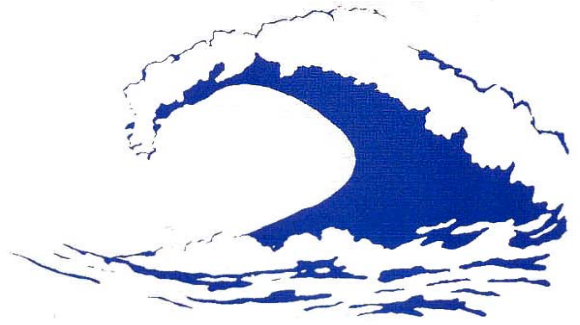


PACIFIC GROVE MIDDLE SCHOOL

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Buck Roggeman, Principal
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THE PGMS WAVE

A CALIFORNIA DISTINGUISHED SCHOOL

OCTOBER, 2011 NEWSLETTER

Principal's Message

By Buck Roggeman

Learning to Pay the Price

As the son of a college football coach, I grew to be acquainted with certain clichés that my father used to impart some valuable lessons about life.

One of his favorite sayings was, "You have to pay the price."

Dad applied this truism to almost any endeavor that our five kids undertook.

If we were playing a sport, paying the price meant waking up before 6 a.m. to workout before school started. If we wanted spending money during the school year, paying the price meant getting a summer job.

Most importantly, if we wanted to do well in school, paying the price meant studying a subject until we had it mastered.

According to Dad, nothing good in life ever came without devoting hard work toward accomplishing the goal.

Growing up, these admonitions on his part became stale and seemed like a justification for making me do something onerous rather than fun. Now, I understand just how insightful Dad's advice was – and there is research to prove it.

In the November 28, 2007, edition of *Scientific American Mind*, Stanford University Professor Carol S. Dweck explains that three decades of research shows that a focus on effort – not pure intelligence or natural ability – is the key to success in school and life.

Most of our gut level life experience leads us to believe this is true, so how nice that Dweck's research adds validity to this idea.

In her article, Dweck describes two different views of learners, fixed or mastery oriented. The students who believed that intelligence was a natural gift or talent fell under the fixed category; in other words intelligence could not be increased or helped. Those who believed intelligence was an acquired skill that could be improved through diligence and hard work were identified as mastery oriented.

Dweck also found that students who viewed intelligence as a result of talent were less likely to work through challenging problems. If they did not "get it"

right away, the assumption was that they were not smart enough to solve the problem.

The mastery oriented students, on the other hand, approached a difficult problem with the attitude that if they worked hard enough, they would be able to figure out the answer, Dweck explains.

The implications for our students at Pacific Grove Middle School are far reaching. We want our students to understand that it is important to strive toward their academic goals.

Ideally, learning is fun and challenging. When they encounter those challenges, it is healthy, even helpful, to struggle and mentally wrestle with solutions until an assignment or project is complete.

When students are working hard to solve challenging problems, they are expanding their knowledge base.

They are paying the price to become even more intelligent.

GETTING TO AND FROM PGMS SAFELY

PARENTS: Please follow our rules when dropping off and picking up your child here at PGMS. Do not enter either driveway, because students are constantly crossing within the lots to get to their classes. Dropping your child off on Forest Avenue on the school side is still safe – your child can step directly from the car onto the sidewalk. Please do not drop your child on the side opposite the school (believe it or not, this happens). Other drop-off/pick-up spots are Hillcrest and Sinex. HEY!!!! Better yet, if you live just a few blocks away and if your child can be with a buddy, walking or biking are the best ways to go!

PTSA Sponsored Lunch Clubs

A huge thank you to the PTSA for sponsoring the following lunch clubs: Ocean Guardian held on Mondays in Room #3, Surf/Skate held on Tuesdays in Room 21, Be the Change held on Tuesdays in Room #39, Music held on Wednesdays in the Music Room, Childrens Books held on Thursday in Room #37, Origami held on Thursdays in Room #1, Puzzles and Games held on Friday in Room #3, Chess Club held on Fridays in Room #6.

PARENTS

Once again, we are reminding you to PLEASE enter the middle school through the FRONT door (facing Forest Avenue). If you need to visit the school, please check in at our front office, state your business, sign in, and get a GUEST BADGE. For your child's safety, we try to be very careful to monitor who is on campus. If we see adults and/or students who do not work or attend the middle school and are not wearing guest badges, we will ask, "Hello, may I help you? Why are you here? Please go to the office and get a GUEST badge."

