

Principally Speaking...

I have described our school's effort to establish common teaching practices and student expectations over the last two years. This effort started with using a common binder and binder organization to help students organize themselves. Last year we added the commitment to update all learning point sites every three weeks to help parents work with their child in monitoring their academic progress. Both of these efforts have made progress in positively impacting student achievement and we will continue to make sure we hold both teachers and students accountable to these practices.

Our staff is in the process of discussing an additional practice of grading all student written work using a common rubric. This rubric would be used across all curricula content areas and is part of our school wide literacy plan. Five areas of writing are defined in this assessment rubric – capitalization, spelling, punctuation, sentence structure and presentation. Descriptors for each of these areas are clearly defined in this rubric

so students know exactly where they were successful or what they needed to improve their writing. It also helps standardize grading on any written assignment among all teachers and subjects.

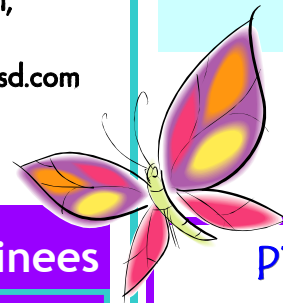
The reason behind this practice is to develop the literacy skills of our students. Being able to write well, no matter what profession or content area you study is critically important. If we are truly preparing students for college then we need to make sure they can write well across the academic spectrum.

Once our staff finalizes this rubric, we will post it on our website so that you can use it to help check your child's written work. We are hoping this will be a valuable tool for parents to assess their son / daughter's work. Look for the rubric to be on our website by next August. Thanks for your support in helping our students continue to grow academically.

David Hall,
Principal
dhall@powayusd.com

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2009-2010 PTSA Board Nominees

President:	Nicole Sanseverino
1 st VP Membership:	Judy Kozak
2 nd VP Ways and Means:	Sue Melnick
3 rd VP Volunteers:	Susie Dunford
4 th VP Legislation:	Open
Secretary:	Laura Nagro
Treasurer:	A-Quan DeShano
Financial Secretary:	Evi Frey
Auditor:	Kelly Bartick
Historian:	Heather Bellin
Student Representative:	Kayleigh Cousar

PTSA

Association
Meeting
Wed., June 3
6:00pm
Library
All members
welcome!

BMMS Grocery Store Program Enrollment

Earn \$\$\$ for our school at **NO COST TO YOU**

We can **earn THOUSANDS of dollars** when you use your grocery store club cards. You already have a card to save *you* money, why not earn money for our school too? VONS, Ralph's and Albertsons provide contributions to schools with **NO OUT-OF-POCKET COSTS**. It just requires an annual registration of your store club cards. *PLEASE don't go shopping again until you register your cards!*

Fill out the required info & return form to BMMS *or email* your info to EFBMMS@gmail.com and we'll take care of the rest.

General Questions? EFBMMS@gmail.com For more information or to register your cards yourself, see websites and info below:

VONS eScrip - www.escrip.com Group: **141538151** Ralph's Community Contributions - www.ralphs.com Group: **90938**

Albertsons Community Contributions - www.albertsons.com Group: **49000126181**

Thank you for your support!

David Hall, Principal, BMMS and April MacKinnon, President, Education Foundation at BMMS

<i>Grocery Store (Program Name)</i>	<i>Grocery Store Club Card #</i>
VONS (eScrip)	
Ralph's (Community Contributions)	
Albertsons (Community Partners)	
(Note: all programs allow you to add more than one organization...make sure BMMS is one of your choices!)	

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Down to One (Month!) Construction Nears Completion



Since spring break, two additional buildings on the campus have re-opened. The 700 building, on the northwest corner of the campus, now houses 6 state-of-the-art science classrooms. On the northeast corner of campus, the 100 building is home to the Poway Academy of Learning, Art and a computer lab. With these newest openings, it leaves the locker room and fitness lab as the only remaining building on campus under construction. It also means

that contractors will be able to focus their efforts on that building and it should progress at a rapid pace.

