

SEPTEMBER 2026

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 A.M. - 4:00 P.M.

DEAR MCMS PARENTS/GUARDIANS,

We are extremely excited to welcome students back to school for the 2026-2027 school year! In this issue of the *Pack Post*, you'll find information regarding Back-to-School Night, important updates from the school nurse, PBIS, before/after-school homework help programs, and other middle school news.

BACK TO SCHOOL NIGHT

Back-to-School Night will be held on **Wednesday, September 23, 2026, at 6:00 p.m.** This parents/guardians-only event provides an opportunity to follow your student's schedule and learn about classroom expectations. The evening will begin with refreshments in the cafeteria before parents/guardians are dismissed to first period promptly at 6:00 p.m. Please obtain your student's first-period class and room number from your student or Family Access. The first-period teacher will provide a schedule for the remainder of the evening, which will follow Day 1 of our six-day cycle.

STAY CONNECTED WITH PARENTSQUARE

MCSD is transitioning to **ParentSquare**, our new school-to-home communication platform. Email invitations were sent to parents and guardians on **Wednesday, August 26**. If you have not yet registered, please locate your invitation and activate your account so you do not miss important school and district updates. Future editions of *The Pack Post* will be delivered through ParentSquare.



ParentSquare

FOLLOW MCMS ONLINE AND ON SOCIAL MEDIA:  

UPCOMING EVENTS

Thursday, September 3, 2026

MCMS Drama Club Interest Meeting
MCMS Auditorium - 6:00 p.m.

Friday, September 4, 2026

Act 80 Day
No School for Students

Monday, September 7, 2026

Labor Day
No School for Students

Wednesday, September 9, 2026

Picture Day

Friday, September 18, 2026

Mini-Thon Gold Out
Wear Gold or a Mini-Thon T-shirt

Wednesday, September 23, 2026

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

Friday, September 25, 2026

USA Night
Wear Red, White, and Blue

FROM THE NURSE'S OFFICE



Nurse's Contact Information:

Nurse Jennifer Staub

Email: jj20@mcsdk12.org | 717-248-1401 ext. 6509

FLU SEASON is coming! Now is a good time to schedule flu vaccinations for students and families and review the importance of hand-washing and covering coughs and sneezes!

A huge thank you to all of the families who have submitted paperwork, forms, and records to the nurse's office!

7th Grade Vaccination Requirements: A reminder to parents/guardians of 7th grade students: 7th grade students must have meningitis and Tdap vaccines to start their 7th grade school year. The nurse's office must have proper documentation of current vaccination status or an exemption filed for the student to attend school. It is not too late to comply with state laws. Vaccination exemptions may be filed with the nurse's office. You may send a fax to 717-242-5805 (Attn School Nurse), scan records/take photos on phone and email them to Jennifer Staub, RN at jj20@mcsdk12.org, or drop off records in the MCMS Main Office during school hours.

**** Please note: Non-compliant students will be excluded from school on September 9, 2026, and remain excluded until proof of compliance or an appropriate exemption is submitted to the School Nurse. Contact the MCMS Nurse's Office at 717-242-1401 ext. 6509 with questions.**

Nurse's Forms: Health forms will be distributed during homeroom on the first few days of school. Please complete and return them promptly so the nurse can treat acute illnesses and injuries and provide services such as physical and dental exams. A parent/guardian must complete and sign the **Over-the-Counter (OTC) Medication Form** before a student may receive OTC medication from the school nurse. Students without a completed form on file cannot receive these medications at school. A copy of the OTC Medication Form is included on the following page and is also available in the nurse's office.

Dental Information: 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 may be picked up in the nurse's office or downloaded from the district's webpage.

The Smile Mobile Dentist will be at the middle school **October 13-16, 2026**. This is a great program that offers dental services to students at school, and it meets the 7th grade dental exam requirements per the Pennsylvania School Health Act. All 6th and 7th grade students are encouraged to take advantage of this program!

