



INDIANOLA MIDDLE SCHOOL NEWS

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New the Week of February 19, 2024

****READ THIS IF YOU WANT A YEARBOOK**** **Last Day to Order Yearbooks is Nearing!**

This Friday, February 23, the yearbook staff will be present at each lunch to take book orders. You can pay with a check made payable to IMS, or with exact cash. \$30.

February 29th will be the last day to order books online at [Jostens](https://www.jostens.com).

Please be aware of those dates---there will be no exceptions!

Bowling

Kids in grades 5-8 are invited to join Middle School Bowling at Bowlerama in Des Moines. Check out the [Digital Backpack](#) for more details or go to the youth section of the [USBC website](#).

European Trip

Mrs. Dowler is going to Europe in the summer of 2025. This trip is open to all students at the middle school. There will be an informational meeting this Thursday, Feb 22nd at 6:30 pm in the cafeteria. Please be sure to register for the info session to learn more about this opportunity: <https://bit.ly/3Ui1ijB>.

We hope to see you there!

The Zone

Reminder: There is NO ZONE today. It will resume on Thursday.

6th Grade Second Step Info from the Counselors

6th Grade Unit 3

Weekly family communications for lessons 14-19.

2/7/24 Lesson 14: What Emotions Tell You

Summary: In this week's lesson, your child will learn how to recognize the kind of information their emotions can give them in different situations and how that information can be useful.

Question: Ask your child what type of emotions they felt today. Tell them the emotions you felt. What information did they get from those emotions? What did your emotions tell you?

2/14/24 Lesson 15: Emotions and Your Brain

Summary: In this week's lesson, your child will learn how different parts of their brains play a part in managing their strong emotions.

Question: Ask your child to teach you about some of the different parts of the brain and how they manage emotions. Look up a picture or video of the brain and learn some more!

2/21/24 Lesson 16: How Emotions Affect Your Decisions

Summary: In this week's lesson, your child will analyze how strong emotions can influence their decision-making abilities, as well as how those decisions can affect their relationships.

Question: Ask your child what sorts of things trigger strong emotions in them. Ask them how you can show support when those things happen.

2/28/24 Lesson 17: Managing Your Emotions

Summary: In this week's lesson, your child will learn and practice several emotion-management strategies to help them make good decisions when they're feeling a strong emotion.

Question: Ask your child what strategy they like to use when they realize they need to manage their emotions. Share a strategy you like to use and see if it's also helpful for them.

3/6/24 Lesson 18: What Works Best for You?

Summary: In this week's lesson, your child will practice choosing an emotion-management strategy that works best for them in a given setting. They'll look at several different settings and pick a strategy they think will work for them.

Question: Discuss different scenarios that might happen at home or school where your child might need to use an emotion-management strategy. Talk through the scenarios and ask your child to share their thinking and reasoning with you.

3/20/24 Lesson 19: Raising Awareness About Managing Emotions

Summary: In this week's lesson, your child will create a storyboard (a visual plan for a video) that will inform their peers about the benefits of using emotion-management strategies.

Question: Ask to see your child's storyboard. If they can't bring it home, ask them to describe it to you.

7th Grade Second Step Info from the Counselors

7th Grade Unit 3

Weekly family communications for lessons 14–19.

2/7/24 Lesson 14: Emotions Matter

Summary: In this week's lesson, your child will learn how their brain handles strong emotions and brainstorm positive and negative decisions they might make when they feel a strong emotion.

Question: Ask your child about a negative decision they recently made because they were feeling a strong emotion. Help them think about how they can turn that negative decision into a positive one if they feel that emotion again.

2/14/24 Lesson 15: Feel, Think, Do

Summary: In this week's lesson, your child will distinguish thoughts from emotions. They will also analyze how emotions affect their thoughts, and how their thoughts can influence the decisions they make.

Question: Ask your child to explain the difference between an emotion and a thought. Take turns expressing sentiments aloud and having the other person identify if the sentiments are thoughts or emotions. (For example, Emotion: "I'm so mad at the coach for not putting me in the game." Thought: "That's it—I quit!").

2/21/24 Lesson 16: Unhelpful Thoughts

Summary: In this week's lesson, your child will distinguish between helpful thoughts, which are thoughts that can help them make good decisions, and unhelpful thoughts, which are thoughts that can lead to negative decisions.

Question: Tell your child about a helpful thought you recently had and the decision you made because of it. Ask them to share a helpful thought they had as well. If they can't think of anything, point out something positive they did recently and help them identify the thought that went along with it.

2/28/24 Lesson 17: Reframe the Situation

Summary: In this week's lesson, your child will learn ways to reframe a situation by turning unhelpful thoughts into helpful thoughts.

Question: Ask your child to explain the difference between helpful and unhelpful thoughts. Tell your child about an unhelpful thought you had today and how you were able to change it to a helpful thought. Ask your child if they had an unhelpful thought and how you can support them in changing it to a helpful thought.

3/6/24 Lesson 18: Practicing Positive Self-Talk

Summary: This week, your child will practice a strategy called positive self-talk to help them reframe challenging situations.

Question: Ask your child to explain what "negativity bias" is. Share with each other one or more good things that happened today.

