>September 18</u></p> <p><b>Entrée</b> Popcorn Chicken Bowl w/ Gravy</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Corn</p> <p style="text-align: right;">Day 1</p>	<p><u>September 19</u></p> <p><b>Entrée</b> Pancakes w/Sausage</p> <p><b>FEATURED VEGGIES</b> Tots Baby Carrots</p> <p style="text-align: right;">Day 2</p>	
<i>Alternatives:</i>		<i>Cheeseburger or</i>		<i>Chef Salad w / Roll</i>	
<p><u>September 22</u></p> <p><b>Entrée</b> Cheeseburger on Bun</p> <p><b>FEATURED VEGGIES</b> Fries Baked Beans</p> <p style="text-align: right;">Day 3</p>	<p><u>September 23</u></p> <p><b>Entrée</b> Loaded Nachos (Beef Nachos)</p> <p><b>FEATURED VEGGIES</b> Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 4</p>	<p><u>September 24</u></p> <p><b>Entrée</b> Chicken Gravy over Bread</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Green Beans</p> <p style="text-align: right;">Day 5</p>	<p><u>September 25</u></p> <p><b>Entrée</b> Chicken Alfredo Breadstick</p> <p><b>FEATURED VEGGIES</b> Broccoli Cucumber</p> <p style="text-align: right;">Day 6</p>	<p><u>September 26</u></p> <p><b>Entrée</b> Cheese Pizza</p> <p><b>FEATURED VEGGIES</b> Celery Cherry Tomatoes</p> <p style="text-align: right;">Day 1</p>	
<i>Alternatives:</i>		<i>PBJ</i>		<i>Chicken Caesar w/ Roll</i>	
<p><u>September 29</u></p> <p><b>Entrée</b> Chicken Patty</p> <p><b>FEATURED VEGGIES</b> Baby Carrots Broccoli</p> <p style="text-align: right;">Day 2</p>	<p><u>September 30</u></p> <p><b>Entrée</b> Chicken Nachos</p> <p><b>FEATURED VEGGIES</b> Lettuce &amp; Tomato Corn</p> <p style="text-align: right;">Day 3</p>				
<i>Alternatives:</i>		<i>Deli Sandwich</i>		<i>Crispy Chicken Salad w/ Roll</i>	

# MCMS ACADEMIC HELP 2025-2026

## Need help with homework and studying?

Check out Early Bird or the Husky Homework Huddle!

Both of these programs are available for homework help all year long!



<b>Before School Early Bird</b>	Monday through Friday Library Mr. Hetrick and Mrs. Haines	7:30 a.m. – 8:00 a.m.
<b>After School Husky Homework Huddle</b>	Tuesday and Thursday Room 203 Mr. McKelvey	3:00 p.m. – 4:00 p.m.

## BOTVIN LIFE SKILLS TRAINING

All 7<sup>th</sup> Grade students at Mifflin County Middle School will be participating in a Health and Personal Development class that uses the Botvin Life Skills Training program. This nationally recognized program will be held once per cycle for 15 weeks during the school year. Your child will bring home information about setting goals,

making decisions, keeping friends, staying calm, and communicating with others. The Life Skills Training program is designed to benefit all students by helping them build confidence, strengthen relationships, and make healthy choices. These skills not only support personal development but also play a role in preventing substance abuse and violence – issues that can affect anyone. If you would like more information about our lessons and how you can reinforce these important skills at home or opt your student out of this program, please feel free to contact the MCMS office.



## ORDER YOUR YEARBOOK NOW - LIMITED TIME DISCOUNT

The yearbook store is open! Books ordered by Nov. 14<sup>th</sup> will cost \$32.00. The price will increase to \$35 after that date. Take advantage of the discount and pre-order your yearbook today! To order use the QR Code or visit:

<https://jostensyearbooks.com/?REF=AO1129946>



## PBIS AT MCMS

Positive Behavioral Interventions and Supports (PBIS) is an approach schools use to promote safety and positive behavior. With PBIS, schools teach students about behavior expectations and strategies as they would teach any other subject – like reading or math. At MCMS students are recognized for meeting PACK expectations – Being ResPonsible, Acting Safely, Having Character, and MaKing a Difference.



PBIS Rewards is an online program where teachers can reward students with points for meeting these expectations. Students can then use their points to enter schoolwide raffles and to buy items at a teacher's store.

