

The Rocket News



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Captain's Log – Star Date: 11-2016

Today is election day. By the time you read this we will likely know who will lead our country for the next four years. This election season has provided many teachable moments for our students. Some of these moments provide hope and aspiration, while others show us areas that we can improve upon as a nation.

At BMSA our mission is to develop life-long learners working together as innovative problem solvers in a global community. We recognize that we are developing the leaders of tomorrow and strive to prepare students with the knowledge, skills and aptitudes to be leaders today and in the future.

Teaching through methodologies of Project Based Learning and Inquiry, we are empowering students to think critically, persevere through failure and work together as a team to solve problems and find "win-win" solutions.

I have been disappointed in the lack of respectful dialogue between our Presidential candidates this year. At BMSA we know we can do better. Many of our teachers are explicitly teaching students how to have respectful dialogue with one another through the use of respectful sentence starters (I respectfully disagree with ___ because ___), as well as, a strategy called, "Socratic Seminar." I encourage you to ask your child how their teacher is promoting respectful dialogue in the classroom.

America is truly the greatest Nation in the world. With Veteran's Day, Thanksgiving and Christmas coming right around the corner, we will have opportunities to reflect on the many ways in which we are blessed as a nation. I thank you for partnering with us in developing your child into a leader of today and the future and hope that the upcoming holidays are filled with quality time together with family and friends.

Sincerely,

Mr. Wilhite – Principal

Upcoming Events

November 10

No School – Teacher InService

November 11

No School – Veteran's Day

November 14 - 18

Read Week and Book Fair

November 17

PTO Family Movie Night
"Finding Dory" 6:30 PM

November 21 - 25

No School – Thanksgiving Break

November 29

Picture Re-Takes

November 30

ROAR Assembly – Ownership
10:30 AM

December Dates on Next Page.

BMSA Students Honor our Veterans:

Our 5th graders gave a wonderful musical tribute this month to our veterans, both past and present. The program traced the historical milestones of our Nation's fight for freedom and ended with a tribute to all those individuals past and present that have sacrificed to ensure our freedom.

The program was enjoyed by both parents and students. This Friday we will not have school in observance of all those that have fought to ensure our freedom and to honor their sacrifice.



Upcoming Events

December 1

Prospective Student Tour
(9:30 – 10:30)

December 6

PTO Meeting (4:15)

December 10

First Lego League
Tournament at BMSA (4-5
Engineering Club Competes)

December 12

Giving Tree Gift Wrapping
(4:00-5:00)

December 13

EL Parent Mtng.
(11:30 – 12:30)

December 15

ROAR Assembly – Attitude
(1:00 – 1:30)

December 16

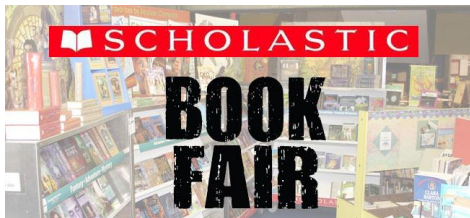
STEM Bus visits BMSA

December 19 – Jan. 2

No School – Christmas Break

BMSA Read Week:

Our annual Read-a-Thon is this Nov. 13th -19th. Students are invited to help raise funds for their school by reading! Students will get pledges for minutes read. Any reading activities done outside of school count. Children can read independently or with a helper. Teachers have sent home all of the details. If you did not receive the Read-a-Thon information, please contact your child's teacher.



BMSA Book Fair:

The Scholastic Book Fair will be held November 14-17, 2016 from 8:30AM-4:30PM and Friday, November 18 from

8:30AM-12:00 in the BMSA Library. Your student will be making a wish list of the books they like during his/her library time that week. You may send money or a check (made payable to BMSA) for your student to purchase books during the school day. If you would like to shop with your child and can't make it to school during the day, the Book Fair will be open Thursday, November 17 from 4:30pm-6:30pm. The PTO Movie Night will follow at 6:30 PM.

Can't make it to the book fair? Our **ONLINE FAIR** is open November 6- November 19, 2016. Use the link below to shop!

<http://www.scholastic.com/bf/barbaramorganstemacademy1>

PTO Family Movie Night:

The BMSA PTO would like to invite your family to an evening of cinematic fun! They will be showing the movie, "Finding Dory," on Thursday evening, November 17th at 6:30 PM. Come early and check out the Book Fair in the Library (Library will be open that evening from 4:30 – 6:30).

