

Harrisburg Middle School

Weekly Announcements

January 8, 2024



THIS WEEK

Monday, January 8

- Breakfast- Egg, Ham and Cheese Scramble
- Lunch- Chicken Patty Sandwich
- Regular Board Meeting

Tuesday, January 9

- Breakfast- Cereal
- Lunch- Toasted Cheese Sandwich

Wednesday, January 10

- Breakfast- Blueberry Muffin
- Lunch- Pizza
- **Wrestling at Philomath. Depart after school**

Thursday, January 11

- Breakfast- Cook's Choice
- Lunch- Cook's Choice

NO SCHOOL MLK Jr Day- January 15th

The bottom right corner of the page features a decorative graphic consisting of several overlapping geometric shapes in shades of pink and magenta, set against a white background.

As the weather gets colder, please make sure you are sending students to school with a warm jacket. Students are outside for recess and arrival/dismissal. Thank you!

Reminder

Make sure students are arriving at school on time!

Doors open at 8:05 and class starts at 8:10. Students need to check in at the front office if they are tardy.

After School Study Hall

Monday-Thursday 3:36-4:15. Students are invited to stop by the study hall room after school to receive help with school work. Please contact Mrs. Suttles with any questions. cindy.suttles@harrisburg.k12.or.us

Lunch Time

Lunch/recess is from 11:48-12:28. If you are picking up your student during this time we recommend that you call ahead of time. Letting us know in advance will help minimize wait time. Thank you for understanding! 541-995-6551

Front Office

Parents need to fill out the clipboard at the front office when checking students out early. If students arrive late due to an appointment or family emergency, please call or check in with the front office to excuse the absence.

Campus Safety

Due to safety concerns, **students should NOT be on campus after school** unless otherwise arranged with the school. We currently have middle school sports practicing in our gym during the evenings. The gym is only open to those students at this time. If your student is not attending practice they should not be on campus without supervision. Thank you for helping us keep our campus safe!

Dress Code

Please make sure students are following our school's dress code rules.

No crop tops, pajamas, blankets, slippers or any other sleepwear.

Students will be asked to change or call home if they are not following the rules.

Thank you for understanding!

Water Bottles

Send your student(s) to school with a water bottle. It's important to stay hydrated throughout the day, especially during warmer weather. There is a water station where students can refill their water bottle.

Winter Sports

How to register:

Registration is done online through FamilyID. Using a computer is preferable over a cellphone. Please go here: <https://hello.familyid.com/>

*Click the high school when registering then please select **23/24 Winter MS Athletics.**

Sports fee \$100. Payment or a payment schedule needs to be made by the first game. If a student plays a 3rd sport through HMS, the fee is \$50. **We accept cash, check or card. Please pay at the front office.**

Students will be ineligible to participate/play if:

- No physical on file
- No payment/payment plan in place
- 15 minutes tardy to first period or any class throughout day (unless otherwise unexcused)
- Not registered on FamilyID

If a student is 15 minutes or more late to first period, then that student may not participate in that day's athletic events. If your student has a doctor/dentist appointment, a physicians' note is required in order for absences to be excused. If a student is not well enough to come to school, then it will be determined that they are not well enough to participate in that day's sporting events. Please visit our website for more information and forms: <https://www.harrisburgathletics.com/o/athletics/page/athletics>

HMS SPORTS

Wrestling:

practice at 6:30 MPR at high school

Boys basketball(7/8th grade)

Practice after school at HMS gym

Go to HMS on our school website to check sports schedules! We update schedules throughout the season as game locations and times change. If you have a question about accuracy, please call 541-995-6551 or email our athletic secretary.

HMS SPORTS FREQUENTLY ASKED QUESTIONS

WHAT IS REQUIRED TO SIGN UP?

FamilyID.com

\$100 Sports Fee- payment plan can be arranged

Sports Physical- good for 2 years

HOW WILL MY ATHLETE GET TO AWAY GAMES?

HMS does not provide bussing to away games. Parents or family members must transport students. Student athletes can also ride with a coach or another parent but transportation forms need to be filled out at the office.

WHAT GRADES CAN PLAY SPORTS?

Volleyball- 7, 8

Football- 7, 8

Cross Country- 5,6,7,8

Girls and Boys Basketball- 7,8

Wrestling- 5,6,7,8

Track & Field- 5,6,7,8

Baseball and Softball- 7,8

WHEN ARE PRACTICES?

Practices are typically right after school but days/times may vary depending on the coach. Please reach out to coaches for practice schedules.

