

Harrisburg Middle School

Weekly Announcements

January 16, 2022



THIS WEEK

Monday, January 16

- **NO SCHOOL**

Tuesday, January 17

- Breakfast- Sausage, Egg and Cheese
- Lunch- Pizza
- Study Hall 3:36-4:15
- **Wrestling vs Lebanon. Dismiss @ 2:45, Depart @ 3:00**

Wednesday, January 18

- Breakfast- Baked Pumpkin Rounds
- Lunch- Chicken Tortilla Soup
- Study Hall 3:36-4:15
- **Wrestling vs Oakridge. Depart @ 4:00**

Thursday, January 19

- Breakfast- Yogurt
- Lunch- Nachos
- Study Hall 3:36-4:15
- **Boys Basketball at Home. Game starts @ 4:30**

After School Study Hall

Students are invited to stop by the study hall room after school to receive help with school work. Please contact Mrs. Suttles with any questions.

cindy.suttles@harrisburg.k12.or.us

Monday 3:36-4:15

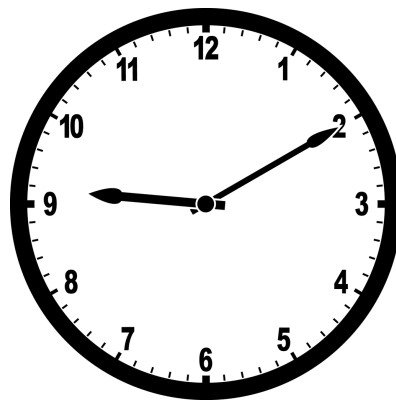
Tuesday 3:36- 4:15

Wednesday 3:36-4:15

Thursday 3:36-4:15

Late Start - 1 hour

Friendly reminder we don't start school until 9:10 on Monday's! This is our school improvement time for teachers and staff. Thank you!



Front Office

If parents need to check out their student(s) early for appointments, please check in with the front office and make sure to fill out the clipboard at the front desk. If students arrive late due to an appointment or family emergency, please call or check in with the front office to excuse the absence. **Students are expected to be at school on time and for the remainder of the school day unless otherwise excused.** Please call for any questions: 541-995-6551

Water Bottles

Please send your student(s) to school with a water bottle. It's important to stay hydrated throughout the day, especially during warmer weather. There is a water station where students can refill their water bottle.

Bus Information

5th-8th graders are not allowed to ride the bus unless they live more than a mile and half away from the district (ORS.327.043) or if they live across Hwy 99 which is considered a danger zone. Thank you for understanding. For any questions please contact Amy Traw in transportation.



Campus Safety

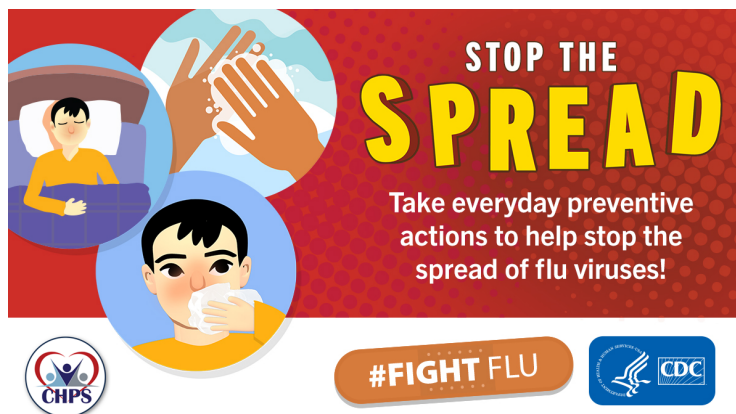
Due to safety concerns, **students should NOT be on campus after school** unless otherwise arranged with the school. If your student is not involved in an after school activity they should not be on campus without supervision.

Drinks

Please do NOT send students to school with Dutch Bros, Starbucks or Energy Drinks. As per our school rule, such drinks will have to be thrown away before a student goes to class. Students can have energy drinks **ONLY** in the cafeteria at lunch. Also, please remind students once they arrive at school in the mornings on our campus we expect them to stay on campus. Thank you!

Health

Encourage students to wash their hands, get plenty of rest and promote healthy habits! **Keep students at home if they are experiencing a fever, severe headache, cough, sore throat, diarrhea, vomiting or difficulty breathing.** They can return to school once symptoms are gone.