MCSD Medication Policy Reminder: The nurse's office must receive new provider orders each school year for all prescription and over-the-counter medications. Students may not carry any medications on their person or transport them to or from school, including cough drops, medicated creams, or eye drops. The only exceptions are inhalers, epinephrine auto-injectors, and diabetic supplies when a provider's order specifically permits the student to carry them. A parent/guardian or designated adult must deliver all medications to the school nurse in their original prescription bottles or packaging, along with the required MCSD medication form completed by the prescribing provider. Please contact Nurse Staub at 717-248-1401, ext. 6509, or jj20@mcsdk12.org if your child needs medication at school.

Vision and Hearing Screenings: The TIU will conduct vision and hearing screenings at MCMS **Monday, October 19 - Wednesday, October 21, 2026**. The nurse's office will conduct growth and scoliosis screenings on these days as well. Please ensure students are in attendance for screenings and that they are wearing their eyeglasses or contacts lenses. Please contact the nurse's office to have a student exempt from growth screenings.

MIFFLIN COUNTY SCHOOL DISTRICT

201 Eighth Street - Highland Park
Lewistown, Pennsylvania 17044

TELEPHONE (717) 248-0148

FAX (717) 248-5345

Over-the-Counter Medication Form

Student Name: _____ Grade: _____ Date of Birth: _____

The following list of non-prescription medications and first aid materials may be given to your child for minor complaints and/or ailments while in school. They will not be administered without this form on file in the health office. Any student who requires any of the listed medications daily or on a regular basis will need an order filled out by the student's physician. Your child's school nurse may notify you about administering these medications.

Please circle yes or no next to each medication:

- | | |
|-----------|---|
| Yes or No | Acetaminophen (Generic Tylenol) for headache and other pain, as assessed on an individual basis. Limit of 4 doses per month |
| Yes or No | Ibuprofen – Generic Advil) for headache, muscular aches, and menstrual cramps, as assessed on an individual basis. Limit of 4 doses per month |
| Yes or No | Antacid (Generic Tums)- for acid indigestion, heartburn, and upset stomach. Limit of 4 doses per month |
| Yes or No | Diphenhydramine HCl (Generic Benadryl) –for temporary relief of minor allergic reactions and /or itching due to poison ivy, insect stings, or other irritants |
| Yes or No | Cough Drops – for cough and sore throat. Not to exceed two drops per school day |
| Yes or No | Bactine – for minor cuts, sunburn, or abrasions |
| Yes or No | Bacitracin – for minor cuts, scrapes, burns |
| Yes or No | Vaseline – to soothe chapped skin/ chapped lips, minor cuts, scrapes, burns |
| Yes or No | Calamine Lotion – for poison, hives, or insect bites |
| Yes or No | Sting-Kill Swabs – for insect bites and/or bee stings |
| Yes or No | Orajel – for minor toothaches, cold sores, canker sores, or sore gums |
| Yes or No | Eye Wash Irrigating Solution – to rinse irritants from eyes |
| Yes or No | Water Burn Gel – for pain relief due to minor burns |

Medications will only be administered one hour after the start of school and up to one hour before dismissal. Any exception to this will be at the school nurse's discretion or in an emergency.

Students are NOT permitted to bring medications to school. Any medication required to be taken at school MUST be transported to school by a parent/guardian or designated adult and accompanied by a physician's order.

The school nurse has my permission to dispense this medication to my child. As parents/guardians of the child named above, I/we release the Mifflin County School District and its employees, or agents, from any liability for any injuries my child may suffer due to this request. This form must be signed each school year.

Parent Signature: _____ Date: _____

PBIS AT MCMS

Positive Behavioral Interventions and Supports (PBIS) helps MCMS create a safe, welcoming, and positive learning environment. Just as students are taught academic skills, they are also taught the behaviors expected throughout the school.