MCMS would like to thank the following businesses/organizations for donating items for raffle prizes this school year:

- Altoona Curve
- Burnham Borough
- Carousel Skating Rink
- DelGrosso's Park & Laguna Splash
- DQ
- Dunkin'
- East Broad Top Railroad
- East End Coffee Company
- Hoss's Steak and Sea House
- Husky Club
- Juniata Valley YMCA
- Lake Tobias Wildlife Park
- Midway Drive-in Theater
- Pittsburgh Steelers
- Rita's Italian Ice & Frozen Custard
- Twin Kiss
- Vince's Pizza and Family Restaurant

## HUSKIES OF THE MONTH AND LEADERS OF THE PACK

“Husky of the Month” and “Leader of the Pack” are two programs at MCMS to recognize students who demonstrate positive character. Huskies of the Month are recognized for strong work ethic, good grades, and no discipline referrals. Leaders of the Pack are recognized for modeling one or more of the positive character traits that exemplify our PACK expectations. For both awards, students are nominated and voted on by their teachers.

# STUDENT ASSISTANCE PROGRAM (SAP)

## What is the Student Assistance Program (SAP)?

SAP identifies students having difficulty in school because of problems related to substance abuse or emotional difficulties. SAP has many resources that can help students overcome difficulties, improve their outlook, and decrease barriers to learning.



## Who can be referred?

Any student who you think may be having problems can be referred to SAP. Students can even refer themselves.

## Who can make referrals?

Anyone who cares about a student can make a referral. This includes teachers, counselors, principals, parents, guardians, relatives, students, and community members.

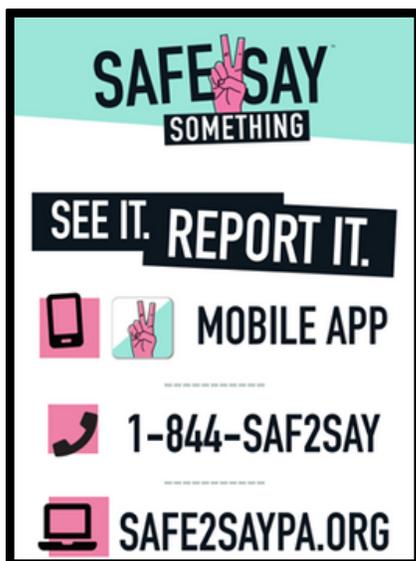
## How do you make a referral?

Drop a referral form in the SAP referral box or contact a SAP team member. Forms are in the guidance office.

**SAP IS...** an identification, intervention, and referral team.

**SAP IS...** confidential.

**SAP IS NOT...** a counseling, treatment, or discipline team.



## WHAT IS SAFE2SAY SOMETHING?

Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of the Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late. With Safe2Say Something, it’s easy and confidential to report safety concerns to help prevent violence and tragedies.

## CLASSROOM SPOTLIGHT: MRS. ZERBY'S MATH CLASS

Students in two of Mrs. Zerby's math classes kicked off the school year with a creative "All About Me" project that combined art, math, and personal expression. Each student designed a hexagonal tessellation, filling the repeating shapes with facts and images that represented their interests and statistical facts about themselves. This activity allowed students to explore math concepts while also building classroom community and celebrating what makes each of them unique.



## ATHLETIC NEWS

- Fall sports have started and are off to a great start!
- Senior Citizen, Active Military, and Veteran Free Athletic Passes can be obtained at the MCHS Main Office. All passes are good for life.
- **MCS D students will receive free admission to all MCS D HOME events for the 2025-2026 school year!**
- 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.

We support  
big league dreams.

Geisinger

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).

## BOX TOPS FOR EDUCATION

Attention Parents: Help our school earn money! It's easy! Download the Box Tops app. Follow the prompts and select Mifflin County Middle School as your school. Every time you shop, just scan your receipt, and any earnings will automatically be added. Use the links below for complete directions on downloading the app and scanning receipts.

<https://www.boxtops4education.com/>

<https://www.youtube.com/watch?v=Hh94b2BvFK4>



## EARN MONEY FOR MCMS WITH WEIS4SCHOOL

A large promotional graphic for Weis4School. The background is yellow with various school-related icons. On the left, there is a QR code with the text 'SCAN HERE TO REGISTER!' and an arrow pointing to it. The logo 'weis4school' is prominently displayed in the center, with 'weis' in red and '4school' in white. Below the logo, it says 'BUILDING A WEIS FUTURE' in white on a red brushstroke background. On the right, there is a circular photo of four smiling children. A speech bubble next to them says '\*DONATIONS MADE TO PARTICIPATING SCHOOLS THROUGH 8TH GRADE'. Below the photo, there is a list of three steps: 1 REGISTER (your Weis Rewards card online at weis4school.com), 2 SCAN (your Weis Rewards card each time you shop), and 3 EARN (cash for your school based on your qualifying purchases). At the bottom left, there is a star icon and the text 'Help your school earn a share of \$500,000' with a pencil and heart icon.

