

SOUTH MIDDLE SCHOOL NEWSLETTER

Hello Falcons!

We are officially a quarter of the way through our school year! Seems to have been a fast and productive start. Our admin team wants to thank all of our teachers for their collective efforts to help guide your children. We have a great team of teachers who are getting to work with a fantastic group of students. I have enjoyed being a Falcon and want to thank all of you that have helped me get acclimated to the district/school.

Last week we were able to host our annual "Mile Run", watch our awesome school play, and host a "Falcon Fest". I think it was a great wrap on the quarter, and a nice way to ease us into quarter 2. As we finish up this final week, please talk with your child to ensure they have their homework in and finish up any retake assessments needed. There is only about a week left to get things turned in.

I remain proud of what we are able to accomplish. We continue our mission to inspire and prepare all students to connect, discover, and succeed. This includes challenging minds, building authentic relationships, and nurturing individual growth for all students. We are committed to building academic competencies and critical thinking skills, promoting an individual and community culture of respect, responsibility, and readiness, exploring and empowering talents, interests, and abilities, and nurturing interpersonal relationships and acceptance.

I hope you find this newsletter informative and engaging. We really hope to continue to serve your students in a collaborative environment and work with you as families to ensure all students feel safe and have the opportunity to be successful. If you ever need anything, please be sure to contact me or anyone on our administrative team.

Thanks,



Caleb Hundt

South Middle School Principal

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He, Him, His

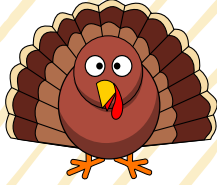


SOUTH
MIDDLE SCHOOL

**WORK HARD
BE NICE**
@hundtcaleb #GoFalcons

ANNOUNCEMENTS

School is closed
November 20-24th.
Have a great break!



Student Council would like to thank everyone that donated candy and water to Fall Fest. It was enjoyed by all the students. We appreciate your support!

Concert Change for SMS ORCHESTRA

GR6 and GR8 Orchestra Concert on November 14th is now canceled and moved to November 9.

GR7 Concert on November 9 is now moved to December 21.

****NEW CONCERT DATES**

GR7 Orchestra-December 21

GR8 and GR6-November 9

Cadence orchestra will still perform in both concerts.



The staff greatly appreciated the meal during the day of conferences. The pizza and desserts were delicious! Thank you to everyone who donated.





RCU SchoolSense is up and running
at South!

They are open every Wednesday
from 7:10-7:25.

AN UPDATE FROM YOUR FAMILY ADVISORY COUNCIL (FAC):

The first meeting of the 2023-2024 Eau Claire Area School District Family Advisory Council (FAC) was held on October 3. After initial introductions from the family volunteers representing schools and organizations within the district and the sharing of news and events, the election of this year's officers took place: Katie Sideri (Longfellow) — Chair; Jamie Kampf (Putnam) — Vice Chair; and Nicole Everson (North) — Secretary.

Superintendent Johnson then provided his monthly district update, and the meeting concluded with an agenda-setting session for the remainder of this year's FAC meetings that resulted in the following topics: Attendance Policy (overview, issues, educating staff and families); Grading and reporting (update, AI and integrity, accelerated and enriched programming); State of the District Update; Safety & Security Update; Mental Health/Behaviors/Student Supports/Special Education Update; Upcoming Referendum/Demo & Trends/District Long-term Vision Update; and District Year in Review/Looking Ahead to 2024-2025.

The second FAC meeting will be held on November 14, and the district's Attendance Policy will be the main topic of discussion.

About your FAC: The FAC fosters communication between families and district administration and presents family concerns, opinions, and perspectives to the superintendent and school administrators. To learn more about your FAC, please visit: <https://www.ecasd.us/District/About/Family-Advisory-Council>

If you would like to be a representative for South please contact Jen Whatley:
jwhatley@ecasd.us

Hello Families,

On Friday November 10th, South Middle School will be hosting a Veteran's Day Program in our auditorium from 2:20pm - 2:50pm. If your child has a veteran who is close to them, we want to extend an invitation to honor their service at our Veteran's Day Ceremony.

