



The Mane Scoop

Vol 1, No "The One Where Everyone loves winter."

January 2020

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From the Principal's Desk



Dear Parents and Guardians,

I hope that you all had an enjoyable Christmas and New Year. We are back in the swing of things here at SHMS. Our students are getting ready for a successful third quarter. We have talked with them about setting goals for this semester as it pertains to their grades, attendance, and behavior. This quarter also brings the start of the 5th and 6th grade boys and girls basketball season. If you get a chance, we would love for you to come out and support our teams either at home or on the road.



Senath-Hornersville Middle School
601 School St
Hornersville, MO 63855

Principal: Anthony Mauricio
Counselor: Joni Byers
Admin Assistant: Kayley Ridings

Phone: 573-737-2455
Fax: 573-737-2456

Upcoming Events

January

6	5/6 Boys Basketball	Holcomb	Away	7 PM
16	5/6 Boys Basketball	Clarkton	Away	6 PM
17	5/6 Boys & Girls Basketball	Qulin	Away	5 PM
18	5/6 Boys & Girls Basketball	Manila	Home	10 AM
20	NO SCHOOL - Martin Luther King Jr Day			
23	5/6 Boys & Girls Basketball	Campbell	Home	5 PM
25	5/6 Boys & Girls Basketball	Malden	Away	10 PM
27	5/6 Boys & Girls Basketball	Armored	Home	5 PM
30	5/6 Boys & Girls Basketball	South Pemiscot	Home	5 PM

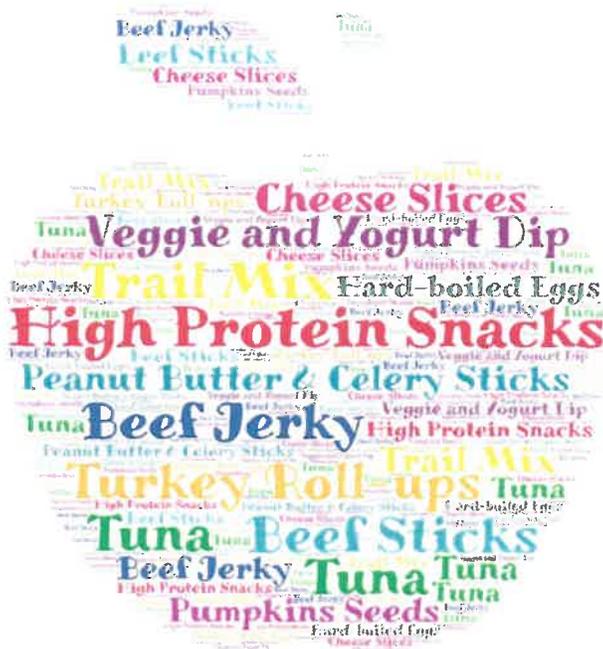


February

1	5/6 Girls Basketball	Holcomb Tourney	Away	TBA
3	5/6 Boys Basketball	Gideon	Home	6 PM
6	5/6 Girls Basketball	Malden	Home	5 PM
7	5/6 Boys Basketball	Campbell	Away	6 PM
10	5/6 Boys Basketball	South Pemiscot	Away	5 PM
13	5/6 Boys Basketball	R-III	Home	6 PM
15	5/6 Boys Basketball	Gideon Tourney	Away	TBA

COOK'S CUP OF TEA

Nurse's Nook



10 Easy New Years Health Resolutions

1. Get outside for 10 minutes daily.
2. Carry a reusable water bottle with you and stay hydrated all day long.
3. Read a book -- it's good for your brain.
4. Ditch soda for a day (or a week).
5. Eat some protein at breakfast -- or at least eat some breakfast.
6. Stay off of social media for 24 hours and see how you feel not being "connected."
7. Stretch while watching TV.
8. Read the nutritional labels of the packaged foods you eat for an entire day. Check out the portion sizes, while you're at it.
9. Turn off all electronics 20 minutes before lights out a bedtime.
10. Sing the ABCs every time you wash your hands to ensure you're really getting your paws clean.





TEACHER KNOWLEDGE

Teachers were asked the following: "What is your favorite Christmas memory?"

