



FEBRUARY 2008



From the Desk of the Principal

PROGRAMS, GOALS, AND EXPECTATIONS FOR HIGH SCHOOL TRANSITION

As you will see on the inside of this newsletter, it is time to start our 8th grade transition to 9th grade and plan to attend our high school transition programs. With the opening of Thunder Mountain High School and all the exciting options now available to our students, this is an especially important year to attend the transition meetings. Our 8th grade students will request the high school they wish to attend before February 13th. Their high school request will be made by marking a card that will be inserted in the *Time to Choose Your High School* packet that you will receive in the mail this week.

Again this year our PTO has invited JDHS and TMHS administrators and counselors to conduct a high school transition program and answer your questions at our PTO meeting in Floyd Dryden's library on **Monday evening, February 4th, at 6:00**. **All our 8th grade parents should mark their calendars and plan to attend this important event.** Please bring your son or daughter with you. Regardless of your child's grade level, any interested parent is encouraged to attend.

Another effort this year to promote a successful and easy transition from middle school to high school is a field trip to JDHS for our 8th grade students on the afternoon of February 8th. Students will learn about course offerings and general high school information, along with having opportunities to ask questions. You are welcome to meet your son or daughter at the high school and participate in the experience, but all our students must ride the field trip bus both to and from JDHS. Please keep an eye out for the field trip request form that your daughter or son will bring home next week for your signature.

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- Choose your High School flyer



Another important transition event to watch for this summer will be the JDHS and TMHS LINK program that usually takes place in mid-August. You will receive more information on LINK via mail later this year.

The important dates and activities to mark on your calendar follow:

- *It's Time to Choose Your High School* information session on **February 4th** at 6:00 in the Dryden library,
- *Course Offerings and General High School Information* 8th grade field trip to JDHS on **February 8th** from 12:30 to 3:00,
- Return the high school choice request card via US mail before **February 13th**. The card will be in the *It's Time to Choose Your High School* information packet that you will receive in the mail during the week of **January 28th**,
- Watch for LINK program information to be mailed to you this summer.

With the high school transition in mind, it is a good time to review goals and expectations for your son or daughter. Peter Benson, in his article *What Teens Need to Succeed*, recommends following two steps to discuss high school goals and the upcoming transition. First, get feedback from your child:

- **How does your child think** he is doing in his classes? Does he think his class work will help him meet his goals?
- **What would she like** to learn in high school? What activities would she like to pursue? What can she do now to get on the right path?
- **How is her life** outside school? Is she happy with the way she spends her free time?
- **What does he dream about** doing someday?

After your son or daughter has the opportunity to discuss the above with you, it's your turn.

- **Keep expectations high.** Let her know you expect her to do her best.

- **Stay realistic.** Most children are strong in some subjects and not so strong in others. It may not be appropriate, for example, to expect him to come up two letter grades in a subject that has been a struggle.
- **Let her know** that you plan to support her on the goals you come up with together.

Finally, set your child up for success by **taking your son or daughter to Dryden's PTO meeting on February 4th**. The more familiar they are with the programs and the high school "culture", the smoother the transition from middle school to high school. Dryden will do all we can to provide the opportunities to promote our students' comfort zone and knowledge surrounding their move to TMHS or JDHS. Exciting experiences and growth are in their near future!



Attention - 8th grade parents...

If you are interested in volunteering to help sponsor the 2008 - 8th grade dance please contact the school at 463-1850. The first informational meeting for the 8th grade dance committee will be February 19, 2008 at 6:00 pm, in the school commons. This first meeting is to get together to form the planning committee and meet each other. Any and all 8th grade parents are welcome to attend this first meeting!

Jackie Kookesh
Assistant Principal



Voyager Team - Students Donate Funds for the Relief Effort in Darfur

Through the efforts of the Voyager Team students, who donated a portion of the ice cream sale proceeds, and the students who supported this effort, \$210.00 was sent to the United Nations High Commission on Refugees (UNHCR) to support relief efforts in Darfur, Sudan. Students learned about what had occurred in this area from read from portions of [They Poured Fire on Us from the Sky](#), a story about the Lost Boys of the Sudan.