Attendance Matters. Please make sure you are calling or emailing the front office to let us know when your student is absent. If your student has a Doctor or Dentist appointment, we prefer a note excusing their absence be brought in. Thank you for understanding!



Too Sick for School?



Students can go to school if:

- They have a runny nose or little cough, but no other symptoms
- They haven't taken any fever-reducing medicine for 24 hours, and have been fever-free during that time
- They haven't thrown up or had diarrhea for 24 hours

Keep students home if:

- They have a temperature higher than 100 degrees even after taking medicine
- They are throwing up or have diarrhea
- Their eyes are pink and crusty

Call the doctor if:

- They have a temperature higher than 100 degrees for more than two days
- They've been throwing up or have diarrhea for more than two days
- They've had the sniffles for more than a week, and aren't getting better

Harrisburg School District

JANUARY 2024

All meals are served with fruit and vegetables. Fruit and vegetables are included.

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Breakfast Pizza, Applesauce Corn Dog, Fries, Salad Bar	3 Biscuits & Gravy, Peaches BBQ Pork Sandwich, Tots, Salad Bar	4 Fruit Smoothie, Graham Cracker Chicken and Rice Bowl, Salad Bar	
8 Egg, Ham & Cheese Scramble, Peaches Chicken Patty Sandwich, Tots, Salad Bar	9 Cereal, String Cheese, Pears Toasted Cheese Sandwich, Tomato Basil Soup, Salad Bar	10 Blueberry Muffin, Juice Pizza, Salad Bar	11 Cooks Choice	
15 No School	16 French Toast /Syrup, Applesauce Chicken Patty Sandwich, Chips, Salad Bar	17 Yogurt, Pretzel, Blueberries White Chicken Chili, Salad Bar, Brownies	18 Pumpkin Muffin, Mandarins, String Cheese Cheeseburger, Tots, Salad Bar	
22 Breakfast Sandwich, Juice Chicken Nuggets, Mashed Potatoes, Gravy, Green Beans	23 Breakfast Pizza, Apple Wedges Sub Sandwich, Salad Bar	24 Waffles w/Syrup, Pears Sloppy Joe, Fries, Salad Bar	25 Fruit Strudel, Graham Cracker, Applesauce Fettuccini Alfredo, Salad Bar	
29 Cold Cereal, String Cheese, Mandarins Fish Sticks, Tots, Salad Bar	30 Pancakes w/Syrup, Mixed Fruit Chic' Penne, Salad Bar	31 Cinnamon Roll, Applesauce Corn Dog, Fries, Salad Bar		

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

“This institution is an equal opportunity provider.”

Nonviolent Verbal Crisis Intervention



PARENTS IN LINN, BENTON & LINCOLN COUNTIES

Are you in the middle of a power struggle tornado with your youth? Learn how to recognize and respond to everyday crisis situations. You will gain skills in verbal de-escalation, learn how to identify and prevent disruptive behaviors, and understand the crisis process.

To register, call (541) 974-5639
or email kelaslynn@gmail.com

- Online & interactive classes
- \$25 gift card per class with participation (up to \$150 for the whole series)
- 6-week class series
- Join up through week two



JANUARY 16, 23, 30

FEBRUARY 6, 13, 20



**TUESDAYS
6-8 PM**



InterCommunity
Health Network CCO

Parenting
Success
NETWORKS



Kela Lynn, LCSW, MSW
TRANSFORMING RELATIONSHIPS

About the Instructor
Kela Lynn is a CPI certified trainer with 25 years of personal and professional experience in crisis intervention. Kela's hope is you walk away with a skill set, humor and a deep breath out.



Future Events

- January 8- Wrestling Photos (6:30 at highschool)
- January 8- Regular Board Meeting
- January 15- NO SCHOOL- MLK Day
- January 25- End Of Quarter
- February 12- Regular Board Meeting
- March 11- Regular Board Meeting
- March 25-28- NO SCHOOL- Spring Break

Helpful links

- <https://www.harrisburg.k12.or.us/> - Harrisburg school district webpage
- <https://www.harrisburg.k12.or.us/o/hms> - Harrisburg middle school webpage
- <https://www.harrisburg.k12.or.us/o/harrisburg/page/pinnacle-parent-login>
-Pinnacle login
- <https://or-harrisburg.intouchrecepting.com/> - Online payment portal
- <https://www.mymealtime.com/> - Lunch accounts
- <https://www.linncountyhealth.org> - Linn County Department of Health Services -
Resources for Youth
- <https://sites.google.com/harrisburg.k12.or.us/harrisburghighschoolcollegeand> -
Harrisburg High School Career Center

Have a great week!