



# CMS



## Spooktacular Day

Close on the heels of Red Ribbon week where the students dressed in strange attire and wore red in honor of drug awareness comes the favorite dress-up day of all time ... Halloween. Again this year, our students and a few faculty here at the middle school excelled in their endeavors to out-do each other with the most outlandish costumes of the year. Roaming the halls from early morning to late afternoon witches, pirates, playboy bunnies and even a salt shaker could be seen.



Most of the students plan on attending one of the many community Halloween programs that have been designed especially to make this a safe Halloween; however, all plan to have more than their share of



candy by the end of the festivities

## I Believe

Brian Jackson visited Commerce Middle School to share his message of believing in yourself. Using his life story of overcoming his drug addiction to becoming a world record holder he was able to present his message in an entertaining way. Brian now holds two world records: one for blowing up a hot water bottle until it burst in 51 seconds and another for being the first man to ever inflate four in less than eight minutes.



## Explore Testing

Once again this year the Commerce middle school has joined with many other schools throughout the state and implemented the state Explore Test for our eighth grade students. This test is designed to test their strengths and weaknesses in academics, then based on these strengths it gives them a list of fields that they might choose as a career. Along with the list of possible careers in a lesson course plan to guide them in choosing the right classes during their high school years.



## EVENTS

### November

- 01 Teacher's Meeting 7:45 a.m.  
Safe School meet 9:00 a.m.
- 06 BB Welch Tourn.... 7th/8th (T)
- 07 BB Afton Tourn... 6th - 8th (T)
- 11 Veteran's Day
- 13 BB Pep Assembly 11:30 a.m.  
BB Quapaw Tourn. 8th (T)
- 15 Teacher's Meeting 7:45 a.m.
- 22 - 24 Thanksgiving Break
- 29 Teacher's Meeting 7:45 a.m.

### December

- 13 Teacher's Meeting 7:45 a.m.  
MS Christmas Dinner 6-7:30 p.m.
- 21 End of 1st semester
- 22 - Jan 2 Christmas break

### Tulsa State Fair

Three students from Commerce Middle School placed with their 4-H county entries at the Tulsa State Fair.

**Kandance Rogers** - 1st place pot holder; 5th place jelly; 8th place home decorating and Gold in dog showmanship.

**Shawnee Smith** - 3rd place pillow case; 7th place Fleece item; 10th place vest; Gold in Dog showmanship Silver in dog obedience, and bronze in dog rally.

**Crystal Harrison** - 5th place in wooden cross craft, photography and, steer showing.

## Limiting power struggles

Are you and your middle grader in a constant tug-of-war? Some squabbling is normal for this age. Many disagreements, though, can be nipped in the bud. Consider these suggestions to limit conflicts.

**Stopping struggles before they start.** Kids need to know what will happen if they break rules. Explain the consequences in advance. *Example:* "If you make long distance calls without asking, you'll lose phone privileges for a month." That way, your child has less room to argue about the punishment.



**Letting him make more decisions.** As your youngster matures, he will want to make more decisions. If it doesn't break family rules, try leaving the choice up to him. *Example:* He wants an odd haircut. Say, "I like your hair now, but it's your decision." This approach leaves fewer things to battle over.

**Giving yourself a break.** If you get caught off guard by an argument, call a time-out. *Example:* "Let's talk about that after supper." Taking time helps you figure out how to respond, and keeps you from saying something you might regret. It also gives your child a chance to cool off. 👍

## Activity

### Making your middle grader a star

Many middle graders love being the center of attention every now and then. Here's an activity that will put your child in the spotlight and get her writing, too.



Get a notebook and start a story about her. *Example:* "Last week, Emily was in the kitchen. Suddenly, the door burst open! And then..." Don't finish the last sentence. Leave the notebook out in the open with a note asking all family members to add sentences throughout the week. (Always have the last sentence read, "And then..." so everyone can add to the story.)

At the end of the week, read the story aloud.

*Variation:* Get relatives involved by e-mailing the story to them and waiting for their responses. 👍

#### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, Inc.  
Publisher of Middle Years

296 Victory Road, Winchester, VA 22602  
(540) 723-0322 • rfeustomer@feonline.com

## Parent to Parent



### Ending the early-morning rush

My daughter used to put everything off until the last minute. Each morning before school, she would beg me to find her books and homework while she rushed around getting dressed. I'd always remind her to pack the night before. She just wouldn't listen.

One evening I decided to try something different. After she finished her homework, I asked if she'd packed for school. "I'll do it later," she said. I told her that I would not come to her rescue in the morning.

The next morning, my daughter rushed around as usual and nearly missed the bus. She was angry that I wouldn't help, but I think I made my point. Now, at least she plans ahead sometimes. 👍



## Q & A Troubled by tests

**Q** My seventh-grader studies hard but gets so nervous about tests that he does poorly.

How can I help?

**A** Your middle grader may have test anxiety. This makes him so nervous that he has a hard time remembering what he studied. Here are a few ideas to help him do better on tests.

■ **Visualize success.** Athletes imagine themselves winning to get psyched up. This method can work with tests, too.



Encourage your son to picture himself answering questions correctly.

■ **Breathe deeply.** Taking deep breaths may help him relax. He should slowly fill his lungs with air. Then, gently exhale.

■ **Keep working.** When students freeze at a question, they often don't have time to finish the test. Your son should skip questions he's unsure about. He can come back to them later. 👍