

- March 12-16: No School Spring Break.
- April 2: Track Starts, participation forms and \$60 fee due.

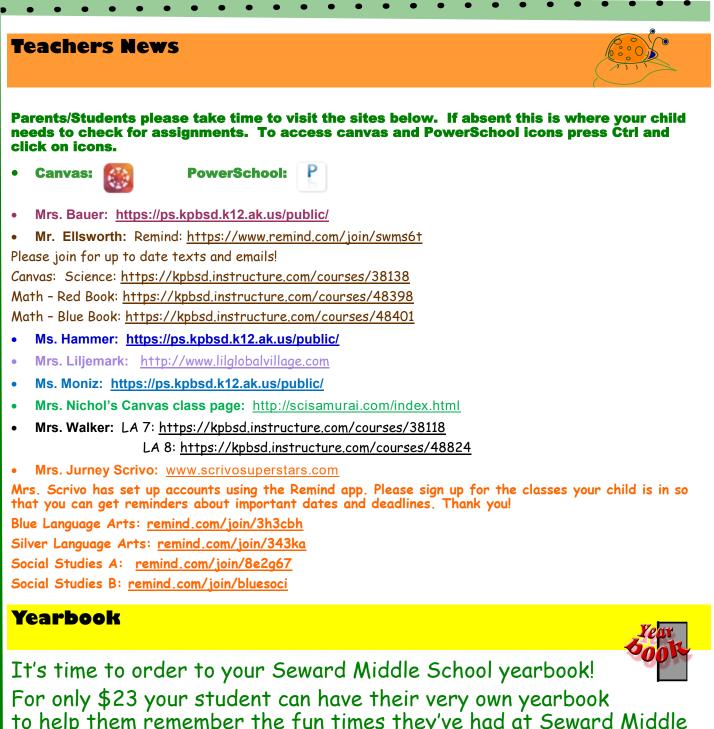
# **Principal's Desk**

We are reading through a new book together, FISH!, by Lundin, Paul, & Christensen, which is based on the Pike Place Fish Market in Seattle. I've been there, in 1996, when I lived in Silverdale, WA. We visited Seattle occasionally, and I remember the buzz of the market. How did this fish market turn into a place where people wanted to spend their lunch breaks? It was all because of a change in energy! It's not just about throwing fish. It's about facing challenges and finding ways to appreciate everyday life. It's about having an obligation to ourselves, coworkers, and students to seek out and find ways to demonstrate gratitude for one another, our surroundings, and the life we enjoy. As we continue to move forward with personalized learning, I challenged us to see where our energy comes from. Is it positive looking forward, or negative and skeptical? The world wants us to believe that we are on a quest to find the ideal work environment and a job we can love. But if we are constantly looking for that place, we miss what we currently have right in front of us. If we can look inside of ourselves and begin to truly love what we are doing now, therein lies the ability to enjoy the moment. Have fun, be different, be energized, make a difference with those around you. Everyone will notice, and your attitude will be contagious. FISH! states, "When we choose to love the work we do, we can catch our limit of happiness, meaning, and fulfillment everyday." You spend about 75% of your life around work-related activities. Sometimes our work can be mundane and boring (but sometimes it can be unpredictable and crazy). Any interaction with others (kids, in our line of work) is important, nonetheless. Any mundane task can be performed with energy and enthusiasm. "You have a choice about the way you do your work, even if there is not a choice about the work itself." We choose our attitude. My hope is that through FISH!, we will all be motivated, energized, and excited about our work everyday. If you're already in that boat, grab others to share in your joy, and let's make a difference in our community everyday. Because today is the day to do just that! I'll end with this, a teacher told me last week that they needed extra time to meet with students because their soul needed it! Wow, what an exciting way to look at meeting with kids that are interested about learning more. It's good for the soul. Have a fabulous month!

Shout out to Mr. Ellsworth and the Battle of the Books team: Ben, Nora, Mia, Stella, & Aaron for placing 3rd out of 13 schools in our district on Feb 14th! Hard work and dedication was exemplified from these kids and their coach. They were able to enjoy their pizza reward last week. Way to go Seward Middle!

