With the holidays fast approaching, everyone is getting excited to be with friends and family, sharing good food, and of course, enjoying football. ☺️ Seriously, I thought I would continue my discussion about the work we are doing concerning student interventions. Last time I talked about the Guided Study period and how we have changed that time to address students below grade level in reading and math. In this article, I want to share with you our study hall process. Here is how it works.

Choice – A student can choose to attend before school, during lunch and/or after school study hall in order to get help with their homework. There are tutors available and so far, we have had a very good turnout - especially after school.

Directed – A teacher may direct a student to attend one of the three study hall times because the student is falling behind or missing assignments. In this case, a student chooses which session they want to attend, and the goal is to get the missing assignments completed.

Contracted – If a student is still not getting their homework completed and/or not attending study hall – even though they have been directed to do so – then it turns into a contract with the student and the teacher/office. If it gets this far, you will receive a phone call letting you know about the contract and which study hall session your student has chosen. The student will be expected to attend until they have fulfilled the terms of the contract, usually completing all missing assignments. If a student does not follow through on the contract, then it turns into an office referral, and it could mean detention or suspension.

There is a fourth option, and that is if you, as the parent, want your child on a contract, you can do that as well. The before and after school study halls also require a Gear Up permission form to be filled out.

That is a very quick overview of the process. Again, we are trying to make it hard for a student to fail, trying to not allow students to not turn in their homework and we are trying to help all of our students be successful. We will be implementing this new program after the Thanksgiving break.

“Thanksgiving is possible only for those who take time to remember.” – Anonymous

Have a great holiday season!

Mark Helm, Principal

Counselors Column

Seasons Greetings to the Pioneer family! It’s difficult to believe that we are so close to Thanksgiving. The holidays remind us of things to be thankful for and loved ones around us. This time of the year reminds me that the most important things in life are our relationships. None of us was meant to be alone. The two key ingredients in healthy relationships are time and caring. Time without communicating our care is wasted time. Caring without time to express it or enjoy it is not satisfying. I try to say “I love you” to each person in my family as often as I can.

The holidays are also a time of stress and sadness for some people. Money is often in short supply. We grieve again over dreams that have vanished or loved ones who can’t be with us. During the holidays, it’s important to practice slowing down, recognizing stressful thinking and purposely replacing it with good things such as Christmas music, an uplifting article in a magazine or an interesting project. Because this is a stressful time, I talk more with the key people in my life. I encourage you to find a family member or friend to talk to about your problems. During a conflict, it’s helpful to think before speaking and to control our words so they focus on the problem, not on another person. These holidays are also the perfect time to communicate apologies. An honest apology can clear the tension. If you find you are feeling very stressed, here are some ideas:

• Write a letter to someone close to you, tell them how you are feeling and ask how they are doing. Write in a diary or journal.
• Cancel an unnecessary task and call a friend. Simplify your ideas since simple things can still be meaningful.
• Call one of the many caring people in our area such as a counselor, doctor, pastor or ask a friend to recommend someone.

If the stress is overwhelming, call the kind folks at the Helpline at 662-7105. They are there to support you around the clock. Also, please feel free to call me at Pioneer, 663-7171 ext. 107. I hope your holidays leave a happy memory.

Jim Bowen, Counselor
PTSA NEWS
The PTSA now meets the second Friday of each month at 8:15 am in the school conference room. Join us if you can! We also want to remind all parent volunteers to complete a Volunteer Application. The forms are available in Pioneer’s office or the WSD website (http://home.wsd.wednet.edu). Select Forms/Volunteer Application, complete the entire form and bring a picture ID with you to Pioneer’s office. All volunteers MUST complete these forms and be cleared by the school office to help us with PTSA and school events. Also, a special thank you from PTSA President Teri Morse to all those parents who volunteered their time during the ASB magazine sales to collect and count the funds.