Battling Bullies: Character Development Efforts at PGMS

Pacific Grove Middle School strives to eradicate bullying behavior on campus. We understand that this is a high priority for parents as it is with faculty, staff, and students at our school. Here are some of the bully prevention/character development efforts we have made at our school.

- 1) On the first day of school, we held an assembly focused on our character development program rooted in kindness and compassion. The kids wrote a commitment to kindness in class after the assembly and these were posted on the walls around school.
- 2) On the first Friday of school, we held another assembly featuring three brief Natural High Videos that allowed students to identify with a celebrity who lives substance free. In a brief class afterward, kids analyzed how and why the celebrities made these healthy choices.
- 3) Challenge Day – a high energy, daylong 7th grade activity that encourages students to let their guards down and see how much they have in common. The mission of this program is to promote acceptance among children and make middle school a more peaceful time.
- 4) Be the Change Club. Our counselor, Janie Lawrence, runs this club. Its purpose is to continue to spread the message of Challenge Day throughout the year. It meets every Tuesday in room 6 where students plan activities to promote tolerance around campus.
- 5) The Monterey Rape Crisis Center visits each year and presents an anti-bullying workshop to our sixth grade students. The workshop helps students identify bullies and teaches them strategies to use when confronted with the issue.
- 6) We have a Super Kids counselor through California Health Services who works with students who are having a difficult time at school or in their personal lives. This program is in addition to our regular counseling services.

- 7) One-on-one counseling with Janie Lawrence our school counselor. Often these sessions reveal situations where students are being bullied and lead to conflict resolution sessions (see below).
- 8) "I want to see" forms. These forms allow students to subtly request a meeting with the Principal, Assistant Principal, or Counselor. These meetings are confidential and many reports of bullying come through this channel.
- 9) At risk counselor. Our part time counselor, Joe Martin focuses his attention on our students who are most at risk of not promoting or having other difficulties in school. This support is critical in helping our students who do not feel connected to school find an ally and advocate to help navigate the challenges of adolescence.
- 10) Conflict Resolution. The counselor and administrators help students work through the conflicts that they have with each other. The groups range in size from two students to ten. The two sides express what their perception of the problem is then commit to an action to move forward.
- 11) Dot program. Teachers signify the students with whom they have made a connection by placing a dot next to the student's name. Then we try to pay closer attention to the students who do not have many dots.
- 12) Teacher mentors. When students seem to be struggling academically or socially, some teachers will "adopt" a student to provide support.
- 13) Conduct club. Students are rewarded for earning all outstanding conduct grades in class.
- 14) Epic Youth Club – While focusing on substance use prevention, this club also works on promoting character growth for the entire child. The club meets on Wednesday's.



Costume Dress up Day

We are having our Costume dress up day on Monday, October 31st this year. This will be the day the students can come to school in their costumes. Please remind your student appropriate dress (even for costumes) is still expected. All weapons, pirate swords, knives, guns or masks of any kind, or cupid bow and arrows for example, need to be left at home. Please no fake blood or excess gore.

Safe & Sound

By Ms. San Filippo
Assistant Principal

One of my favorite moments of the day is when I get to stand in the front of the school each morning, coffee in hand of course, and see all of our students come on to campus. They are usually a little groggy and tired but quickly perk up as they see their friends. Kids are smiling and laughing and enjoying one another before the hustle and bustle of the day begins. I want our kids to learn and love learning, as I do. I understand that each child must feel safe in their surroundings to be able to focus on learning. My newsletter topics will be about just that, your children and their safety.

- Students need to be respectful of the neighborhood as they are walking to school. Please remain on the sidewalks and do not walk across private property. I encourage students to find a neighborhood friend and walk in pairs or groups. The term 'safety in numbers' is true here.
- We have received several reports of students not correctly using the crosswalks, walking in the middle of the street, and/or walking through the crosswalks during green lights, causing traffic to be stopped. Students must use the crosswalks and use them appropriately. Press the button, and then wait for the signal. That is when it is your turn to cross!
- If you are a student who is riding a bike to school, we do have a few rules about bike use on campus. When you get to campus, please walk your bike across campus and place it neatly in the bike cage. Each bike should have its own bike lock and be locked up at all times. Students riding bikes **MUST** wear a helmet at all times!
- We have student drop off locations on Hillcrest, Sinex and Forest Avenue. Please utilize the Sinex and Hillcrest locations, as they get much less traffic than Forest. If you are dropping off or picking up on the side of the street away from school, please use those crosswalks and never run across traffic!
- We have also begun a new procedure for entering the school building. 6th and 8th graders should enter the school building through the main front doors of the school. They have lockers downstairs in the Science Hall and upstairs in the 6th grade hall and this walking path gets them to these locations quickly. We encourage the 7th graders to enter the school building through the door closest to the Auditorium. This allows them quick access to the 7th grade lockers downstairs. The purpose of the

