



# North Gem News

*"Insuring our future by developing Character, Confidence and Competence"*

Volume X Issue 1111

October 2024



## Greetings North Gem community,

I love this time of year as the temperatures get colder and the leaves change. I enjoy the fall more than any other season. This past month I have been inspired and reminded by the impact that one person can have on those around them. Education is such a complicated business for such unnecessary reasons. The building blocks of education are rooted in "doing what is best for students", often I think that we forget this, and get wrapped up in the business, political, financial, or social aspects of education. Yes, each of these plays an important role in the day to day operation of a school district. However, the main and continued focus remains on doing what is best for student's success. When I was hired I set a goal to help students better themselves and see their truest potential. I want students to understand that it truly does not matter where they come from. Their dreams and successes hinge on their willingness to work to their fullest capacity and give each day their best effort in order to achieve the goals and dreams they have set for themselves.

As we bid farewell to September, it's time to reflect on all the exciting happenings in our schools and look forward to an eventful October.

## September Highlights

This past month, we've focused on several key areas, including professional development and enhancing our educational programs. One of the most important aspects we've prioritized is a renewed focus on math education across all three schools. We've seen tremendous success in reading and ELA, and now, with the dedication of our students and teachers, I'm confident we can make similar strides in math this year.

I also want to remind everyone about our cell phone policies, which play a crucial role in minimizing distractions. Elementary and Middle school students are reminded that cell phones, earbuds, and headphones are not allowed at school. For high school students, cell phones must remain out of sight during class. Cell phones account for sixty-seven percent of classroom distractions, and as a community, we must renew our focus on education and its importance.

As the seasons change, please make sure your students are dressed appropriately for the cooler weather. Hoodies, pants, and coats are always good to have on hand as fall temperatures begin to drop.

## Looking Ahead to October

October is shaping up to be a busy and exciting month! Here's what you can look forward to:

### Cowboy Stampede October 15

We are thrilled to host our first Cowboy Stampede, where elementary students will race me (Mr. Miller) in a mile run! Any student who finishes before I do will win a prize. We encourage the entire community to come out and cheer on our wonderful students. It's a great way to celebrate fitness and school spirit together!

### School Board Meeting October 7

The next School Board Meeting will be held on October 7th at 6:30 PM in the Reed Library. Your presence and input are valuable to us, so we highly encourage community members to attend. This is a great opportunity to stay informed and engage in the decisions that shape our schools.

### Sophomore Carnival October 31

The Sophomore Class is making plans for a great Halloween Carnival. October 31 @ 5:00 pm. Mark it on your calendar and come have a fun Halloween with the community.

### Sports Season

We're now in the heart of football and volleyball season! Your support at games makes a world of difference to our student-athletes. I encourage everyone to come out and cheer for these talented students as they represent our school with pride.

Let's make October a month filled with growth, community spirit, and fun! Thank you for your continued support of our schools and students.

Warm regards,

Kyler Miller

Superintendent

North Gem Schools

## Events to Remember

**ATHLETIC EVENTS CAN BE FOUND ON PAGE 2 UNDER ACTIVITIES**

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**Activities and sports events change constantly to stay informed and up to date please visit-[sd149.com](http://sd149.com) and download the calendar link.**

**Oct. 7-** Board Meeting 6:30 pm in the Reed Library.

**Oct. 8-** Flu Shot Clinic 3:30- 5:00 pm

**Oct. 9-** Individual Retakes and Senior Tux and Drape Pictures.

**Oct. 15-** Cowboy Stampede 2:00 pm

**Oct. 28-** Booster Club Meeting 6:30pm

**Oct 31-** Sophomore Carnival 5:00pm

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# COUNSELOR'S MESSAGE



Go Cowboys!

The weather's cooling off but North Gem is just warming up. For our Seniors and Juniors, "College Month" is October-November. This is when early college applications windows open. If you haven't already started, now is the time to start applying for scholarships and programs that interest you! To help we have a few things coming up:

On October 1st two major applications open for Idaho. The Apply Idaho Application is the joint application for all Idaho colleges. It is a single application that allows students to apply to up to 10 in-state schools. And the best part is that all the schools waive the application fee—it's totally free!

The Idaho LAUNCH scholarship application also opens on the 1st. Idaho LAUNCH allows Idaho seniors to apply for up to \$8000 toward any in-state college or a tech program of their choice. Most who apply get this scholarship. It's definitely worth it to apply.

Other related College Month events for our high schoolers include a career exploration trip to the Pocatello airport to explore and learn about careers in aviation on October 3rd, the Portneuf College Fair on the 14th, the ASVAB career aptitude test on the 15th, and the PSAT college entrance exam on the 29th for Sophomores and Juniors. On November 7th we have a recruiter from USU coming to speak to our Juniors and Seniors and on November 14th the National Guard will host North Gem High School for a career day. There are many options available! Come tell me what your dream is and let's figure out how to make it happen!

The sky's the limit for your dreams but to make it happen *you need a goal and a plan!* Your future accomplishments will reflect two things—how well you plan and the energy that you put into them. As you decide what directions you will explore, use your teachers, use Mr. Miller, and use me! That's the entire reason we're here—to help you find and set a goal, make your plan, and get working towards it. Goals and plans inevitably change and evolve over time, however the most important part is to continuously work towards a goal.