Floyd Dryden Shirts

The Floyd Dryden school shirts have arrived!

Sweatshirts \$30.00
Tee-shirts \$12.00

For more information, contact the office at 463-1850.

Breakfast and Books

When: Every Week, Monday – Thursday!

Time: 7:15 – 8:15 AM

Why: Start your day with a healthy breakfast and a quiet place to read, study or do homework.

Where: Library, please use the side door.

Cost: No Cost, just bring your books!

Yearbooks

You may still purchase a yearbook, the cost is \$33.00. Yearbooks may be purchased:

- From Mrs. Sleppy, before or after school, in room 100, or
- At the main office, or
- Online at <http://shop.jostens.com>.

Hurry, buy yours now!



Drama Club

The Floyd Dryden Drama Club will be presenting the play *15 Reasons Not To Be In A Play* by Alan Haehnel. There will be a public performance on Friday, February 22^{at} 6:00pm. The cost is five dollars for adults, and four dollars for students and seniors. Tickets are available from cast members or at the door. This will be our only public performance so please plan on attending. Our props department is in need of a few items, if you can loan them to us.

- Wigs of any kind
- A life preserver that inflates with a co2 cartridge
- Co2 cartridges
- Squirt guns
- Silly string
- Rubber chickens

Thanks for your help, please have students bring items to Mrs. Galau in room 98. See you at the theater!



Attendance

If your child is ill and won't be attending school, or they have an appointment, please notify the school by calling the Attendance Hotline at **463-1809**. This number is available 24 hours a day.



Culture Club

As you may know we have our Floyd Dryden Culture Club on Thursdays from 3:00-4:30 pm in the Library. Please remind your student that they are invited to attend.

This year we are preparing for Celebration 2008. Our Juneau School District dance group includes all the schools and all students who want to participate. The name of our group is Dzantik'i Heeni Dance Group.

Study Hall

I hold a study hall period in the Library on Tuesdays from 3:00-4:30 pm. Please remind your student that they are invited to attend.

Reminders

Important dates for up and coming school/program selection at the new high school:

- February 4th - Parent Information Night @FDMS
- February 5th - Parent Information Night @ JDHS
- February 7th - Parent Information Night @ DZMS
- February 8th - Course/Academy Fair all day middle schools will arrive at 12:30 pm and leave at 3:00 pm
- February 13th - School/Academy Commitment Card due to a central location (TBA)
- February 14th - 22nd -Track Down "No Shows" for commitment card
- February 27th - Notification of School/ Academy Selection
- March 10th - 14th - - 12th Grade Course Selection Process Begins
- March 24th - 28th - - 11th Grade Course Selection Process Begins
- April 7th - 11th - - 10th Grade Course Selection Process Begins
- April 14th - 18th - - 9th Grade Course Selection Process Begins

The document "It is Time to Choose" also has these dates in it. It is scheduled to be sent out to families in the community on or before January 28th.

Again, if you want to come in and visit us, drop in during our Study Hall or Culture Club times. My name is Della Cheney my e-mail address is cheneyd@jsd.k12.ak.us and our phone number is 463-1850.

Standardized Testing - Please Mark Your Calendars!

The Terra Nova testing for the 7th grade students is scheduled for February 5, 6, and 7th. The Standards Based Assessment (SBA) for all middle school grades will be during the week of April 7th. It is very important to plan family schedules that ensure your daughter or son is in school and ready to test during the testing days.

Maintaining a Healthy Weight

We at FDMS are concerned about our children's health, especially since their academic success is strongly linked with their health. Regular physical activity is of key importance for overall health and fitness. It also helps control body weight by increasing the calories expended each day.

