

Bell Middle School

1001 Ulysses St, Golden CO 80401

Office: 303-982-4280 | Fax: 303-982-4281 | Attendance: 303-982-4340



March 2019

[School Website](#)

[Menu](#)

[Lunch & Bell
Schedule](#)

Message from the Principal...

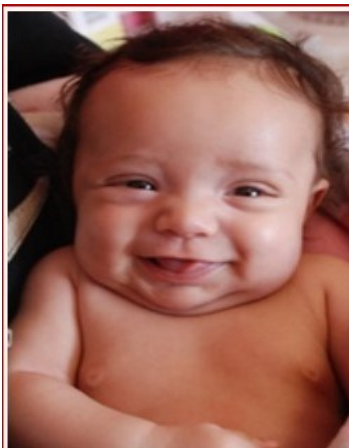
Dear Bell Families-

As a Colorado native (4th generation), I have to say that the weather from this March is much more aligned to the springs of my childhood and teenage years. As for the present day, we don't anticipate multiple snow days in a school year anymore, and we are held accountable for meeting policy and state requirements for student-contact minutes. That said, I will not be surprised if the District makes some adjustments to our end-of-the-year schedule to make-up for lost time. So, stay tuned... In the meantime, I hope everyone was safe, warm, and had a chance to take advantage of some unexpected days off last week!

April is CMAS Testing Month – A team of staff has been working consistently since January to prepare the CMAS (Colorado Measures of Academic Success) test for all 6th, 7th, and 8th graders. Below is the schedule for testing. ***Please plan to have your child at school on those days. In addition, if avoidable, please schedule any appointments around these dates and times.*** This really helps us coordinate the assessments. On the other hand, *if your child becomes ill on any of the testing dates*, please do not feel you must send your child to school. We do have limited make-up times available, and we would much rather your child stay home and become healthy. If you have further questions, please contact your child's math or English teacher, Dr. Valerie Calvert (assistant principal), or Allison Johnson, our school's assessment coordinator.

- April 2, 3, and 4th - 6th Graders (math, reading, and writing tests - all day)
- April 9, 10, and 11th - 7th and 8th Graders (math, reading, and writing tests - all day)
- 8th Grade Science ONLY on April 16 (all day). ***No 6th or 7th graders report to school April 16.***

continued...



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Message from the Principal, continued...

Dress Code – Given the winter we’ve had, it may be difficult to believe that shorts’ weather is around the corner. **One important reminder that accompanies every spring is about school-appropriate dress.** As a general rule, clothing should ***not show undergarments*** (sagging pants, see-through shirts, spaghetti straps, etc.) So, as you’re out shopping for new spring clothes for your rapidly growing kids, please consider the following guidelines for school-appropriate clothing:

- **Tank top straps should be a minimum of two fingers wide.**
- **All shorts and dresses/skirts should be no shorter than the length of students’ fingertips** when hanging straight down by their sides.
- **Make sure that no shorts or pants are “sagging”**
- **Please make sure that none of the clothing has words or images** that are inappropriate for a school setting.
- **Students are allowed to wear hats and hoodies outside, but must take them off** when inside of the building.

If students are wearing clothing that is determined to be inappropriate for school, **we may offer them some other clothes to change into if available, or they will call home to get a change of clothes.** Thanks for helping your son / daughter be successful with these requirements!

iSTEM & Humanities Pathways at Bell – In case you haven’t heard, starting with our current 6th graders, Bell is offering two equally defined and rigorous pathways next year: iSTEM and Humanities. The Humanities Pathway will replace the previously named Traditional pathway, starting with 7th grade next year and moving to 7th and 8th grades in 2020-2021. We continue to work on planning with programming for the new Humanities Pathway, but this 7-minute [iSTEM and Humanities Pathways at Bell](#) video paints a good overview for you. I encourage you to take a look!