Please RSVP to Jen Whatley at jwhatley@ecasd.us by Tuesday, November 7th if your child will have a veteran attending.

Our program begins at 2:20 pm, and we will host a short reception for all veterans in the cafeteria immediately following the program. 8th grade students will be attending in the auditorium and 6th and 7th graders will join via livestream on Falcon TV. The program can be viewed on the live link below:

<https://www.youtube.com/channel/UC9XhmHu4huZOseOxcuBOvnQ>





Thanksgiving Food Drive!

It's simple, bring in food donations to your Falcon Time. Whichever class gets the most food items wins a mystery prize! All donations will go to the SMS food pantry.

November 1st-19th



Please contact Jen Whatley, jwhatley@ecasd.us, if you would like to sign up for weekend meals or food pantry.





Save
THE
Date

Red Robin® will give

**20% OF FOOD SALES*
BACK TO**

SOUTH MIDDLE SCHOOL

Show this flyer or simply mention the fundraiser to
your server to have your sales counted.

FUNDRAISER DETAILS

3005 Golf Road, Eau Claire, WI 54701

November 7, 2023*

If ordering online, please follow these instructions:

- 1 Start your order at order.redrobin.com and select the restaurant above.
- 2 In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3 Click the "add" button, and then "add to bag."
- 4 Add your meal items and check out.
- 5 Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours.
Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

Red Robin





Winter & Holiday Help



Listed below are organizations and program specific details that offer winter and holiday season assistance. If your family needs assistance in providing cold weather outerwear (coats, snow pants, boots, hats/gloves), please contact your child's school counselor or partnership coordinator. Additionally, if you are able to give back to our great community, please consider a donation to any of the organizations listed below or the ECASD Closet which provides resources to all students and families in need throughout the school year.

Agency	Activity/Program	Date/Time	Contact	Guideline
The Community Table 320 Putnam Street	Thanksgiving Lunch	November 23 rd 11:30-1:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
The Community Table 320 Putnam Street	Thanksgiving-In-a-Box <small>*Box will include a turkey + Thanksgiving sides. Food included will be uncooked, so families can prepare in their homes.</small>	Pick-up Tuesday, November 14 th @ The Community Table at scheduled time	Email outreach@thecommunitytable.org to reserve your box or via Facebook.	Boxes will be granted on a first come, first serve basis. Orders must be placed by November 13 th at noon.
Hope Gospel Mission 2650 Mercantile Drive	Thanksgiving Lunch	November 23 rd 11:30-1:00	715-552-5566	Everyone is welcome. Inside sit-down meal offered or drive-through, take-out meal is also an option.
Hope Gospel Mission 2650 Mercantile Drive	Christmas Meal	December 16 th 11:30-1:00	715-552-5566	Everyone is welcome. Inside sit-down meal offered or drive-through, take-out meal is also an option.
The Community Table 320 Putnam Street	Christmas Eve Late Lunch/Early Dinner	December 24 th 3:00-4:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
The Community Table 320 Putnam Street	Christmas At The Community Table	December 25 th 9:00-11:00	715-835-4977	Everyone is welcome. Carry-out or dine-in meal. No registration required.
Salvation Army 2211 S. Hastings Way	Toys for Tots <small>(Christmas Toy Assistance Program)</small>	Sign up: Oct. 9-Nov. 22 nd <small>*No late sign-ups will be accepted. *</small> Mon-Thurs, 10:00-12:00 and 1:00-4:00	Amanda 715-834-1224	Application required. Must be picked up at site. Identification for all family members & proof of residency required in application process.
Family Promise of the Chippewa Valley 309 E. Lake Street	Festival of Toys <small>(Christmas Gift Assistance Program)</small>	Sign-up: Oct. 23-Dec. 1 <small>*No late sign-ups will be accepted. *</small> Application Drop- Off/Pick-Up Hours: M-Th 9:00-3:00	Scott 715-834-4357 toy@familypromisecv.org	Application required. Can be picked up at site or completed online at: www.familypromisecv.org/christmas Identification for all family members & proof of residency required in application process.



Construction has started at South!
We are excited about all the
improvements coming to our building.

