

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 have a great deal to be thankful for here at MCMS! In this edition of the Pack Post, you will find information about the Fall Fest dance and game night, our annual Tally Your Turkeys collection, several awesome learning activities in MCMS classrooms, Homelessness Awareness Month, and other important middle school happenings.

WATER BOTTLES AT MCMS

To help students stay hydrated and ready to learn, MCMS allows water bottles to be carried throughout the school day. Please remember that bottles should contain water only. Other beverages are not permitted during the school day.

PARENT CONFERENCES

Parent/Teacher conferences at Mifflin County Middle School will be held on **Monday evening, November 24; Tuesday evening, November 25; and Wednesday morning, November 26, 2025**. Conferences will be set for 10-minute intervals, and you may conference with as many of your child's teachers as you wish. Details with specific times and scheduling instructions will be coming out shortly.

FOLLOW MCMS ONLINE AND ON SOCIAL MEDIA:



UPCOMING EVENTS

Tuesday, November 4, 2025

Report Cards Distributed

Tuesday, November 11, 2025

Veterans' Day

No School for Students

Friday, November 14, 2025

6:30 p.m. - 8:30 p.m.

Fall Fest Dance and Game Night

**Monday, November 24, 2025 -
Wednesday, November 26, 2025**

Parent Conferences

Tuesday, November 25, 2025

Make-up Picture Day

Wednesday, November 26, 2025

In-Service Day

No School for Students

Thursday, November 27, 2025 -

Monday, December 1, 2025

Thanksgiving Vacation

No School for Students

MCMS STUDENT COUNCIL NEWS

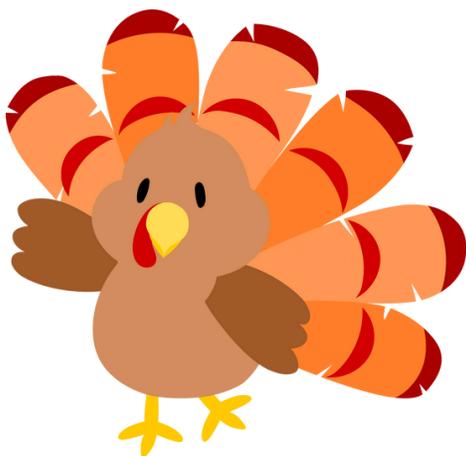
Fall Fest Dance

Student Council will be sponsoring a Fall Fest Dance. The dance will be from 6:30 – 8:30 p.m. on **Friday, November 14**. The cost for the dance is \$2.00. Only Mifflin County Middle School Students may attend. The dance is casual. There will be a concession stand and games that cost a quarter to play. Proceeds from this dance will support our Tally Your Turkeys Campaign.



Tally Your Turkeys

In the week leading up to Thanksgiving, Student Council organizes and runs a campaign to help the Salvation Army raise funds to benefit our community. During this week, we ask students to contribute money toward our goal. Our collections time this year will be November 10-20! On **Friday, November 21**, the Student Council will sponsor an assembly to celebrate their accomplishment. Students get the chance to compete in relays with the faculty, learn the total amount of money raised, and see the check presented. There are also prizes for the top money-raising first periods. You can tune into MERF radio in the mornings to hear what classes are topping the “Tally Your Turkeys Leaderboard.”



MCMS ART CLUB FUNDRAISER

Join us for an evening of great food and community spirit in support of our young artists!

Friday, November 7th | 3:30–6:30 p.m.

MCMS Tennis Court Parking Lot (2 Manor Drive, Lewistown)

Enjoy a variety of delicious options from local food trucks, including Fully Loaded, Windy Wagon, Aunt Franey’s Soft Pretzels, and more!

Your support helps our Art Club continue to create, learn, and inspire.

We can’t wait to see you there!



FIVE WAYS TO HELP KIDS ADJUST TO DAYLIGHT SAVINGS TIME

Tips from the Children's Hospital of Philadelphia (CHOP)

As the clocks “fall back” this November, many families notice that bedtime feels a little off for a week or two. Kids may have trouble falling asleep, waking up too early, or feeling extra tired during the day. The good news? A few simple bedtime habits can make the transition much smoother.

Experts at CHOP's Sleep Center say that consistency is the secret. A calm, predictable bedtime routine helps signal to your child's brain that it's time to relax and get ready for sleep — even when the clocks change.



