



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

Tina Salmans Principal
Andreia Moore, Counselor
www.usd210.org

Hugoton Middle School Weekly Bulletin

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

<p>Monday- February 7th</p> <ul style="list-style-type: none"> • 7th/8th grade boys basketball @ Holcomb 4PM • Quiz bowl @ Rolla, POSTPONED
<p>Tuesday- February 8th</p> <ul style="list-style-type: none"> • Quiz bowl @ Ulysses 4PM
<p>Wednesday- February 9th, Unplugged Focus: Patience Please take the extra time to take some time (even a few minutes!) to connect with your kids. Sit with them and ask them about their video game, eat a snack together, or do a photo shoot outside in the snow. You can find some funny and thought provoking "would you rather" questions online to get them talking or if talking is uncomfortable, just choose to sit and be near them for a while and see if they open up.</p>
<p>Thursday- February 10th</p> <ul style="list-style-type: none"> • 7th/8th grade boys basketball @ Cimarron 4PM
<p>Friday- February 11th</p>

HMS Updates:

- Student/Parent/Teacher conferences will be rescheduled. Once the dates and times are determined, it will be communicated.
- The HMS science fair is coming up soon.
- School starts at 8AM
- If your student contacts you about not feeling well, please tell them to come see the nurse before you come to pick them up.



- PARENT POINTS TO PONDER:

Are you seeing more disrespectful behavior from your kids? For example, do your kids habitually sneer, roll their eyes, or make sounds resembling a cat trying to cough up a hairball? Do your kids send emotional arrows your way just about every time you say or

do something they dislike?

The danger in allowing this behavior to continue is that actions can shape beliefs and attitudes. Yep! If anyone acts annoyed or offended often enough, seeds of discontent and feelings of victimhood will sprout. Unchecked, these can grow into pervasive feelings of being tread upon.

The Love and Logic approach can help parents in two ways. First, it can help parents remain calm and avoid verbal battles with our kids. Second, by using the principles of Love and Logic, parents can help their kids learn to behave respectfully and responsibly toward others. Here are some insights into how Love and Logic works.

Let their arrows miss the target.

Kids launch emotional missiles to strike at our hearts so that they can get a reaction from us—and they often succeed! Our greatest source of power against such attacks is showing that they don't get the desired result of anger, lectures, threats, or frustration.

Expect mature expression of feelings.

Whenever your kids are treating you disrespectfully, do your best to remain calm. Try to reply calmly with something like, "I will know that you are really maturing when you can share your feelings without giving dirty looks or huffing. If you feel something I do is unfair, we can have a mature discussion when both of us are calm."

Reinforce mature expression by listening with respect.

A great irony: When our kids can talk to us about how they feel, they are less likely to act out their feelings in nasty, disrespectful, or irresponsible ways. Listening sends the message that we care about their opinions. It is also a means of reinforcing healthy, mature expression of opinions and emotions. It's not about allowing them to run the home—it's about ending infantile drama in the home.

Provide empathy and consequences if the problem continues.

When this behavior has become seriously habitual, wise parents consistently apply a rather generic consequence: "I allow (or do) _____ as long as my energy is not being drained by dirty looks." Remember, it is very important always to provide empathy first, then consequences.

The key to rebuilding respect from our kids involves proving to them that we can handle them without getting frustrated or angry.