This can be a very intimidating time for the upper classes as you begin to see the end of High School approaching. Take heart! It's only the end of a chapter and you're still just barely starting this book. Good luck! You *can* do it, you *are* capable, and most importantly you are *worth the time and effort!*

Sincerely,

Walt Eiman  
Counselor

IDAHO  
**LAUNCH**





## **Hello Cowboy fans!**

**We are so excited for our Fall sports seasons with football, volleyball and then soon basketball! We just want to remind all our fans to be RESPECTFUL and to have SPORTSMANSHIP. These games are meant to be fun and no negativity should be brought to them! So just a reminder to treat referees, players, and coaches with respect. Sportsmanship is a requirement. Not a recommendation. We look forward to this next sports season with your support!**

**Go Cowboys**



# ATHLETICS & ACTIVITIES



## North Gem High School Football 2024

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Opponent</u>
Friday October 4	4:00pm	HOME	Clark/Watersprings
Friday October 11	7:00 pm	@Mackay	Mackay
Friday October 18	6:00 pm	@ Grace	Grace
Friday October 25	3:30 pm	@ Rockland	Rockland

## North Gem High School Volleyball 2024

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Opponent</u>
Tuesday October 1	4:30pm	@ Leadore	Leadore
Tuesday October 8	5:00 pm	@ Aberdeen	Aberdeen
Thursday October 10	6:00pm	HOME	Taylor's Crossing

**October 17,19,23**

***District Volleyball***

## North Gem Jr. High Football

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Opponent</u>
Thursday October 3	4:03pm	@ Rockland	Rockland
Wednesday October 9	4:00 pm	HOME	Rockland
Wednesday October 16	4:00 pm	@ Butte	Butte

## North Gem Jr. High Volleyball

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Opponent</u>
Tuesday October 1	4:30pm	Clark County	Clark County
Tuesday October 8	3:00 pm	HOME	Watersprings
Wednesday October 9	4:00 pm	@Mackay	Mackay

## North Gem Jr. High Girls Basketball

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Opponent</u>
Tuesday October 29		@ Rockland	Rockland

### SPORTSMANSHIP HINT #1

What is SPORTSMANSHIP? It is the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, and treating opponents with respect, fairness, generosity, courtesy, etc. Thanks for the extra effort!!

### SPORTSMANSHIP HINT #2

Don't allow your student athletes to taunt other athletes.

What is taunting?

"Any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters."



*Sophomore*  
**HALLOWEEN**  
*Carnival*

31 OCTOBER

4:30-6:30 PM

BINGO STARTING AT 5PM

Cake walk, pop toss, bingo & more

SOUP & SALAD DINNER

# North Gem Cowboy Stampede

**TUESDAY OCTOBER 15, 2024 2:00 PM**

North Gem Elementary Students will race Mr. Miller in a 1 mile race through Bancroft!

Any student that finishes before the principal will win a Prize!

Parent and Community Involvement is encouraged.

Please plan to line the course and cheer on the students.

An after race celebration with drinks and treats is also planned



## Per Idaho Code:

**“It is unlawful to pass a stopped school bus from either direction”**



**DOING SO PUTS CHILDREN AT RISK.** Use caution when driving around school busses, and remember **“WHEN WE STOP, YOU STOP”**

Please be respectful of our wonderful North Gem Bus Drivers, and help us avoid any accidents.

**Yellow** Flashing Lights serve as warnings to a bus stopping. **Red** Lights Indicate Loading or Unloading of Children

It's time to order your 2024-2025 year book.

\$44.00 until Christmas break

\$50.00 after Christmas Break

\$55.00 if you wait until the last week of school

Order your 2024-25 YEARBOOK today

Order your 2024-25 YEARBOOK today

# All elementary students K-5

Because we are having multiple injuries to feet and toes, we are

requiring gym shoes to be worn by

all students during

inside recesses and during

P.E.



# Daily Learning Planner

*Ideas families can use to help children  
do well in school*

North Gem School District #149



THE  
**PARENT**  
INSTITUTE®

## October 2024

### Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Make a big pot of soup. Let your child help with measuring.
- 2. Have your child draw a picture of something that happened at school today. Discuss it together.
- 3. Ask your child to teach you some math the class is learning. It's an effective way to reinforce the information in your child's mind.
- 4. A planning calendar is key to organization. Help your child use one to track school assignments and test dates.
- 5. Sometime today, exchange notes with your child instead of talking.
- 6. Help your child start a collection. Provide a place to keep it—a box, a shelf, a drawer.
- 7. Read a book about your town or state with your child.
- 8. It's Fire Prevention Week. Have your child practice a safe escape route from your home. Plan where to meet if you get separated.
- 9. Today's news is history in the making. Watch the news with your child.
- 10. Together, look at a tree in your neighborhood. Talk about how it has changed in the last few weeks.
- 11. Review math facts at the dinner table tonight.
- 12. Does your child have reading to do over the weekend? Have your student schedule time to complete it.
- 13. Start a project with your child. Make plans to work on it regularly.
- 14. Do a crossword puzzle together. It's a great way to learn new words.
- 15. Ask about the best present your child ever got. What made it special?
- 16. Make today Dictionary Day. Talk with your child about new words that should be in the dictionary.
- 17. Help your child time how long different daily activities take to do.
- 18. Dissolve some salt in water in a glass. Have your child observe it over the next few days. Talk about what happens.
- 19. Visit the library and check out a mystery book to read together.
- 20. At the store, ask your child to figure how much tax you will be charged on a purchase.
- 21. Look through a newspaper together, in print or online. What headlines interest your child? Read an article out loud and discuss it.
- 22. Ask your child to use a measuring tape to measure the dimensions of objects in your house, then write them down.
- 23. Talk about careers. What kinds of jobs interest your elementary schooler? Discuss how education will help.
- 24. With your child, learn how to count to 10 in at least three different languages.
- 25. Have your child pretend to be Mayor for a day. Ask, "What three things would make our community a better place?"
- 26. Ask your child *how* and *why* questions to provide practice answering questions that require reasoning.
- 27. Give your child a hug today.
- 28. Spend a half hour reading together today. Let your child pick the book you will read.
- 29. Exercise with your child. Pick an activity you both enjoy, such as biking or tossing a ball.
- 30. Talk with your child about ways to handle stress. Exercising and talking to someone are effective strategies to try.
- 31. Choose a familiar object, such as a paper clip. Ask your child to figure out different ways to use it.



# Helping Children Learn<sup>®</sup>

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School  
North Gem School District #149



October 2024

## Read aloud regularly to build skills and reading comprehension

Whether your child is just learning to read or is reading whole books with ease, read alouds with you provide skill-boosting benefits. When you read aloud, you can introduce and explain words and ideas that are new to your child. And everything you read together adds to your child's storehouse of knowledge—which helps with comprehension of future reading.