procedure is to keep the halls less crowded and prevent kids from knocking into one another as they make their way to their lockers. So far it has been working quite well.

As always, please make sure you know where to get help if you need it. Mr. Roggeman and I are out and about on campus in the morning before school, in the halls during passing periods, outside in the eating area and on field during break and lunch, and near the bike cage and busses after school. Just come find us if you need us! Our offices are in the main office and students should fill out an "I want to see" form if you are in any way feeling unsafe on or off campus. We are here to support YOU in all that you need at PGMS!

PARENT-TEACHER CONFERENCE WEEK

The middle school sets aside one week each year for parent-teacher conferences. This year the conferences will be held Tuesday - Friday October 25 - 28. PLEASE MARK YOUR CALENDARS.

Parents of students who receive C-, D's and F's on the first quarter report card will be given priority. If your child is receiving multiple low grades, a group conference will be scheduled with two or more of your child's teachers for a more effective conference. PLEASE BRING YOUR STUDENT TO ALL CONFERENCES. It is important for middle school students to attend conferences with their parents. If you would like to conference with your child's teachers you'll need to call the school office to make appointments during the week of October 17 - 21. We maintain a schedule of conferences for the whole school. Afternoon and evening appointments are available. When a teacher's conference times are full, you will be referred to the teacher's voicemail so that you may leave a message to arrange a conference at another time that is mutually convenient.

PLEASE REMEMBER THAT THESE ARE MINIMUM DAYS AND STUDENTS WILL BE RELEASED FROM SCHOOL AT 12:11 EVERY DAY EXCEPT FOR MONDAY, 10/25 WHICH IS REGULAR SCHEDULE.

Ill or Injured in P.E.

Students that need to be partially or fully excused from P. E. participation need to bring notes to their P.E. teacher. Guidelines for these notes can be found on page 28 of the Student-Parent Handbook. Please be as specific as possible, especially if a student is recovering from a significant injury.

Study Hall

Study Hall is offered after school in the Library on Monday, Tuesday, and Wednesday from 3:10 to 4:00.

Messages to Students

Parents, please do not call the school office to leave messages for your student as they will no longer be delivered for forgotten lunches, homework, PE clothes, projects, etc., because it is a disruption to classes and interferes with learning. You are welcome to bring the forgotten item to the office and leave it on the front counter with their name on it. If your student realizes they have forgotten something, tell them to check in the office for their belongings. We have reminded the students of this policy through our daily announcements on the video bulletin, and it is also set out in our Student-Parent Handbook. Of course, extreme emergency messages will be delivered as necessary. Make every effort to have your daily plans settled the night before or in the morning before your student comes to school. Have a plan in place for rainy days, minimum days, pick up locations, etc. and discuss them with your student.

We appreciate your cooperation as we also do not have the office personnel to handle the volume of calls that can occur for sending messages.



GIVE US A CALL!!!!

We ask that all parents/guardians call the Attendance office early each day your child is absent from school, or if they are going to be late to school. You can reach the Attendance Office 24 hours a day by calling 646-6568 ext. 305. There is a voice mail message if no one is in the office to speak to you personally. PLEASE make a serious effort to call before 9 a.m. Also refer to the Student/Parent Handbook and the recent email of new PGUSD Board policies regarding attendance, tardiness and homework requests. Your cooperation is truly helpful to us. With both the school and home working together, we will always know where our children are.

MEDICATIONS AT SCHOOL

This is a reminder about the district medication policy: Current medical authorization and parental permission are required *for all medication* administered at school. **ONLY MEDICATION PRESCRIBED BY A DOCTOR OR DENTIST SHOULD BE BROUGHT TO SCHOOL AND ONLY WITH THE DOCTOR'S AND PARENT'S WRITTEN PERMISSION.** (this includes over-the-counter- medications such as aspirin, Advil, Tylenol, cough syrup, throat drops, lotion, creams, etc.)

