



Dr. Mack MS Newsletter

November 2017

Warrior Pledge– I pledge to stand hand in hand, to be respectful, responsible, safe, and to act with the heart of a warrior

Staffing Updates-

Mrs. Asia Gressler was recently appointed to a special education teaching position.

Mrs. Pam D'Addezio was recently appointed to the MS/HS school nurse position.

Sleep information– Did you know?

-Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

-Teenagers need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% of teenagers reported sleeping 8 1/2 hours on school nights.

-This information is derived from the National Sleep Foundation.



December Character Education



Upcoming Dates-

November 20– Modified winter sports start

November 22-26– Thanksgiving recess

November 27– 1/2 day Parent-Teacher conferences

November 29– 6th grade 1st quarter awards assembly at 2:30 in the auditorium

November 30– 7th grade 1st quarter awards assembly at 2:30 in the auditorium

December 1– 8th grade 1st quarter awards assembly at 2:30 in the auditorium

December 8– Middle School Activity night 5:30-7:00pm.

December 15– 2nd quarter, 5 week point