Screenagers – **Thank you to Bell’s PTA** for once again sponsoring a showing of *Screenagers* last Monday. This was a great opportunity for parents to get a peek into the world of their teenagers, and the pressures they feel around social media. More and more data is becoming available around the impact of screen time and kids, so I encourage all parents to keep updated. It is a different world than we grew-up in! Thanks, again, to Bell PTA for supporting our school, kids, and families!

continued...



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Message from the Principal, continued...

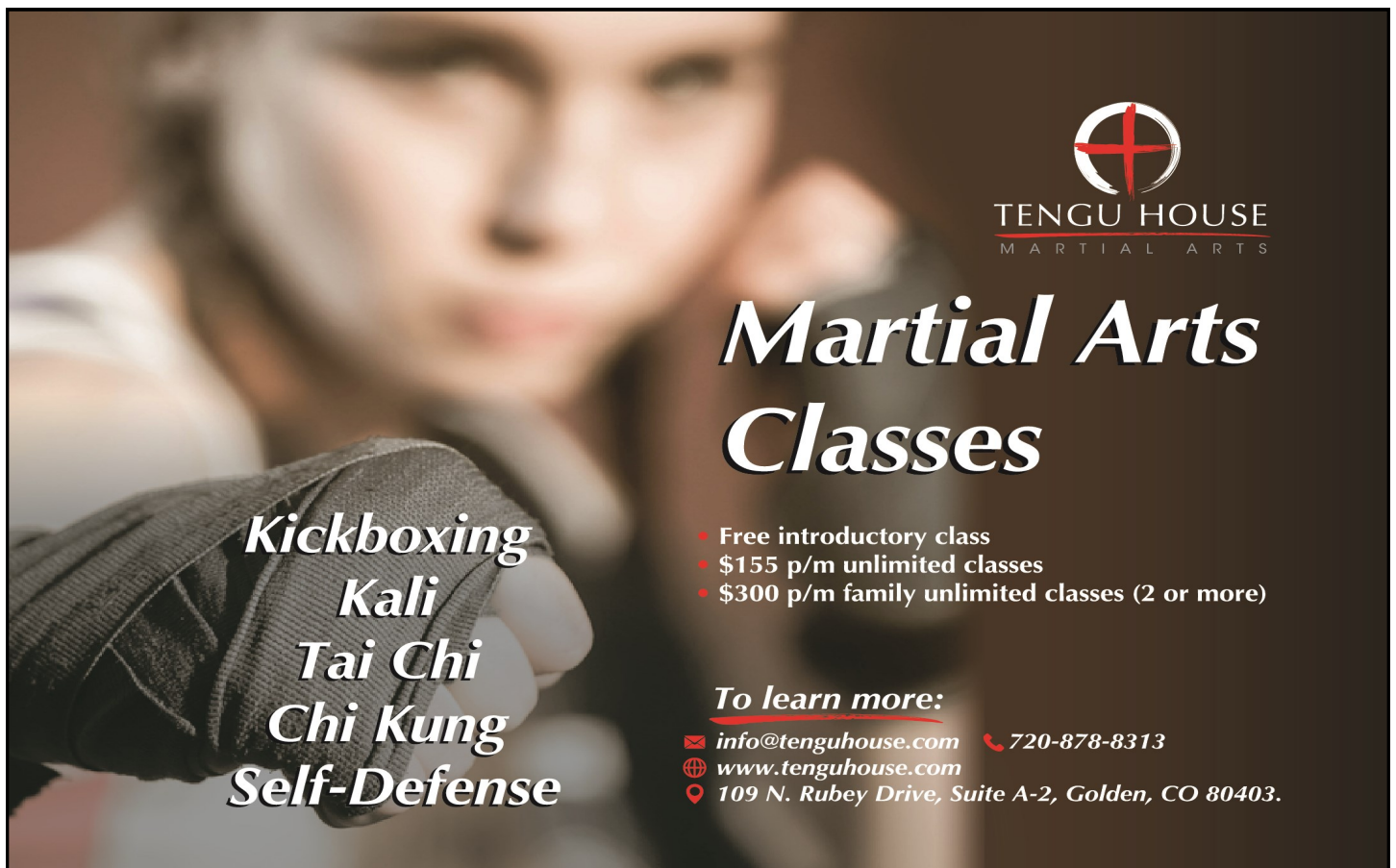
Bell Accountability Team- One of our staff members said to me after our March meeting, "If I was a parent wanting to know about what is going on at my kid's school, I would attend accountability!" This is where we consistently discuss district and school business & initiatives, and most meetings are packed full of information. Our next meeting is on April 9 at 4:00. All are welcome!