Here are five easy ways to help your child adjust:

- 1. Stick to a schedule.** Try to keep bedtime and wake-up times about the same every day — even on weekends.
- 2. Power down early.** Turn off screens at least 30 minutes before bed. The light from devices can make it harder for kids to fall asleep.
- 3. Keep bedtime calm and simple.** A routine that lasts 20 to 30 minutes with soothing activities (like reading or quiet music) works best.
- 4. Head toward bed.** Arrange your bedtime steps so everything moves naturally toward the bedroom - not all over the house.
- 5. Promote healthy sleep habits.** Encourage children to fall asleep on their own and use consistent, comforting cues like a nightlight or soft music.

With a steady routine, most will adjust to the time change within a week or two. If sleep struggles stick around longer, check in with your child's pediatrician for extra support.



HOMELESSNESS AWARENESS MONTH - NOVEMBER 2025

Pennsylvania Education for Children and Youth Experiencing Homelessness (ECYEH) Week recognizes and brings awareness to the importance of the McKinney-Vento Homeless Assistance Act and the education needed to provide stability and consistency to students experiencing homelessness across Pennsylvania. Under federal law, children are considered homeless if they lack a fixed, regular, or adequate nighttime residence. Many people associate being homeless with living on the street, but homelessness is often hidden, especially in rural communities.



To date for the 2025/2026 school year, Mifflin County School District has identified 98 students that are doubled up living with other families, living at the homeless shelter, or living in campers/RVs.

To assist those in need, MCSD staff will be raising money for the district's student homelessness fund. In exchange for a \$5 donation, staff will be able to dress down on Thursday, November 20 and are encouraged to wear a red shirt to spread awareness on Red Shirt Day on Friday, November 21.

If you are experiencing homelessness, please know that help is available. Please reach out to either of our district's homeless liaisons:

Nicole Frazier, LSW
717-250-0414;
nrf56@mcsdk12.org

Kaitlin Marshall, LSW
717-250-2423; kjm07@mcsdk12.org



Scan this QR code, or [use this link](#) to visit the MCSD Homeless Education Services website.

ORDER YOUR YEARBOOK NOW - LIMITED TIME DISCOUNT

The yearbook store is open! Books ordered by Nov. 14th will cost \$32. 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>



CLASSROOM SPOTLIGHT: MRS. WOZNIAK'S ART CLASS

Students are wrapping up a large unit called "Dinner Party." For this project, each student researched a country and created a clay sculpture of a traditional dish from that culture. To accompany their sculptures, students also designed placemats that visually represent their chosen country.

Through this hands-on, two- and three-dimensional project, students are exploring global art traditions, refining their clay techniques, and demonstrating persistence through creative challenges. In the coming weeks, the clay pieces will be fired, painted, and glazed before being displayed together in a collaborative "dinner scape."



CLASSROOM SPOTLIGHT: MS. MOWERY'S SCIENCE CLASS

Students in Mrs. Mowery's 6th grade science classes have been studying metric measurement and density. During class, students completed the Gummy Bear Lab. The Gummy Bear Density Lab involves measuring the initial mass and volume of a gummy bear, calculating its density, and observing changes after soaking it in water overnight. The gummy bear absorbs water overnight causing both its volume and mass to increase and its density to subsequently change. Students are challenged to determine why the gummy bear's density changed from one day to the next.



7TH GRADE SCIENCE FIELD TRIP

On October 16, 7th grade Science students had the opportunity to travel to Kish Park to conduct a stream study of Kish Creek. In a stream study, students analyze a stream's physical, chemical, and biological characteristics to assess its health and identify potential problems.



HUSKIES OF THE MONTH: SEPTEMBER AND OCTOBER

Congratulations to the September and October Huskies of the Month! These students were nominated and voted on by their teachers. HOTM is a program to recognize students with strong work ethic, good grades, no discipline referrals, and positive character. In other words, HOTM honors students who try their best every day!



September Huskies of the Month, from left, Henry Lepley (6th grade), Josilyn Berry (7th grade), Braxton Hesketh (7th grade), Sophia Wray (7th grade), Lincoln Knable (6th grade), Kinley Martin (6th grade), Maxwell Smith (7th grade), and Dhanvi Patel (6th grade).



October Huskies of the Month, from left, Rorie Bowersox (6th grade), Benjamin Lepley (7th grade), Emily Harrop (6th grade), Lynch Byler (6th grade), Audrey Shinskie (7th grade), Benjamin Peachey (6th grade), Syndey Riden (7th grade), and Easton Zong (7th grade).

LEADERS OF THE PACK: SEPTEMBER AND OCTOBER

Congratulations to the September and October Leaders of the Pack! These students were nominated and voted on by their teachers. Leaders of the Pack are students who model PACK expectations and positive character traits. The first marking period's character trait was **responsibility**.



