



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

Hugoton Middle School Weekly Bulletin

"You keep putting one foot in front of the other, and then one day you look back and you've climbed a mountain."

<p>Monday- February 14th</p> <ul style="list-style-type: none"> 7th/8th grade boys basketball @ Kenneth Henderson 3:45PM *note this is a time change due to facilities
<p>Tuesday- February 15th</p> <ul style="list-style-type: none"> Student/Parent Teacher Conferences 4PM-8PM
<p>Wednesday- February 16th, Unplugged Focus: Patience</p> <p>We are beginning to learn about patience this week in Unplugged. Patience is a challenging soft skill for many of us, that often takes a lifetime to perfect! Patience is fun because it can be something that families can work on together, encouraging each other towards greater patience.</p> <p>Questions to ask your child are:</p> <ul style="list-style-type: none"> Do you think our culture is patient? Why or why not? When do you notice that you get impatient? How would you like to work on that? Is there any time or place you wish that I (parent or guardian) would be more patient?
<p>Thursday- February 17th</p> <ul style="list-style-type: none"> 7th/8th grade boys basketball vs Scott City 4PM
<p>Friday- February 18th</p> <ul style="list-style-type: none"> Science Fair in the cafeteria, parents are welcome to attend between 9-11
<p>Saturday- February 19th</p> <ul style="list-style-type: none"> 7th grade boys basketball at Goodland 10AM 8th grade boys basketball at Colby 10AM *Teams will play at different locations due to facility purposes.

HMS Updates:

- Student/Parent/Teacher conferences have been rescheduled for Tuesday, February 15th from 4PM-8PM and on Monday, February 28th from 8AM-4PM. Your students should have come home with the new dates/times on Wednesday. If you need to adjust your time/date, please call the office at 620-544-4341 PRIOR to your conference time.
- If your student contacts you about not feeling well, please tell them to come see

- the nurse before you come to pick them up.
- HMS is a cell phone free school. Cell phones should be in backpacks, lockers, or they can be left in the office.



- PARENT POINTS TO PONDER:

Parents, as well as teachers, must use enforceable statements if they want to set effective limits. Enforceable statements are powerful because the adult owns the response, not the child. In contrast, unenforceable statements give the power of the response to the child, and the adult loses control. Setting limits with enforceable statements is an essential technique for parents and teachers who use Love and Logic in the home or classroom.

Being able to deliver enforceable statements without lecturing, threatening, or showing anger is an acquired skill and must be practiced like any other skill. When an adult learns to use this important skill, the stress on the adult disappears and kids learn to become responsible for their choices.

Years ago, a teacher shared an insight with me about the value of setting limits for kids in her classroom and how she learned to use this skill properly. She was using enforceable statements but was struggling when kids tested her limits. When they tried to test her, she would use the phrase, "So what did I say?" However, she realized that she was getting frustrated and mad at the kids whenever they tested a limit. Then she explained how she changed her view of what was happening:

"Here's what's so great, Jim. Now I tell myself that they are just checking to see if I still love them enough to provide limits. It's a totally different mindset. I still say, 'So what did I say?' when they test a limit. But when I do, I feel like I'm giving them a gift."

Set limits with enforceable statements. When limits are tested, follow through with empathy and understanding, realizing that you are truly giving kids a gift—the gift of learning how to make responsible, respectful decisions on their own.