Check Your Child's Grades – This is the time to check students' grades on Jeffco Connect! Too often, parents wait until May, and sometimes they get an unexpected (unpleasant) surprise. Once in middle school, May is often too late to make a big impact on bringing grades up. So, check now, and if something needs to be addressed, there is both time and opportunity to do something about it. Feel free to reach out to your child's teacher(s) via email.

Have a wonderful and safe Spring Break! I look forward to hearing about some of our students' adventures upon their **return to school on Monday, April 1st**. Thank you!

Sincerely,

Michele DeAndrea-Austin, M.A.
Bell Middle School
Principal




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From the Counseling Office

April is test-taking month! Here are some wonderful tips to follow to help ease the stress of testing.

Treat Yourself with “Me” Time

Lowering your stress level helps you focus more effectively during studying and test-taking. How can you unwind in a healthy way? Color or sketch. Watch a movie. Go for a walk. Spend some time with friends.

Brain Food: Eat Well, Feel Your Best

Healthy foods and healthy portion sizes are important for your studying habits. Then, make sure you are getting proper nutrients with lots of fruits, vegetables, and other healthy fare. Though it's tempting, skip the fast food and sugary drinks when you're busy. Eating well can help you maintain energy and focus when you need it most.

Get Enough Shut-Eye

We all know that sleep is important for health and mental concentration. The truth is, if you don't have enough sleep, your brain can't absorb and retain information. Plus, sleep deprivation decreases your ability to concentrate during the exam itself.

Work out the Stress

Exercise helps relieve stress and promote good mental health. It also helps prevent illness — no one wants to come down with a cold or flu in the middle of testing week.



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No Contact Day for 6th & 7th Grade Students

Greetings families of 6th and 7th grade students. On Tuesday, April 16th we have scheduled a flex day for our 8th grade students to complete the 2019 Science CMAS test. Only 8th grade students will be attending school on this day. Please make note of this important day on your calendars.


Teacher Recognition Awards

As you know, great teachers inspire great learners. In fact, research shows that effective teaching is one of the most significant predictors of a student's academic success. The Golden Schools Foundation rewards and recognize the great teachers in the Golden articulation area schools through our annual Teacher Recognition Awards.


Based on nominations, two winning teachers will be awarded \$1,000 each to go towards their classroom, a crystal apple, and recognition at their school. They will also be acknowledged in local press/newspapers and among the Golden community. Winning teachers will also be featured on our showcase of winning teachers.

ONLINE SUBMISSION FOR TEACHER RECOGNITION NOMINATIONS IS NOW LIVE!!! Use this link for more information, and to **nominate your favorite Bell teachers!** Nominations are due by April 9, 2019.



<http://goldenschoolsfoundation.org/programs/teacher-recognition/>



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From the Library

Parents and families that would like additional information about Bell's Pathways can a video on our website. Click [this link](#) from the Bell Website to check it out!

Bell Parents, did you know that every time you shop on Amazon you could be donating money to Bell? It is a simple and automatic way for you to support Bell every time you shop, at no cost to you!

- 1) Always shop on smile.amazon.com
- 2) In the top left corner below the search bar, it will tell you what organization you are donating to. You can open that up and change to Bell Middle School.