STUDENTS OF THE MONTH

OCTOBER

The following students were honored as October’s Students of the Month for Self-Mangement: Alicia Amaro, Thalia Amezua, Lorena Anaya, Breanna Andrew, Eder Avila Hernandez, Cynthia Benavidez, Kayli Brown, Maricela Cazares, Elizabeth Cendejas Garcia, Amira Chandler, Noe Cifuentes, Demaris Cilmer, Adrian Contreras Julio, Maribel Curiel Gonzales, Miranda Dyal, Eduardo Felipe Escalante, Dana Frazier, Alycia Garcia, Martin Garban, Elseo Gonzalez, Vanessa Guerrero, Madison Hallberg, Skye Herron, Collin Hoej, Samantha Hyvari, Tesah Leeds, Reid Lovercamp, Karly Marker, Jessie Mendoza, Tyler Miller, Alvaro Montes, Brianna Nunn, Abigail Osgood, Alison Osgood, Chase Resch, Gabriel Rodriguez, America Romero, Christian Sanchez Morales, Lucas A. Shiflett (7th), Alice Siegel, Cody Simmons, Elizabeth Sitio Herrera, Brandon Steele, Dalton Sugg, Megumi Taylor, Victor Villalobos, Branden White, Maria Zavala, Calandra Zimmerman and Fabian Zuniga Arredondo.

NOVEMBER

The following students were honored as November’s Students of the Month for Leadership/Citizenship: Selene Alvarado, Katie Badillo, Maranda Blankenship, Jennifer Bravo, Amanda Brown, Victoria Casas, Gerardo Castellanos, Eddie Castorena, Chase Coleman, Mariana Covarrubias, Andrea Cuevas, Chadwick Cummings, Seleni DeJesus, Claire Devereaux, Benjamin Figuero, Zoe Flores, Jussi Fore, Guadalupe Gamica, Daniel Gonzalez, Carie Graves, Alexandra Haugan, Jonathan Higgins, Cheyenne Hurd, Jennifer Ibara, Katherine Jagla, Kaitlyn Kansy, Makenna Lake, Jonathan Lasley, Jazmin Lopez Rodriguez, Emma Lukens, Guadalupe Martinez, Roger Martinez, Shelby May, Killion McGinnis, Estephanie Mendoza, Marilza Mendoza, Kylene Miller, Daro Morelos, Ismael Murillo, Henry Newman, Bryce Newberry, Eduardo Perez, Cynthia Rios, Bernardo Ruiz, Makali Sager, Ana Salgado, Mariana Sanchez Fernandez, Araceli Saravia, Lucas Shiflett (8th), Lorena Solano Mendoza, Adriana Tagle Perez, Vidal Terrazas, Jorge Tovar, John Van Well, Janet Vega, Miguel Viramontes, Mary-Jo Waterbury, Joshua Willey, Kiana Wilson, Erin Wisemore and Allie Wright.

Dec. 21 thru Jan. 1
Winter Break
** NO SCHOOL **

Enrichment Opportunity - CTY Talent Search
The Johns Hopkins University Center for Talented Youth (CTY) is again offering its program to gifted and talented 7th and 8th graders. According to CTY, the purpose is to identify, assess and recognize the academic abilities of highly capable students. To qualify for the Talent Search, a student must score in the 95th percentile or higher on a nationally-normed test such as the NWEA’s tests that Wensacree School District uses for all students. Recently, they also began accepting a four on the WASL. More information about CTY can be found by visiting their website at www.cty.jhu.edu. Brochures are also available from Pioneer’s Challenge Advisor, Debbie Zornes, or the Enrichment Department at the District Office. There are fees involved, some of which can be reduced if your child qualifies for free or reduced lunch. If you have questions, please contact the Enrichment Program Coordinator, Kari DeMarco, at 662-9047 or demarco.k@mail.wsd.wednet.edu.