## FROM THE NURSE'S OFFICE



**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 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. Students may request physical examination forms in the school nurse's office, or they can be downloaded and printed from the district's webpage (Student/Parents > Nurses > Forms & Policies > Private Physician Physical Form).

**Over-the-Counter (OTC) Medication Forms:** Over-the-Counter Medication forms must be completed and signed by a parent/guardian in order for students to receive medication from the school nurse. If your child has not submitted the Over-the-Counter Medication form to the Nurse's Office, your child will not receive medication at school. Forms were sent home in the First Day Packet and are also available in the nurse's office.

**MCSD Medication Policy Reminder:** As a friendly reminder, students are NOT permitted to carry any medications on their person during school hours. This includes cough drops, medicated creams, eye drops or anything used for medicinal purposes. The only medications students may carry with a physician's order are epi-pens, diabetic supplies, or 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 Nurse Staub at **717-248-1401 ext. 6509** or email at [jjs20@mcsdk12.org](mailto:jjs20@mcsdk12.org) if your child needs to take any medication at school.

**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.**

**\*\* The exclusion date for 7th grade students not compliant with immunizations is September 3, 2025.**

**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.

**Vision and Hearing Screenings:** MCMS vision and hearing screenings will take place Wednesday, October 15 - Friday, October 17, 2025. **Students should have their glasses and/or hearing aids with them on these days.**



## Be prepared with CHIP. Free or low-cost healthcare for Pennsylvania kids and teens.

### CHIP COVERS

- Routine check-ups
- Prescriptions
- Hospitalization
- Dental
- Eye Care
- Eyeglasses
- Behavioral care
- Specialty care
- More

CHIP covers uninsured kids up to age 19 in Pennsylvania. It doesn't matter why your kids don't have health coverage right now; CHIP may be able to help. Most kids receive CHIP for free. Others can get the same benefits at a low cost.

CHIP is brought to you by leading health insurance companies who offer quality, comprehensive coverage.

There is no limit on income. If your income is below CHIP guidelines, your child may be enrolled in Medical Assistance.

**APPLY/RENEW**

[CHIPcoversPAkids.com](http://CHIPcoversPAkids.com) • 800-986-KIDS



Pennsylvania's Children's  
Health Insurance Program  
**We Cover All Kids.**

## **SECONDARY STUDENT HANDBOOK**

At Mifflin County Middle School, we strive to create a safe, respectful, and engaging learning environment for all students. To support this goal, we ask that families review the Student Handbook for Secondary Education, which outlines important policies, expectations, and guidelines. The handbook can be found [at this link](#). We encourage parents and guardians to read through the handbook with their student to ensure everyone is familiar with school rules, attendance policies, and behavior expectations. Please note that as policy updates occur, there may be changes to the Student Handbook.

## **COMPLAINT PROCEDURES – MCSD POLICY 906**

Mifflin County Middle School is committed to maintaining a positive and responsive school environment. If you have a concern or complaint about Board policy and procedures, programs, personnel, operations or facilities, concerns should be addressed directly with the teacher, staff member or administrator involved. Many issues can be resolved through open and respectful communication. More information on complaint procedures is provided in Policy 906 of [the MCSD Policy Manual](#).

## **REVIEW OF INSTRUCTIONAL MATERIALS – MCSD POLICY 105.1**

Mifflin County School District School Board Policy 105.1 requires annual notification to parents/guardians and students that parents/guardians and students have an opportunity to review instructional materials and have access to information about the curriculum, including academic standards to be achieved, instructional materials and assessment techniques. Requests to review instructional materials and access information about the curriculum, including academic standards to be achieved, instructional materials and assessment techniques should be made by submitting a written request to the building principal.

## **SERVICE ANIMALS – POLICY 718**

Before a service animal shall be allowed in a district building, on district property or in vehicles, the district shall request the following documentation from the owner or handler of the animal:

1. Verification of the need for a service animal.
2. Description of the function(s) the service animal is trained to perform in relation to the individual's disability.
3. Proof of current vaccinations and immunizations of the service animal.

For more information regarding service animals in district buildings, please review Policy 718 in [the MCSD Policy Manual](#).