According to the federal Center of Disease Control (CDC), the prevalence of overweight children, ages 6 to 11 has more than doubled in the past 20 years, going from 7% in 1980 to 18.8% in 2004. The rate among adolescents aged 12 to 19 more than tripled, increasing from 5% to 17.1%. Overweight is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetics and health. An estimated 61% of overweight young people have at least one additional risk factor for heart disease, such as high cholesterol or high blood pressure. In addition, children who are overweight are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Overweight young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, Type II diabetes, stroke, several types of cancer, and osteoarthritis. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming overweight and developing related diseases.

Regular physical activity helps control weight and strengthens muscles, bones, and joints, another concern of Middle School aged students. To address this problem, Floyd Dryden doubled the number of PE/Healthy Lifestyles classes three years ago. A full year of the class is required of all 6th graders, and our 7th and 8th grade students must take at least one semester a year. In addition to Dryden's efforts, the CDC has the following recommendation for your consideration:

Children and teenagers should:

- Be physically active 60 minutes every day, or most every day.
- Be physically active, at a moderate intensity for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
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Marcia Arnoldt, RN, MHS
School Nurse, FDMS

Go to www.cdc.gov/HealthyYouth/overweight/index.htm

(for full article, references and general information about overweight among young people)

The Lunch Connection

Applications and menus for the school lunch program are available next to the display case in the front hallway; in the commons; or on line at http://www.jsd.k12.ak.us/newdistrict/quick_links/school_lunch_program/index.php. If you have questions or concerns, please call Lori Norman at 463-1850.

PTO and Site Council

The Floyd Dryden PTO and Site Council meet the first Monday of each month unless it falls on a holiday, in which case the meeting will automatically move to Tuesday. The PTO meets from 6:00 – 7:00 pm, followed by the Site Council from 7:00 – 8:00 pm. The next meeting is scheduled for Monday February 4, 2008. Future meetings are scheduled as follows:

Monday, March 3
Monday, April 7
Monday, May 5

See you there!

FLOYD DRYDEN MIDDLE SCHOOL

MAILING ADDRESS:
10014 Crazy Horse Dr.
Juneau, AK 99801

PHONE:
(907) 463-1850

FAX:
(907) 463-1828

E-MAIL
Principal
millirot@jsd.k12.ak.us

Vice Principal
kookeshj@jsd.k12.ak.us

We're on the Web!

See us at:
www.jsd.k12.ak.us

Thank You -

Dryden students and staff are displaying their school spirit all over the place! The hallways, classrooms, gym, and office are full of Dryden shirts with various colors and designs. Many of these shirts and sweats were printed by our friend (and former Dryden parent) **Mike Lindsay** of Mike's Custom Printing & Sports. Thank you, Mike, for being a long-time supporter of Dryden activities and programs.

Thank you, Pepsi Cola Bottling Company of Alaska, for your generous donations to Dryden sports teams, school groups, and clubs!

Floyd Dryden Middle School
February Student Activity Calendar
2008

February 4	PTO & Site Council Meetings
February 5	7 th grade Terra Nova Testing Day
February 6	Terra Nova Test Day
February 7	Terra Nova Test Day
February 8	Wrestling Match #3 @ DHMS Gym
February 14	Terra Nova Test Make Up Day
February 15	8 th grade Orientation at JDHS
February 18	Wrestling Match #4 @ FDMS
February 19	Weekender sponsored by Student Council
February 22	No School – Presidents Day Holiday
February 25	8 th grade Dance Parent Meeting
February 26	Book Fair
February 27	Drama Club Play Performance @ FDMS gym 5:00 pm
February 28	Wrestling team travels to Ketchikan Wrestling Tournament
February 29	Book Fair
	No School – Parent Conferences
	No School – Parent Conferences
	No School – All Staff Inservice
	No School – All Staff Inservice

DRYDEN MIDDLE SCHOOL
City & Borough of Juneau School District
10014 Crazy Horse Drive
Juneau, AK 99801

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