As you read aloud, help your child:

- **Build vocabulary.** Define the words your child doesn't know. Together, think of words that have a similar or opposite meaning.
- **Sharpen listening and thinking skills.** After you read a passage, have your child summarize it. Ask specific questions—*What did the main character do? Where did the action take place? How did the other characters feel about it?*
- **Practice recalling.** Before you start on a new chapter of a book you've been reading together, ask your child to tell you about what was happening in the story when you stopped reading last time.
- **Boost word recognition.** Stop reading from time to time and ask your child to read a sentence or two to you. Help your child sound out unfamiliar words and then read the sentences again.



## Support a healthy frame of mind

Mental well-being is important for success in school. It makes it easier for children to cooperate with others, behave appropriately and do their best academically. To support your child's mental well-being:

- **Focus on essentials:** good nutrition, adequate sleep and exercise. These are key to overall wellness.
- **Laugh together.** Encourage family members to share funny stories, memes and jokes.
- **Talk about the good things.** At mealtime, have everyone take turns sharing something positive that happened that day.
- **Practice stress relief.** Teach your child to take deep breaths, go for a walk or listen to relaxing music when feeling anxious or stressed.
- **Stay connected.** Listen when your child shares concerns, and offer reassurance. If you become worried about your elementary schooler, consult a school counselor or pediatrician.

## Sleep is crucial for learning

Too little sleep negatively affects your child's ability to plan, solve problems, control mood and behavior, pay attention and retain information. To promote healthy sleep, help your child get plenty of fresh air and exercise during the day. Set a technology curfew one hour before bed. Then, stick to a bedtime schedule that lets your child get nine to 12 hours of sleep each night.

## Plan to attend a conference

At a parent-teacher conference, you will get helpful information specifically about your child. For the most benefit:



- **Prepare.** Make a list of things to tell the teacher about your child. Ask your child if there is anything you and the teacher should discuss. Also list your questions—about your child's strengths, weaknesses, friendships, etc.
- **Maximize time.** Arrive on time. Take notes on your child's progress. Make a plan with the teacher to address concerns.
- **Report back** to your child. Share positive comments as well as the teacher's suggestions and how you will carry them out.

## Set weekly learning goals

Setting short-term goals and experiencing the thrill of achieving them can help your child stay motivated. Each week, help your child:



1. **Choose one goal** at the beginning of the week, and write it down.
2. **Plan steps to take** to achieve the goal.
3. **Brainstorm solutions** for any snags that crop up along the way.
4. **Evaluate what worked** and what didn't and set a new goal.



## How can I help my shy child reach out and make friends?

**Q:** Shyness is making it difficult for my first grader to make friends at school. What can I do to help?

**A:** Having friends at school increases students' sense of belonging. It takes self-confidence to make them easily. While you can't change your child's personality, you can help your student build confidence when speaking and working with others.

This kind of self-confidence comes with practice. Help your child:

- **Rehearse things to say.** Say, "Let's pretend you're at recess. Lucas and Jack are playing a fun game you want to join. What could you say?" At first, have your child pretend to be one of the other children, while you pretend to be your child. Then, change roles.
- **Think about what good friends** do and don't do. Read and discuss books about friends together. Thinking about what makes a good friend can help your child identify someone in class who could be one.
- **Get to know a classmate.** Invite one child over to play with your child. Interacting with one person may be more comfortable than a crowd.
- **Meet children with similar interests.** Does your child like art? The outdoors? Look for activities at a community or nature center. Learning about interests with kids who like them too can make it easier to make friends—and build your child's confidence to make friends at school.



## Are you helping your child recover after setbacks?

It's natural to want to protect your child from failure. But overcoming setbacks and disappointments teaches students valuable lessons. Are you helping your child learn to cope when problems arise? Answer *yes* or *no* below:

- \_\_\_ **1. Do you tell** your child that setbacks are common, and they are usually temporary?
- \_\_\_ **2. Do you let** your child try to solve problems rather than jumping in to help right away?
- \_\_\_ **3. Do you offer** your child more positive ways to view the situation? "You didn't ace your test, but you earned a higher grade than last time!"
- \_\_\_ **4. Do you help** your child brainstorm things to do differently next time?

- \_\_\_ **5. Do you talk** about your own mistakes and how you are going to fix them?

### How well are you doing?

*More yes answers mean you are helping your child keep moving forward. For each no, try that idea.*

*"Challenges are inevitable, defeat is optional!"*

*—Roger Crawford*

## Show that math matters

To help your child understand why learning math is important, demonstrate how essential it is in everyday life. Involve your child when you:

- **Follow recipes.** Let your child help with measuring and weighing. Talk about fractions, adding and dividing.
- **Go places.** Before leaving, measure the air pressure in your car or bike tires together. Calculate the distance you'll travel, and how long it will take.
- **Shop.** Help your child use a calculator to keep a running tally of purchases and figure out prices after coupon discounts.
- **Save money.** Choose a family goal to save for. How much can you save a week? How long will it take to reach your goal?



## Discuss respectful behavior

A positive learning environment is founded on respectful behavior. Explain to your child that for students, this includes:

- **Listening** and paying attention.
- **Raising hands** and waiting to be called on by the teacher.
- **Accepting corrections** and directions from the teacher without creating a fuss.

## Prevent procrastination

Your child probably likes some subjects more than others, and that's OK. But it's not OK to put off schoolwork in the less-liked subjects. Remind your child that:

- **Everyone has to do** things they don't like. Give an example from your life.
- **Putting tasks off** makes them seem worse.
- **Finishing tough tasks** feels great!

Source: R. Emmett, *The Procrastinating Child*, Walker Books.

