

We will accept and respect others.
We will accept change with a growth mindset.
We will improve our math skills.

Dear Parents,

September 30, 2016

I would like to take this opportunity to both review some of the amazing things that our staff and students have accomplished and remind you of some upcoming events.

First, on Friday, September 9, Orchard Mesa Middle School students and staff began their day with a special ceremony to honor the victims and heroes of the 9/11 attacks 15 years ago. The WEB crew led by Mrs. Spomer hosted the event. Students and staff were given the opportunity to invite family members that had served or were currently serving in our military as well as other first responders. We were blessed to have close to 30 visitors join us. If you have served our nation or work to serve our community, our students and staff would like to offer our deepest gratitude for your support, dedication, and commitment to the safety of our students, our citizens and all Americans.

On Saturday, September 17th, the 4th Annual 5K took place. Over 100 of our students and many staff members participated in helping to not only raise funds for our school, but build a sense of community here at Orchard Mesa Middle School. This fundraiser brought in more than \$6,000 for our school. Thank you to all of you that helped support this endeavor. We look forward to next year's event and encourage all families to find a way to participate.

Currently, we are in the process of writing our School Improvement Plan. Teachers have been hard at work developing strategies focused on achieving our school-wide goals. On Monday, October 10, at 6:00 PM we will have our school accountability meeting in the library. I encourage all parents to attend this short meeting and share their questions and comments, as well as any concerns you may have.

Upcoming Events

On Friday, October 14, all students and staff will be participating in a school-wide Math Day. As you know, improving student math skills is one of our goals. Students will participate in hands-on math activities and practice math related critical thinking strategies throughout the day. They will also attend a Career Fair in the morning visiting presenters from a wide variety of math related professions. Our day will end with a school-wide assembly and end-of-quarter party. We encourage parents to join us for any part of this exciting day. We will be communicating exact times during the week of October 10.

Finally, we will be hosting our second Parent Teacher Conferences on Thursday, October 27th from 7:00 AM to 7:00 PM. Please stay tuned for more information as this day approaches.

Thank you for your continued support. Please feel free to contact my office if you have questions, comments, or concerns.

Cheri Vana



Parents,

We are excited to have your students back in school and support their learning. We are eager to partner with you to build a well-balanced student. Please contact us, if we can collaborate with you to support your student in any way. "It takes a village to raise a child." - African Proverb

OMMS School Counselors and Behavior Counselor, Brandi Stamatakis, Kendra Kinney & Kenni Wright

CALENDAR FOR OCTOBER 2016

- October 3-7 Fall Break
- October 10: Girls Basketball Practice Begins 3:00 p.m.
- October 10: PTO Meeting in Library at 6:00 p.m.
- October 14: End of Quarter School Wide Math Day
- October 17: Teacher Work Day No School for Students
- October 17: Rock-a-Thon in gym 8:00 a.m. till 10:00 p.m.
- October 21: Seventh grade field trip
- October 24: Girls Basketball Match
- October 25: Girls Basketball Match
- October 27: Parent/Teacher Conferences 7:00 a.m to 7:00 p.m.
- October 28: No School Comp Day for Teachers

Student Council Meeting Schedule:

- All meetings start promptly at 7:00AM on Thursday mornings in Mrs. Nicholson's room.
 - 1st and 3rd Thursdays: Officers only (president, vice president, secretary, treasurer)
 - 2nd and 4th Thursdays: ALL Student Council representatives, including officers
- Mrs. Nicholson and Miss C. Jones thank you for making appropriate transportation plans. See you on Thursdays!

Parents:

Anytime you attend a sporting event or school function we would love to see your pictures. Please note that if you are sharing those photos with us they can be used in the school yearbook and on our school website. We would love to see your pictures!

Please e-mail them to: Sarah.Bloxham@d51schools.org

Sarah Bloxham Yearbook Advisor

News from the Health Office

Why Eat Breakfast? There are many reasons to eat a good breakfast. Those that eat breakfast are less likely to overeat later in the day. Studies show a link between skipping breakfast and obesity. Women that regularly miss breakfast are more likely to develop type 2 diabetes. Eating breakfast helps your short-term memory. A good meal in the morning improves your mood. In addition to all these important reasons for students to eat before heading out the door to school, we find that children without a good breakfast are more likely to head to the health office with stomach aches, nausea, and dizziness, unable to participate in their classes. Blood sugar dips dramatically low without a substantial breakfast that includes protein and causes these symptoms. Make sure your students are properly prepared to learn by making time for breakfast. Your student doesn't like to eat first thing in the morning? Stash a granola bar with nuts or peanut butter crackers in their backpack for later.

Here is a fun outdoor activity for all to enjoy while the weather is still warm:

Audubon Trail – West side of Grand Junction

Along the Colorado River, the Audubon trail is a paved 7 miles bike trail ideal for road bikes, beginners, and family rides. This secluded trail begins at Connected Lakes State Park and ending at the Redlands Marketplace. It is surrounded by woods and offers excellent opportunity to view osprey, owls, hawks, and blue herons.