- ❖ My favorite Christmas memory is opening my Cabbage Patch bassinet from Santa Claus on Christmas morning.
- ❖ My favorite Christmas memory is watching "It's a Wonderful Life" with my grandparents every year.
- ❖ My favorite Christmas was when I was 5 years old. It was my Barbie Christmas...all my gifts were Barbie items. I got several Barbie dolls, lots of clothes, Ken, Barbie house, and car.
- ❖ I remember the Christmas tree was special, also. It was a blue flocked tree! It was a great Christmas.
- ❖ Watching the old christmas shows.
- ❖ My junior year of high school my parents got me my little fur ball which has stolen our hearts ever since.
- ❖ When we lost power at my parent's house on Christmas night, and we had to open gifts by candle light and flash lights.
- ❖ I always loved having our huge family Christmas with my grandparents on Christmas Eve. As time passes and people are no longer with us, it means so much to have those special memories to look back on.
- ❖ In 3rd grade, I got a basketball goal. I still will not let my parents take it down after all these years!
- ❖ My favorite Christmas memory is when my husband asked me to marry him on Christmas Eve.
- ❖ My favorite Christmas memory is our annual family photo. I usually take it, so it's always fun to try to take a good selfie with 30+ people.
- ❖ On Christmas Eve, my parents and I would go and visit both grandmothers and open Christmas gifts.

COUNSELOR'S CORNER

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Helping Children Cope with “Big Feelings” Children can have the same big feelings that we do. The difference for adults, though, is that we have more life experience to know how to deal with difficult emotions. When our children feel fear, anxiety, or anger, they need our help to learn how to cope.

Here are some tips:



“My teacher isn't qualified to teach spelling! She spells U 'y-o-u'. She spells HHH 'r-e-t-u-r-n'. She spells FFN 'g-o-o-d-b-y-e'...”

- ❑ Name the feeling(s) Help your child figure out which feeling they are having/were having. Putting a name to it can help validate their experience. Having a feelings poster or reading children's books about feelings can be helpful to identify their own feeling.
- ❑ Normalize the feeling(s) It can be confusing for a child whose feelings take over and lead to behaviors they may not usually have. Explain that all people have these feelings sometimes, and we all have to learn how to manage them.
- ❑ Talk about the brain Our brains and our bodies are connected, and our brains send out signals when we experience certain “big feelings.” Explain that we have a part of our brain (thinking brain) that's in charge of making decisions, thinking things through, and managing our emotions. Explain that another part of our brain (emotional brain) is in charge of important things like breathing, digesting food, and holds onto big feelings like anger or anxiety; this part of our brain also reacts to any threats, and can make us feel like we need to run (flight), fight back, or freeze. Sometimes this part of our brain overreacts, and we need to try strategies to calm it down. (For a full script of the brain conversation, visit <https://imperfectfamilies.com/whatanxious-and-angry-kids-need-to-know-about-their-brain/>)
- ❑ Practice self-regulation skills When children are calm, their thinking brain is on, and this is the best time to come up with a plan for when their emotional brain tries to take over. Encourage taking a break (not a timeout), deep breathing, releasing angry energy by exercising, and relaxation strategies such as progressive muscle relaxation, coloring, calm down jars, music, etc. Practice these repeatedly when they are calm. Helping your child begin to recognize their body's early signs of a big feeling (heart racing, clenched jaw, etc.) can help them learn when to employ their self-regulation skills.



Class Stuff

Grade 5

ELA

Students will be learning to identify helping and linking verbs. Students are also doing short writing prompts as daily bell ringers.

READING

Students are learning about Expository Texts. We are continuing to find and use context information to better answer our questions.

MATH

Students have been working hard on dividing whole numbers and decimals! We will continue reviewing division and work our way into adding and subtracting fractions. Students are still loving Mrs. McLain's songs and videos!

HISTORY

Students will be learning about westward expansion of the United States, discussing the Civil War in great detail, and reading about Reconstruction. Students will also label the major rivers of the United States.

SCIENCE

Students will be learning about Earth's landforms, plate tectonics, volcanoes, earthquakes, and weathering and erosion.



Grade 6

ELA

Students will learn to use adverbs and pronouns correctly. Students will also further enhance their writing skills by constructing a persuasive letter.