### Helping Children Learn<sup>®</sup>

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# Daily Learning Planner

*Ideas families can use to help students  
do well in school*

North Gem School District #149



THE  
**PARENT**  
INSTITUTE

## October 2024

### Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Ask who your child's role models are and why.
- 2. Students who read regularly earn higher grades. Start a daily reading time for the entire family.
- 3. At dinner, list reasons you appreciate your middle schooler.
- 4. When your child tells you something important, restate it to make sure you understood.
- 5. Invent a recipe together. If it doesn't work, brainstorm ways to fix it.
- 6. Share a joke with your child today.
- 7. Tell your child about your day—in as much detail as you'd like to hear about your child's.
- 8. When reviewing schoolwork, comment on things your child did correctly before giving constructive feedback.
- 9. Discuss the character traits your child has that will eventually help in the workplace.
- 10. If dawdling is a problem for your middle schooler, set a timer and challenge your child to "beat the clock."
- 11. As a family, create a routine that will make mornings easier.
- 12. Before your middle schooler attends a party, make sure it will be supervised by an adult.
- 13. Teach your child how to sew on a button today.
- 14. How would your child handle peer pressure to try drugs or alcohol? Role-play ways to say no.
- 15. Test observation skills. Can your child describe someone you both just passed on the street? Challenge each other!
- 16. Read a history or science reading assignment with your child. Ask, "Can you tell me about what this said in your own words?"
- 17. Give your child a houseplant and the responsibility for taking care of it.
- 18. "Because I said so!" is frustrating for middle schoolers to hear. Explain your reasoning.
- 19. Talk with your child about ways to resolve conflicts peacefully.
- 20. Encourage your child to read during quiet times at home. Before bed is a perfect time to read.
- 21. Share a photo with your child of yourself at the same age. Tell some stories about what that age was like for you.
- 22. Talk with your child about mistakes. What are some ways people can learn from their mistakes?
- 23. Encourage your child to get to know at least three new people at school outside of the usual group of friends.
- 24. Remind your child that washing hands often is an important way to prevent the spread of illness.
- 25. Do something you and your child have never done before. Try a new food. Listen to a new type of music. Visit a new place.
- 26. Play Math Jeopardy at dinner. Say a number. Who can come up with a problem for which it is the answer?
- 27. Ask how your child feels the school year is going so far.
- 28. Remind your child that there are no stupid questions. Students who really want to learn should ask questions in class.
- 29. With your child, try to list things you each did two days ago.
- 30. Encourage your child to combine physical activity and learning by listening to an audiobook while exercising.
- 31. Ask your child, "If you could change one thing in the entire world what would it be?"

# Helping Students Learn<sup>®</sup>

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School  
North Gem School District #149



October 2024

## Building comprehension skills helps your child 'read to learn'

Reading is a key way students learn every day. That's why reading comprehension is so vital. Your child will need to understand the meaning of individual words and also the meaning of the text as a whole—both what is directly stated and what is implied.

To help your middle schooler get more out of reading:



- **Have your child ask questions** like: *What do I hope to learn from this? How is this different from what I expected?* Suggest that your student mark passages that relate to these questions with sticky notes.
- **Reinforce personal connections.** When children read something that reminds them of something they have seen or done, the reading has more meaning. Your child can also mark those passages with sticky notes saying what they bring to mind.
- **Ask questions that encourage thinking.** When your child finishes reading a passage, ask things like: *What kind of personality does the main character have? How can you tell? Do you know anyone like that? How do you think the book will end?*
- **Encourage frequent reading.** Everything your child reads adds to background knowledge, which makes future reading easier to understand. Frequent reading also builds fluency, which supports comprehension.

Sources: R. Smith and others, "The Role of Background Knowledge in Reading Comprehension: A Critical Review," *Reading Psychology*; J. Willis, "Aiding Reading Comprehension With Post-its," *EduTopia*.



## Healthy habits support school success

Life outside of school influences student performance in school. Help your child establish habits that make it easier to do well. Experts agree that middle schoolers should:

- **Make sleep a priority.** The American Academy of Sleep Medicine recommends between nine and 10 hours of sleep each night for peak performance in school.
- **Eat right.** Make sure your child eats a nutritious breakfast at home or at school. Talk about how to make healthy choices for lunches and snacks.
- **Drink water.** Brains need plenty of water to function well—not sugary or caffeinated drinks.
- **Be physically active.** PE class at school isn't enough! Adolescents need one hour of exercise daily.
- **Wash their hands regularly.** Handwashing is an essential part of preventing the spread of many illnesses—and school-absences.

## Learn more at a conference

Parent-teacher conferences may not be routinely planned in middle school, but you can always ask for one! A conference is a great way to get specific information about your child's learning and how to support it.

For the best results, arrive on time with a list of things you want to discuss. Listen with an open mind. If you don't understand something a teacher says, just ask. Then, work together on a plan to address any issues and help your child achieve.

## Emphasize organization

To meet their responsibilities, students need to be organized. To foster this skill:

- **Help your child** use a planner to track assignments, test dates and school commitments.
- **Insist on weekly** school bag clean-outs. Have your child discard trash and file papers by subject.



## Journal toward the future

Journaling is an effective way for middle schoolers to get a sense of their strengths, weaknesses, likes and dislikes. This gives them a head start on planning for the future. Give your child these prompts to think and write about:



- *What do I like to learn about or would I like to learn more about?*
- *What have I done that I am most proud of?*
- *What do I love doing outside of school?*
- *What is important to me right now?*

Encourage your child to update the journal regularly. It's OK if the answers change. But things that stay the same may provide clues about the path to your child's future success.

# Helping Students Learn<sup>®</sup>

Tips Families Can Use to Help Students Do Better in School



MIDDLE SCHOOL

October 2024



## My child has writer's block regularly. How can I help?

**Q:** Writing is a stumbling block for my seventh grader. Whenever there's a writing assignment, my child freezes up and can't seem to start. What can I do to make this easier?

**A:** A blank page can be an intimidating thing for many middle schoolers. They worry that what they write won't be any good, or that they'll be made fun of.

To help your child overcome this obstacle:

- **Acknowledge the feelings.** Explain that even professional writers have difficulty with writer's block, too.
- **Encourage brainstorming.** Have your child make a list of as many ideas about the topic as possible, without stopping to consider if they are good or bad. Later, your child can look at all those written ideas and choose what to use and in what order.
- **Offer constructive support.** If your child shares the writing with you, comment first on what you like. Focus on what your child is trying to say more than on spelling or grammar mistakes.
- **Emphasize the importance of editing.** No one writes perfectly from the start. Have your child read the writing out loud. Does it really say what your child means? Let your student fix mistakes—if you do it, you send the message that your child isn't capable.
- **Model patience.** It takes time to become a skilled writer!



