

The Viking Vitals



Connect Up With the BMS Newsletter Courtesy of the BMS PTO

Test Taking and Your Child: Educational Specialist to Offer Parenting Seminar Nov. 2 at BMS

Does your child know how to study for a test?
How does your child know when he truly knows the material?

The Brentwood Middle School PTO invites you to a parent seminar presented by educational consultant Kimberly Carraway at Brentwood Middle.

Carraway specializes in brain-based teaching and learning strategies. A graduate of Vanderbilt University's Peabody College and Harvard University's Graduate School of Education, Carraway's higher education and teaching experience allow her to identify how students learn best and to provide them with the "nitty-gritty, "how to" strategies when it comes to learning. Carraway is a practicing learning specialist who recently presented a six-hour seminar for BMS teachers on brain-based development in adolescence and study skills. The teachers say Carraway provided practical and applicable strategies for teaching adolescents and were excited to discuss what an asset it would be for the parents to hear the same information geared specifically for them. The PTO voted to use Carraway for parent education seminars throughout the 2009 - 2010 school year, and the first FREE seminar takes place November 2 from 6:30 - 8 p.m. at BMS. Carraway will present "How to Study for Tests," focusing on providing a variety of ways to give your students test-studying skills. Discussion will include the stages of the study process, study environment, factors that positively and negatively affect the learning process, best times to study, time-management strategies, and ideas for studying for different kinds of tests.

We hope you can make it!

Jennifer Martin and Joanna West
(Co-Presidents of PTO)

Red Ribbon Week Student Attire

Wed: "Red Out Red"
(Students wear red; no hats)

Thu: "Turn Your Back on Drugs"
(Students wear shirts backwards)

Fri: "Sock Out Drugs"
(Students wear crazy socks)

Pssst!

Challenge Day is coming again to BMS in early January/February! This year, Challenge Day is for the remaining 8th graders who did not get to participate last year. More details to come!

Stamp Out Bullying program for 6th graders on Nov. 17

The Little Theatre will fill with 6th graders on Nov. 17 at 1:15 p.m. when Jay Banks returns to BMS to present his STAMP Out Bullying program to students. The assembly will entertain students while offering them strategies for coping with bullies based on the STAMP acronym: S = Stay away from bullies; T = Tell someone; A = Avoid bad situations; M = Make friends; P = Project confidence.

Aimed at empowering students, follow up after the presentation will include poster making and discussion. Learn more about Jay Banks and the STAMP program by visiting jaybanks.com.

— Scott Hamende, school counselor

STARS: Students Taking A Right Stand

It's RED RIBBON Week

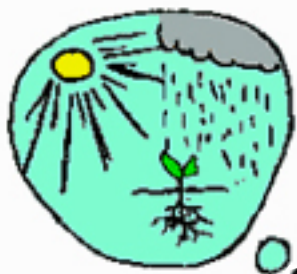
I am so happy to be here at Brentwood Middle School as the new STARS Specialist! For those of you not familiar with STARS, it stands for "Students Taking A Right Stand." As the BMS STARS Specialist, I help the school tackle tough issues that threaten the emotional, psychological and academic well-being of the students. This week is Red Ribbon Week at BMS and we're focusing on what it means to be drug and alcohol free. Students have the opportunity to commit to abstaining from drugs, alcohol and tobacco. We're offering engaging activities for them to participate in throughout the week.

STARS reaches students through assemblies, classroom presentations, and group or individual counseling sessions. I aim to assist BMS in preventing and confronting difficult challenges. Referrals for groups or individual counseling come through the administration, teachers, parents and students.

I'm excited to partner with the team at BMS to make this school year great for your child. Please feel free to contact me should you have any questions or concerns. Also, if your child is in need of group support (Divorce, Bereavement, Friendship, Drug/Alcohol Prevention, New Student, Anger Management, etc.) or needs individual attention, please contact me and we'll find the best fit for him.

Lindsey Haeger, M.A.
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Join Up for The Green Team!

A new after school club is starting at Brentwood Middle School. The Green Team: Teens Gone Green, will hold its first meeting on November 10 after school in Mrs. Shiveley's Room, the 6th grade Team Enterprise Science teacher. BMS girls and boys who want to make a green difference in their community, learn more about local, state, national and global green initiatives, and connect with other teens should attend. The agenda will include students setting their own goals and initiatives for the club this year. Look for posters in the cafeteria and announcements on the Teens Gone Green bulletin board, found outside of the Guidance Offices. It is time to learn and take action for greening our world. **Please join us on November 10th!**

girl scouts gone green

The 7th grade Girl Scout Troop 2483 has been going on field trips to see what other people in our community have been doing to help the environment. Recently, Troop 2483 went to the corn maze at Rippavilla in Spring Hill. While going through the corn maze the girls picked up trash. By the end of the maze the troop had a full bag! Does your student have a suggestion for an environmental project, field trip or just a fun tip? Tell him or her to see our event board in front of the Guidance Office for Web site information and to submit ideas.