READING

In January, students will analyze literature to identify the main idea, key details, and author's point of view. The last day for students to take quizzes in Accelerated Reader for Quarter 3 will be Thursday, March 5th.

MATH

Students have been working hard on ratios and converting fractions, percents, and decimals! After that, they will be working on rational numbers on a number line and working with positive and negative numbers. Students are still loving Mrs. McLain's songs and videos!

HISTORY

Students will be learning about the Roman Republic, Islamic beliefs, and early African empires. Students will also label the major rivers of the United States.

SCIENCE

Students will be learning about Earth's landforms, how they are formed and shaped, fossils, and changes that occur to Earth over time.



Grade 7

ELA

We have extended our narrative essays and have broken them down into smaller chunks for optimal learning. Students are gaining a better understanding by doing this, as they are getting more individualized attention and feedback. We will be working on pronouns and antecedents, as well as some review from this current semester.

READING

Students will review comparing and contrasting. Students will work with these skills as they compare and contrast two texts. We will review the main idea of a text and purpose. Students will begin to learn about the elements of nonfiction text.

MATH

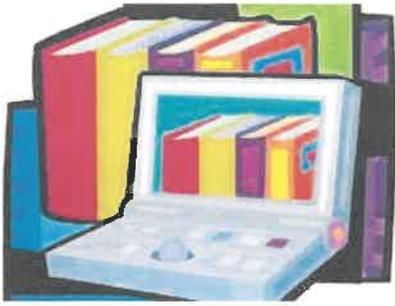
Students are finishing up their chapter on solving equations and inequalities. They have learned the difference for when to use an inequality and when to use an equation. They have worked on solving real-world problems as well. We will soon begin our chapter on samples and populations of data.

HISTORY

The students are continuing a unit on Latin America. It involves the study of the Spanish and Portuguese influence on language and culture throughout the region, plus the blending of Native American, European, and African heritages. The focus will be on the countries of South America.

SCIENCE

Students will be moving on from electricity to magnetism. They will learn about the strength of magnetic forces and how they attract and repel. They will also see how gravitational forces affect objects. Students will also learn about magnetic fields.



Grade 8

ELA

Students are wrapping up their expository essay. It has taken several weeks to thoroughly go through these together, but the students have worked hard and the results have been awesome! I am super proud of the work they have produced through the breakdown process, and they are proud as well. We will be reviewing Pronouns and Antecedents, as well as commas.

READING

Students will read an Anne Frank play in our MyPerspectives book. Students will learn about Anne Frank and compare/contrast her story to Bruno's in *The Boy in the Striped Pajamas*. Students will also work on writing and discussing what they have read. Students will explore the elements of nonfiction text.

MATH

Students are beginning to work with geometry in this chapter. They are working on different transformations in the coordinate plane. They are learning how to translate, rotate, and reflect different shapes.

HISTORY

The students will be analyzing the struggles the new nation faced before creating a form of government that would make the states more united. In addition, they will be discussing the underlying principles of the United States Constitution.

SCIENCE

Students will be studying about the Geologic Time Scale to show how fossils establish relative ages of events in Earth's History.

EXPLORATORY

PE

Students will be learning the rules of my P.E. class and learning the importance of physical activity and how it helps maintain a healthy lifestyle.

FACS 2

We will be extending kitchen labs, learning how to prepare menus, create grocery lists, and how to meet all nutritional needs in meals.

KEYBOARDING 2

Students will be working on various projects utilizing the skills they have learned in class while learning new concepts within Google Drive, such as Google Docs, Google Sheets, and Google Slides.

LIBRARY SKILLS

Students will be learning about library systems. We will discuss fiction, nonfiction and the Dewey Decimal System.

CHOIR

Students will start learning the music to the high school drama club's production of Aladdin. The high school and middle school choirs will be singing everything except for a few solos by the cast. The musical will be held in April.

ART

Students will be learning the rules in my Art class and start learning the Elements of Art and Principles of Design.

KEYBOARDING 1

Students are continuing to review their typing skills on the keyboard.

YEARBOOK

Students are continuing work to complete this year's yearbook.

ESL

We will be continuing our work on Reading A-Z lessons. We will also continue our project based learning activities, while reinforcing Reading A-Z skills.