## Are you showing that effort is worth it?

Some middle schoolers think that if learning takes effort, it means they aren't smart. But no one reaches their full potential without doing their best. Are you helping your child see the value of effort? Answer *yes* or *no* below:

\_\_\_ **1. Do you help** your child enjoy doing a thorough job? "You must feel so confident knowing you double-checked your answers."

\_\_\_ **2. Do you compliment** positive work habits? "You are really making the most of your time by getting started early!"

\_\_\_ **3. Do you talk** about your child's progress? "You hadn't heard of factoring in August, and now you are a pro at it!"

\_\_\_ **4. Do you teach** your child that learning from mistakes makes people smarter?

\_\_\_ **5. Do you point out** your own effort? "I know I can make this better—I'm going to keep working on it."

### How well are you doing?

*More yes answers mean you are encouraging your child's best efforts. For each no, try that idea.*

*"Always do your very best. Even when no one else is looking, you always are. Don't disappoint yourself."*

—Colin Powell

## Reduce anxiety about tests

Does the idea of taking a test make your middle schooler queasy? Test anxiety makes it harder for students to show what they know. When tests are on the schedule:

- **Ask why your child** feels nervous. Is the material too hard? Does your child feel unprepared? Is your child worried about finishing in time?
- **Help your child** make a plan. Studying every day for several days is more effective than cramming the night before. If the test will be timed, your child can practice answering questions with a timer. If your child is confused, encourage asking the teacher for more explanation.
- **Make it clear** that test scores won't change your love for your child.

## How can a counselor help?

School counselors are trained to support academic and emotional well-being. You and your child can ask for help with:

- **Getting** back on track after academic problems.
- **Strengthening** study skills.
- **Coping** with friend issues, bullying, grief or family hardships.
- **Planning for the future** and achieving academic goals.

## Make the most of mealtime

Daily conversations over family meals can build your child's verbal skills and connection to you. To improve table talk:

- **Discuss topics** that your child can contribute to.
- **Ask your child** specific questions. Then, try to keep the conversation going.
- **Keep the tone** pleasant. Save criticisms of your child's behavior for another time.



### Helping Students Learn<sup>®</sup>

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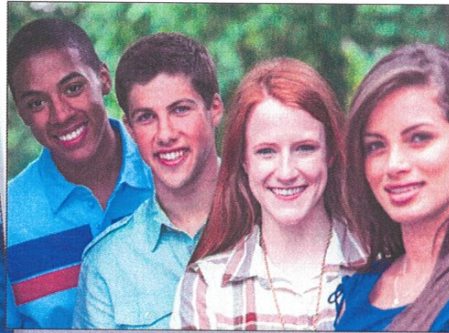
P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • [www.parent-institute.com](http://www.parent-institute.com)

# Daily Learning Planner

*Ideas families can use to help students  
do well in school*

North Gem School District #149



THE  
**PARENT**  
INSTITUTE

## October 2024

### Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Have your teen think of something nice you could do together for someone else. Set aside time to do it.
- 2. Ask your teen to read a news article and report on it during dinner.
- 3. Involve your teen in decisions about curfews or other limits.
- 4. Talk about the advertisements when you watch TV with your teen. How do they try to persuade viewers?
- 5. Have your teen use a phone or camera to record "A day in the life of our family."
- 6. Discuss ways your teen could get more sleep.
- 7. Teach your teen a problem-solving process: brainstorm solutions, write down the pros and cons of each, choose the best one and carry it out.
- 8. Ask who in your family your teen feels most like. Why?
- 9. Suggest that your teen start a book club with friends.
- 10. Together, listen to music neither you nor your teen normally listens to. Discuss what you hear.
- 11. Encourage your teen to invite friends over for pizza and a movie.
- 12. Notice nonverbal messages. If you see your teen smile, you might say, "You seem happy."
- 13. Ask your teen to proofread something you've written.
- 14. Ask your teen, "If you could trade lives with somebody you know, who would it be? Why?"
- 15. Give your teen some examples of difficult situations. How would your student handle them?
- 16. Agree on an adult friend your teen can reach out to if asking you for advice feels uncomfortable.
- 17. Talk together about your teen's plans for life after graduation.
- 18. When your teen overreacts, it's important for you not to. Set a time to talk later when you both are calm.
- 19. Start a family calendar. Have each family member use a different colored pen to record activities.
- 20. When doing errands, encourage your teen to talk with local business people about the jobs they do.
- 21. Look for ways to give your teen more responsibility, such as getting up in the morning without your help, making doctor's appointments, etc.
- 22. Talk with your teen about what makes a healthy friendship.
- 23. Encourage your teen to volunteer. Students can learn valuable lessons while helping others.
- 24. Discuss social media with your teen. Emphasize the importance of not comparing daily life with other people's best days.
- 25. Ask your teen to help you make a decision.
- 26. Teach your teen to trust instincts. If a situation seems like it may get out of hand, your teen should avoid it.
- 27. Ask your teen, "What things that we have done together have you enjoyed?" If possible, make plans to do these activities again.
- 28. At bedtime tonight, tell a story about yourself at your teen's age.
- 29. Teach your teen to track savings and spending.
- 30. When your teen studies for a big test, suggest planning a five-minute break after every 30 minutes of study.
- 31. Write down important school dates on your family calendar. Plan to attend events for families.