How to Quit Vaping



Workbook

New “Quit Vaping” Resource Available for Teens

There is a new “How to Quit Vaping” workbook for teens who are trying to quit vaping. This workbook is designed to be a hands-on tool that walks youth through the process of quitting. This includes what to expect, how to set goals, the realities of slip ups, building a support team, and additional resources.

You can find a printable version and an online version of the workbook at

[ECHealthAlliance.org](https://echealthalliance.org).

This information is provided by the Eau Claire Health Alliance - Substance Misuse Action Team, which works to prevent alcohol, tobacco, and other drug misuse. Learn more at echealthalliance.org

Student Services

Is your child missing school due to anxiety?



Definition of anxiety: feeling of fear and uneasiness about everyday situations.

If your child is suffering from anxiety, you are not alone. The good news is that in most situations, anxiety is normal and temporary. Anxiety becomes a concern if it persists — it can affect relationships with family, peers and teachers, contribute to academic challenges, and lead to school avoidance/refusal. Addressing anxiety is important for a child's overall well-being, not just attendance.

In addition, if your child starts to complain of symptoms like a headache or stomachache, it is important to **quickly determine** whether this is related to anxiety or a physical illness that might require missing school. If the challenge is anxiety, staying home may worsen the situation.



What are the symptoms of anxiety?

Persistent anxiety can present in many ways, making it difficult to recognize.

Symptoms may vary depending on the age of the child, and some children may keep worries to themselves or have difficulty explaining their feelings making it hard to identify symptoms. Anxiety symptoms can include, but aren't limited to, the following:

- Feeling tired, irritable or easily tearful
- Having trouble separating from parents
- Experiencing difficulty sleeping or frequent nightmares
- Having trouble getting out of bed or dressed for school
- Lacking appetite
- Having trouble concentrating, which may lead to difficulty starting tasks, problems with homework and falling behind in school
- Experiencing physical symptoms, including stomachaches and headaches
- Avoiding activities they previously enjoyed
- Having negative or continuous thoughts that something bad is going to happen

What can families do?

Here are some tips that you can use to help your child get through these challenges, by intervening as quickly as possible, and return to school:

- Do not punish your child for refusing to go to school, as this can worsen things.
- If possible, avoid letting your child stay home. Though staying home from school may provide short-term relief for your child, continued absence from school will lead to the feeling of being disconnected from classmates and teachers, cause your child to fall behind academically and only make it harder to return.
- Speak with your child. Try to understand what's bothering them and why they are avoiding school. If you are feeling a similar anxiety, it may help to share this with your child and to explain what you are doing to get through it.
- Make it clear that you are there to help your child and that you believe they can face their fears and get through this problem.



Take advantage of school resources.

Working through your child's anxiety issues can be difficult and scary, and you shouldn't have to do it alone. Take advantage of the resources at your child's school:

- Talk with the school nurse, counselor, social worker and/or psychologist to discuss the student's challenges, identify what can help your child and develop a return-to-school plan.
- For some students, this may need to happen gradually (one or two classes initially and eventually a full day).
- In certain situations, a 504 plan or Individualized Education Program may be needed to ensure your child receives appropriate support and resources.

If symptoms persist or are very severe, your child's anxiety may be due to an underlying behavioral health disorder (i.e., anxiety disorder, panic disorder), an undiagnosed learning disability or the result of a physical or chronic health condition and should be evaluated by your child's medical provider.

Finally, remember to take care of your own physical and emotional well-being!

Resources where you can find more information on anxiety and school avoidance

[Separation Anxiety in Babies, Toddlers and School-Aged Children: Causes, Signs and What to Do](#)
[Anxiety and Depression CDC](#)
[Understanding Anxiety in Children](#)

[School Avoidance Alliance: School Avoidance 101](#)
[School Refusal: When a Child Won't Go to School](#)
[Parent Anxiety Handout – EPIC](#)
[The Ultimate Guide to Working With Your School](#)

IMPORTANT LINKS

[November Lunch Menu](#)

[ECASD Family Service Webpage](#)

[South Middle School Website](#)

[My School Bucks](#)

Check balance and deposit money into
your child's lunch account

[ECASD School Calendar](#)

[Community Events](#)

[Family Tech Support Information](#)

[Skyward Family Access](#)



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