At MCMS, students are encouraged to follow our PACK Expectations: Be ResPonsible, AAct Safely, Have CCharacter, and MaKe a Difference.



Teachers and staff use **PBIS Rewards** to award points when students demonstrate these expectations. Students can use their points to enter schoolwide raffles and purchase items from the PBIS School Store.

RECOGNIZING OUTSTANDING HUSKIES

The **Husky of the Month** and **Leader of the PACK** programs recognize students who make a positive difference at MCMS.

Huskies of the Month demonstrate a strong work ethic, achieve academic success, and have no discipline referrals. **Leaders of the PACK** model the positive character traits reflected in our PACK Expectations. Students are nominated and selected for both honors by their teachers.

QUARTERLY PBIS CELEBRATIONS AND ATTENDANCE INCENTIVES

At the end of each marking period, MCMS holds a PBIS assembly to recognize students and celebrate the positive choices being made throughout our school. These high-energy assemblies feature fun activities, student-versus-teacher competitions, and plenty of Husky spirit!

Our **marking period attendance raffle winners** are also drawn during each assembly. Students who meet the announced attendance requirement are automatically entered for chances to win gift cards and other exciting prizes. Our grand prize for the first marking period attendance raffle is a pair of **Beats Solo 4 headphones**! Every day of attendance helps students learn, connect, and move one step closer to becoming our next winners!



MCMS ACADEMIC HELP 2026-2027

Need help with homework and studying? These programs will be available all year long!



EARLY BIRD

(BEFORE SCHOOL)

START YOUR DAY STRONG!

 **MONDAY–FRIDAY**

 **7:30–8:00 A.M.**

 **LIBRARY**

STAFF:
MR. HETRICK & MRS. HAINES



HUSKY

HOMEWORK

HUDDLE

(AFTER SCHOOL)

FINISH YOUR DAY WITH SUCCESS!

 **TUESDAY & THURSDAY**

 **3:00–4:00 P.M.**

 **ROOM 203**

STAFF:
MR. MCKELVEY

BOTVIN LIFE SKILLS TRAINING

All 7th 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.



PARENT TEACHER CONFERENCES

Parents may request a parent-teacher conference **at any time**. Parents may contact the teacher, school counselor, and/or principal to schedule a parent-teacher conference. All teachers will be available for evening parent conferences on November 24, 2026.

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.

MIFFLIN COUNTY FOOTBALL THEMES

1	FRIDAY SEPT. 18 ★★★	 GOLD OUT FTK 5 NIGHTS. 1 PACK. ALL IN. WEAR GOLD CAMO • FIGHT FOR THE KIDS ★ FTK ★	VS. RED LAND	
2	FRIDAY SEPT. 25 ★★★	 U.S.A. NIGHT ★ WEAR RED, WHITE & BLUE ★ THE FUTURE IS NOW.	VS. HERSHEY	
3	FRIDAY OCT. 9 ★★★	WHITEOUT ★ HOMECOMING ★ WEAR WHITE. BE LOUD. BE PROUD.	VS. NORTHERN YORK	
4	FRIDAY OCT. 16 ★★★	 PAWSITIVE VIBES NIGHT GOOD VIBES. BRIGHT LIGHTS. HUSKY PRIDE. TIE-DYE & NEON	VS. MECHANICSBURG	
5	FRIDAY OCT. 30 ★★★	BLACKOUT SENIOR NIGHT ALL BLACK. ALL OUT. FOR OUR SENIORS.	VS. GETTYSBURG	 FINISH TOGETHER.

ONE TEAM. ONE TOWN. ONE PACK.

ATHLETIC NEWS

- Senior Citizen, Active Military, and Veteran Free Athletic Passes can be obtained at the MCHS Main Office. All passes are good for life.
- Cash Passes are now available. Passes are \$40 for adults and \$20 for students. Each pass is good for 12 games of your choice throughout the sports season. Passes can be picked up at the MCHS Main Office. Please have exact change.
- 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 X [@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).

