

Harrisburg Middle School

Weekly Announcements

January 22, 2024



THIS WEEK

Monday, January 22

- Breakfast- Breakfast Sandwich
- Lunch- Chicken Nuggets
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Tuesday, January 23

- Breakfast- Breakfast Pizza
- Lunch- Sub Sandwich

Wednesday, January 24

- Breakfast- Waffles w/ Syrup
- Lunch- Sloppy Joe
- **Boys Basketball at Home. Games start @ 4:30pm.**

Thursday, January 25

- Breakfast- Fruit Strudel
- Lunch- Fettuccini Alfredo
- **End of Quarter 2**

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

Baseball and Softball (7th and 8th graders only) and Track & Field registration will be open soon. Season to start Mid-March.

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

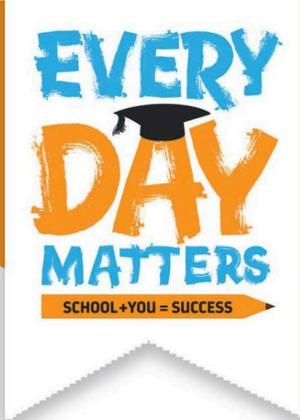
Track & Field- 5,6,7,8

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

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

“This institution is an equal opportunity provider.”

Harrisburg School District

FEBRUARY 2024

All meals are served with fruit and vegetables. Milk is included.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--------|
| | | | 1 Fruit Strudel, Cracker, Applesauce Nachos, Salad Bar | |
| 5 Pancakes w/Syrup, Mixed Fruit, Boiled Egg Chicken Patty Sandwich, Fries, Salad Bar | 6 Pretzel w/Cheese Sauce, Orange Wedges, Cracker Fish Sticks, Fries, Salad Bar, Cookie | 7 Chocolate Chip Muffin, String Cheese, Peaches Chicken Alfredo, Salad Bar | 8 Cinnamon Roll, Applesauce National Pizza DAY! Salad Bar | |
| 12 Cold Cereal, Cracker, Craisins Cheeseburger, Fries, Salad Bar | 13 Waffles w/Syrup, Pears Chicken Enchilada Casserole, Salad Bar | 14 Pumpkin Muffin, Mandarins, String Cheese Pulled Pork Sandwich, Chips, Salad Bar | 15 Breakfast Pizza, Orange Wedges Macaroni & Cheese, Salad Bar | |
| 19 French Toast w/Syrup, Fruit Cup Chicken/Bacon/Ranch Casserole, Salad Bar | 20 Ham, Egg and Cheese Scramble, Apple Wedges Hot Dog, Fries, Salad Bar | 21 Cereal, Boiled Egg, Juice Spaghetti, Garlic Bread, Salad Bar | 22 Cook's Choice | |
| 26 Fruit Strudel, Cracker, Applesauce Cheeseburger, Fries, Salad Bar | 27 Breakfast Sandwich, Juice Chic' Penne, Salad Bar | 28 Yogurt, Pretzel, Banana Popcorn Chicken/Corn/Potato Bowl, Salad Bar | 29 Cereal, String Cheese, Cracker Sloppy Joe, Tots, Salad Bar | |

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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 25- End Of Quarter
- January 26- Grading Day
- February 8- 2nd Quarter Awards Assembly
- 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!

