

November 2025

Eagle News



*Laguna Middle
School:*

*One Team, One
Dream, Irske Hau Ba*

Principal's Message

Dear LMS Families,

Happy November! We would like to take this opportunity to thank you for your participation during Parent Teacher Conferences. We had 83% parent participation (73% in person, 10% per phone). Parent involvement in school is the most consistent predictor of a child's academic success. Research shows that when parents are involved, students have higher grades, test scores, better attendance, increased motivation, and better self-esteem. So, your involvement is vital to your child's success.

We hope you can join us for our Thanksgiving meal on Thursday, November 20 from 10:00am-12:15pm. Please RSVP by Monday, November 10, 2025 using the link: <https://bit.ly/LMS-THANKS25>

I have spent the last several weeks observing instruction in classrooms, which is one of the favorite parts of my job! My Walkthroughs focused on teachers establishing a culture of learning, communicating learning goals, and engaging students in high quality instruction. Teachers are expected to share the desired learning goal with students at the beginning of the lesson and referred to the learning goal throughout the lesson. As the school year progresses, I will begin asking the students what they are working on while visiting classrooms with the expectations they will be able to tell me the learning goal in their own words. We are also implementing strategies so the students can work and learn in groups and have meaning academic conversations.

I would like to take this opportunity to wish everyone a wonderful and blessed Thanksgiving. I am truly grateful to be a part of the amazing Laguna community.

Sincerely,
Jude P. Garcia
Principal



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Upcoming Events

Nov. 10-14 – Native American Heritage Week (see flyer below)

Nov 11 – Veterans’ Day – NO SCHOOL

Nov. 12 – Deer Dinner, 3:00pm

Nov 14 – Instructional Day: B Schedule (2nd, 4th, 6th, Advisory)

Nov 20 - THANKSGIVING MEAL

Nov 21 – Culture Day – Thanksgiving

Nov 24-28 – Thanksgiving Break – NO SCHOOL

Dec 5 – Senior Dinner, 5:00pm-9:00pm

Student Council Corner

Dear Parents and Guardians,

My name is Orion Guity and I’m excited to share that I have been elected as the new Laguna Middle School Governor! This year, my fellow student council members and I are ready to work hard to plan fun events, support our classmates, and make this the best school year yet. We also want to hear from students! A Suggestion Box will be available in the cafeteria where students can drop in their ideas and recommendations. This is a great way for everyone to share their voice and help shape what happens at our school. I truly believe in the power of our student body. I’m ready to get to work — but I’ll need the support and creativity of my classmates to succeed. Together, let’s make this a year to remember!

Thank you,
Orion Guity
Laguna Middle School Governor

LMS ATTENDANCE – Build the Habit of Good Attendance

School attendance is important because it leads to better academic achievement, aides with social and emotional development, and builds positive habits for future success. Students who attend school regularly and on time are more likely to stay on track, master concepts in their school subjects, build healthy relationships with peers and teachers, and develop a strong work ethic. When students are consistently tardy and absent from school, this can cause significant learning gaps along with other issues such as social and emotional in the classroom and with their peers.

It is important parents/guardians that if your student is going to be absent that you call the school each day. If your student/s are going to be out more than 3 days due to an illness, a doctor’s slip will be needed. When you do not communicate with the school regarding absences/tardies, these days will be considered unexcused. Please note that parents/guardians will receive letters for the unexcused absences/tardies in the mail. If the unexcused absences/tardies become chronic, a meeting will take place with the Juvenile Probation Officer at which time a contract may be put in place. This is noted in the student handbook.

If you have any questions or concerns regarding attendance, please call Mrs. Pedro, Social Worker at Laguna Middle School at 552-9091, ext. 4027.

10 WAYS TO SUPPORT YOUR TEEN'S MENTAL HEALTH

Everyone feels down, anxious, or scared from time to time, including teens. This is when teens need their parents/guardians the most. Here are ten ways that can help boost your teen's mental health every day & help them through the tough times they sometimes face.

1. Be open and aware. Encourage your teen to talk about how they feel, especially if something seems off. Remember, young people do not always go to their parents when there is a problem. This is why it is important to check in regularly with your teen to see how things are going.
2. Support healthy connections. When teens have a strong connection/relationship with others, their mental health benefits a great deal. Support and encouragement for your teen to develop strong, healthy relationships is important.
3. Encourage rest and reflection. Encourage your teen to put their phone away, turn off the TV, and take some time every day to just relax, rest and reflect about their day. Maybe suggest having your teen write their thoughts in a journal.
4. Talk about it. Talking about emotions is a great way to help process how they feel. Establishing an open communication with your teen will encourage them to come to you for help. Be a good listener, don't judge, and be there if your teen needs to vent or just talk.
5. Encourage healthy living. Encourage your teen to get enough sleep, eat healthy and exercise. Studies do show there is a link between sleep, diet, and mood. Physical activity also releases mood boosting chemicals that can help your teen feel good about themselves.
6. Set boundaries on technology use. When it comes to technology and social media use, your teen needs boundaries in order to protect their mental health. Make sure you define these boundaries clearly and do your best to enforce them.
7. Manage your expectations. Parent expectations can unintentionally lead to stress and anxiety in teens. Make sure your teen knows that your love for them is unconditional (without limits and conditions).
8. Know the signs. A teen's actions and nonverbal cues can tell you a lot about how their mental health is doing. Common signs that your teen may be struggling include changes in their appetite, sleep patterns, mood swings, withdrawing from family and friends, lower grades, and trouble in school.
9. Teach calming techniques. When your teen feels stressed, angry, or anxious, it is important to help them to relax by using calming techniques such as deep breathing exercises, physical activities like walks, running and even meditation using music.
10. Get professional help. There may be times that you may not be able to help your teen manage their mental health on your own and that is okay. Reach out to your family doctor, school counselor, and mental health counselor for help. Let your teen know that seeking help is a sign of strength which is important.



