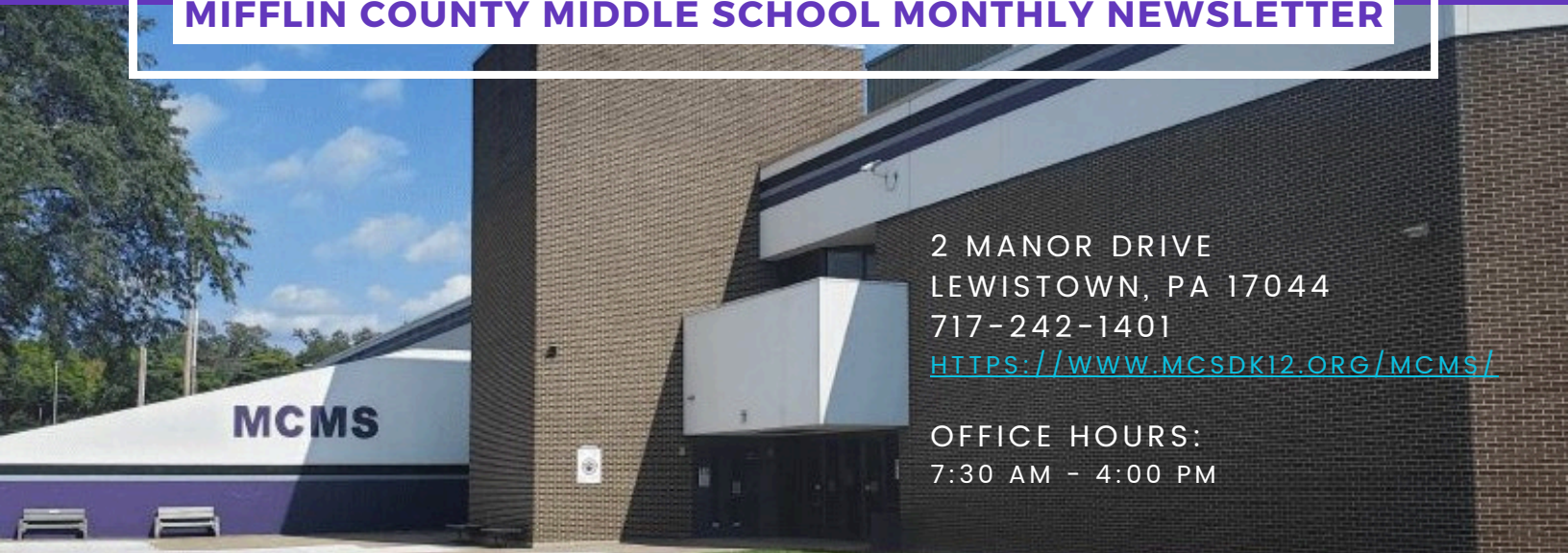


PACK POST

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,

In this edition of the Pack Post, you'll find news and information about a new Home and School Association Raffle, MCMS student clubs/activities, National School Counseling Week, and more. Don't miss the Classroom Spotlights on page 6 which highlight some awesome learning activities that have taken place recently in classrooms throughout our building.

TAKE YOUR CHILD TO WORK DAY

"Take Your Child to Work Day" will be observed on Thursday, April 23, 2026. In order for students who miss school to participate in "Take Your Child to Work Day" to receive an excused absence, parents/guardians must submit a consent form to the school office by Wednesday, April 22, 2026. Consent forms are available in the MCMS office or [at this link](#). Students who participate in "Take Your Child to Work Day" will not be eligible for perfect attendance.

ORDER YOUR YEARBOOK NOW

Don't forget to order your yearbook. Pre-orders are being taken until March. Books cost \$35. To order, use the QR Code or visit: <https://jostensyearbooks.com/?REF=AO1129946>



FOLLOW MCMS ONLINE AND ON SOCIAL MEDIA:



UPCOMING EVENTS

Monday, February 2, 2026

Report Cards Distributed in
Homerooms

Wednesday, February 4, 2026

2:40 p.m.

JH Volleyball Info Meeting in Cafeteria
Interested Grade 7 Students Only

Friday, February 13, 2026

Act 80 Day
No School for Students

Monday, February 16, 2026

School in Session
Make-Up for Snow Day 1/26/26

Thursday, February 19, 2026 -

Friday, February 27, 2026
Smile Dental Clinic

NEW MCMS HOME & SCHOOL ASSOCIATION RAFFLE

The MCMS Home & School Association is excited to continue our online raffle series after the success of our very first raffle last month! Funds raised continue to support school assemblies, PBIS rewards, and fun events and surprises for our students.



PRIZE: A food lover's gift card bundle featuring a **\$75 Texas Roadhouse** gift card, a **\$25 Domino's** gift card, and a **\$15 Dunkin'** gift card, perfect for dinner, dessert, or a coffee run! Only **50 chances available**, and one lucky winner will take home the entire bundle. Entries are **\$10 each**. Once all chances are sold, a winner will be drawn, so don't wait! Thank you for supporting the MCMS HSA and helping make a difference for our students.