September Leaders of the Pack, from left, Tre Myers (6th grade), Payson Ross (7th grade), Zach Smith (7th grade), Cadence Diehl (7th grade), Oliver Hartzler (7th grade), Taylor Kelley (6th grade), Zacchaeus Platzer (6th grade), and Adrien Kline (6th grade).



October Leaders of the Pack, from left, Matthew Green (7th grade), Quinn McCracken (7th grade), Matthew Hartsock (6th grade), Rose Miller (7th grade), Luke Collanbine (6th grade), Jezdon Stoltzfus (6th grade), Nathan Casner (7th grade), and Jada Johnson (6th grade).

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!



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

FOLDERS AT MCMS - COLOR-CODED

To help everyone stay organized, MCMS uses color-coded folders for each subject area:

- Social Studies - Red
- Science - Green
- ELA - Yellow
- Math - Blue
- Health - Light Blue
- Music - Purple
- Chorus/Band - Black



Sticking to these colors helps students (and teachers!) quickly find what they need.

ATHLETIC NEWS

- Winter Sports Registration will open October 1 with a deadline of November 5.
- Winter Sports Practices begin November 14 – please check the athletic website for the most up to date and specific information.
- Senior Citizen, Active Military, and Veteran Free Athletic Passes can be obtained at the MCHS Main Office. All passes are good for life.
- **MCSD students will receive free admission to all MCSD 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.

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).



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 jj20@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.

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.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheeseburger on a Bun Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Steamed Broccoli Baby Carrots (Day 3) <i>Alternative: Deli Turkey Sandwich</i>	Nachos Grande Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Lettuce & Tomato Corn (Day 4)	French Toast Sticks with Sausage Patties Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Tri Patty Taters Cucumber (Day 5)	Spaghetti w/Meat Sauce & Breadstick Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Side Salad Celery Sticks (Day 6)	Cheese Pizza (V) Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots (Day 1)
10	11	12	13	14
Popcorn Chicken with Roll Chef Salad with Dinner Roll FEATURED VEGGIES Mashed Potatoes Corn (Day 2) <i>Alternative: Grilled Chicken Wrap</i>	Veterans Day No School!	Pancakes w/ Sausage Chef Salad with Dinner Roll FEATURED VEGGIES Hash Brown Potato Celery Sticks (Day 3)	Chicken Patty on a Bun Chef Salad with Dinner Roll FEATURED VEGGIES Corn Cucumber (Day 4)	Toasted Pepperoni Pizza Flatbread Sandwich Chef Salad with Dinner Roll FEATURED VEGGIES Baby Carrots Cherry Tomatoes (Day 5)
17	18	19	20	21
Chicken Nuggets with Roll Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Red Pepper Strips (Day 6) <i>Alternative: Pulled Pork</i>	Spaghetti w/Meat Sauce & Breadstick Turkey & Cheese Wrap FEATURED VEGGIES Side Salad Carrots (Day 1)	Holiday Meal Roast Turkey w/ Gravy FEATURED VEGGIES Mashed Potatoes Corn (Day 2)	Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Cucumber (Day 3)	Cheese Pizza Bagel (V) FEATURED VEGGIES Celery Sticks Side Salad (Day 4)
24	25	26	27	28
Turkey & Cheese Melt on Croissant Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Mashed Potatoes Corn (Day 5) <i>Alternative: PBJ</i>	Chicken & Cheese Quesadilla Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Black Bean & Corn Salad Baby Carrots (Day 6)	NO School Thanksgiving Break 	NO School Thanksgiving Break 	NO School Thanksgiving Break 

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

-A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week, Weekly Cold or Hot Sandwiches & Wraps

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan
These items do not contain any animal products

Your Team

Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Student Lunch \$3.10
Reduced Lunch \$4.40



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.

INSTRUCTIONAL SUPPLIES - MCSD POLICY 110

The building principal will be responsible to ensure that no student in the school is denied participation in any school program for financial reasons and that the privacy of each student is protected. The principal will use the guidelines of the free and reduced price lunch program to determine the ability of students to provide necessary school supplies. Parents/Guardians must complete the Application For Instructional Supplies and submit required documentation when requesting free instructional supplies for students. Please contact the principal for more information and to request the application.

MCSD POLICY AND SCHOOL BOARD INFORMATION

Please visit the Mifflin County School District website for information regarding Board Policies, Agendas, and Minutes. Information on this site also includes the current school board members and school board meeting dates. Please visit the following link <https://www.mcSDK12.org/school-board/>.