WINTER SPORTS
Winter Sports Season 2 Schedule:
Jan. 4 - Feb. 19 -- 7/8 Girls Basketball
Jan. 5 - Feb. 11 -- 6th Girls Basketball

Winter Sports Season 3 Schedule:
Jan. 19 - Mar. 12 -- 6th Wrestling
Jan. 19 - Mar. 19 -- 7/8 Wrestling
Jan. 28 -- 7/8 Drill Team Meeting during both lunches
Feb. 22 - Mar. 25 -- 6/7/8 Girls Swimming

HEALTH TIPS
Cold and flu season is upon us. I would like to take this opportunity to provide parents and students with some information that will help keep our school healthy. The best way for our school population to stay healthy is for parents to keep students home when they are contagious. Fever is a good indicator of infection and of being contagious. Normal body temperature is 98.6°F. Any body temperature of 100.0°F or above is considered a fever. If your student has been sick with a fever, please do not return him/her to school until he/she has a normal temperature for a full 24 hours. Fever is not the only indicator of contagious illness. Viruses can cause illness without elevating the body temperature. In this case, if you know your child is not feeling well, please keep your student at home. When he or she is able to be active for a full day without flu symptoms or fatigue, your student is probably ready to return to school. I would also recommend that every family keep a thermometer in the home. Digital thermometers are easy to use and may be purchased in most supermarkets. They cost between $6-$8 and can be found in the pharmacy section. Keep in mind that body temperature is lowest in the morning and often becomes elevated in the afternoon during illness.

Laury Lorz, School Nurse
We are offering parents the choice of receiving our newsletter by email. If you are interested in this option, all you need to do is visit Pioneer’s website (http://pio.wsd.wednet.edu). On the right side of our home page, you will see a link to the request form to receive our newsletter electronically. Please fill in all of the boxes and make sure you provide your student’s name and D number and your mailing address with zip code. We’re hoping that many of you would like to help Pioneer reduce the cost of publishing our newsletter.

Parents, it appears there has been some confusion concerning students wearing winter coats to school. Of course, it is OK for them to do so. The only requirement we have is that once they are in the building they take off their coat and put it in their locker. Sweatshirts are fine to wear to class, but hats and hoods are not allowed inside the school. Also, remember that our doors open to students at 9:26 am on Mondays and 7:55 am Tuesday-Friday.

If you would like to be a volunteer at Pioneer in any of our classrooms, for athletics, the school store or for any field trip, we would love to have you. If you would like to volunteer, please follow the process listed here: Stop by our office and pick up a Volunteer Application or go to the WSD website (http://home.wsd.wednet.edu) and select Forms/Volunteer Application, complete the entire form and bring a picture ID with you to the school office. Once your application has been received, a WA State Patrol background check will be conducted, and you will be notified regarding your volunteer approval/clearance within five working days. New this year, the Volunteer Application will be good for three years. You must still fill one out at every building where you volunteer. Please be sure to submit your application and wait until you hear that you have been approved prior to volunteering. Thank you for working with us to ensure the safety of all of our students.

All is well here at Pioneer's library. We are busy, busy, busy with check out, research and enrichment. It's hard to believe that first quarter is already over. With that in mind, would you please check your homes for books that belong to Pioneer. Unfortunately, we have many that are overdue or have been marked as lost. We would really appreciate your help to locate these books so we don't have to use our limited funds to replace them.

On another note, we have a sixth grader who is running a book drive. If you have any gently used books, she would appreciate your donations. Just send them with your child, and he or she can put them in one of the boxes we have provided. Have a wonderful holiday season, and I'll see you in the library!

Sandra Lancaster, Pioneer Librarian

The Wenatchee School District complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, national origin, creed, sex, sexual orientation, including gender identity, disability, familial status, marital status or age. This holds true for all staff and for students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to RCW Officer and ADA Coordinator, Mrs. Lisa Turner. Issues related to 504 should be directed to Mr. Chet Harum, Administrator for Student and Support Services.