BUY YOUR RAFFLE TICKET HERE [🔗](https://square.link/u/PHCy4wW3) CLICK TO PURCHASE → <https://square.link/u/PHCy4wW3>

📍 Pickup: Winner can collect their prize at the Middle School office during school hours.

HEART & SOLE (GIRLS ON THE RUN)

Heart & Sole is a club at MCMS intended to help girls strengthen their mind, body, and spirit through interactive lessons, physical activity, and team discussions on relevant topics.

Each season, Heart & Sole participants learn:



How to embrace who they are, both on the inside and outside



Strategies to become independent and critical thinkers



Skills to write their own stories



Tools to find inner strength through physical activity

**MIFFLIN COUNTY MIDDLE SCHOOL
GRADES 6-8**

Registration opens January 21

Season Starts: Week of 2/23/26

Practices: Wednesdays, 3:00-5:00 PM

**5K Celebration: 4/25/26 at the
Lewisburg YMCA**

QUESTIONS?

**Heart & Sole Contact at
Mifflin County Middle School**

Mrs. Lori Mowery



LMM46@mcsdk12.org

For more information and to register, visit www.gotrmidstatepa.org



HUSKY CHORAL FESTIVAL

The 6th and 7th Grade Choirs from MCMS will be participating in the annual Husky Choral Festival at Mifflin County High School on **March 5 at 7:00 p.m.** This event involves every choir member in Mifflin County School District from 5th grade through 12th grade and highlights the progress and achievement of our talented young singers.

NATIONAL SCHOOL COUNSELING WEEK 2026

February 2-6 is National School Counseling Week, and the theme for 2026 is **“School Counselors Amplify Student Success.”** At MCMS, we are fortunate to have dedicated school counselors who support our students academically, socially, and emotionally: Mrs. Jane Foor (6th grade) and Mr. Andy McCardell (7th grade). Our school counselors play a vital role in helping students thrive. They use academic, attendance, and discipline data to identify and remove barriers to learning, while also guiding students to better understand their strengths, abilities, and interests.



Following the ASCA National Model, our counselors provide individual counseling as needed, facilitate small groups focused on academic and mental health support, collaborate with families and community providers to connect students with services, and deliver classroom lessons on executive functioning skills and career exploration.

National School Counseling Week is a great opportunity to recognize the important work our counselors do every day to amplify student success. If you feel your child could benefit from additional support in any of these areas, please don't hesitate to reach out to your child's school counselor (contact information below).

To learn more about the essential role of middle school counselors, check out the link below:

<https://schoolcounselor.org/getmedia/7ed7a427-a87a-4609-a4e1-ee8e5358df29/Why-Middle.pdf>



Mrs. Jane Foor
6th Grade Counselor
jaf28@mcsdk12.org



Mr. Andy McCardell
7th Grade Counselor
alm21@mcsdk12.org

MCMS CLUBS AND ACTIVITIES

Getting involved in clubs and activities is a great way for students to explore their interests, build friendships, and feel connected to our school community. MCMS is proud to offer a wide variety of clubs and activities that support students academically, socially, and creatively. Below is an alphabetical list of the clubs and activities currently available, along with meeting days and times, locations, and faculty advisors. We encourage families to review the list together and talk with students about opportunities they may want to explore this school year.

Art Club

Wednesdays, 1/14, 1/28, 2/11, 2/25 – 3:00p.m. - 4:00 p.m. – Mrs. Elsesser – Room 204

Book Club

Thursdays – 3:00 p.m. - 4:00 p.m. – Mrs. Runk & Mrs. Zerby – Library

Chess Club

Fridays – 3:00 p.m. - 4:00 p.m. – Mr. McKelvey – Room 203

Clay Club

Mondays, 2/2, 2/16, 3/2, 3/16 – 3:00 p.m. - 4:00 p.m. – Mrs. Wozniak – Room 208

Computer Club

Wednesdays, 1/14, 1/28, 2/11, & 2/25 – 3:00-4:00 – Mr. Yerger – Room 120A

Game Zone Club

1st & 3rd Tuesdays of each month – 3:00 p.m. - 4:00 p.m. – Ms. Fosselman – Room 431

Newspaper Club

Tuesdays – 3:00 p.m. - 4:00 p.m. – Mrs. Smith & Mrs. Heimbach – Room 308

Rise Above the Noise

Tuesdays – 7:30 a.m. - 8:00 a.m. – Mrs. Demmo – Room 433

Science Club

Wednesdays – 3:00 p.m. - 4:00 p.m. – Mr. Himes – Room 211

STEM Club

2nd and 4th Thursdays of each month – 3:00 p.m. - 4:00 p.m. – Mrs. Singer – Room 114A