Prescribed medication, brought to school, must be in a container **labeled by a pharmacist** and over-the-counter medication must be in the **original container with a pharmacy label** (can be obtained from the pharmacy with a doctor's prescription).

The medical authorization forms are available in the school office and on our website, www.pgmiddle.org, click on Resources for Parents.

YOUTH CENTER DANCES

The Pacific Grove Youth Center graciously sponsors many dances for our middle school students. Music, treats, and fun are provided by our city, and we are grateful that our students have an opportunity to dance in a safe environment. Parents: please be mindful that PGMS staff does not chaperone these dances, therefore, PGMS is not responsible for student behaviors.

Make certain that you set guidelines with your student before dropping him or her off at the Youth Center, such as a pick-up time and location and whether or not your student is allowed to leave the dance early.

Honor Society

The First Quarter Honor Society Breakfast will be held on Tuesday, October 25, 2011 at 7:30 am in the PGMS gym. Students must have a GPA of 3.5 or higher to be invited to attend. Parents are encouraged to accompany their children.

Student of the Month September, 2011

Each month our faculty selects students of the month for all classes. These students have excelled in one or more of the following areas: ongoing academic achievement, exemplary accomplishment on a particular project or unit, excellence in attitude, effort or improvement.

The selected students are professionally photographed and their photos are displayed on the bulletin board next to the office. A letter is sent home, along with the photographs, bumper sticker, and certificate from the teacher.

Congratulations to all of the selected students!

Algebra	Delphie Myron-Russell
Pre Algebra	Brett Hodges
English	Jon Marchiolo, Creighton Lee Riad Zakour
PE	Luca Lauritzen
Core	Reina Trombetta, Morgan Bilyeu, Luca Lauritzen, David Tuffs
Study Support	Joseph Dana
Office Assistant	Rachel Biggio
Science	Lorenzo Trinidad, Jensen Nguyen
AVID	Brendan MacLaren
Spanish	Manuel Grenert
Marine Science	Bisher Reehani

Sexual Harassment Prevention Training

Representatives from the Monterey Rape Crisis Center have been on our campus teaching students the basics of topics related to abuse.



LOCKER ROOM CLEANUP

Please help recover your school and Physical Education items by reclaiming your things from the Locker Rooms. Each locker room has a Lost & Found, and any items left after Thursday, October 6th will be taken to charity.

YOUR FAVORITE EXERCISE

Does your family have a favorite exercise DVD? The Physical Education Department is looking to borrow these videos as a part of our aerobics & culture lessons that take place on Fridays. Variety is one of the best variables in exercise training, and we look forward to experiencing all kinds of high energy, high intensity workouts.

NEED REPLACEMENT P.E. UNIFORMS?

The Physical Education Department still has ample clothing (t-shirts, shorts, sweatpants, and sweatshirts) that has been gently used, cleaned, sorted, and ready for a good home. Any item can be obtained from the P.E. Department for a \$2 donation (\$5 for a hooded sweatshirt). Have your student talk to a P.E. staff member for more information.

EXERCISE & COMMUNITY

Stay healthy & involved by participating in events around the county. Here is a short list of upcoming events that are fun, keep you fit, and raise funds for awesome organizations:
Saturday - 10/8 - Stevenson School Run in the Forest 10K and 5K
Saturday - 10/22 - Big Sur River Run 10K and 5K
Saturday - 11/19 - Pacific Grove Lighthouse 5K
Saturday - 11/19 - JustRun! Just Kids 3K
(Ask the Physical Education Department about extra credit for participating!)

Medieval Projects!

7th graders have been spending this first quarter learning about life in Medieval Europe, and we sure have been having a great time! They have chosen topics that they are interested in learning more about, researched that project, and then wrote a research report about it. They are currently working on creating their visual project of the Middle Ages. Many of them have chosen to create replica castles or weapons, but there are many other projects as well. Look for some pictures in the next Parent Newsletter!

Model UN

Model UN is a program for students to learn about the United Nations. It is a wonderful opportunity for students to learn about countries around the world as well as current events. This club will begin as soon as we get back from October Break and run through the end of the school year. In the club we work on research, discussion, debate as well as opening our minds by looking at events and problems from multiple perspectives. In the spring we will compete in a debate hosted by the Monterey Chapter of the UN as well as the Lyceum - this is a really fun event for the kids, and they get to meet other students their age from the entire Peninsula! Stay tuned for more information!