Mrs. Lisa Turner, Assistant Superintendent of Human Resources
RCW Officer and ADA Coordinator
Mr. Chet Harum, Administrator for Student and Support Services
504 Coordinator
Wenatchee School District No. 246
235 Sunset Avenue
Wenatchee, WA 98801
(509) 663-8161
### December and January School Events

#### December
- Dec. 4: WSD Middle School Mariachi Concert - WHS Auditorium, 7:15 pm
- Dec. 6: Wenatchee Wild Pioneer School Night - 5:00 pm
- Dec. 8: Winter Music Program - Gym, Band/Orchestra, 7:00 pm
- Dec. 9: Winter Music Program - Gym, Choir & Mariachi, 7:00 pm
- Dec. 11: PTSA Meeting - Conference Room, 8:15 am
- Dec. 18: Dress-Up Day
- Dec. 18: Winter Assembly - Gym, 2:00 pm
- Dec. 21-Jan. 1: Winter Break **NO SCHOOL**

#### January
- Jan. 1: Winter Break **NO SCHOOL**
- Jan. 4: 7/8 Girls Basketball Practice - Gym, 3:00 pm
- Jan. 5: 6 Girls Basketball Practice - Gym, 6:45 am
- Jan. 8: PTSA Meeting - Conference Room, 8:15 am
- Jan. 11: Geography Bee
- Jan. 18: Martin Luther King Day **NO SCHOOL**
- Jan. 19: 6/7/8 Wrestling Practice - Gym, 3:00 pm
- Jan. 20: Class and Group Picture Day
- Jan. 27: Ella Bainard Student of the Month Program - Cafeteria, 8:30 am
- Jan. 28: End of 1st Semester
- Jan. 28: 7/8 Drill Team Meeting During Both Lunches
- Jan. 28: Science Night - Cafeteria, 6:30-8:00 pm
- Jan. 29: Records Day **NO SCHOOL**
- Jan. 30: Piano, Vocal Solo/Ensemble Contest - WHS

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**Pioneer Middle School Goes WILD - Sunday, December 6, 2009 - Puck Drops @ 5:05 PM**

**Wenatchee WILD vs. St. Louis - Only $10.00 per Ticket!**

The *Wenatchee WILD* has reserved several sections at the Town Toyota Center for our *Pioneer Middle School Family & Friends Night*. All school children and staff as well as their families and friends are welcome to join in on this fun and action-packed evening. The more tickets our school sells, the more prizes the Wild will award us. The deadline to order tickets is Wednesday, November 25, at noon. Additional order forms for tickets are available in the Pioneer office. Please call 663-7171 if you have any questions.
Plugged in—safely

Whether at home, in the library, or at a friend’s house, your child is likely to be online these days. Use these guidelines to be sure he stays safe in cyberspace.

Social networking
Sites like Facebook and MySpace are becoming more popular with middle graders. If your child has an account, have him add you to his list of friends. (Note: He must be 13 to join.) That way, you can see who his online friends are and keep an eye on his postings. Make sure his profile is private, and ask him to mark photos so that only friends (not “friends of friends”) can view them.

Surfing
Does your youngster browse sites about sports, celebrities, or other topics? The seemingly endless amount of information online is appealing to middle graders, but it’s not always appropriate. Help your child create a list of safe “favorites,” including kid-friendly search engines like www.quinturakids.com or http://kids.yahoo.com. You can also set parental controls that limit what your middle grader can view. (For instructions, type “parental controls” into a search engine.)

Instant messaging
Many middle schoolers love instant messaging—it’s fast-paced and lets them talk to multiple pals at once. But “cyberbullies” also use IM, so your child should accept messages only from friends or relatives. If someone harasses him online, he should report it to the IM provider and block the person from his buddy list.

Waiting patiently
Does your child expect everything to happen now? If a friend doesn’t call back immediately or her teacher hasn’t graded her project yet, encourage her to come up with possible explanations. Maybe her friend is at a movie or the teacher has 100 assignments to grade. Thinking reasonably can help her be patient.

History lesson
When you’re out with your middle grader, read historic markers together. These roadside plaques tell what happened in a particular spot (a trail was discovered, a famous person was born). Suggest that your child visit your library to learn more about an event. Tip: Read markers around the country at www.historicmarkers.com.