Sports & Activities

From Mr. Kedge, Activities Director

We wrapped up a successful Fall season with cross-country and volleyball coming to an end. Congratulations to all the students that participated. Of course, a big thank you to our coaches as well. Basketball practice should start around November 10th, with the first games starting on December 1st. The schedule will be published this week. Remember if you are interested, you need a current physical, and you must have a G.P.A. of 2.0 or better with no F's. If you have any questions feel free to contact me. C.kedge@lagunaed.net



LAGUNA MIDDLE SCHOOL GIRLS & BOYS BASKETBALL 2025

<u>DATE</u>	<u>SCHOOL</u>	<u>TIME</u>	<u>TEAMS</u>
December 1	Cochiti	4:00 PM	A-TEAM
December 3	To'Hajiilee	4:00 PM	A-TEAM
December 10	To'Hajiilee	4:00 PM	A-TEAM
December 15	San Felipe	4:00 PM	A-TEAM
December 17	San Felipe	4:00 PM	A-TEAM
January 8	Los Alamitos	4:00 PM	A-B-TEAMS
January 14	Edgewood	4:00 PM	A-B-TEAMS
January 21	St. Pius	4:00 PM	A-TEAM
January 22	Santo Domingo	3:00 PM	A-B-TEAMS
January 26	Edgewood	3:00 PM	A-B TEAMS
January 28	St. Pius	3:00 PM	A-TEAM
January 31	Magdalena	TBA	A-TEAM
	Tournament		
February 2	Los Alamitos	4:00 PM	A-B-TEAM
February 4	Wingate	4:00 PM	A-B-TEAMS
February 9	Cochiti	4:00 PM	A-TEAM

***HOME GAMES ARE IN BLUE * AWAY GAMES ARE IN BLACK ***

Schedule subject to change

Classroom News

English Language Arts from Mrs. Romero

6th grade: Students have been working on figurative language. They have learned to find figurative language in their reading and how it makes the story sound more interesting and creates imagery. They will wrap up this lesson by creating a poster on figurative language.

7th grade: Students are learning about plot diagram. They listened to the story The Three Little Pigs and worked in small groups to fill in plot diagram document. They will begin reading Percy Jackson.

8th grade: Students have been reading The Odyssey and working on citing evidence to answer comprehension questions. Students will be wrapping up this lesson by watching The Odyssey and doing a Venn diagram comparing from story to movie.

Students have been working well this quarter.

Social Studies from Ms. Thomas

This month, our Social Studies classrooms are focused on finding the central idea or theme of a selection. We have been studying how to find the main idea and details in individual paragraphs as well as longer selections. Knowing the topic, main idea, and details helps children to learn how to summarize more complex texts. In addition, children are learning how to annotate by using sticky notes in textbooks and highlighting and taking notes in the margins on copied pages of the textbook. These skills will help them with increased comprehension of informative reading across the curriculum.

In 6th grade, World Civilizations, we have been studying Mesopotamia and the “fertile crescent,” learning about the first story of Gilgamesh, and about King Nebuchadnezzar the Great. In 7th grade, New Mexico History, we have learned about the conquistadors and what led to the Pueblo Revolt. In 8th grade, U.S. History, we have been studying the various explorers in the 1500s and have compared how the different cultures already in North and South America were influenced by their presence.



Science from Mr. Salazar

All three (3) grades of science classes began the year doing activities that focused on Lab Safety and the Scientific Method. We have been focusing on activities that help students better articulate the specific steps they take when explaining or communicating how they completed a particular task. For example, the students did an activity where they explained “step by step” how to tie a shoe and make a paper airplane.

Each grade is now focusing on their particular curriculum (6th grade-Earth Science, 7th grade-Life Science and 8th grade-Physical Science) The 6th graders have jumped into the study of the Earth’s forces (specifically Natural disasters), while the 7th Graders have begun the study of living things and, in particular Human Anatomy. The 8th Graders have been focusing on The Periodic Table and the organization of specific elements and compound in the Table. Since the 8th Graders will be in high school next year, we have been paying particular attention to their academic “stamina” (rigor) The ability to focus for longer periods of time is essential as they go farther in school.