5th Grade

Elizabeth Bolt



6th Grade

Gabe Lopez



STUDENTS OF THE MONTH

December 2019

7th Grade

Ricardo Gonzalez

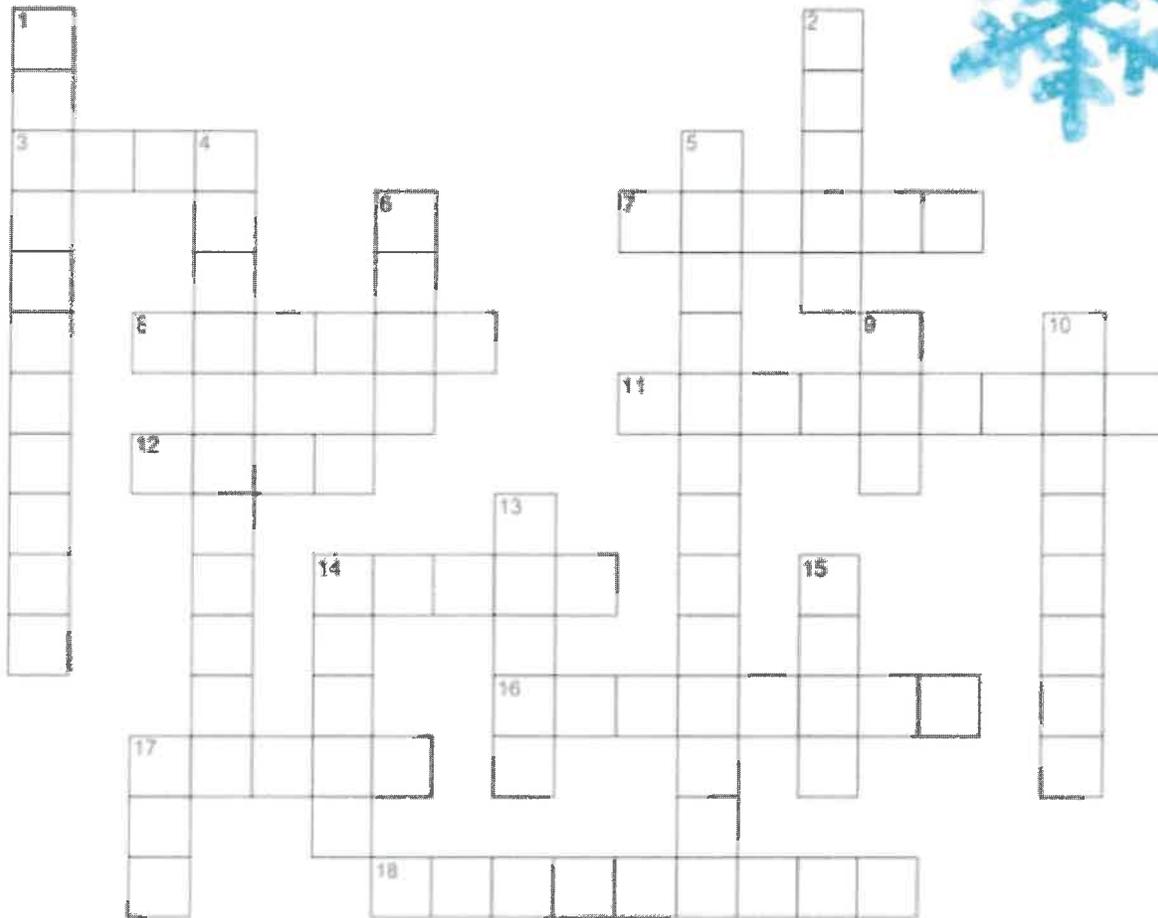


8th Grade

MacKenzie Benefield



Winter Weather



www crosswordpuzzle.com

ACROSS

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface: "Old Jack _____"
- 18 A large mass of snow that slides down a mountain.

DOWN

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.



