



Hugoton Middle School  
 115 West 11th St. Hugoton, KS 67951  
 Ph: 620-544-4341 Fax: 620-544-4856

Tina Salmans Principal  
 Andraia Moore, Counselor  
[www.usd210.org](http://www.usd210.org)

## Hugoton Middle School Weekly Bulletin

"Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love."

Monday- January 24th <ul style="list-style-type: none"> <li>• NO SCHOOL- Professional Development Day</li> </ul>
Tuesday- January 25th
Wednesday- January 26th, Unplugged Focus: <b>Consistency: Points for discussion</b> <ul style="list-style-type: none"> <li>• This week and next week students are working hard on polishing off their Individual Plans of Study to present to you at conferences next week. This week 7th graders learned more about their personalities' and how they applied to their careers and 8th graders discovered and thought through their skills. Feel free to ask your child what he or she is learning about themselves." :)</li> </ul>
Thursday- January 27th, <ul style="list-style-type: none"> <li>• 7th/8th grade basketball HOME vs Kepley 4PM</li> <li>• 7th/8th grade Quiz Bowl @ Scott City 4PM</li> </ul>
Friday- January 28th
Saturday- January 29th

### HMS Reminders:

- Absenteeism is the highest it has been at HMS for the entire year. We understand that many illnesses are going around and it's important to take care of yourselves. Just remember, when students are absent it is taxing on both the student and teacher(s). Communication is of utmost importance. Be sure to email and check google classroom for assignments and information.
- Student/Parent Teacher conferences at HMS are student led. Conferences are a great way to learn about your students' educational success AND a great way for teachers to get to know your students. Students will share from IPS documents as well as share their academic successes. Please be sure to call the school to set up your conference. 620-544-4341 We look forward to hearing from you.



## - PARENT POINTS TO PONDER:

What's more important? What we say—or how we say it?

What percentage of the message we send is communicated in the words we use? Probably less than 10 percent! It's how we say those words that's important. That's why the most important Love and Logic skill is:

### **Empathy!**

Understanding why is simple. Consequences delivered with empathy create responsibility. Consequences delivered without empathy create resentment. The principle of always delivering consequences with empathy applies to teachers and parents alike.

So, we have a choice: Will we raise responsible kids or resentful ones? As parents, will we end up in a nice nursing home or a nasty one?

Yes, understanding why empathy is the most important skill is simple. Empathy preserves the relationship and makes it very hard for our kids to blame us for their poor decisions.

Using sincere empathy on a consistent basis is the hard part! We've spent several decades working with people who've been successful with this. What do they have in common? They use just one empathetic statement, regardless of what consequence they must provide.

That's right. They keep it simple!

They also pick one that fits their personality and culture. Some folks always precede consequences with, "That is so sad." Others prefer, "Oh, man...." Some parents say, "What a bummer." Others prefer, "Bless your heart."

Love and Logic is really designed to help adults take good care of themselves so that they can be strict, and very caring, at the same time. For more tips on how to use Love and Logic effectively, watch our webinar, [\*\*Home and School Strategies for Creating Respectful, Responsible Kids.\*\*](#)