

# Heartland Middle School Newsletter

## Attention:

**Heartland Basketball Team Gear**

**Both Online Stores Have a Deadline & Close on Sunday, 10/01 @  
11:59 p.m.**

**Girls- Go to the online store at  
<https://heartlandgbasket17.itemorder.com>  
Choose your items and add them to your cart  
Securely checkout with your credit card**

**Boys- Go to the online store at  
<https://heartlandbbasket17.itemorder.com>  
Choose your items and add them to your cart  
Securely checkout with your credit card**

## Weekly Events:

- Academic Team (Wednesdays 2:40pm to 3:45pm)
- Chess Club (Wednesdays 2:40pm – 3:30pm)
- Poetry Club (Thursdays 2:45pm – 3:30pm)
- TSA (Thursdays 2:45pm – 3:30pm)
- Anime Club (Fridays 2:40pm - 3:30pm)

# Upcoming Events

- Author visit- Kimberly Brubaker-Bradley Wed Oct 4
  - Wheelchair Basketball Exhibition Game- 6th Grade Friday, Oct 6, 2017
  - 7th and 8th grade Cross Country vs MMAC Conference 12pm - 3pm Oct 10th @ Stillwater
  - 7th grade Varsity Football game vs Cimarron 5:30pm Oct 10th @home
  - 8th grade Varsity Football game vs Cimarron 5:30pm Oct 12th @home
  - Heartland Fall Choir Concert (8th grade) Thursday October 12th 6:30pm to 8:30pm @Sante Fe
  - Parent Teacher Conferences Oct 12 4:30pm to 8:00pm, and Oct 16 4:30pm to 8:00pm
  - 7th grade Varsity Football game vs Sequoyah @ 4:30pm Oct 17th away @Deer Creek
  - 8th grade Varsity Football game vs Sequoyah @ 6:30pm away Oct 17th @Deer Creek
  - Choir Fall Concert (7th and 8th grade) Oct 17th @ 6:30pm
  - Conference Break Oct 19th
  - Fall Break Oct 20-23
  - Fall Picture Retakes Oct 27th
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Heartland Middle School

# Middle Years

Working Together for School Success



## Short Stops

### Energy investigator

Learning about your family's energy use can introduce your tween to science concepts—and give him a chance to help take care of the planet. Have him search online for top energy-wasters and then look for examples at home, like a fully charged laptop that's plugged in or a printer in "sleep" mode.

### Learning never ends

Let your middle grader see that education is a lifelong process by sharing things that you learn. For example, you might tell her what you're learning in your English class or show her a new yoga pose you're practicing.

### Asking for help

When your child struggles with a lesson or concept in school, encourage him to go to his teacher or a classmate for help. Reassure him that it's okay to admit he doesn't understand, and it's important to get assistance before he falls behind.

### Worth quoting

"Always do your best. What you plant now, you will harvest later."  
*Og Mandino*

### Just for fun

**Q:** What falls but never gets hurt?

**A:** Snow!



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## Become more responsible

As your child gets older, she'll need to take responsibility for more areas of her life. Managing her own schedule, schoolwork, and activities now will help her feel capable and give her practice for the future. Try these strategies.

### Hand over tasks

Pick routine jobs that your tween can take full responsibility for. She could pack her lunch, change and wash her sheets and towels, and replace light bulbs when they burn out, for instance. You might need to remind her of new duties at first, but gradually she should be able to do them without being asked. *Tip:* For more ideas, talk to parents of older children about tasks they gave out at different ages.

### Encourage planning

Thinking ahead will help your tween stay on top of her responsibilities. Talk about how she can do this. For example, if she's going to a sleepover on Saturday, she'll need to pack her overnight bag, return her library books that are due



that day, and arrange to come home in time on Sunday to finish homework.

### Avoid rescuing

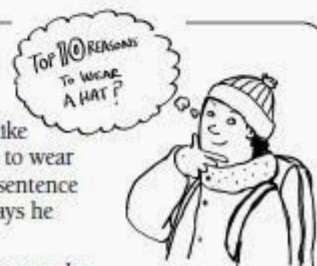
Let your middle grader experience the consequences of being irresponsible. If she forgets her project and sends you a text on the way to school, don't deliver the assignment to her. Or if she can't find her sports equipment because she didn't put it away, she will have to tell her coach. Receiving a zero or sitting out from practice may help her remember next time. 👍

## Let's brainstorm!

How can your middle grader come up with fresh ideas? Let him work on the art of brainstorming with these activities.

■ **Give prompts.** Ask him to make a top 10 list, like "Top 10 ways to eat potatoes" or "Top 10 reasons to wear a hat." You could also give him a fill-in-the-blank sentence ("I never \_\_\_\_\_ to \_\_\_\_\_"), and see how many ways he comes up with to complete it.

■ **Think as a family.** Have everyone suggest things to do during spring break or ways to share the bathroom. Allow family members to say what comes to mind, and write down all the suggestions without judging any of them. Explain that even if one idea won't work, it may lead to others that will. Together, review the list to find the best options. 👍





**EST. 2016**

## Lunch Times:

**Valkyrie:** 10:27am to 11:06am

**Phantom:** 10:55am to 11:30am

**Lancer:** 11:19am to 11:58am

**Blackbird:** 11:47am to 12:22pm

**Tomcat:** 12:09pm to 12:50pm

**Hornet:** 12:37pm to 1:14pm

### UPDATES:

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**WE CAN NO LONGER CALL STUDENTS DOWN FROM CLASS TO GET LUNCH. PLEASE MAKE SURE YOUR STUDENT KNOWS YOU ARE BRINGING LUNCH TO HIM/HER BEFORE LEAVING FOR SCHOOL. WE WILL HAVE A TABLE SET UP THE LOBBY IN FRONT OF THE MAIN OFFICE. PLACE YOUR CHILD'S LUNCH ON THE TABLE WITH HIS/HER NAME ATTACHED AND YOUR STUDENT WILL RETRIEVE HIS/HER LUNCH BEFORE LUNCH BEGINS.**

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## Contact Info

Address: 4900 Explorer Drive, Edmond, Ok 73012

Phone number: (405) 726-2972

Attendance line: (405) 7266257

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