WORD BANK. Avalanche, blizzard, cool fog, freeze, frigid, frost, hail, ice, melt, precipitation, sleet, slush, snow, snowy, sunny, temperature, thermometer, whiteout, windchill.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

- Entrees**
- Popcorn Chicken
 - BBQ and Ketchup
 - Beef and Noodles with Italian Bread
- Entree Salad**
- Mandarin Orange Chicken Salad
 - Italian Bread
- Sides**
- Fresh Garden Salad
 - Honey Baked Beans
 - Fresh Fruit
 - Peaches
 - Milk

7

- Entrees**
- Hot Dog on Bun
 - Hot Dog Condiments
 - Roasted Chicken Sandwich
 - Burger/Sandwich Condiments
- Entree Salad**
- Italian Chef Salad
 - Cornbread
- Sides**
- Fresh Garden Salad
 - French Fries with Ketchup
 - Fresh Fruit
 - Orange Pineapple Mix
 - Milk

8

- Entrees**
- Hamburger Steak
 - Corn Dog
- Entree Salad**
- Taco Salad
 - Cornbread
- Sides**
- Mashed Potatoes with Gravy
 - Corn
 - Fresh Fruit
 - Pears
 - Hot Roll
 - Milk

9

- Entrees**
- Tangerine Chicken with Rice
 - Italian Flatbread
- Entree Salad**
- Popcorn Chicken Salad
 - Blueberry Muffin
- Sides**
- Cheesy Cauliflower Popcorn
 - Fresh Garden Salad
 - Fresh Fruit
 - Applesauce
 - Milk

10

- Entrees**
- Tony's Pizza with Yogurt
 - Lasagna Roll Up with Italian Bread
- Entree Salad**
- Strawberry Chicken Salad
 - Pineapple Muffin
- Sides**
- Fresh Garden Salad
 - Baby Carrots with Ranch Dressing
 - Fresh Fruit
 - Strawberry Banana Mix
 - Milk

13

- Entrees**
- Cheeseburger
 - Burger/Sandwich Condiments
 - Ham and Cheese Wrap
- Entree Salad**
- Popcorn Chicken Salad
 - Blueberry Muffin
- Sides**
- Tater Tots with Ketchup
 - Fresh Garden Salad
 - Fresh Fruit
 - Mandarin Oranges
 - Milk

14

- Entrees**
- Chicken Tacos
 - Mexican Entree Condiments
 - BBQ Beef on Bun
 - BBQ Entree Condiments
- Entree Salad**
- Mandarin Orange Chicken Salad
 - Italian Bread
- Sides**
- Fresh Garden Salad
 - Bean Soup
 - Fresh Fruit
 - Cinnamon Apples
 - Milk

15

- Entrees**
- Macaroni and Cheese
 - BBQ and Ketchup
 - Roast Turkey with Gravy
- Entree Salad**
- Taco Salad
 - Cornbread
- Sides**
- Mashed Potatoes with Gravy
 - Green Beans
 - Fresh Fruit
 - Pineapple
 - Hot Roll
 - Milk

16

- Entrees**
- Gyro
 - Chili with Cinnamon Roll
- Entree Salad**
- Italian Chef Salad
 - Cornbread
- Sides**
- Fresh Garden Salad
 - Steamed Broccoli
 - Fresh Fruit
 - Pears
 - Milk

17

- Entrees**
- Tony's Pizza
 - Chicken and Noodles with Focaccia Bread
- Entree Salad**
- Strawberry Chicken Salad
 - Pineapple Muffin
- Sides**
- Fresh Garden Salad
 - Roasted Vegetables
 - Fresh Fruit
 - Tropical Fruit
 - Milk

20

No School

21

- Entrees**
- Mozzarella Dunkers with Tomato Soup
 - Jumbo Cheese Ravioli with Italian Bread
- Entree Salad**
- Popcorn Chicken Salad
 - Blueberry Muffin
- Sides**
- Tater Tots with Ketchup
 - Fresh Garden Salad
 - Fresh Fruit
 - Banana Orange Mix
 - Milk

22

- Entrees**
- Glazed Ham
 - Hamburger Stew
- Entree Salad**
- Italian Chef Salad
 - Blueberry Muffin
- Sides**
- Mashed Potatoes with Gravy
 - Glazed Carrots
 - Fresh Fruit
 - Peaches
 - Hot Roll
 - Milk

23

- National Pie Day!**
- Entrees**
- BBQ Bacon Cheeseburger Nachos
 - Mexican Entree Condiments
 - Pepperoni Pizza
- Entree Salad**
- Taco Salad
 - Cornbread
- Sides**
- Fresh Garden Salad
 - Texas Pintos
 - Fresh Fruit
 - Applesauce
 - Milk
 - Apple Pie Cookie