Winter Sports

Boys Basketball (7/8th grade) is now open for enrollment! Register ASAP.

How to register:

Registration is done online through FamilyID. Using a computer is preferable over a cellphone. Please go here: <https://hello.familyid.com/>

*Click the high school when registering then please select **22/23 Winter Athletics Middle School**

Sports fee \$100. Payment or a payment schedule needs to be made by the first game.

Students will be ineligible to participate/play if:

- No physical on file
- Failing classes
- No payment/payment plan in place
- 30 minutes tardy to first period (unexcused)

If a student is 30 minutes or more late to first period, then that student may not participate in that day's athletic events. If your student has a doctor/dentist appointment, a physicians' note is required in order for absences to be excused. If a student is not well enough to come to school, then it will be determined that they are not well enough to participate in that day's sporting events.

Please visit our website for more information and forms:

<https://www.harrisburgathletics.com/o/athletics/page/athletics>

JANUARY 2023

All meals are served with fruit, vegetable and sides from the salad bar. Milk is included

Harrisburg School District

Monday	Tuesday	Wednesday	Thursday	Friday
NO School 2 	Biscuits and Gravy, Applesauce 3 Gravy over Chicken and Mashed Potatoes, Salad Bar Chicken Patty Sandwich	Waffles w/Syrup, Cheese Stick, Fruit 4 BBQ Pork Sandwich, Tots, Cookie, Salad Bar Pizza Pocket, Chips	Fruit Strudel, Graham Cracker, Juice 5 Cheeseburger, Fries, Salad Bar Sub Sandwich, Chips	6
Cereal, Apple Crisps, String Cheese 9 Chicken Patty Sandwich, Tots, Salad Bar Chicken Taco, Tots	Pancakes w/Syrup, Mixed Fruit 10 Toasted Cheese Sandwich, Tomato Soup, Salad Bar Corn Dog, Fries	Sausage Egg and Cheese Scramble, Juice 11 Fish Sticks, Fries, Green Beans, Frosted Brownies Chicken Tortilla Soup, Cornbread	Blueberry Muffins, Boiled Egg, Peaches 12 Beef Lasagna, Roll, Salad Bar BBQ Chicken Salad, Roll	13
NO School 16	Sausage, Egg and Cheese Biscuits, Juice 17 Pizza, Black Bean Salad, Salad Bar Cheese Quesadilla	Baked Pumpkin Rounds, Blueberries, String Cheese 18 Chicken Tortilla Soup, Breadstick, Salad Bar Burrito, Beefy Spanish Rice	Yogurt, Pretzel, Fruit Cup 19 Nachos, Salad Bar Burrito Bowl	20
Cereal, Graham Cracker, Craisins 23 Chicken, Bacon, Tater Tot Casserole, Salad Bar Teriyaki Chicken Salad Sandwich, Chips	French Toast w/Syrup, Fruit 24 Corn Dog, Fries, Salad Bar BBQ Chicken Salad, Chips	Breakfast Burrito, Mandarins 25 Chicken & Noodles, Corn, Salad Bar Chicken Curry Casserole, Fries	Fruit Filled Oatmeal Bar, Applesauce 26 Mashed Potatoes w/Hamburger Gravy, Green Beans, Breadstick Chicken Strips, Fries	27
Apple Cinnamon Muffin, String Cheese, Pears 30 White Chicken Chili, Cornbread, Salad Bar Honey Lime Chicken over Rice	Cinnamon Roll, String Cheese, Fruit Cup 31 Cheeseburger, Tots, Salad Bar Hawaiian Chicken Wrap, Tots			

[Enter Additional Info]



Free 8-Week Class Series

Active Parenting of Teens

**FREE
CATERED
DINNER!**

Turn parenting challenges into opportunities for growth

- Bilingual instructors!
- Learn positive ways to relate to your teen
- Study developmental needs of adolescents
- Develop respectful discipline
- Practice clear, honest communication
- Find concrete strategies for risky behavior

WHEN

January 17 - March 7
Tuesdays, 6-7:50pm
(Dinner served at 5:30)

WHERE

Verbatim Church @
Heritage Mall
2059 14th Ave SE, Albany

Childcare vouchers are provided to help parents with younger kids pay for babysitting while they attend class.