Europe Trip

Last year's trip to Europe was a huge success - six PGMS students were able to travel to London, Paris, Florence and Rome to see what we have been studying in real life. It was such a treasure!

This year our Europe trip will take us to Lucerne, Venice, Rome, Florence, Pisa, Monaco & back to Paris. Time is running out to sign up so if you are interested please do so soon. It is only \$95 to enroll and then you can set up payment plans. Please visit www.eftours.com and use Tour number 1048048 to see the website. Our travel date is approximately set for May 30, 2012, and we will be gone for 13 days.

Please feel free to contact Tiffany Jones at tjones@pgusd.org for more information. Please be aware that this is not a PGMS or PGUSD sponsored or endorsed event.

PGMS- PTSA Highlights

This year's PTSA has started off with a **BANG!!** A successful membership drive was key to the PTSA's ability to fund the 2011/12 student activities. Fun activities such as: School Dances, 6th Grade After-School Adventures, Honors Breakfasts, Outstanding Conduct Club parties, and the 8 various Lunch Clubs.

We want to thank all of the families who joined the PTSA this year and shout a very special: "**WOO-HOO**" to the 9 families that gave generously to the scholarship fund, helping some of our PGMS families that wished to support our efforts but needed a little extra ! Mr. Roggeman and 19 members of his teachers and staff also supported this year's membership drive ... making a clear definition of the "**T**" commitment within **PTSA!** *Thank you PGMS faculty and staff!*

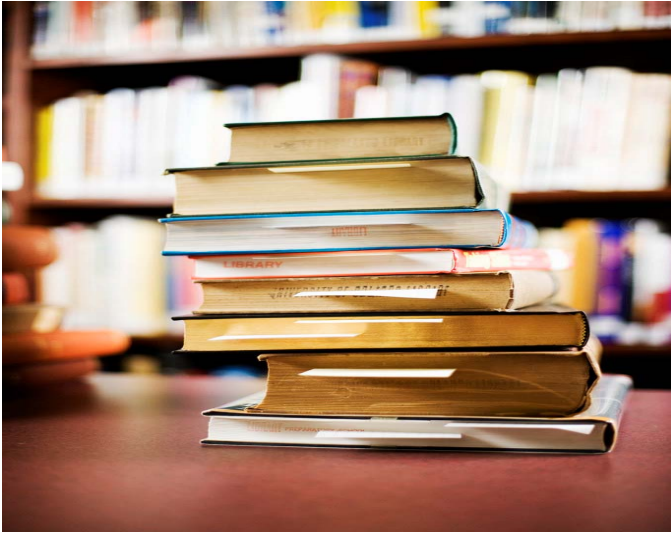
The winning grade, with 49% membership was this year's SIXTH GRADE Class!! The 6th graders and their awesome teachers will be receiving their rewards – very soon! The 7th grade class was close behind with 41% and the 8th grade class ...well; let's just say they have room in the future events for bringing up their scores!!

Here are the highlights and results of PTSA events in August and September:

- PTSA Membership Drive and Spirit Wear Sales – Earned over \$4000
- 7th Grade Challenge Day – 42 parents and teachers supported this powerful all-day experience
- 6th Grade Family Potluck and Games night – Over 150 family members and teachers had a terrific time!
- PGMS PTSA Wine and Cheese Fundraiser – It was a fun and fabulous night that earned \$3000! A special "WOO-HOO" to Valerie Rhoades, Jennifer Powell and Crystal Hawes for making it such a success! And a very special "thank you" to First Awakenings for their endless generosity!
- PG Butterfly Parade and Bazaar – PGMS students, parents and faculty supported the game booths, train, dunk tank, bounce house and obstacle course. Our PGMS Band provided the music and our baking committee supported the bake sale!

PTSA Events coming up in October:

- September/October – Lunch Clubs begin! PTSA funded – encourage your student to check them out!
- 10/5 - PTSA meeting – 7 – 8:15pm in the PGMS Library – Come find out how you can support the fun!
- 10/25 - Honors Society Breakfast – Hosted by the 7th grade – celebrating the students' excellence!
- 11/2 – Outstanding Conduct Lunch Party – Hosted by the 7th grade – celebrating terrific conduct!