Help Beautify BMS Grounds ...

The Landscaping Committee has been working on the BMS grounds this year weeding, picking up trash, trimming and planting. We have a new parent — Karen Wieckert — who has set up a Yahoo group and taken pictures of the campus. Hopefully we can work with Mrs. Shiveley to support her new club of environmental minded, green living middle schoolers. If you would like to be a part of our group, we want you! Our goal is to make our BMS campus look the best it can. We need your ideas, community connections and gardening skills. Go to PTO Manager and check "landscaping/grounds" to receive our emails and know what is going on. The time investment is small but the rewards are great with this group — PROMISE! **Questions? Contact Julia Ozburn at 944-8894, juliaozburn@aol.com.**

GOINGS ON AT BMS

[new parent brunch held](#)

- The New Parent Brunch was held in the BMS cafeteria on October 26 from 9 - 10 a.m. New parents were able to ask questions, meet other new parents and get to feel more connected to Brentwood Middle School.

[parent connection update](#)

- BMS is doing very well on our parents setting up an account for Parent Connections. This educational communication tool is a great way for parents to check each child's grades often in order to follow progress throughout the year. We still have a few parent who are not signed up. If you are one of those parents and you would like to set up an account please go to <http://parent-connection.wcs.edu>

Once you get to the web site look just below the Log On button and look for click here to sign up. Then just follow the directions to set up an account. If you have problems please email Mrs. White (bettyw@wcs.edu) or call 472-4250

[POGS in gear](#)

- All three grade levels have had their first POGS (Parents of Great Students) meeting. The Guidance Counselors and our new STARS Counselor, Mrs. Haeger, were able to meet parents and were able to talk about various aspects of middle school.

[Career Fair for 8th graders Nov. 19](#)

- The eighth grade students will be participating in the annual Middle School Career Fair on November 19. We will leave at 9 a.m. and will be back in time for lunch. The students will have an opportunity to talk to people in the community about career choices.

— Betty White, assistant principal

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MORE GOINGS ON AT BMS

[BOO bags for sale!](#)

• The Student Government Association (SGA) is selling BOO BAGS during lunch this week for \$1. All proceeds benefit the Juvenile Rheumatoid Arthritis foundation. Send a dollar with your student to purchase one and help a good cause at the same time.

[Get set for food drive](#)

• BMS holds its annual Food Drive November 16 - 20. All food goes to Feed America First an organization that distributes food to needy families in our area.

[7th & 8th grade dance](#)

• Get ready for the 7th and 8th grade Dance Friday November 13 from 6 - 8 p.m. Admission \$5.00. Concessions will be sold.

— Kristi Thon, SGA advisor
and 6th Grade Reading Team Endeavor

Poetry Contest

Students interested in participating in the Brentwood Women's Club Poetry Contest, need to stop by the main office and pick up a registration form. The deadline for entries is Thursday, November 5. Entries can be turned in to the main office.

Learn Lacrosse!

Brentwood Lacrosse Club is starting a Developmental Lacrosse Program for kids in grades 4 - 6 who are interested in playing lacross in Middle School and higher. To learn more about this exciting opportunity visit brentwoodlax.com to register.

Viking Vitals is published monthly. The deadline is the 15th of the month. Please send your information, photos, etc. to Susan Day at susanday@comcast.net.

BMS Drama Students to Shine

"Making Scenes VI" will be presented on Friday, November 6, at 7 p.m., in the Brentwood Middle School Little Theatre. The cost is \$2 and open seating tickets can be purchased at the door.

Come and enjoy the one act play, "Imperfect Proposal," and a variety of acts including improvisation, duet acting, duo interpretation, and prose readings.

Actors will also take these acts to the Woodland Forensics Competition on Saturday, November 7 — come on out and support their efforts!

— Mary J. Young, dramatic arts teacher

Parent Volunteers Needed

Parent volunteers are needed to help with vision and hearing screenings taking place Tue, Nov. 17 and Wed, Nov. 18 at BMS from 7:30 - 10 a.m. and 11:15 a.m. - 1:45 p.m. Training will be given promptly at start times.

We also need parent volunteers who have a medical background that can help with blood pressure screenings. **Please contact Glenda Brewster, RN at glendab1@wcs.edu or call her at 472-4220.**



Veteran's Day Pictures Needed; Assembly Set for Nov. 11

Plans for the Annual BMS Veteran's Day Celebration are underway and help is needed. Please bring in or email pictures of veterans you would like to honor to Mrs. Schoof. Be sure to include 1) the Veteran's name, 2) the student's name and grade, and 3) the relationship of the student to the Veteran. We need all pictures by Monday, November 2. If you have questions, please contact Mrs. Schoof at terris@wcs.edu. If you have sent pictures in previous years, we still have them in our archives.

The annual Veteran's Day Assembly takes place on Wednesday, November 11 at 8:30 a.m. in the Campbell Center at Brentwood High School. There will be a special breakfast following the program in the Brentwood Middle cafeteria beginning at 9:30 a.m.