24

- Entrees**
- Chicken and Waffles with Syrup
 - Patty Melt
 - Burger/Sandwich Condiments
- Entree Salad**
- Strawberry Chicken Salad
 - Pineapple Muffin
- Sides**
- Fresh Garden Salad
 - Broccoli with Ranch Dressing
 - Fresh Fruit
 - Pineapple
 - Milk

27

- Entrees**
- Corn Dog
 - Hot Dog Condiments
 - Frito Pie
- Entree Salad**
- Popcorn Chicken Salad
 - Italian Bread
- Sides**
- Fresh Garden Salad
 - Cheesy Cauliflower Popcorn
 - Fresh Fruit
 - Peaches
 - Milk

28

- Entrees**
- Tacos
 - Mexican Entree Condiments
 - Tangerine Chicken with Rice
- Entree Salad**
- Taco Salad
 - Cornbread
- Sides**
- Fresh Garden Salad
 - Honey Baked Beans
 - Fresh Fruit
 - Orange Pineapple Mix
 - Milk

29

- Entrees**
- Chicken Patty
 - BBQ and Ketchup
 - Fish Patty
- Entree Salad**
- Mandarin Orange Chicken Salad
 - Blueberry Muffin
- Sides**
- Mashed Potatoes with Gravy
 - Broccoli Cheese Soup
 - Fresh Fruit
 - Pears
 - Hot Roll
 - Milk

30

- Entrees**
- Western Egg 'N' Bacon Sandwich
 - Grilled Cheese Sandwich
- Entree Salad**
- Italian Chef Salad
 - Blueberry Muffin
- Sides**
- French Fries with Ketchup
 - Fresh Garden Salad
 - Fresh Fruit
 - Applesauce
 - Milk

31

- Entrees**
- Tony's Pizza
 - Roasted Chicken Sandwich
 - Burger/Sandwich Condiments
- Entree Salad**
- Strawberry Chicken Salad
 - Pineapple Muffin
- Sides**
- Fresh Garden Salad
 - Baby Carrots with Ranch Dressing
 - Fresh Fruit
 - Strawberry Banana Mix
 - Milk

[Click Here for Items Served Daily: 1% Lowfat Milk, Chocolate 1% Milk, Fat Free Milk, Fresh Fruit](#)

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

More Details: shsitions.nutrislice.com/menu/senath-hornersville-middle/lunch/

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2019-2020 YEARBOOK ORDER FORM

We will also be offering personalization and icons for an added price. Yearbooks will be on sale until February 21, 2020. We will most likely have extras to buy after this date but it is not a guarantee.

If you would like to add personalization to your yearbook, you must have your payment and order turned in by February 21, 2020.

There are two ways to purchase your yearbook:

→ Order Online: Go to www.jostensyearbooks.com -OR- send form with money to Mrs. Becca Cook

*If you have any questions, please contact Becca Cook bcook@shs.k12.mo.us

Yearbook Price - \$18

Personalization - \$6 per line

Name _____ (print clearly)

Monogram Mon 1 _____ Mon 2 _____ Mon 3 _____ Mon 4 _____

Crest Cre 1 _____ Cre 2 _____ Cre 3 _____ Cre 4 _____
Year Year Year Year

Icons - \$3.50 each ONLY with purchase of PERSONALIZATION [Please see back of order form]

Icons Icon 1 _____ Icon 2 _____ Icon 3 _____ Icon 4 _____

Student Name: _____ Grade: _____

Homeroom Teacher: _____ Email: _____

Total Price:

Yearbook Price \$15.00 x _____ (per yearbook) = \$ _____

Personalization \$ 6.00 x _____ (per line) = \$ _____

Icon(s) \$ 3.50 x _____ (per icon) = \$ _____

TOTAL: \$ _____

Check #: _____ Cash: _____ [Exact change please]

MONOGRAMS



MON1



MON2



MON3



MON4

CRESTS



CRE1



CRE2



CRE3



CRE4

GET FOUR FREE ICONS WHEN YOU PERSONALIZE* YOUR COVER

*Purchase name, monogram or crest personalization for your yearbook, then choose up to four free icons.



Jostens