YOUR PG MIDDLE SCHOOL LIBRARY:

The middle school years are often a difficult and emotional passage for our children and their families. Your PGMS Library hopes to support everyone by building a collection that includes selections that inform and open lines of communication.

This excerpt from *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson highlights the need to work diligently to understand the young men in our society:

...it is doubly important that we unearth the true nature of our boys--look at them with eyes unclouded by cultural prejudices and listen to them with open minds and open hearts.

Dr. Mary Pipher author of *Reviving Ophelia; Saving Our Adolescent Girls* also makes an insightful observation:

Everyone who has survived adolescence knows that it can be a scary, tumultuous, exciting time. But if we use memories of our experiences to guide our understanding of what today's girls are living through, we make a serious mistake. Our daughters are living in a new world.

Below is a partial list of resources available to both students and parents. Asterisks denote items that are new to our collection.

- **Anthony, M. *Little Girls Can Be Mean: Our Steps to Bully-Proof in the Early-Grades* 371.7 ANT
- **Blanco, J. *Please Stop Laughing at Me...* 305.23 BLA
- Caissy, G. *Early Adolescence; Understanding the 10 to 15 Year Old* PROF 155.5 CAT
- **Coloroso, B. *The Bully, the Bullied, and the Bystander* 371.5 COL
- Covey, S. *The 7 Habits of Highly Effective Teens* 158.08 COV
- Dee, C. *The Girl's Guide to Life: How to Take Charge of Issues that Affect You* 305.4 DEE
- Dinkmeyer, D. *STEP Parenting Teenagers* PROF 306.874
- **Gardner, O. *Letters to a Bullied Girl: Messages of Healing and Hope* 302.34 GAR
- Ginott, H. *Between Parent & Teenager* 155.5 GIN
- Goldstein, R. *"Stop Treating Me like a Kid!" Everyday Parenting: The 10 to 13 Year Old* 306.874 GOL
- Gurian, M. *The Good Son; Shaping the Moral Development of our Boys and Young Men* PROF 305.2 GUR
- Hipp, E. *Understanding the Human Volcano; What Teens Can Do About Violence* 303.6 HIP
- Holladay, R. *What Preteens Want Their Parents to Know* 306.874 HOL
- Hoover, J. *Teasing and Harassment* PROF 155.4 HOO
- Jukes, M. *An Owner's Manual: the Guy Book* 305.23 MAV
- **Kindlon, D. *Raising Cain: Protecting the Emotional Life of Boys* 305.23
- Nelsen, J. *Positive Discipline for Teenagers* PROF 306.874 NEL
- **Nikkah, J. *Our Boys Speak: Adolescent Boys Write about Their Inner Lives* 305.23
- Orenstein, P. *School Girls: Young women, Self-Esteem and the Confidence Gap* PROF 305.23 ORE
- Pollack, W. *Real Boys; Rescuing Our Sons from the Myth of Boyhood* 305.23 POL
- Pipher, M. *Reviving Ophelia; Saving Adolescent Girls* 305.4 PIP
- **Quart, A. *Branded: The Buying and Selling of Teenagers* 658.83 QUA
- **Roberts, W. *Bullying from Both Sides: Strategic Inventions for Working with Bullies and Victims* 371.78
- Rosemond, J. *Six-Point Plan for Raising Happy Healthy Children* 649.6 ROS

<i>Rosenberg, Ellen</i>	<i>Get a Clue! A Parent's Guide to Understanding and Communicating with Your Preteen</i>	PROF 649.12 ROS	
**Schwarzenegger, K.	<i>Rock What You've Got</i>	305.4 SCH	
Shandler, S.	<i>Ophelia Speaks; Adolescent Girls Write About Their Search for Self</i>	305.4 SHA	
Simmons, R.	<i>Odd Girl Out; the Hidden Culture of Aggression in Girls</i>	305.4 SIM	305.4 SIM
**Simmons, R.	<i>Odd Girl Speaks Out</i>	305.23 SIM	305.23 SIM
Synderman, N.	<i>Girl in the Mirror; Mothers and Daughters in the Years of Adolescence</i>	306.87 SNY	306.87 SNY
**Wiseman, R.	<i>Queen Bees and Wannabes</i>	371.5 WIS	371.5 WIS
**Willard, N.	<i>Cyber-Safe Kids, Cyber-Savvy Teens</i>	025.04 WIL	