

# Panther Newsletter

August 2021

## Welcome!

Perry Middle School is excited for the 2021-2022 school year! We are so glad that you are here. Below you will find various dates and a glimpse of what is going on around the school.



## YEARBOOK!

Place your yearbook orders today! Students will receive a free name plate if you order your yearbook by October 4. Yearbooks are \$40 until February 4, 2022 then the price increases to \$50. Eighth grade students can purchase recognition ads. Visit [www.yearbookordercenter.com](http://www.yearbookordercenter.com) and enter **School Order Number: 21991**.

*Pre-order your YEARBOOK here!*

## Fellowship of Christian Athletes (FCA) Meeting

WHERE? Room 713

WHEN? August 11th & 27th @ 7:00am

# Future Business Leaders of America (FBLA) Meeting

WHERE? Room 204

WHEN? August 24th, 2:45-3:45pm

# Future Farmers of America (FFA) Meeting

WHERE? Online/ ZOOM

WHEN? August 26th, 6:00pm

Winter Pig Informational Meeting

\*Required if student is interested in showing pigs in the 21-22 Winter Pig Season

WHERE? Lunchroom

When? August 27th, 3-5pm

Pick up on the bus ramp

\*Wear dark colored clothing that can get wet.

\*Bring a towel

## 6th Grade

**ELA:** Unit 1: Discovering Your Voice- What are the ways you can make yourself heard?

**Math: Unit 1:** Number System Fluency

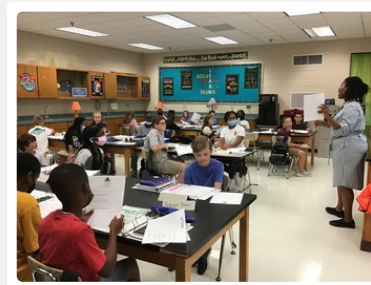
~Compute fluently with multi-digit numbers and find common factors and multiples

~Apply and extend previous understandings of multiplication and division to divide fractions by fractions.

**Science:** Lab Safety

**Social Studies:** Unit 1: Themes of Social Studies.

Unit 2: Europe: Geography and Economics- Making the Connection



## 7th Grade

**ELA:** The ELA teachers are excited to introduce the new ELA textbook! Please make sure your student is bringing their textbook to and from school.

**Math:** Students are working in Unit 1-Rational Numbers. This includes operations with positive and negative values as well as fractional units. Students will also model integer addition and subtraction on the number line or with zero pairs.

**Science:** Students are learning all about Cells.

**Social Studies:** Map review and introduction to the Middle East.



## 8th Grade

**ELA:** Unit 1: Gadgets and Glitches. Does technology improve our lives? They are reading their first short story called "The Brave Little Toaster."

**Math:** Algebra I is working on Relationships Between Quantities (conversions, expressions, & operations with polynomials & radicals)

**Science:** 8th Grade Science is the Study of Physical Science. Starting Unit 1- Matter. Honors sciences is studying force and motion.

**Social Studies:** The Geography of Georgia and its early inhabitants; the native Americans, The climate, physical features, and boundaries of Georgia and the Mississippian Era. The Exploration and Colonization of the Georgia Colony. Statehood and Georgia's Westward Expansion.



## Band

- **Coca Cola Fundraiser-**  
starts Monday, August 16- Friday, September 3.
- **Football Band Practice-**  
August 16, 18, 23, 25, & 30 @ 2:45pm.

- **6th Grade Instrument Jump Start-**  
Saturday, August 21 @ 9:00am.

For more information- click the "PMS Band" link below.

*PMS Band*

## Athletics

### Football-

- First Scrimmage on Aug. 13 vs. WRMS
- Game Aug. 18 vs. NMS
- Game Aug. 26 @ TMS

### Softball-

- Game Aug. 13 @ NMS
- Game Aug. 17 vs. WRMS
- Game Aug. 20 @ HMS
- Game Aug. 24 vs. TMS
- Game Aug. 27 vs. FMMS
- Game Aug. 31 vs. BMS

**Cheerleading-** Game Squad Cheer is practicing Aug. 10 & 12 until 5.

*PMS Athletics*

## Media Center

A note from our Media Specialist, Mrs. Henderson:

"All students will receive Media Center Orientation to learn about procedures and policies for the 21-22 school year. Students will visit the Media Center every other week with their ELA classes and will be allowed to checkout up to 3 books. As a parent, I ask you to remain aware throughout the year of the books your student has chosen to read and assist in gauging appropriateness. Rest assured the books in our library are never assigned. They are checked out on a voluntary basis only. I will be happy to assist with recommendations, and you can find many helpful tools at [pms.hcbe.net/mediacenter](https://pms.hcbe.net/mediacenter). Let's make this a great year and READ!!"