Upcoming Dates in May:

- 8th resurfacing of blacktop should be complete.
- 8th Locker rooms and fitness labs reopen.
- 29th School Dedication 9:45am

Growing Up Healthy

California Standards testing is now over for our students and next we move onto finals. During these important “brain” days it is vital that our students are getting plenty of sleep. With busy schedules of activities, school, homework, work and other responsibilities, it could be a challenge for our families to get enough sleep.

According to KidsHealth.org , middle school age children need 8 to 10 hours of sleep. One in four teens has trouble sleeping at night. Lack of sleep can affect our emotions, focus and can even cause headaches, stomachaches, or other physical problems.

“Kids Health” offers five easy suggestions to help our families get enough sleep each night.

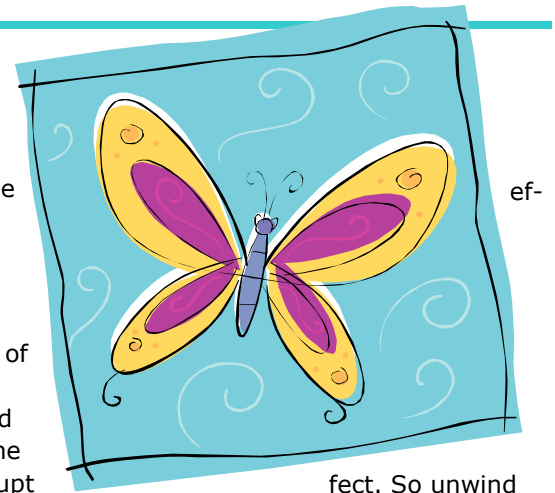
Be active during the day. You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help people feel more relaxed. Just don't

work out too close to bedtime because exercise can wake you up before it slows you down.

Avoid alcohol and drugs. Lots of people think that alcohol or drugs will make them relaxed and drowsy, but that's not the case. Drugs and alcohol disrupt sleep, increasing a person's chance of waking up in the middle of the night.

Say goodnight to electronics. Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.

Keep a sleep routine. Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation



ef-
fect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.

Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Sleep Well!

Take a Moment to Let Us Know How to Reach You!

ONLINE STUDENT INFORMATION UPDATE: To help keep the school informed and to prepare for next year's registration, please go to the school district update page and check out the current information for your student and make any needed adjustments as they occur.



On the district website click on the link Online Student Information Update or

go to <http://onlinereg.powayusd.com> and follow the easy steps to check or update this information. You will need to activate your parent account if you have not already done this (Use your LEARNING POINT login and Password). Parents can contact the help desk 858-748-0010 X2854 if they encounter problems with their login. If you have more than one student, you will need to login separately for each student.

**IS YOUR STUDENT'S
EMERGENCY AND
CONTACT INFORMATION
CORRECT?**

***Changes made to your address will require additional forms and documents available via links on the website. Please print and complete the necessary forms if required and send in to the school with your student. Other changes may involve making an appointment with the school. If instructed, please notify the school to make an appointment.

**Melinda Roy,
Counseling Assistant**

The Reporter

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Middle School PTSA
9353 Oviedo St.
San Diego, CA 92129
Palomar Council
Ninth District, CCPTS



David Hall, Principal
Barb Doyle, PTSA President
Ila Fischer, Newsletter Editor

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Chorus Presentation "The Music Man 7pm L.T.	9 Chorus Presentation "The Music Man" 7pm L.T.
Teacher Appreciation Week						
10 Mother's Day	11	12	13 6:30pm PTSA Board Meeting Parent Volunteer Luncheon	14	15 Chorus Presentation "The Music Man 7pm L.T.	16 Chorus Presentation "The Music Man" 7pm L.T.
17	18 6:00pm Orchestra Concert- Quad	19 6:30pm Intermediate Band Concert- Gym	20 6:30pm Advanced and Concert Band Concert- Gym 6:30pm Foundation Meeting	21	22	23
24	25 Memorial Day- No school	26	27	28	29	30
30	31					