We support
big league dreams.

Geisinger

SKYWARD FAMILY ACCESS

Skyward 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 before Back to School Night on September 23.** If you need login information, please call Mrs. Murphy, the guidance secretary, at 717-242-1401 ext. 6506 for assistance.

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



SCAN HERE TO REGISTER!



weis4
schoolTM

BUILDING A WEIS FUTURE



*DONATIONS MADE TO PARTICIPATING SCHOOLS THROUGH 8TH GRADE

★ Help your school earn a share of **\$500,000**

- 1 REGISTER**
your Weis Rewards card online at weis4school.com
- 2 SCAN**
your Weis Rewards card each time you shop
- 3 EARN**
cash for your school based on your qualifying purchases

MIFFLIN COUNTY SCHOOLS MIDDLE SCHOOL LUNCH MENU September 2026

EAT SMART BE SMART



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31
Hot Dog/Cheese Dog

Baked Beans
Tots

1
Cheese
Quesadilla

Corn
Lettuce & Tomato

2
Pasta w/
Meat sauce & Breadstick

Green Beans
Cucumbers

3
Breakfast for Lunch:
Waffles & Sausage

Tri-Taters
Pepper Strips

4
Max Pizza Sticks w/
Marinara Dipping Sauce (V)

Peas
Cucumbers

Daily Offerings: Ham & Cheese Sandwich, Garden Salad with Goldfish Crackers & Dinner Roll (V)

7
Popcorn Chicken
W/Roll

Mashed Potatoes
Peas

8
Beef Soft Tacos

Corn
Lettuce & Tomato

9
Grilled Asian Sesame Chicken
over Rice

Steamed Broccoli
Carrot Sticks

10
Italian Toaster
Sandwich

Curly Fries
Side Salad

11
Pepperoni & Cheese
Pizza

Celery & Ranch Dip
Baked Beans

Daily Offerings: PBJ, Chef Salad with Dinner Roll

14
Breaded Chicken
Tenders

Crinkle Cut Fries
Chickpea Salad

15
Walking
Taco w/ Rice

Seasoned Black Beans
Lettuce & Tomato

16
Chicken Alfredo over Penne with
Breadstick

Steamed Broccoli
Celery Sticks

17
Toasted Cheese
Sandwich (V)

Tomato Soup
Green Pepper Strips

E 18
Cheese
Pizza

Green Beans
Baby Carrots

Daily Offering, Turkey & Cheese Wrap

21
Chicken
Nuggets

Fries
Cucumber Slices

22
Chicken & Cheese
Quesadilla

Corn
Lettuce & Tomato

23
Breakfast for Lunch:
French Toast Sticks
with Sausage Links

Tri-Taters
Carrot Sticks

24
Mac & Cheese
with Dinner Roll (V)

Peas
Side Caesar

25
Fiestada
Pizza

Celery & Ranch Dip
Baked Beans

Daily Offerings: Hamburger | Garden Salad with Goldfish Crackers & Dinner Roll (V)

28
General Tso's Chicken
with Rice

Steamed Broccoli
Caesar Salad

29
Beef
Hard Tacos

Seasoned Black Beans
Lettuce & Tomato

30
Ham, Egg & Cheese on
Roll

Hash Brown
Cucumber Slices

Daily Offerings: Chicken Patty | Chef Salad with Dinner Roll

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

Lunch Prices

Student \$3.15

Available Daily

Alternative Sandwich, Wrap or Salad

Fruit & Veggie Selection

Students may choose two ½ cup servings.

Milk Selection

Chocolate, White, & Strawberry & Whole

Your Dining Services Team

Bob DuFour (Director of Food Service)
717-248-0148 Ext. 2514
rd02@2mcsdk12.org

Hope Baker (Fiscal Technician)
717-248-0148 Ext. 2516
hrb41@2mcsdk12.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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.mc SDK12.org/school-board/>.