

Milliken Middle School Newsletter



Mid - Term Progress Reports

It seems as if we just started school, yet here we are and it is First Quarter Mid-Terms. Teachers will post grades next Wednesday by 4pm. We will send paper copies of Mid-Term Grades home with the students on Friday in preparation for conferences the following week. Please ask to see your child's grades. You can also see updated grades on the Parent Portal.

Parent/Student/Teacher Conferences

TUESDAY, SEPTEMBER 26TH

Conferences in secondary school are arena conferences. Teachers will have a table in one of three locations: the Commons, the East Gym, or the West Gym. To help alleviate long lines, please try to adhere to the following schedule. If you cannot make it at your scheduled time, you may choose a time that fits your schedule.

- 3:30-4:30 Open
- 4:30-5:00 Last Names M-P
- 5:00-5:30 Last Names Q-T
- 5:30-6:00 Last Names U-Z
- 6:00-6:30 Last Names A-D
- 6:30-7:00 Last Names E-H
- 7:00-7:30 Last Names I-L



Book Fair
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Yearbook



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**6th
Grade
Field
Trip**



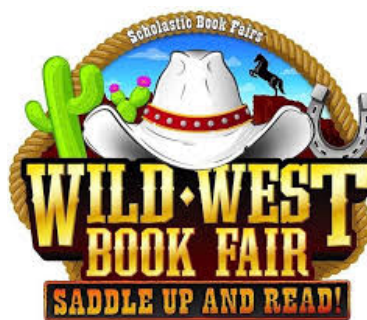
**Tuesday
October
3rd**

WHAT: Water Testing and Colorado Hiking

WHY: 6th grade science studies water and pollution including water testing. We thought this would be an awesome hands on experience. We also would like to get students out and active and hiking is a great way to do so in Colorado.

WHEN: Tuesday, October 3, 2017. We are going earlier in the year, so weather will hopefully not be a problem. It should be beautiful hiking weather and possibly even have some early fall color at some locations.

WHERE: We will take buses to seven different testing sites. Students will test different bodies of water in their chaperoned groups and collect data to bring back to analyze in science class. Each location includes a hiking trail that the students will hike or a natural area that they can explore. Some of the choices are easier hikes with paved sidewalks set in suburban surroundings and others are more moderate hikes with changes in elevation, natural path with some climbing.



Book fair: Sept 26-29 from 7am-3pm in the library and during conferences on the 26th. This is great for the students to get good books at a great price and it helps put books on our library shelves.

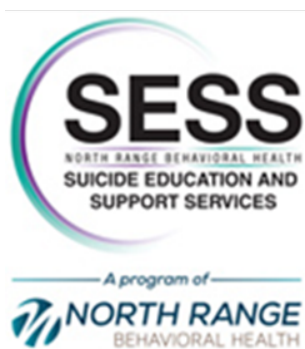
Teen Wellness

6 Tips To Eating Healthier as a Family

From the American Heart Association

- **Enjoy meals as a family.** This means less snacking alone which could be a recipe for poor food choices.
- **Get kids involved in cooking and planning meals.**
- **Research healthier ingredient substitutes.** Better yet! Have your students use their Ipads to help you do so!
- **Choose healthier oils for cooking including** canola, corn, olive, safflower, sesame, soybean and sunflower oils.
- **Cut out Soda.** Drink more plain water instead.
- **Reduce sodium.** Compare food labels, and choose the product with the least amount of sodium. Substitute herbs and spices instead for flavor.
- **Eat more fruits and veggies. Dark green veggies are best due to their lack of sugar.**

For more nutrition tips, healthy recipes and resources to help your family get healthier, please visit heart.org/healthyhome.



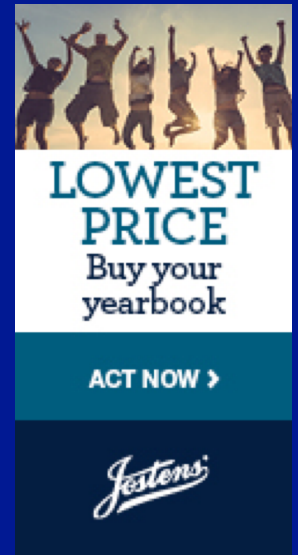
7th Grade Parents and Guardians:

This year we will be bringing the **SAFE: Teen** program to our 7th grade Health classes in order to further assist and inform our kids in the area of suicide prevention. This program is facilitated by North Range Behavioral Health and is used in many middle schools across Weld County. Our first **SAFE: Teen** training will be in the 7th grade Health classes on October 2nd and 3rd. We will be sending an email out to all health students' parents as well as be sending home an informative letter and permission slip. If your child is in health at this time, please keep an eye out for this important correspondence. If you have any questions about this programming, please contact Bethany Condon, MMS Counselor, at bethany.condon@weldre5j.org.

Yearbook Sale! Don't Miss Out!

Our yearbook staff has been in training since August and is currently planning, designing and creating this year's book! Last year's edition was great and this year's is sure to be filled with outstanding photos and stories highlighting our school year.

Yearbooks are currently \$25. This is the lowest price of the year! Last year we sold out before the end of the year. You do not want to miss your opportunity to purchase a book. You may purchase them online at jostensyearbooks.com or in our front office. We'll also have them available at conferences, Tuesday, September 26th.



LOWEST
PRICE
Buy your
yearbook

ACT NOW >

Jostens



WHAT'S ON
YOUR PHONE?
Share your best and see the rest.

DOWNLOAD THE APP > ReplayIt.com

Check our school's free photo sharing app.
It's the best for this year's best moments as they happen and your chance to make the yearbook.

Send us your best pics!

ReplayIt is a wonderful app that allows anyone to contribute photos to our yearbook. At this time, we are specifically looking for fall sports pics including: Volleyball, Football, Soccer and Cross Country.

Simply download the app and share your pics with us! You

may also access replayit through the web at replayit.com

Thanks for contributing to our book!



Please view the school calendar on the MMS website for upcoming events.

MILLIKEN MIDDLE SCHOOL CALENDAR

To access the MMS Calendar please follow this link:

<http://millikenms.weldre5j.edlioschool.com/apps/events/2017/8/?id=0>

You can also download the WELD RE5J app from either iTunes or Android to link to any of the district schools for news, updates and school event.