Participating students must be accompanied by a parent. Bring a blanket or a low-profile chair and join us for a night of Family Fun! This is a free event. No food will be sold at the event, but families are welcome to bring their own food to enjoy during the movie. This movie is rated PG. Click on this link for more information about the movie: <https://www.common sense media.org/movie-reviews/finding-dory#>



Smoothies Coming to BMSA



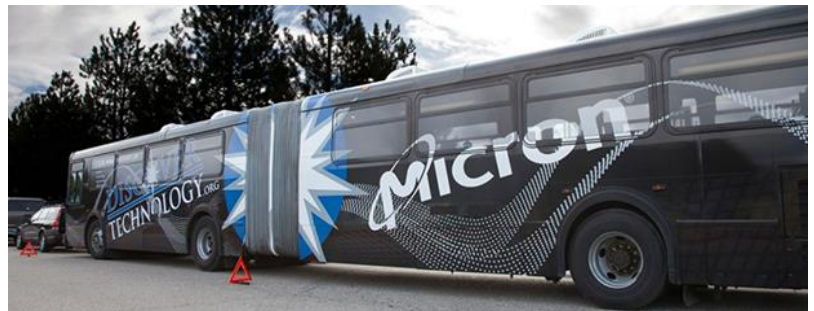
Our Barbara Morgan Kitchen has been awarded a Dairy Does Good Foodservice Strategies Grant from the Idaho Dairy Council. We now have a blender so that we can make smoothies for breakfast! We will be sampling the smoothies next week, to find out the favorite flavors of the students, and begin serving them on Fridays in the week following. It will be offered with a grain, choice of whole fruit and milk. Breakfasts are available every morning in our cafeteria for \$1.25. Breakfast is served M,T,TH, F at 8:45 AM and Wednesdays at 9:00 AM.

Request from Nurse Leuck:

We are in need of boys pants size 5T-7. If you have gently used clothes that you would like to donate, please drop them by the front office. These items are used when students have an accident at school or spill something on themselves.

STEM Bus Returning to BMSA:

The STEM Bus will be coming to BMSA Friday, Dec. 16th. There will be an all school assembly high lighting Science, Technology, Engineering and Math in the morning, followed by grade level time to check out cool technologies on the STEM bus throughout the day. This is BMSA's Christmas present to our students and is a great way to make the day before break engaging and educational. Your kids won't want to miss it!



PTO News:

Our PTO meets the first Tuesday of each month from 4:15 PM to 5:00 PM. All parents are invited to attend. The following are some things that PTO is working on and needing help with. If you have any questions regarding PTO, feel free to email: bmsapto@gmail.com



December Giving Tree:

PTO is once again partnering with BMSA's Counselor to provide Christmas gifts for families in need. The following is a timeline for that project:

- Gift request deadline Nov 4th
- Deadline for gift contributions December 9th
- Wrapping party Dec. 12th from 4:00 – 5:00 at BMSA.

Recess Opportunities for Students

BMSA is looking to expand recess options for our students during recess. We are looking for parent volunteers that would be willing to scan student pacer cards as they run pacer laps from 11:40 - 12:40 daily. We are also looking for volunteers that would be willing to monitor a quiet game room inside (board games, etc.) for 20-25 students from 11:40 - 12:40. We would love to have someone every day, but our greatest days of need are in the following order: Wed, Tues, Mon, Thurs, Fri. If you're interested in volunteering you can sign up here:



Sign up for Pacers: To volunteer, send an email to bmsapto@gmail.com

Sign up for Game Room: <http://www.signupgenius.com/go/20f0c49a8ae2daafa7-parent1>

Would You Like to Help with BMSA's Web Page?

*PTO is seeking a parent volunteer to help manage school's website 1 hr/mo in the front office. Please contact Mr. Wilhite if you can volunteer an hour or so a month to help out. wilhite.ryan@westada.org



Help Us Appreciate BMSA Teachers:

PTO is looking for Monthly teacher appreciation volunteers to work with Ms. Katy and Principal Wilhite to honor our teachers with random, small acts of kindness. The goal is to have one volunteer for each month to help appreciate teachers. If you're interested, you can sign up here: <http://www.signupgenius.com/go/20f0c49a8ae2daafa7-monthly>

Raising Money Through Grant Writing:

Anyone interested in learning how to write grants? There are four parents currently interested in getting together to learn quick how-to's on grant writing and if you are interested, please contact the PTO at BMSAPTO@gmail.com

Counselor's Corner –By Mrs. Wright

BMSA Giving Tree

Our 2nd annual BMSA Giving Tree event is kicking off in November. If you or a family you know is in need of assistance this holiday season, please contact Mrs. Wright, wright.kristin@westada.org. Last year, we were able to assist 14 families with gifts and food baskets. It was a heart-warming, win-win event that BMSA PTO, students, and staff are ready to repeat. The signup page with gift requests will be out soon.

Operation School Bell

Our last trip of the year will be November 7th. Let Mrs. Wright know if you or another BMSA family are in need of clothes, winter coats, shoes, etc.

Meridian Food Bank Weekend Backpack Program

Enrollment for this program is ongoing. If your family is need of extra food to make it through the weekends, contact Mrs. Wright.