## *Media Center*

### Principal's Corner

A note from our Principal, Dr. Burch:

"Hello Panther Families!

It has been a great start at Perry Middle School! I love walking down the hallway and seeing the excitement on everyone's faces. We want that same excitement to last the entire year. I encourage all families to establish communication with the teachers. The students will excel if the families and the school work together to meet the needs of our students. We are looking forward to an amazing year!"

## *Principal's Corner*

### Helpful tips

# Going Back to School

## Middle School

STRONG<sup>4</sup>LIFE

Children's  
Hospitals of Atlanta

### Supporting your child

Returning to school is a big transition, and every child responds differently. Here are some ways to help support your child:

Strategy	Try saying	Instead of
<b>Listen.</b> Make time each day (even 5 minutes) to check in, ask open-ended questions and listen to your child without interrupting.	"How are you feeling about being back at school?"	"I'm sure you're happy to be back at school."
<b>Validate feelings.</b> Let your child know that you understand what they said—by repeating back what you heard, without judgment—and that it's normal to feel that way.	"It sounds like you feel overwhelmed about going back to school with so many changes and unknowns. It is completely normal to feel that way."	"You don't need to worry. It will be fine."
<b>Model healthy coping skills.</b> Model positive ways you handle stress, and involve your child in practicing healthy coping skills.	"I'm feeling anxious about all the changes I'm experiencing at work. I'd love to go play basketball to let go of some stress. Want to join me?"	"It's hard, but there's nothing we can do to change it."

### Promoting academic success

Creating strong study and organizational habits can boost your child's confidence.

- ✓ Have your child keep an agenda or calendar of their tasks to stay organized and to be aware of upcoming deadlines and tests.
- ✓ Help your child find a quiet space to study, and remove distractions (such as the TV, phone, etc.).



Preteens ages 11 to 12 typically need 9 to 12 hours of sleep in a 24-hour period.

Teens 13 and up typically need 8 to 10 hours of sleep in a 24-hour period.

## Practicing healthy habits

Practicing healthy habits as a family helps support your child's mind and body while positively impacting their mood, focus and behavior.

**Routines.** Knowing what to expect can help create a sense of comfort and security. Try to maintain simple routines to keep things more predictable, such as a consistent bedtime.

**Nutrition.** Drink water, and eat three meals and two to three snacks at consistent times each day.

**Sleep.** Turn off digital screens and electronic devices an hour before bedtime, and keep devices out of the bedroom to get quality rest.

**Activity.** All kids need time to be active, play and have fun. Encourage your child to be active by taking walks, playing games or dancing.

**Balance.** Kids need plenty of unstructured time to explore interests, rest, and connect with family and friends.

## Practicing healthy coping skills

What works one day may not work the next, so encourage your child to practice a variety of different coping skills. There are many skills to choose from, and here are some examples:

 Coping skills are tools we can use to manage feelings and handle stress.



### Be active

Go for a walk, run, or bike ride

Do jumping jacks

Put on music and dance



### Find your calm

Take deep breaths

Listen to music

Tense and relax your muscles



### Get creative

Draw or paint

Write about your thoughts or feelings

Play an instrument



### Connect with others

Play a game with a friend or family member

Share your feelings with someone you trust

Play with your pet



### Shift your mindset

Think of something positive

Focus on one thing you're grateful for

Think about something you're looking forward to



It is difficult to learn something new when you are upset, angry or distracted. Teach and practice new skills when everyone is calm. Try lots of different options to see which ones work best for your child.

For more tips and expert advice, visit [Strong4Life.com](https://www.strong4life.com)

## Family Resources