Jenny Martin Principal, Seward Middle School





to help them remember the fun times they've had at Seward Middle School this year. To order simply bring \$23 cash or check (made out to Seward Middle School) to the front office, or purchase one online at <u>www.inter-state.com/yearbook</u> and enter the code: 22593K. Please contact Mrs. Liljemark at 907-224-9024 or

<u>mliljemark@gmail.com</u> for further information.

# **Battle of the Books**

Shout out to Mr. Ellsworth and the Battle of the Books team: Bengimin Ambrosiani, Nora Andrews, Mia Nappi, Stella Dow & Aaron Smith for placing 3rd out of 13 schools in our district on Feb 14th! Hard work and dedication was exemplified from these kids and their coach. They were able to enjoy their pizza reward last week. Way to go Seward Middle!



#### Nurse

#### A Problem For Life

I have been fortunate with good health all my life. I'm a tomboy and I like to play hard like many Alaskans. Frankly, I've played hard since I was born in the Philippine jungle. My Grandmother, Tamoria, gave me herbs when I got sick and most of them were god-awful tasting. I probably got better just to avoid taking any more.

My education and RN license gives me the authority to dispense medications to patients. Recently, I was diagnosed with chronic hives. Long story short, I have to take umpteen amounts of antihistamines. Maybe for life. I have been a nurse for over 25 yrs. and well-versed in taking care of young and old individuals with chronic illnesses. Health care providers want to cure you. We don't like it when we don't have an instant fix. It is always eye-opening when you have to walk that walk. The illness never goes away. Think about when you have a cold. You know you will get better in a few days. The mindset of a chronic illness means it is forever. 24/7, 365 days for the rest of your life. Sucks!!

Then you move on from the suck mode of the illness owning you to accept and controlling the struggles with the help of friends and family. We have quite a few students in all three Seward schools that deal with chronic illnesses such as Asthma, Diabetes, cardiovascular problems, and mental illness just to name a few health challenges.

I just want to say that I am reminded that chronic illness can and will disrupt our lives at the most inconvenient times,

But illness does not define who you are...Mother, Tomboy, Wife, Iceboat Rider...



Nurse Yoly

# **Silvers Of The Month**

# Silvers of the month demonstrate quality character through academic achievement and school citizenship.



# What will you do to make a difference?

What if today you changed someone's life? What if you sat with someone who you didn't know well or wasn't your friend? What if you took an interest in someone else's life that wasn't in your circle of friends? What will you do to make a difference in someone else's life? Lets all work to make that difference in someone's life today!



# **Sports News**

#### Nordic Ski:

Last Meet: Boroughs Saturday, March 3 @ Seward 12pm.



#### <u>Volleyball:</u>

Last Game: Borough Tournament Saturday, March 3 @ Skyview 10am.

#### Track Schedule:

Start date: April 2, 2018 End date: May 12, 2018 Friday, April 13—Homer Invitational @ Homer 4pm. Thursday, April 19—Skyview Invitational @ SOHI 3pm. Friday, April 27—Seward Invitational @ Seward 3pm. Friday, May 4—Kenai Invitational @ 3pm. Tuesday, May 8—Borough Prelims @ Nikiski 3pm Saturday, May 12—Borough Meet @ SOHI (Hosted by Nikiski) \*Participation forms and \$60 fee due on the first day of practice 4/2/18.

#### Drama

The third quarter drama class production of And Then There Was One will be Wednesday, March 7th, at 1:30 in the auditeria.



# **SLT Events**

Every Friday until the end of the year wear your Seward Middle shirts and you will be entered in a drawing for a chance to win a prize! GO SILVERS!!



### **School Resource Officer**



I hope that everyone is surviving the last few weeks of winter. I know we had some beautiful weather a couple of days ago, but it seems as if the snow is not quite ready to give up. I know that my winter checklist is complete, as I fell square on my backside the other day. I seem to do that once a winter, so I was due. Please be careful and take your time on the snow and ice. Luckily the only thing I bruised was my pride, but some are not so lucky.

