

GCMS Cougar Connections

Summer, 2020



#GCMSOpportunity

A Pictorial Recap of GCMS 19-20!

New Parents: The GCMS **Cougar Connections** newsletter is published each month, and highlights the great things happening at GCMS! Look on our social media, website, and be ready to use a link right from your phone!

GCMS Cougar Connections February, 2020

#DigDeeperGCMS!

Boys Softball finished a great season!

Students and Members from the GCMS Mentoring Program... [Click here to see our amazing volunteers!](#)

FOLLOW US ON SOCIAL MEDIA!

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Follow us @GCMSCougars

DIG DEEPER

Academic Team Members Qualify for State

At the Regional Governor's Cup Competition in Chawncross on Feb. 1, the GCMS Quick Recall Team finished Runner-Up, qualifying for state competition. Additionally, Landon Shreve qualified in Social Studies Writing Assessment. These students will be joining the 8th Grade Future Problem Solving Contest Team.

GCMS Honors Students and Staff at GC Board Meeting

With the help of student speaker Andrew Shaber, GCMS recognized several outstanding students and staff members at the Grayson Co. Board Meeting on Jan. 9. Students were recognized for All Academics, Mentoring, Cougar Zone, Dig Deeper and multiple distinguished scores on E-PREP.

GCMS Pep Rally on Jan. 24!



Aug. - Kick-Off of FOCUS classes



Aug. - Football Success!



Sept. - All-Dist. Chorus

% Proficient/Distinguished - K-PREP		
	GCMS	State Avg.
Reading	60.9	59.6
Math	55	46.4
Writing	43.6	31.9
Social Studies	70.4	58.8
Science	25	26
Growth	55	52.5



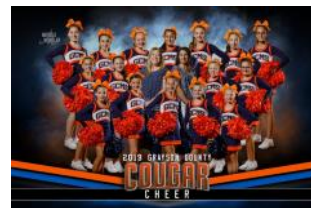
Oct. - Cross-Country Win!



Oct. - Halloween Fun



Nov. - Lunch and Learn



Nov. - Regional Runner-Up



Nov. - Top Donor to GC Alliance



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GRAYSON COUNTY MIDDLE SCHOOL



VISION:
To build successful, productive citizens who have a meaningful impact on their community.

MISSION:
Empower students to reach their full potential by achieving academic excellence and embracing our core values.



Nov. - Basketball Success!



Nov. - Speaker NASA engineer Jordan Lindsey



Dec. - Tops at KYA



Jan. - Beta Convention



Jan. - Governor's Cup Champs



Feb. - Transition Day



Feb. - Student Showcase



Feb. - All-Dist. Band

MARK THE DATE!

Aug. 5 - Student 1st Day of School

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Did You Know? Grayson County Schools will be providing most school supplies this year. We will let you know by mid-July about any other supplies that may be needed.



Safety - Your child's safety will always be our number one priority at GCMS. Thanks for working together with us to keep our school safe. If you ever have any concerns, please feel free to contact us!



Cougar Zone
Homework Help and Clubs! Mon.-Thu. 3-5

GCMS Website

Visit the GCMS website, which is chock full of great information. Learn about all of our offerings, access the student handbook, and stay up to date on Cougar events!

District Parent Planning Survey



If you have not had a chance to take the parent survey, please do so as soon as possible! Deadline is June 24. We will use the information from every family to plan our structures for each student at GCMS! The link can be found at the GCS website! <https://www.graysoncountyschools.com/>

What We Know Now About Reopening

Grayson Co. Schools and GCMS will be looking closely at the survey results to determine our path forward. Here are some things we know at this time:

- We expect school to start on Aug. 5 (although this is subject to change).
- As we return to school, we will be following all CDC, state, and local guidelines for student and staff safety.
- Students will be screened through district transportation and/or upon school entry.
- Cleaning of common areas will be enhanced (restrooms, doors, and hallways will be wiped down and disinfected regularly).
- We are fully stocked with hand sanitizers, paper products, and disinfecting cleaners. We can also provide masks for students in need.
- We will accommodate requests for at-home (virtual) learning. At GCMS, this will be delivered through a program called Edgenuity.
- Core teachers will transition rooms, to avoid student transitions.
- We are working on solutions to keep related arts, music performance, and FOCUS classes going strong.



Rest assured that we are doing our best to plan for many possible scenarios as this situation continues to be ever-changing. Thank you for your patience and understanding as we complete our planning process.

At GCMS, we expect to have our student lists with configurations and a parent guide to procedures ready by mid-July.

GCMS Cougar Connections Summer, 2020

GCMS will have new student registration for 6th-8th graders **July 16th & 17th** from 9:00-2:00. Parents bring a copy of birth certificate, immunization records, physical & any special education & custody records. Call 270-259-4175 for appointments. All visitors must wear a mask.



#GCMSOpportunity



Honoring our 8th Graders: Since mid-May, we've been featuring our 8th grade award-winning graduates on our social media outlets. So proud of these students!



Big Thank-You! Team 3 student Emily Allen made and donated masks for her entire team for our 8th Grade Graduation Ceremony!



Site-Based Decision Making Parents, your representatives on SBDM are Jaime Bratcher and Kari Ray.

Covid-19 Mental Health Tips

COVID-19 HEALTH TIPS

Mental Health & Relieving Anxiety

Stay informed with reliable sources such as [kycovid19.ky.gov](https://www.ky.gov/covid19), [cdc.gov](https://www.cdc.gov/), @GovAndyBeshear & [Facebook.com/GovAndyBeshear](https://www.facebook.com/GovAndyBeshear)

Preserve daily routines as much as possible

Take a break from social media and news and don't overexpose yourself to too much information

TEAM KENTUCKY

Maintain a healthy diet, engage in regular **exercise** and get enough **sleep**

Take advantage of **outdoor activities** while still maintaining **social distancing**

Do not isolate, connect with others through appropriate **social distancing** or **virtual opportunities**

At GCMS, we will put a special emphasis on Social and Emotional Health moving forward. While things are beginning to open up, we need to recognize that this pandemic has taken a toll on everyone. We will be frontloading Social & Emotional Learning with our students as we begin the new year. Please join us by learning more about ways that families can help.

Cougar Zone Enrichment Continues Through Summer!

Slayin' COVID PE Style

Designing a Workout Plan
Daily Physical Activity

FUN Games!

If you would like to enter the class through google classroom, here is your code! **pgkiz7h**

* Every day you check in, you will be put into a drawing for a daily Prize! (Water Bottle and Bracelet)

Orange Pack Prize

If you have perfect daily attendance, you will be put into a drawing for the Orange pack prize!

Looking for some summer activities? Students can stay busy through the summer with our Cougar Zone program! Each week, you'll see new activities posted on our Facebook, Twitter, and Website Live Feed. Many of these activities even have prizes for the winners!

Recently our "Covid 9-5" group made a video honoring our community efforts during the pandemic! <https://bit.ly/3ei6O7d>

All incoming 6th-9th grade students are eligible to participate! Check it out!

Cougar Zone Challenge 21st CCLC

ACROSTIC

An acrostic poem uses the letters in a topic word to begin each line. All lines of the poem should relate to or describe the poem.

un shines brightly

Up in the sky

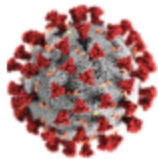
Nice and warm on my face

Create an acrostic poem using the word quarantine. Example:

Q-Quietly reading a book.
U
A
R
A
N
T
I
N
E

Due May 29th. Send entries to: Stephanie.horn@grayson.kyschools.us

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)