

# Milliken Middle School Newsletter



## Mid-Term Ends 9-20-17

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



**Conferences**  
**Page 2**



**Teen Wellness**  
**Page 3**



**Mustang Sportsmanship**  
**Page 5**

Parents, please know that your child's teachers want to see them succeed and are willing to work with you. Please bring concerns and suggestions to the teacher's attention first before taking it elsewhere. We are all striving to make Milliken Middle School the best, and only by working together can we reach that goal!



Just a quick reminder to join us at our first Parenting Collective seminar next Tuesday, September 19th from 6-8pm at RHS. Come get equipped and encouraged by North Range Behavioral Health with some communication tips and the District Attorney's office with how to keep your kids safe on social media. See you there! RSVP today through the website by visiting:

<https://parentingcollective.wixsite.com/parentingcollective>

## Further Information From the Weld County Department of Public Health and Environment



In response to our recent email about bats we wanted to clarify a couple of items. The two main points we want to emphasize are:

1. While there is an effective treatment to prevent rabies in people, it must be started before symptoms begin. It's very important that you talk with your children and contact us immediately if your child had any physical contact with a bat.
2. Some bats have rabies, but not all. Bats also play an important role in nature by pollinating plants and eating insects.

## Teen Wellness

Students in FACS are starting with Breakfasts!

As the semester continues, Milliken Middle School's Food and Nutrition classes are nearing their breakfast unit. One of the goals of this class was to get rid of the notion that FACS classes teach you how to make only sweets and treats. The class has shifted towards a healthy, more sustainable, affordable, and above all, practical food selection. First up: Breakfast. As many of you know, gluten allergies are more prevalent than ever. Below I have included a recipe the students will be making in class! This easy recipe calls for two ingredients, tastes delicious, and is gluten free! Cooking as a family is a fantastic weekend activity. Here is a recipe to try at home!

### Banana PANCAKES ( NO GLUTEN NO GRAIN)

Serving Size: 1

2 Whole Large Eggs

1 Ripe Banana



Step 1: Mash the ripe banana and whisk in eggs.

Step 2: Warm non stick skillet to medium, spray with oil. Cook silver dollar size pancakes 30 seconds on each side

Step 3: You can use a small amount of maple syrup or agave

Step 4: Enjoy!



Milliken Middle School has joined with the Weld County Food Bank to provide a School Pantry Program. The Weld Food Bank believes that no one should go hungry, so this program allows students to have access to supplemental snacks while at school. This program is designed as an emergency source. Students may ask for snack or, if we feel there is a need, we will discretely offer a snack. The Weld Food Bank provides us with an assortment of snacks. Currently we have granola bars, fruit cups, juice and fruit snacks. If you DO NOT want your child to receive snacks from this source in times of need, please contact us.

**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.



---

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.

# MUSTANG SPORTSMANSHIP

**A huge part of Middle School Sports is teaching sportsmanship. The following guidelines are expected of all Milliken Middle School students. We ask that all parents and spectators model our sportsmanship guidelines as good examples for our students.**

## **A MUSTANG...**

is at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.

is at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule Mustang Athletes or Coaches.

remembers that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.

knows that attending a contest is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.

knows the rules of the game, so that you may understand and appreciate why certain situations take place.

shows respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.

respects the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.

recognizes and show appreciation for an outstanding play by either team.

refrains from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e., tailgating.)

uses only those cheers that support and uplift the teams involved.

recognizes and compliments the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to that end.

is a positive role model through their own actions and by censuring those around you at events whose behavior is unbecoming.