# Helping Students Learn<sup>®</sup>

HIGH SCHOOL

Tips Families Can Use to Help Students Do Better in School  
North Gem School District #149



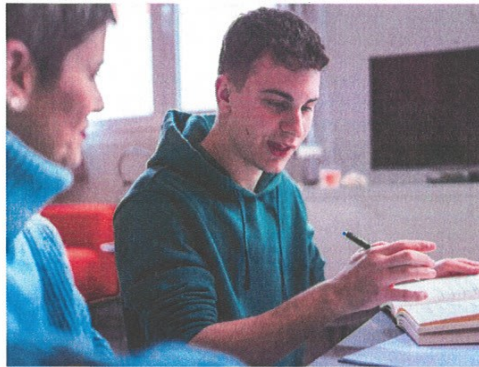
October 2024

## Help your teen use a five-step process to remember reading

By high school, most students have mastered the basics of reading. But in order to learn and use what they read, students must also be able to recall the material. For many, that's a tougher challenge.

A five-step process can strengthen reading recall power. Encourage your teen to:

- 1. Visualize.** Albert Einstein is reported to have said, "If I can't picture it, I can't understand it." After reading a passage, your teen should try to create a mental image of the content.
- 2. Make predictions.** One way proficient readers stay focused on what they are reading is to predict what will happen next. When predicting, your teen should take the details in the material so far into account.
- 3. Consider questions.** Have your teen rephrase section headings in the text into questions. If the passage is about the Romans, for example, your teen might ask "How did the Romans conquer and hold their Empire?" If it is fiction, your teen could ask, "Why is the author telling this story?"
- 4. Make connections.** New information is most likely to stick if your teen relates it to previously-learned things.
- 5. Share the knowledge.** Ask your teen to present the material to you. Teaching new concepts to others enhances understanding and recall.



## Put your teen's skills to use

One of the most effective ways to extend learning at home is to create everyday opportunities for your student to apply school skills. Ask your teen to:

- **Calculate expenses,** discounts, mileage, etc.
- **Research answers** to questions that come up in conversation.
- **Supply reasons** and facts to support opinions.



## Respect keeps things civil

Respectful behavior makes interactions with others—in school and out—more productive. Talk with your teen about the need to:

- **Listen attentively.**
- **Speak in a polite tone.** Tone affects how others hear what your teen is saying.
- **Express differences of opinion** without insulting the other person.
- **Accept final rulings.** Continuing to argue a case when a parent or teacher stands firm rarely works.

## Create a school portfolio

Most high schoolers will get involved in lots of things over four years. Keeping a record of them in one place will be helpful when your teen is filling out college, scholarship and job applications. Help your teen start a file and regularly update details about:

- **Academics.** List classes and grades earned.
- **Extracurricular** activities. List clubs, volunteer work, sports, jobs, etc. Include dates of participation and leadership positions held.
- **Accomplishments.** List things like honor roll, language or computer skills, awards for artwork, essays, etc.



## Share strategies for better test results

To do their best on quizzes and tests, students need to know the subject material. But they also need to know *how* to approach test-taking. Review these basic strategies with your teen:

- **Pay close attention** to the directions. Reading them carefully will help prevent simple, avoidable mistakes. The directions might say, "Answer two of the following questions." Or, "Some multiple choice questions may have more than one correct answer. Choose the best one."
- **Use time wisely.** Your teen should scan the test before beginning and budget time. For example, if an essay question is worth 50 points out of 100, your teen should spend half the time on it. If the test format allows, suggest answering all the easy questions first to maximize points. Your student should use any extra time to double-check work, reread the directions and confirm that the answers do what is being asked.

# Helping Students Learn<sup>®</sup>

Tips Families Can Use to Help Students Do Better in School



HIGH SCHOOL

October 2024



## My teen's study effort isn't working. What can I do?

**Q:** My student is struggling in a foreign language class. My teen does the work and studies, but just isn't getting it and may fail. That means repeating the class. Since my student is already trying, what should I do?

**A:** Willingness to put in effort is an important part of being a responsible student, and it will help your teen rise to this challenge. But students also need to learn that when one strategy isn't working, it's time to look for others.

To help, suggest that your teen:

- **Ask for a meeting** with the teacher. Your teen should explain current study efforts. Then they can discuss what the teacher thinks the issues are, and what your teen should do differently.
- **Schedule more study time.** Encourage your teen to practice recalling vocabulary words for 20 minutes each day (flash cards and apps like Quizlet can help). Then your teen can work on reading and verbs.
- **Go back to the beginning.** Have your teen look at early assignments and figure out where things got confusing. This is where to start reviewing.
- **Find extra help.** Is there a time when the teacher could work with your teen? Are there student tutors available? Does your family know someone who speaks the language that your teen could practice conversation with?



## Are you preparing for what comes next?

Students have lots of options after high school. Planning and preparing helps them make choices that will lead to a satisfying adult life. Are you helping your teen get ready? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you urge** your teen to explore the school's college and career resources?
- \_\_\_ **2. Do you help** your teen find out the education needed to enter career fields of interest?
- \_\_\_ **3. Do you encourage** your teen to reach out to people working in those fields to learn more?
- \_\_\_ **4. Do you suggest** ways to gain skills and experience, such as volunteering or starting a small business?

- \_\_\_ **5. Do you research** sources for financial aid with your teen?

### How well are you doing?

*More yes answers mean you are helping your teen focus on the future. For each no, try that idea.*

*"Planning is bringing the future into the present so that you can do something about it now."*

—Alan Lakein

## News is food for thought

News articles are great for encouraging your teen to think about reading. Here are two ways to use the news:

### 1. Scroll through

recent articles and choose one your teen might find interesting. Read it yourself, then ask your teen to read it and give an opinion about it. Did your teen learn anything?



### 2. Read editorials together.

Have your teen pick an editorial for you both to read and discuss. Do you agree or disagree with the points the author made? Are there other facts to consider?

## Find positive influencers

Peer pressure isn't always negative! To help your teen benefit from positive peer influence, encourage activities that offer exposure to peers who have the similar interests and values. Service clubs at school and volunteer opportunities are ideal places to find them.

You can also get to know the families of your teen's friends. Discuss your rules and values with them. Then, when your teen says, "everyone does it," you'll be able to give examples of kids who don't.

## A tip for making rules stick

The key to establishing effective rules is taking your teen's need for independence into account while keeping some control. Consider these questions when setting rules:

- **Have I listened to** my teen's views on this rule? Get your teen's input before you make a final decision.
- **Does my teen understand** what will happen if this rule is broken? Agree on consequences before misbehavior occurs.
- **Am I setting an example** by following this rule myself?