After-school snacks
Your youngster can make healthy treats in a flash. Have him top apple slices with low-fat cream cheese and raisins or stuff a whole-wheat pita pocket with hummus and shredded carrots. For an on-the-go snack, he might make trail mix by filling a plastic bag with cashew nuts, pretzels, dried cherries, and cereal rings.

Worth quoting
“Challenges are what make life interesting; overcoming them is what makes life meaningful.”
Joshua J. Marine

Just for fun
Teacher: What family does the octopus belong to?
Student: No family that I know!

Writing break
Writing for just five minutes a day can build your youngster’s skills. Suggest that she:

- Jot down song lyrics. Your middle grader may enjoy writing about what she thinks they mean or how they make her feel.
- Start a list of books she plans to read. She might include the title, the author’s name, and a short description. When she finishes a book, she can add her opinion.
- Keep track of family news. Your child can record her softball stats or a younger sibling’s progress in karate. She might use these reports to start a family newsletter to send to relatives.
Keys to math success

Basic math, pre-algebra, algebra… no matter what kind of math your middle grader is taking this year, these tips will help her succeed.

**Mental math.** Your child will solve math problems faster when she can do simple calculations in her head. Ask her to help you with everyday math. For instance, she can double a recipe to practice multiplying fractions (\(\frac{3}{4} \text{ cup} \times 2 = 1\frac{1}{2} \text{ cups}\)). Or she can tally numbers while you shop to see whether you’re carrying enough cash to pay the total.

**Hands-on practice.** Using hands-on materials will help your middle schooler visualize—and learn—math concepts. If she’s working on geometry problems involving diameter, radius, and circumference, she can form circles with string or yarn and use a ruler to make measurements. If she’s doing word problems, have her draw the story on paper to help her understand what the question is.

**Math terms.** Suggest that your child make a list of math vocabulary words. She can keep it handy at homework time and add to it as she learns new terms. Encourage her to define each word and give examples (“Integer: whole number, positive or negative, including zero. Examples: 1, –1, 0, 2, –2”). Writing down the terms will help her remember and understand them.

Be a volunteer

Your child can help people in your neighborhood or around the world by serving as a volunteer. He’ll learn that one person really can make a difference! Share these three ideas to get him started:

1. **Send a care package to a soldier you know or ask friends and neighbors for a name.** Your middle schooler can fill shoe boxes with travel-sized hygiene items and non-perishable snacks. Find suggestions at www.operationshoebox.com.

2. **Participate in a charity walk or run.** Your youngster might choose a cause, like cancer or diabetes, that affects someone you know. Encourage him to raise pledge money by babysitting or shoveling sidewalks. **Note:** Look for listings of events in the local newspaper.

3. **Call a local elementary school to volunteer after school or at an evening activity.** Your child could help set up for a science fair or play games with families at a math night.

Q & A

Time to unwind

**Q** My son likes school, but he seems stressed out from the work. How can I help him cope?

**A** When children are stressed, they may feel they don’t have time to relax. Taking time to unwind can relieve your son’s stress and make the rest of his day more productive. For instance, he might listen to music before dinner or read at bedtime. Encourage him to spend an afternoon on a hobby, such as woodworking or baseball cards.

Also, be sure to share ways that you handle stress—perhaps by taking walks or chatting with friends. Finally, be alert for signs that the stress is too much for your son. If you notice major changes in his behavior, such as mood swings or difficulty eating or sleeping, call his doctor for advice.

Parent to Parent

Learning a foreign language

When my daughter started Spanish class, she was excited to speak a new language. But Allison’s interest faded as the vocabulary list grew. I thought it might help if I tried learning some Spanish words along with her.

When we went grocery shopping, I asked her to help me read Spanish product labels. That way, we both picked up new words, like *arroz* for rice and *jugo* for juice. Then, I suggested that she label items around the house by writing the Spanish words on sticky notes. She put *la nevera* on our refrigerator and *el espejo* on a mirror.

I’m making a point of using the words she has posted. For instance, when I’m baking I’ll ask her to get the eggs from *la nevera*. Allison is excited to be “teaching” me—and I notice that she’s doing better on her vocabulary quizzes!