Music Appreciation from Mrs. Herrera

Happy November LMS Music Appreciation Family. Our November starts off with honoring our veterans. Our first assignment is listening to the different hymns of the Marines, Army, Navy, Air Force & Coast Guard. The students are making a collage to honor our veterans. The students have also been able to make connections to someone they know who has been in the military. We are also remembering past students from LMS. Thank You for your time & service Hirsh-Saye-Meh, Goo-Meh to those young men & women.

TICKETS! TICKETS! GET YOUR TICKETS!!

We just finished billboards of entertainers that will appear in concert in Albuquerque. The ticket sales and information are posted in the LMS hallway by the library. You are welcome to come check it out when you are on campus. The students are working on a PowerPoint with their own music they choose. The students are showing their music appreciation through their assignments.

UPDATE: Some of our students are also practicing a Sign Language music performance. They will be performing at our Senior Dinner in December.

As always listen to your favorite song or playlist. Sing and dance away. Blessings!



Physical Education & Health from Mr. Kedge

Physical Education Classes - Welcome from the P.E. Department. The students have moved on from volleyball and we have been playing wiffle ball and basketball. The students have been having lots of fun.

Health Classes - The students have started a new unit on Tobacco and Alcohol. These two topics will take us into early December and we plan on showcasing the students' knowledge of the concepts in a fun format. Wait and see- details to follow!

FACS from Ms. Fernando

Our Cooking Journey Begins! October was a busy and exciting month in FACS! Students have been learning valuable life skills that connect classroom learning to home cooking experiences. Students have focused on teamwork, and responsibility—all while having fun! November in our food's unit, we will continue to focus and discuss the importance of kitchen safety, measuring techniques, and how cooperation and communication plays a big part within their group. Students have begun applying what they've learned by preparing simple recipes. They started out with biscuits, banana muffins and mini pizzas. Our simple labs will eventually lead them to more challenging labs, which will prepare my students for our big community event in December. They will be responsible for preparing the main meal as well as nut breads and pies. Yummy!



Intervention Classes from Ms. Miller

Please allow me to introduce myself. I am Celia Miller and I am responsible for teaching Reading and Math Intervention this year at LMS. This is my 27th year teaching, and my first in Laguna. I am the proud mom of a 25-year-old, who lives in Colorado, a 15-year-old, who is a sophomore at Rio Rancho High School, and 2 pups.

Reading and Math Intervention are fully underway! All diagnostic testing is complete and students are working on building their skills in reading comprehension and in general mathematics, which should increase their self-confidence in addition to solidifying skills that need improvement.

Reading Intervention students are working on how Figurative Language, like similes, metaphors and hyperbole, help an author create mood and evoke emotion from the reader. We are analyzing "The Witch" by Jack Perlutsky and William Shakespeare's "Macbeth" for their use of figurative language. These classes are also participating in the Vocabulary Bowl from Vocabulary.com, an international contest that ends on November 30.

In Math Intervention, we are focused on simplifying fractions, an area identified as being in need of improvement by Mrs. Marquez. We have used divisibility rules and visual aids to help write fractions in lowest terms. Students are working their way toward their grade level skill, starting with the 3rd grade writing fractions in lowest terms skill in an effort to close any gaps that might exist. I also pull small groups of students, 2-3 at a time, to work with them on mastery of the skill using other media than the computer.

In addition to the specific topics where direct instruction is given, students work on the skills in IXL that were recommended by the IXL Diagnostic. Those skills are unique to each student, based on their responses on the diagnostic test. Students watch the video that goes with the skill and take notes using the Cornell System of Notetaking, which they were taught the first week of Intervention. Then they use their notes to answer questions specific to that skill. Their goal is to reach proficiency, which is defined by a Smart Score of 80 from the question bank.

If you have any questions about Intervention, please email me at c.miller@lagunaed.net. I am excited to work with the Laguna Eagles!

Language/Culture Classes from Ms. Cheromiah

Classes have been working on putting phrases together to make a small conversation skit, utilizing all wordlists. Also, students learned about the Cultural celebration of All Soul Day. Students read small clips of how other countries celebrate All Souls. Using a Venn Diagram, they compared/ contrast and noted similarities. The Language/Culture class also celebrated All Souls by having a feeding here at Laguna Middle School.



CELEBRATING Native American Heritage Week

NOVEMBER 10 - 14



LAGUNA MIDDLE SCHOOL

This is a time to recognize & acknowledge the rich history, culture & contributions of Indigenous people.

WEAR TURQUOISE

Wear jewelry or the color!



Nov 10
Mon

Nov 11
Tue

VETERANS DAY

NO SCHOOL!



Thank you for your service!



DEER DINNER PREP



Nov 12
Wed

Nov 13
Thu

OR

• TRADITIONAL ATTIRE

• NATIVE DESIGN DAY

- Wear your favorite Native American print/design



ROCK YOUR MOCS!



Nov 14
Fri