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# Lunchroom News

## SCHOOL LUNCH PRICES 2024-2025

MONTH	REDUCED	K-4TH GRADE	5-12TH GRADE	ADULT	
Day rate	0.40	3.30	3.50	4.95	
<b>August</b>	<b>8</b>	<b>3.20</b>	<b>26.40</b>	<b>28.00</b>	<b>39.60</b>
<b>September</b>	<b>16</b>	<b>6.40</b>	<b>52.80</b>	<b>56.00</b>	<b>79.20</b>
<b>October</b>	<b>19</b>	<b>7.60</b>	<b>62.70</b>	<b>66.50</b>	<b>94.05</b>
<b>November</b>	<b>14</b>	<b>5.60</b>	<b>46.20</b>	<b>49.00</b>	<b>69.30</b>
<b>December</b>	<b>12</b>	<b>4.80</b>	<b>39.60</b>	<b>42.00</b>	<b>59.40</b>
<b>January</b>	<b>16</b>	<b>6.40</b>	<b>52.80</b>	<b>56.00</b>	<b>79.20</b>
<b>February</b>	<b>15</b>	<b>6.00</b>	<b>49.50</b>	<b>52.50</b>	<b>74.25</b>
<b>March</b>	<b>13</b>	<b>5.20</b>	<b>42.90</b>	<b>45.50</b>	<b>64.35</b>
<b>April</b>	<b>18</b>	<b>7.20</b>	<b>59.40</b>	<b>63.00</b>	<b>89.10</b>
<b>May</b>	<b>13</b>	<b>5.20</b>	<b>42.90</b>	<b>45.50</b>	<b>64.35</b>
<b>TOTALS</b>	<b>144</b>	<b>57.60</b>	<b>475.20</b>	<b>504.00</b>	<b>712.80</b>

The North Gem School District #149, is requesting that the parents please be aware of the balances of your student's account. The state requires that the district keep the balance of a student account at a positive balance.

Please, do not ask the Child Nutrition Department, to break the rules of the USDA. The district asks that you please make a reasonable effort to pay any negative lunch balances that your student may have. Please do not let your student's account go into the negative.

# Job Openings @ North Gem

- High School Drama Director
- Middle School Girls Basketball Coach
- Substitute Bus Drivers
- Substitute Custodial Workers
- Substitute Teachers
- Substitute Cafeteria Workers





LUNCH

# OCTOBER 2024

[Enter School Here]

[Enter Menu Details]

## Monday



**7**  
 Italian Dunkers  
 Deli Bar  
 California Spinach Salad  
 Pears

**14**  
 Bacon Ranch Flatbread  
 Deli Bar  
 Green Beans  
 Mandarin Oranges

**21**  
 Sloppy Joes  
 Cubano Sandwich  
 Deli Bar  
 Garlicy Green Beans  
 Strawberries

**28**  
 Orange Chicken w/Rice  
 Biscuits n Gravy  
 Deli Bar  
 Green Beans  
 Pineapple Crisp

## Tuesday

**1**  
 Spaghetti & Meatballs  
 With Garlic French Bread  
 Deli Bar  
 Baked Squash  
 Peaches

**8**  
 Tomato Soup with  
 Grilled Cheese  
 Deli Bar  
 Fresh Baby Carrots  
 Applesauce Pudding Cups

**15**  
 Soft Shell Tacos  
 Deli Bar  
 Sunshine Carrots  
 Apricots

**22**  
 Taco Soup with  
 Corn Muffin  
 Deli Bar  
 Peas  
 Applesauce

**29**  
 Meatball Sub Sandwich  
 Deli Bar  
 Sunshine Carrots  
 Peaches

## Wednesday

**2**  
 Breakfast Sandwich  
 Deli Bar  
 Tator Tots  
 Banana Splits

**9**  
 Bbq Chicken Sliders  
 Deli Bar  
 Potato Wedges  
 Orange Skices

**16**  
 Chicken Chili Crisпитos  
 Deli Bar  
 Brocc./Caul. Bake  
 Carmel Apple Parfaits

**23**  
 Super Nachos  
 Deli Bar  
 Roasted Baby Carrots  
 Apricots

**30**  
 Cereal Fun Lunch (Elem)  
 Breakfast Tator Tot Wrap  
 Deli Bar  
 California Spinach Salad  
 Mixed Fruit

## Thursday

**3**  
 Ribbq Sandwich  
 Deli Bar  
 Broccoli w/ Cheese  
 Pineapple

**10**  
 Smothered Burrito  
 Deli Bar  
 Sweet Corn  
 Peach Parfaits

**17**  
 Corndogs  
 French Dip  
 Deli Bar  
 French Fries  
 Blueberry Smoothie

**24**  
 Chicken Nuggets with  
 Mac n Cheese  
 Deli Bar  
 Broccoli  
 Fruit Jello

**31**  
 Trick or Treat Bags Elem  
 Frankenweenies  
 Deli Bar  
 Fresh Veggies  
 Pumkin Cups

## Friday

**4**

**11**

**18**

**25**



[Enter Additional Info]

MY SCHOOL BUCKS  
 PAY FOR MEALS ONLINE  
 MySchoolBucks.com

# North Gem Auction Items

Follow the links to bid on these items

<http://www.publicsurplus.com/sms/auction/view?auc=3609125>

<http://www.publicsurplus.com/sms/auction/view?auc=3609123>





# North Gem Little League

## BASKETBALL

### Registration

Register at the School Office by  
Thursday October 10<sup>th</sup> with the \$30.00 Fee

Games will be Saturdays Starting in November

We will only play 4 weeks

Select Group: \_\_\_ 3<sup>rd</sup> & 4<sup>th</sup> grade BOYS \_\_\_ 5<sup>th</sup> & 6<sup>th</sup> grade GIRLS

Participant: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Primary Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Secondary Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you willing to: \_\_\_ COACH \_\_\_ Officiate \_\_\_ Court Help

Little league is a place for young kids to experience the excitement of sports. A time when they can look back and remember that they worked hard, hustled, practiced fundamentals, and had fun. So as adults, let us set up an environment for this experience and encourage these young athletes and teach good sportsmanship by our examples. Please respect players, coaches, supervisors, opponents, officials, and other spectators. If your child gets injured, you will be contacted, and they will be treated. Whether that be with a doctor, a Band-Aid, or a hug.