For information and to register, email tristin.young@jacksonstreet.org or call 541.243.3801

Offered in partnership with Jackson Street Youth Services, Linn-Benton Community College, and the Parenting Success Network. Funded by Oregon Department of Human Services.



Serie de clases gratuitas de 8 semanas

Paternalidad activa de adolescentes

**¡CENA
GRATIS!**

***Convierta los desafíos de la crianza
en oportunidades de crecimiento***

- ¡Instructores bilingües!
- Aprenda formas positivas de relacionarse con su adolescente
- Estudie las necesidades de desarrollo de los adolescentes
- Desarrolle una disciplina respetuosa
- Practique una comunicación clara y honesta
- Encuentre estrategias concretas para comportamientos de riesgo

¿CUÁNDO?

17 de enero - 7 de marzo

Martes, 6pm-7:50pm

(Se servirá cena a las 5:30)

¿DÓNDE?

**Iglesia Verbatim en el
Heritage Mall**

2059 14th Ave SE, Albany

Se ofrecen vouchers para cuidado de niños para ayudar a los padres con niños más pequeños a pagar el cuidado de los niños mientras asisten a clase.



Para obtener información y registrarse, envíe un correo electrónico a tristin.young@jacksonstreet.org o llame al 541.243.3801

*Ofrecido en asociación con Jackson Street Youth Services, Linn-Benton Community College y Parenting Success Network.
Financiado por el Departamento de Servicios Humanos de Oregon.*



Promoting Good Attendance

All Winter Long



WHAT CAN PARENTS DO?



Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months. Students might also have to stay home or quarantine due to Covid-19.

1. Develop back up plans for getting your children to school in bad weather.

- Check to see who can give your children a ride to school if you aren't able to take them or the bus doesn't arrive.
- Form a "walking school bus" with other families to get students to school safely. Learn how to form a walking school bus here <http://www.walkingschoolbus.org/>.
- Join other families to clear snow from the sidewalks closest to the school.
- Tell school administrators about transportation challenges and ask if they have plans for transporting students.

2. Keep your children healthy.

- Maintain a regular bedtime and morning routine.
- Ensure students eat a good breakfast every morning or check to see if your school serves breakfast.
- Ensure your children have their vaccinations and visit their primary care physician each year.
- Stress hand washing, particularly in the winter months. Send your children to school with a small bottle of hand sanitizer.
- If your children seem anxious about going to school, ask teachers, school counselors and parents for advice on how to make your children feel comfortable and excited about learning.
- If you are concerned your children may have Covid-19, call your school for advice.

3. Keep your children engaged in learning if they cannot attend school in person.

- Ask your teacher or school for resources that you can use at home to keep your children learning, including computer or internet access and online learning platforms.
- Identify who can support your children's learning at home, especially if you must go to work.
- Encourage your children to call classmates and stay connected to the teacher to find out about what they missed.

To learn more about attendance and strategies that make a difference visit www.attendanceworks.org

Future Events

- January 16- MLK Day- NO SCHOOL
- January 27- Grading Day
- February 13- Regular Board Meeting
- February 16- Quarter 2 Awards Assembly
- March 13- Regular Board Meeting
- March 22- Band Concert 3rd-12th grade
- March 27-31 - NO SCHOOL- Spring Break
- April 10- Regular Board Meeting
- May 8- Regular Board Meeting
- May 29- NO SCHOOL- Memorial Day
- June 12- Regular Board Meeting
- June 13- 8th Grade Promotion
- June 15- Last Day - Noon Dismissal

Helpful links

- <https://www.harrisburg.k12.or.us/> - Harrisburg school district webpage
- <https://www.harrisburg.k12.or.us/o/hms> - Harrisburg middle school webpage
- <https://www.harrisburg.k12.or.us/o/harrisburg/page/pinnacle-parent-login>
-Pinnacle login
- <https://or-harrisburg.intouchreceipting.com/> - Online payment portal
- <https://www.mymealtime.com/> - Lunch accounts
- <https://www.linncountyhealth.org> - Linn County Department of Health Services -
Resources for Youth
- <https://sites.google.com/harrisburg.k12.or.us/harrisburghighschoolcollegeand> -
Harrisburg High School Career Center

Have a great week!