That's it! So why not start today and give some of your spending money back to your kids!

CMAS 2019

As you are probably aware, the state required CMAS testing window is approaching. Please **save these dates** to ensure as many students as possible are here for testing sessions. While we will hold make-up sessions, students tend to do better when they test with their peers. Participating in make-up sessions also pulls students out of the classroom during instructional times. It is also important that students arrive on time. Students who arrive after a session starts cannot go into their classroom until after the testing session is complete. Thank you for helping ensure every student can do his or her best!

Testing Schedule - 6th Grade

- April 2, 3, 4 (all day)

Testing Schedule - 7th & 8th Grade

- April 9, 10, 11 (all day)

Testing Schedule - 8th Grade Science

- April 16 (all day)



Cell Phones & CMAS

Cell phones **may not** be in any testing session during the above testing dates. Students are encouraged to:

- Leave their phones at home
- Store their phones in the locker all day
- Leave their phones in the front office

If a student is found with their phone in a testing location, disciplinary actions will be taken.

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REMINDER: Student Drop-off and Pick-up Procedures

- Our students' and staff's safety is of the utmost importance at Bell. Following the parking lot expectations leads to a more efficient process, and it helps everyone stay safe. **These are the simple, but vital expectations** (please share these with any friend or family member who might help with carpooling):
 1. Please **PULL all the way FORWARD** until you are directly behind another car along the drop-off sidewalk. This may mean you're dropping your student off on the west side of the parking lot, even if your child enters through the main or east entrances.
 2. Please **do NOT STOP in the painted crosswalks** to drop your student off.
 3. Please **form ONLY TWO LANES**. The right lane (adjacent to the sidewalk) is used for stopping and dropping students off; the left lane is as a drive-through.
 5. **ALWAYS** have students **exit the car from the right lane and AT the curb**. Do NOT let your child out of your car from the left lane. That is *dangerous*.
 6. **Students should ALWAYS exit out of the PASSENGER SIDE door** – with so much traffic, students exiting the backseat from the driver's side is dangerous as cars are driving by the left lane to exit the parking lot.

We have hundreds of cars going through our parking lot daily for drop-off and pick-up. Please *pack extra patience, be a positive role model* for your teenagers, and *be kind* to the people helping to keep the parking lot safe and efficient. Thank you.

****Reminder - Bell After School Policies**

We are unable to provide general supervision for students after 2:20, as teachers and admin are involved in meetings most afternoons. Therefore, unless with a teacher (for clubs, tutoring, etc.) or involved in the Middle School Sports Program after school, ***all students are to leave Bell by 2:20***. If students are waiting for rides after 2:20, ***they must be in the office***. This is to ensure the safety of all our students. Thank you.

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MILK CAPS FOR MOOOLA

This year we will again be collecting bottle lids from products that come from the Longmont Dairy! Over the past five years we have been able to collect over 32,000 bottle lids (and save them from the landfills!) and in turn raise over \$1600 for Bell Middle School! Longmont Dairy recycles the lids (a win for them!) and pays us 5-cents for every lid we turn in to them (a win for us!). So, please save and bring in any Longmont Dairy lids (includes milk, lemonade, creamer, half-and-half, tea, and/or eggnog lids that you have throughout the year). The recycle box is located in the front office of the school.

For questions please contact Gwen Stroup at gwenstroup@yahoo.com. Thanks for your support!

Outdoor Lab

Do you have a 6th grader who is headed to Outdoor Lab? Have you been using the King Soopers card to earn money towards their tuition? If you have and keep using the card the funds you earn go towards the Outdoor Lab Foundation. You can keep doing this or you can get a new card that donates the profits to Bell for students needing scholarships and other Outdoor Lab needs.



Amazon Smile

While you are doing your online shopping using Amazon don't forget to shop through Amazon Smile. Same prices but when you buy part of your money goes towards the charity of your choice. By the way did you know that Bell PTA is one of the charities you can choose?



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