Volunteers Helping our School

It is amazing how much volunteers contribute to our school. There are so many huge-hearted givers of talents and time that join us at BMSA each week. We want to make sure we are matching the strengths and interests of people who want to help with the projects that can make a difference. Many of you volunteer in your child's classroom and it makes such a difference! Teachers have great systems for employing your talents. We want to add a [school-wide volunteer sign-up page](#) to let people know about other opportunities to help in the school. [Visit this page to see ways to help](#). Feel free to share it with family members and friends that may want to contribute. And THANK YOU!

Helping Kids Calm Down

I was surprised to learn, during Kendall Nagy's drug prevention parent presentation at BMSA this last week, that 73% of kids who try drugs and alcohol do so because of stress. Stress comes at our children in all forms including, but not limited to academics, friendships, family situations, financial hardship, trying to fit in, and finding their place in the world. We can do our best to help lower their stress, but eventually, they are going to feel it. We need to arm them with healthy coping skills to handle what life throws at them. Below are 8 ways kids can calm down anywhere. You can use this to start a conversation about coping skills. Read through them with your children and ask them what they do to calm down. You may be surprised to hear the wisdom they have within to answer that question—or they may not know. One of the most powerful things a parent can do for a child is to have open dialogue about healthy and unhealthy ways of handling stress. As the holiday season approaches, I'm sure we'll have plenty of chances to model and discuss how we handle stress. 😊

8 WAYS KIDS CAN CALM DOWN ANYWHERE



All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

1 COUNT TO 5.

Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.



2 TAKE A DEEP BREATH.

Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.



3 BLOW INTO YOUR HANDS.

This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.



4 PLACE HANDS IN POCKETS.

This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.



5

ACKNOWLEDGE ANTECEDENTS TO ANGER.

It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?



6

MAKE A FIST, THEN RELAX THE HAND.

Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset. .



7

DO A BODY SCAN.

Start at the head, working down the body, notice areas of tension and relax those muscles.

8

ASK FOR A HUG.

Hugs make everything better. Find someone you love and hug it out.



www.viewsfromastepstool.com

Do You Know About the Idaho STEM Action Center?"

The state of Idaho is serious about supporting STEM education. So much so, that they have established a STEM Action Center that is devoted to helping promote STEM education with students, parents and educators. They have a robust website with all kinds of resources and opportunities. I encourage you to check it out at: <https://stem.idaho.gov/>



**IDAHO
STEM**
ACTION CENTER

Love 2 Learn Idaho Highlights BMSA:

The same organization that brought us the movie, "Most Likely to Succeed," has highlighted BMSA in their monthly blog post. It's a nice article and can be viewed here:

<https://medium.com/love2learnidaho/bringing-relevance-and-application-to-k-5-instruction-5021ac2e4eb5#xxud463p4>



Special thanks to the following businesses and people that have supported BMSA students this year:

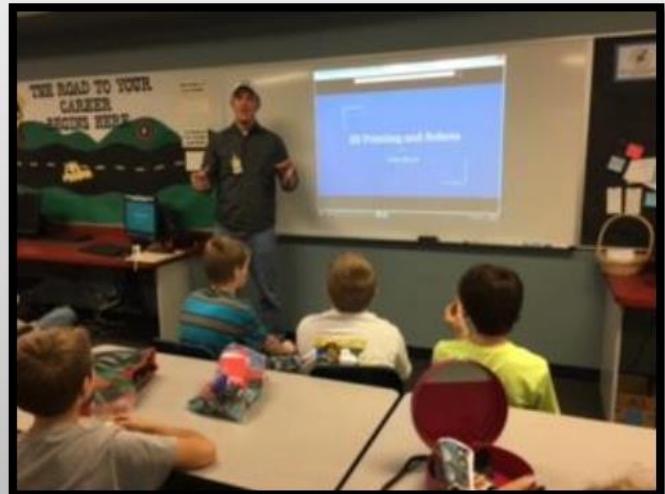


Meridian
Family Eye Care

Dr. Dan Thieme taught a lesson to 4th graders about how lenses work. This was a repeat lesson, back by popular demand!



Gabe Bentz from Slant Concepts taught students about robotics through a demonstration. Students and staff found it fascinating. Gabe has agreed to volunteer at BMSA on a weekly basis too!
Thank you Gabe!



The Meridian Food Bank supplies food for many BMSA students to take home on the weekends through their Weekend Backpack Program. They collect, bag, and deliver the bags each week.



MERIDIAN
FOOD BANK®
"No more empty bowls!"



Todd Hollingsworth from Engineered Conveyor Systems presented to 5th graders on the topic of mining. Thanks Todd for the engaging presentation!



We love connecting with our community and strive to make win-win partnerships with individuals, businesses, and government agencies.

If you have something to share with BMSA students, or service-learning opportunities, please call the front office, 855.4430, or email wright.kristin@westada.org.