



Hugoton Middle School  
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## Hugoton Middle School Weekly Bulletin

**"One kind word can warm three winter months."**

Monday- April 4th- **No School due to the water tower project**

- Show Choir informational meeting at 6:30PM for 8th grade parents and students- be sure to attend if your child is interested in auditioning for show choir for next year
- HHS cheer clinic 7PM-9PM if you are an 8th grader interested in HHS cheer

Tuesday- April 5th

- Math State Assessments

Wednesday- April 6th Unplugged Focus: Problem Solving

- Math State Assessments

Thursday- April 7th

- HHS cheer clinic 7PM-9PM if you are an 8th grader interested in HHS cheer

Friday- April 8th

- HHS cheer clinic 7PM-9PM if you are an 8th grader interested in HHS cheer

Saturday- April 9th

- HHS cheer tryouts 10AM

### WAYS TO SUPPORT YOUR STUDENTS AT HMS:

- State assessments are coming up. Being adequately rested will help your student perform at his/her highest level.
- iPads are a critical component for your child's education. Please be sure they are adequately charged DAILY and are ready for a full day of learning. If your student(s) need to purchase a new charger the cost for a brick is \$10 and the cord is \$5. They are available in the office. Students will receive conduct card marks if they aren't prepared for class.

- **TARDIES** are becoming a problem. Remember, school starts at 8AM. Sometimes clocks don't match, so please err on the side of caution and be early.
- Order your HMS yearbook now using the online link below. The yearbook will arrive in the Fall. With tax, the yearbook costs approximately \$25.  
<https://jostensyearbooks.com/?REF=A02625450> --Credit to Yuridia Lopez for designing the cover of the yearbook!!!



Photo Collage Courtesy of Myka Evans

## Parent Points to Ponder

Today it is more important than ever to take care of ourselves because of the many stresses confronting us daily. Avoiding frustration, anger, lectures, and other ineffective parenting practices is no simple task in our hectic world. Fortunately, the following steps can help us "brainwash" ourselves into staying cool in hot situations:

### **Step #1: Create one calming self-statement.**

Everyone needs a calming thought to carry with them as they navigate this

not-so-calm world. Listed below are some examples:

- Anger makes it worse.
- Anger and frustration feed misbehavior.
- Frustration fuels the fire.
- Empathy instead of anger.
- My kids will someday select my nursing home.

**Step #2: Post your statement where you'll see it often.**

The more often you see your statement, the more likely it will pop into your head when your kids are getting on your last nerve. It's great for them to see it too!

**Step #3: Visualize yourself staying calm and using your statement.**

Each night as you are falling asleep, imagine yourself in a tough parenting situation with your children—and handling it without breaking a sweat!

There still will be times when we feel like we can't remain calm—we're only human!