Participant Signature \_\_\_\_\_

Parent/Guard Signature \_\_\_\_\_ Date \_\_\_\_\_

# COWBOY FAN BASKET

NGBC FALL RAFFLE



TO BUY TICKETS  
OR DONATE COWBOY/PURPLE GOODIES  
PLEASE CONTACT

JAMIE HILL 208-339-4316 OR  
MANDY FRANSEN 208-705-7784

DRAWING WILL BE 10/4/24  
DURING THE HALF TIME  
FOOTBALL GAME

\*WE WILL HAVE A SECOND FAN BASKET DRAWING IN FEBRUARY.

# North Gem Booster Club

## Membership Form. 2024-2025

**Dear Members, Parents, and Esteemed North Gem Supporters,**

We extend our heartfelt gratitude to all who have been members of the North Gem Booster Club. Your ongoing support is instrumental in enhancing our sports programs, ranging from Little League to the scholarships awarded to our graduating seniors.

We are excited to offer new membership options this year, aimed at accommodating diverse levels of support while continuing to enrich the experiences of our student-athletes. Below are the updated membership tiers:

- **White Member:** \$25.00
- **Silver Member/Business:** \$50.00
- **Gold Member/Business:** \$100.00
- **Purple Member/Business:** \$250.00
- **Cowboy Above and Beyond Member/Business:** \$500.00
- **Custom Amount:** Choose your contribution

In addition, you may choose to contribute directly to the scholarship fund.

To confirm your membership, please complete the enclosed form and return it to the school or contact any current board officer for assistance. As a member, you will be honored with a place on our Booster Wall in the gym and are encouraged to attend our monthly meetings.

We warmly invite both current and prospective members to join us in our efforts to support our athletic programs. Your participation is vital in helping us achieve our goals and foster a vibrant and engaged community around our student-athletes.

Thank you for your dedication and support.

Sincerely,

**NGBC Officers**

Jason Perkins, Traci Thompson, MaLissa Barfuss, Mandy Frandsen, and Jamie Hill



# North Gem Booster Club Membership Form. 2024-2025

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Business Name  
(if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

## Yearly Booster Club Membership:

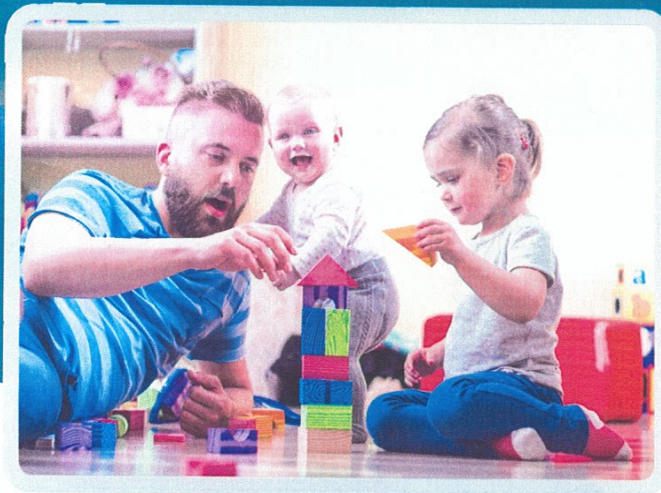
- \$25.00 White Member \_\_\_\_\_
- \$50.00 Silver Member/Business \_\_\_\_\_
- \$100.00 Gold Member/Business \_\_\_\_\_
- \$250.00 Purple Member/Business \_\_\_\_\_
- \$500 Cowboy above and beyond Member/Business \_\_\_\_\_
- \$  Pick your amount Member/Business \_\_\_\_\_
- Donate to the scholarship fund \$  \_\_\_\_\_

Please make checks payable to the **North Gem Booster Club**.  
**Memberships are due before October 1<sup>st</sup> 2024.**

If you require an extension, please contact Malissa Barfuss. You may mail this form and your payment to North Gem School District P.O. Box 70, Bancroft, ID 83217.  
Alternatively, you may deliver it directly to MaLissa Barfuss.



# Parent Workshop



 North Gem Elementary



Register today!

[www.idahoaeyc.org/ready](http://www.idahoaeyc.org/ready)

## READY! for Kindergarten

Learn how to 'Play With a Purpose' in the years before school to prepare your child for school success! These FREE Workshops show you how!

Parents and caregivers of children between the ages 0-5 learn how to turn everyday moments into learning moments. Receive FREE educational tools at every workshop to make learning at home fun, easy and effective. This is a 3- part series. Each session is 90 minutes long, however, if a meal is included, please plan on attending for 2 hours. If registering for multiple age levels, a DIFFERENT adult needs to register and attend in the age levels chosen.

**Age Group(s):** 0 - 1 | 1 - 2 | 2 - 3 | 3 - 4 | 4 - 5

### Ages 0-1, 1-2 & 2-3

Part 1- Tues, Nov 12  
Part 2- Tues, Feb 11  
Part 3- Tues, Apr 1  
5-7 pm

### Ages 3-4 & 4-5

Part 1- Tues, Oct 22  
Part 2- Thur, Nov 14  
Part 3- Tues, Mar 11  
5-7 pm

### Additionally



We also provide a free meal & child care.

**Address:** 360 S Main St, Bancroft, ID 83217, USA





**READY!**  
for Kindergarten™

# PARENT WORKSHOP

**North Gem Elementary**

*for parents and caregivers of children ages 0-5*

Ages 0-3: Nov 12    Feb 11    Apr 1

Ages 3-5: Oct 22    Nov 14    Mar 11

5-7 p.m.

*Dinner & child care provided!*

[idaeyc.org/ready](http://idaeyc.org/ready)



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**Bancroft, Idaho 83217**