



Hugoton Middle School
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Hugoton Middle School Weekly Bulletin

"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life."

Monday- February 28th, NO School today.

- Parent/Student/Teacher Conferences 8-4, We look forward to discussing the successes of your student(s).

Tuesday- March 1st

- Track practice starts today after school. It will end at 5PM. Please pick up your athlete at the track.

Wednesday- March 2nd

- Lifetouch Smiles here for teeth checks (this is optional and requires a parent signature)

Unplugged Focus: **Patience Reflection Questions**

- What puzzle did you choose? Did your seminar choose to work together or separately?
- Was it hard to make yourself slow down and consider all of the possible answers? Why or why not?
- In what ways could we have been more patient?
- What are things in my daily life where I could practice my patience? (ex. waiting for 3 minutes to drink my pop or eat my ice cream, practicing saving a little each week for my new pair of shoes, etc.)

Thursday- March 3rd

Friday- March 4th

Reminders:

- School starts at 8AM
- Students should only be bringing water to school.
- HMS is a cell phone free zone. Phones should NOT be out during the school day.

Thank you for sharing your students with HMS. We are glad they are here.



February Students of the Month:

8th graders Bridgett Knopp and Max McClure
7th graders Ruby Tinoco and Levi Foreman



- PARENT POINTS TO PONDER:

Our goal at Love and Logic is to teach parents how to help their kids own and solve their own problems. If children are going to survive and thrive in tomorrow's complex world, they need practice solving as many problems as possible early in their lives!

By instilling this ability in kids at an early age, they will grow up to become responsible and self-sufficient, able to make healthy and appropriate decisions in this increasingly complex world. The following process is an example of how to get kids thinking more about their problems than we do.

Step 1: Provide a strong and sincere dose of empathy.

Empathy allows the child to stay calm enough to solve the problem—and learn from it. Experiment with saying something like:

Oh no. This is a problem. I bet that's really upsetting.

Step 2: Hand the problem back.

After you have proven that you care, ask:

What do you think you might do to solve this problem?

Don't be shocked if the child mumbles, "I don't know."

Step 3: Ask permission to share what "some kids" have tried.

Avoid giving suggestions until you have asked:

Would you like to hear what some other kids have tried?

Step 4: Provide two or three alternatives for solving the problem.

Remember to avoid resistance by saying:

Some kids decide to _____. How would that work for you?

Step 5: Allow the child to solve or not to solve the problem.

Resist the urge to tell the child which alternative to pick. End the session by showing your faith in the child and say:

Good luck! Let me know how this turns out.