

# Milliken Middle School Newsletter



## Student/Parent/Teacher Conferences - Thursday, February 15, 2018

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.

3:00-4:00 Open

4:00-4:30 Last Names E-H

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-G

6:30-7:00 Open

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# Teen Wellness

## Sugar's Effects on Teens

Teens typically consume large amounts of sugar daily: 34 teaspoons as opposed to 22 teaspoons for adults, according to the American Heart Association, or AHA. The biggest offending foods are soft drinks, candy, cakes, cookies and pies. Although the AHA has not made recommendations for teens as far as limiting sugar consumption, it does recommend no more than six teaspoons daily for women and no more than nine teaspoons for men. Diets high in refined sugar and saturated fat not only contribute to weight gain and [associated health issues](#), but also have a [profoundly detrimental impact](#) on brain function. As a district, we are excited to be increasing awareness in wellness and encouraging our staff to reward students with non-food incentives.

This information was found at <http://theconversation.com> and [www.livestrong.com](http://www.livestrong.com).



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.

Are you interested in learning effective ways of communicating with your adolescent? Would you like to strengthen your family bond and have fun? If so, please consider the upcoming Strengthening Families course on Thursday evenings at MMS. This course is completely free and always provides a light dinner. Please contact Bethany Condon at [bethany.condon@weldre5j.org](mailto:bethany.condon@weldre5j.org) or (970) 587-6349 if you're interested in learning more about this course.

# "MY CHILDREN ARE BEHAVING MORE RESPONSIBLY AND HELPING WITH CHORES AROUND THE HOUSE."

IT'S NOT A DREAM. IT'S WHAT HAPPENS WHEN YOU ATTEND A FREE SEVEN-WEEK PROGRAM CALLED STRENGTHENING FAMILIES 10-14.

It's been developed by experts and is a proven program to help families with children ages 10-14:

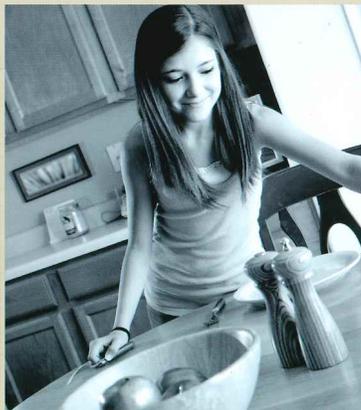
- Communicate more effectively
- Solve problems and bond together as a family
- Reduce the potential of alcohol, tobacco and drug use
- Grow and have fun together:
- Enjoy a free light meal
- Attend separate and combined sessions for parents and kids
- Get FREE childcare for children ages nine and under

**Find out more today!**

970-347-1389 | [www.wcpreventionpartners.org/StrengtheningFamilies](http://www.wcpreventionpartners.org/StrengtheningFamilies)

The next session is:

THURSDAY EVENINGS  
MAR. 1-APR. 19, 2018  
5:30PM-8:00PM  
MILLIKEN MIDDLE  
SCHOOL



WELD COUNTY  
**PREVENTion**  
partners  
LET THEM KNOW YOUR LIMITS.

A program of  
**NORTH RANGE**  
BEHAVIORAL HEALTH

**STRENGTHENING**  
families **10-14**  
BECAUSE EVERY FAMILY COULD USE A LITTLE HELP

The background of the poster is a deep red color. On the left side, there are several glowing, 3D-style hearts in shades of red and orange, some appearing to be on thin, dark stems. Scattered throughout the background are numerous small, out-of-focus light spots in warm tones like yellow, orange, and red, creating a bokeh effect.

# VALENTINE'S DAY DANCE

WEDNESDAY, FEBRUARY 14, 2018

2:45-3:45

COST: \$3

CONCESSIONS & DANCING

THIS IS A BEHAVIOR  
ELIGIBILITY DANCE

