



MIDDLE SCHOOL SCOOP



Dear Eagle Families,

It's hard to believe that Thanksgiving is just around the corner—it feels like Open House was only a few weeks ago. How time flies! I want to extend my sincere thanks to all the middle school parents and students who partnered with us for successful and informative Parent-Teacher Conferences. As an educator, I truly believe that a strong partnership between home and school is essential to student achievement. As we approach the final month of the year, I hope everyone takes some time to reflect on their growth and accomplishments throughout 2024, while also finding numerous opportunities to celebrate the holiday season with family and friends.






As we prepare for the holiday break, our teachers are working hard to wrap up lessons and projects. Students are encouraged to stay focused and finish strong before winter recess begins on Monday, December 23rd. Additionally, we are planning for a festive final week of school (12/16 - 12/20). Please see the spirit “dress-up” days listed below. On Friday, December 20th, the middle school will host the Jolly Jamboree, which includes a full day of events. We will hold building-wide activities in the PAC in the morning, and grade-level teams will organize fun events throughout the remainder of the school day.

Lastly, I would like to introduce two new staff members to our middle school community: Ms. Jadeyn Rittenhouse, our new 5-8 Physical Education teacher, and Mrs. Lori LeBar, our new middle school nurse. Ms. Rittenhouse is a recent graduate of Brockport State University, and Mrs. LeBar brings a wealth of experience in nursing within the public sector. Both are excited to get to know the middle school students in the coming weeks and collaborate with families to promote student health and wellness.

Wishing everyone a fun & healthy holiday season,
Wendi Snyder
Middle School Principal

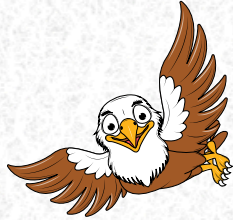


WCCS Middle School Spirit Week 2024

Monday 12/16	Tuesday 12/17	Wednesday 12/18	Thursday 12/19	Friday 12/20
White Out - Snow Day Wear as much white or snowflakes as you can.	Ugly Sweater Day Wear a seasonal sweater to school.	Winter Hat/Scarf/Wool Socks/Bundle Up Day Bundle up for a snowy day.	Grinchy Wear Wear the Grinch's favorite colors - green and red!	PJ Day Dress comfy in your PJs and prepare for Winter Break. (please follow WCCS Dress Code)
				



CONGRATS TO OUR NOVEMBER EAGLES' WAY RECIPIENTS:



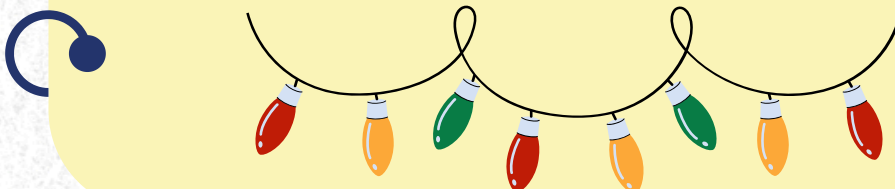
- XANDER CARTELLA
- OLIVIA CUSHING
- ELI DAVISON
- KARI FLICKINGER
- BRAIDEN HOUCK
- BRIANA HOUCK
- OLIVER PAULINE
- MAXXIS SCHLEMMER
- NOAH SMITH
- ANNABELLE WOODCOCK
- LEONA ROGERS
- TRENTON BROWN
- KEIRA SNYDER
- SULLIVAN SCARBOROUGH
- KAYLA RAWLEIGH
- KHOLTON PRIGGE

Awesome!

Important Dates



- 12/4: Early Dismissal Day (students depart at 11:30)
- 12/5 - 12/7: WCCS Drama Production: "Fools" (7 pm)
- 12/11: 5th - 6th Band & Chorus Winter Concert (7 pm)
- 12/12: MS Page Turners Competition @ WCCS
- 12/12: Public Hearing:
2024 Capital Improvement Project (6 pm)
- 12/13: Family Swim Night from 6 - 8pm
\$5p/p (under 2 are free / 12 & under must be w/ adult)
- 12/16: Mod. Boys Basketball & Cheerleading Begins
- 12/17: BOE Meeting (6 pm)
- 12/18: 7th - 8th Band & Chorus Winter Concert (7 pm)
- 12/23 - 1/3: Holiday Recess





JOIN THE WC PTSO
FOR A
**TREE LIGHTING
CEREMONY**
SUNDAY, DECEMBER 1ST
4:00PM

The new pavilion behind the
Wayland Fire Department
Take pictures with Santa, and enjoy musical
compositions from the
Wayland-Cohocton Music Department.

Complete with cookies, hot cocoa, and cider for
purchase, and free ornament decorating!
The Boy Scouts will be selling hot dogs and
hamburgers.

UNWRAPPED TOY
DONATION BIN
To benefit students of WCCS



Care Solace



If you or a family member are looking for help with mental health or substance use, Care Solace can help you quickly find treatment options matched to your needs regardless of the circumstance. Care Solace is a complimentary and confidential service provided to students, staff, and their families by Wayland - Cohocton Central School. Care Solace's team is available 24/7/365 and can support you in any language.

If you would like to use Care Solace to help you find a provider:

Call 888-515-0595 available 24/7/365

Visit www.caresolace.com/wccsk12 and search on your own
OR click "Book Appointment" for assistance by video chat, email, or phone.



How to deal with Holiday Stress

As to-do lists pile up, you might find the holidays start feeling more hectic than fun. If you find holiday stress beginning to affect your wellbeing and putting a damper on festivities, consider using some of the tips below.

- **Re-evaluate your goals** -Prioritize those activities and give yourself permission to let some of the less impactful ones go this year. Skipping a few chores to focus on your wellbeing can ultimately increase your productivity.
- **Establish Boundaries** - Having a calm, measured response sets boundaries and can provide a model for others. Exit heated conversations by letting the relevant parties know you're "not interested" and walk away.
- **Maintain healthy habits**- Even by adding one or two easy habits into your routine can make a world of difference to your overall wellbeing. Drinking plenty of water, eating a balanced diet and staying active can boost your mood and keep your energy levels up for all your holiday activities.
- **Take time for yourself**- Take breaks to give yourself a chance to rest and recharge.

