



Hugoton Middle School
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Hugoton Middle School Weekly Bulletin

"It's a funny thing about life, once you begin to take note of things you are grateful for, you begin to lose sight of the things that you lack."

Monday- March 7th Challenge

No Thumbs

Tape your thumbs to the side of your hands and challenge yourself to do basic tasks such as opening a door or using a phone. Be sure that the tape is not too tight as you don't want to hurt yourself, but you may want to use something strong such as duct tape. It doesn't sound too difficult since you still have all their fingers, but it's surprising how much we use our thumbs! If you get through the basic tasks, try something even more challenging such as writing or tying shoelaces.

Tuesday- March 8th Challenge

Build a house of cards

Easy in principle but not so much in practice! The goal here is to build a structure out of playing cards; a house and a roof. Balancing cards on one another is not easy and it becomes more difficult as you build up the cards and they get higher. Plus, changing the shape when you get to the roof will make the structure even more wobbly.

Wednesday- March 9th Unplugged Focus: **Problem Solving**

- **What is problem solving?**
- **How did you use problem solving in fixing a box for your egg?**
- **What are problems you solve each day?**

Thursday- March 10th Challenge

Catch coins from your elbow

Rest the back of their hand on the same shoulder, so your elbow should be pointed out and the underside of the arm facing up. Then place a coin on your arm, just above the elbow. The idea is to quickly draw your elbow into your side so that the coin flies into the air, and at the same time, flip the arm over so that they can catch the coin. It's tough to catch just one coin, but you can up the ante by catching a stack of coins.

Friday- March 11th Challenge

- EPIC Party @ 1:30PM

Blindfolding Drawing

Drawing without seeing, challenges you and pushes you outside your comfort zone.

You would need a sheet of paper or a book and a pencil. Wear a blindfold and attempt to draw an object of your choice. Alternatively, before beginning each round, you can select a theme, such as fashion, kitchen, dinosaurs, spaghetti, animals, or famous characters, and challenge yourself further by setting a time limit.

FYI:

- Due to the national food shortages we are currently not receiving a lot of the food items for breakfast and lunch that we normally get. We wanted to let you all know that our monthly menu will be subject to change each week depending on what we receive from our vendors. We are working very hard with our vendors and other districts to make sure we stick as close to the menus as possible.
- Cell phones and smart watches continue to be an issue. Please remember that we are a cell phone/smart watch free zone. The principal's council suggested a cell phone tower challenge. Ask your student about our challenge.



Photo Collage courtesy of Dara Gomez and Ava McDaniels



- PARENT POINTS TO PONDER:

Is it possible that some degree of sibling rivalry is normal, that it can actually provide opportunities for our kids to learn essential life-long relational skills? Absolutely! But only if we have common-sense skills for ensuring that these conflicts don't grow into chronic resentment, feelings of victimization, and perpetual family chaos. Although the subject can be complex, here are four tips that can help keep the family atmosphere

healthy.

Nurture each of your children's unique strengths and gifts.

When children are noticed and appreciated for their unique interests and aptitudes, they are less likely to perceive that their parents have "favorite" children. Of course, favoritism is the kiss of death when it comes to sibling relationships.

Provide strong and loving leadership.

Love and Logic is all about helping parents become, and remain, loving and strong authority figures. Much of this is achieved by providing consistent and enforceable limits. When kids feel a lack of such leadership, they experience anxiety and subconsciously wonder, "Well, if our parents aren't running this home, I better." Chaos among siblings ensues as they compete for this leadership position.

Stay out of the middle, while guiding them toward solutions.

Most of us struggle with the temptation to rescue our kids from each other by placing ourselves in the middle of their conflicts. When we succumb to doing so, we send a very unhealthy message: "If you want some attention, all you have to do is start a fight with your brother or sister. Then I'll swoop in to rescue." In my audio, [*Sibling Rivalry: Strategies for Teaching Your Kids How to Get Along*](#), I describe how parents can avoid making this mistake while guiding their children toward learning how to resolve their own conflicts.

Of course, it is very important to remember that we do rescue when life and limb are in obvious danger.

Use the "Energy Drain" technique to keep it their problem rather than yours.

We've received story after story of how parents have informed their children that bickering and arguing drains their parental energy. When this happens with parents who use Love and Logic, kids are expected to replace this energy by completing extra chores, staying home from an activity so that their parents can restore their energy instead of driving their kids around, etc.

Although we can't ensure that our kids always love and appreciate each other, we can create a home where it's always in their best interest to work hard at doing so. If you are struggling with how to handle battles between your kids, you can benefit from listening to our audio, [*Sibling Rivalry: Strategies for Teaching Your Kids How to Get Along*](#).