This month I decided that I wanted to touch on the idea of consent. Consent, obviously, means getting permission from another party to do whatever it is you are planning on doing. This goes further than talking about sexual relationships. The only difference between rough-housing and assault is whether or not both parties consented. Another example is the only difference between flirting online with someone and harassment is consent. The concept of consent is one we discussed in depth in my Junior Police Academy class. In my line of work, there are times that we ask consent before performing some official action. In order for said action to be valid in court, the consent has to be freely and expressly given. In other words, someone giving consent after being coerced, threatened, or even badgered, is not true consent. I think that this is a useful measuring stick for consent in general. The other side of consent is refusal. When it comes to harassment cases there were many times I have heard a suspect say "I was just kidding" or "I did not mean it. The problem is, that the victim's perception is key, not the suspect's. One of the definitions of Harassment is "words or conduct that are likely to evoke an immediate violent response." This is a very subjective definition, and the opinion that matters is the receiver. So while you may have been joking, or just wrestling around, or trying to show your love, if the other person refuses, then you need to stop immediately.

There are two takeaways I want to make clear. First, if someone says stop, or no, or any sort of negative response, stop immediately. It is ok to stop and clarify. Play it safe and make sure that everyone is on the same sheet of music. And secondly, if you are not ok with what is going on, speak up and clearly state you do not want to participate. As awkward as that conversation may be, I always tell people it is better to be open about how you feel. If the other person truly cares, they would want to know their behavior or words are harmful. And if they don't care, then they deserve to meet whatever disciplinary actions ensue. Finally, if you suspect someone else is being victimized, please let me know. I can and will check on them for you, and your anonymity will be kept to the best of my ability.

If anyone would like to discuss this further, I am always available. You can always stop by my office at the Middle School, or pull me aside as I make my rounds. I hope everyone has a happy (and safe) March, and look forward to seeing everyone outside enjoying their town come Spring.

Until next time, Morgan Woodard Seward Police Department (907) 422-7670





# **School Safety**

Parents and guardians, school safety is a top priority in the KPBSD. It's important for you to know what to do before, during, and after a school emergency, weather related delay start, or school closure. Kindly read KPBSD <u>Emergency Guidelines for Parents and Guardians</u>. KPBSD regularly practices safety drills in schools, and includes law enforcement in our <u>ALICE</u> <u>trainings</u> for school emergencies. <u>School delays and closures protocol</u>.

Seward Middle School Blog: http://sewardmiddleschool.blogs.kpbsd.k12.ak.us/wpmu/ For all the latest news!

#### **District News**

#### **Collective Bargaining Public Comment Opportunity**

<u>Please share your thoughts about issues to be addressed in collective bargaining negotiations</u> with the KPBSD, and the Kenai Peninsula Education Association (KPEA), and the Kenai Peninsula Education Support Association (KPESA). The process includes items for discussion such as compensation, employee benefits, health care, and work environment that one or both sides want to address for possible revision.

#### Funding for KPBSD schools - Learn. Get Facts. Act.

KPBSD counts on the state and borough to fund public education. Everyone can be part of the fiscal solution, and <u>you're</u> <u>invited to participate in a February community budget meeting</u>. Then, have conversations with friends, neighbors, schools, and elected officials. Visit our Finance Department page to learn more.

Popular Links <u>Early Release Days</u>	Bus Routes and Student Transportation	Lunch Menus
Mobile App	New-To-District Students	Parent Student Handbook
PowerSchool navigation tips	Safety Protocol at KPBSD Schools	School Calendars
School Delays and Closures	School Development Plan Goals	School Start and End Times
<u>Strategic Plan: 2017 - 2022</u>	Volunteer in a neighborhood school	
Common links for parents and students		

The mission of the Kenai Peninsula Borough School District is to empower all learners to positively shape their futures.