MS. FOSSELMAN'S 7TH GRADE ELA: MILLION WORD READING CHALLENGE

Ms. Fosselman's Seventh Grade ELA students are participating in a **Million Word Reading Challenge**, and this year's students are rising to the occasion. At the halfway point of the year, several students have already met, or even surpassed, the one-million-word goal. Adalyn Lutz has read an astounding four million words so far, while Sophia Wray is nearing the two-million-word mark. Wyatt Query recently passed 750,000 words. Rebecca McKnight and Bella McClure have reached 500,000 words. Ava Moyer, Brooks Druckenmiller, Cohan Bush, Titan Cherry, and Andrew Toddes have hit the 250,000 words milestone. The challenge began during the first week of school and will continue through the final week. Ms. Fosselman looks forward to seeing just how many millions of words her students will read by year's end. Families are encouraged to continue supporting this growth by setting aside time for reading at home and celebrating their child's progress along the way.



Andrew Toddes and Titan Cherry



Rebecca McKnight, Adalyn Lutz, Bella McClure, Ava Moyer, Sophia Wray, Brooks Druckenmiller, Cohan Bush, Wyatt Query

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

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



HUSKIES OF THE MONTH: JANUARY

Congratulations to the January 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!



January Huskies of the Month, from left, Kaiden Rheam (6th grade), Chase Yoder (6th grade), Brantly Eyer (7th grade), Mia Kuhns (6th grade), Mason Wian (7th grade), Hannah Parson (7th grade), and Evelyn Hays (7th grade). Willow Jones (6th grade) was absent from the photo.

LEADERS OF THE PACK: JANUARY

Congratulations to the January 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 second marking period's character trait was **honesty**.



January Leaders of the Pack, from left, Khloe Dipperry (6th grade), Mallory Hostetler (6th grade), Adley Auman (6th grade), Josiah Steele (6th grade), Carter Smith (7th grade), Chase Arnold (7th grade), Alivia Rhoades (7th grade), and Emma Fink (7th grade).



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Alternative: Grilled Chicken	Day 5	Day 6	Day 1	Day 2
Popcorn Chicken with Roll	Nachos Grande	Grilled Cheese Sandwich	Sausage Egg and Cheese Sandwich	Fish Sticks w/ Mac & Cheese
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll
FEATURED VEGGIES Mashed Potatoes Baby Carrots	FEATURED VEGGIES Lettuce & Tomato Black Beans	FEATURED VEGGIES Tomato Soup Peas	FEATURED VEGGIES Oven Fries Green Pepper Strips	FEATURED VEGGIES Steamed Broccoli Cucumbers
9	10	11	12	13
Alternative: Deli Turkey	Day 4	Day 5	Day 6	Day 1
Chicken Patty	Walking Taco	French Toast Sticks w/ Sausage	Hot Dog on a Roll	
Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	
FEATURED VEGGIES Oven Fries Celery	FEATURED VEGGIES Steamed Broccoli Lettuce & Tomato	FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Baked Beans Oven Fries	
16	17	18	19	20
No School	Day 3	Day 4	Day 5	Day 6
	Chicken & Cheese Quesadilla	Asian Sesame Chicken over Rice	Hot Ham & Cheese on a Pretzel Roll	Cheese Pizza Crunchners with Dipping Sauce (V)
Alternative: Chicken Patty	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)
	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Steamed Broccoli Carrot Sticks	FEATURED VEGGIES Baked Beans Caesar Side Salad	FEATURED VEGGIES Green Beans Side Salad
23	24	25	26	27
Alternative: PBJ	Day 1	Day 2	Day 3	Day 4
Chicken Gravy over Bread	Taco Tots	Cheeseburger on a Bun	Pasta & Meat Sauce Breadstick	Cheese Pizza
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll
FEATURED VEGGIES Steamed Broccoli Mashed Potatoes	FEATURED VEGGIES Tots Lettuce & Tomato	FEATURED VEGGIES Fries Baked Bean	FEATURED VEGGIES Side Salad Green Bean	FEATURED VEGGIES Glazed Baby Carrots Cucumbers

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 Cut 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@mcscdk12.org

Meal Prices

Student Lunch \$3.10
Reduced Lunch \$4.40



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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!



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

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

- Registration is open for Spring Sports. The deadline to register is **February 19, 2026** to be eligible for the first day of practice.
- Spring Sports' first day of practice is set for **March 2**. Please check out [the athletics website](#) for more information regarding Spring Sports.
- 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.

Parents/guardians may drop off medications to the nurse's office during regular school hours, 8:00 a.m. - 3:00 p.m. 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: Seventh grade students who need dental exams - please review the packet you received regarding dental services that will be provided at school in January and February. Complete either a Geisinger or a Smile Pennsylvania Mobile Dentist form and return it to school as soon as possible. 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.

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/>.