3/20/24 Lesson 19: Making Better Decisions

Summary: In this week's lesson, your child will share strategies for how to interrupt unhelpful thoughts and manage strong emotions with their peers by creating a comic strip.

Question: Ask to see your child's comic strip. If they don't have the comic strip, ask them to explain it to you.

8th Grade Second Step Info from the Counselors

Unit 3

Weekly family communications for lessons 14–19.

2/7/24 Lesson 14: Understanding Stress and Anxiety

Summary: In this week's lesson, your child will examine how they feel, what thoughts they have, and how their body responds when they're stressed.

Question: Ask your child what they do or feel when they're stressed. These signs will help you notice when your child is stressed, so you can ask them how to help or support them.

2/14/24 Lesson 15: Where Does Stress Come From?

Summary: In this week's lesson, your child will learn where stress comes from, identify stressors in their life, and examine which stressors they can control.

Question: Ask your child if they have any stressors they can't control. Discuss what they do have control over.

2/21/24 Lesson 16: Can Stress Help You Grow?

Summary: In this week's lesson, your child will learn to reframe stressful situations as opportunities for growth.

Question: Tell your child about a stressful situation you were recently in and how you were able to use that stress to improve yourself or the situation. Ask your child if they have any stressors in their life that they need help with.

2/28/24 Lesson 17: Strategies for Managing Stress

Summary: In this week's lesson, your child will learn some strategies for managing stress. These strategies include: slow breathing, reframing challenging situations, positive self-talk, and progressive muscle relaxation.

Question: Ask your child what makes them feel stressed and how they cope with that stress. Share your own stressors and helpful ways you manage stress.

3/6/24 Lesson 18: Changing Strategies and Getting Help

Summary: In this week's lesson, your child will analyze stressful situations and decide if they need to change their strategy or get outside help to manage their stress.

Question: Tell your child about a time you needed help managing stress.

3/20/24 Lesson 19: My Stress-Management Plan

Summary: In this week's lesson, your child will complete their own stress-management plan. It will include their own signs of stress, the situations that contribute to their stress, strategies they can use to relieve stress, and people they can reach out to for help or support.

Question: Ask to see your child's stress-management plan. Talk about the strategies they've identified and offer your support if you see them displaying any signs of stress.

Reminders

Students, remember to bring your headphones or earbuds each day.

Dates to Remember:

March 11- 15 – Spring Break

March 29 – End of 3rd Quarter

Attention 8th Graders

If you were unable to attend orientation and have not received the registration packet, please email Mrs. Cochran at Tiffany.cochran@indianola.k12.ia.us.

Course registration will end at 7:00 a.m. on Tuesday, February 20th. If you do not complete your registration by that time, the counselors will begin to assign classes for you.

Iowa Book Awards

It is time to vote for Iowa Book Awards! If you have read two or more Iowa Children's Choice Award books and/or two or more Iowa Teen Award books, you are eligible to vote.

Voting will end February 26. See links below.

[IMS Iowa Children's Choice Voting](#)

[IMS Iowa Teen Voting](#)

School Info

After School Tutoring

Free tutoring is being offered once again at IMS on Tuesdays and Thursdays from 3:30-4:30 p.m. Parents must sign their child up before they attend. Please see the registration form for details.

[23-24 Tutoring Sign-Up](#)

[District Website Link](#)
[Information Technology Link](#)
[IMS Link](#)
[Food Service Link](#)
[Transportation Link](#)
[Student Handbook](#)

Food Service

For information regarding menus, free/reduced lunches/online payments/account information, please click:

[Food Service](#)

Parent Facebook Groups

Want to know all of the school and community activities for your child's class? Join their Indianola Parent FB group! These pages are designed to be an inclusive catchall for activities, clubs, events, success stories, and opportunities to support IMS.

Indianola Class of 2028 (8th Grade): <https://www.facebook.com/groups/1386800961472755/>

Indianola Class of 2029 (7th Grade): <https://www.facebook.com/groups/509461217003504/>

Indianola Class of 2030 (6th Grade): <https://m.facebook.com/groups/238233144858449>

School Activities...

Chess Club

Chess Club is starting soon. It will be in Ms. Bienemann's room (810) after school until 4:00 on Tuesdays. Here is the link to sign up:

<https://docs.google.com/forms/d/1B4Bu4C7jZ03qJw5mvzENviuX6mGC9NaJOU5CjpobmKE>

MS Girls Track and Field

Athletes and parents: This season's informational meeting will be held on **Monday, March 4th @ 5:30 pm** in the MS cafeteria. See you there!

Indianola Music Boosters

Stay up to date on all the district's music events by joining the Indianola Music Boosters Facebook page: <https://www.facebook.com/IndianolaMusicBoosters?mibextid=LQQI4d>

Check Out the District Event Calendar

Below is a link to the district's event calendar. You'll find dates, times, and locations for sports, music, and various other events in which our students are participating on this site.

[Event Calendar](#)

This and That...

Safe and Sound

Reporting a safety concern is quick and easy when using the anonymous statewide reporting system, Safe + Sound. Click on this [link](#) to learn more.

Backpacks 4 Hunger

Backpacks 4 Hunger feeds Indianola kids over the weekend by providing a sack of individually packaged non-perishable food items. The food is placed discreetly in students' lockers on every Friday.

Call 515.961.5755 or Text 515.808.3498. Leave your name and number, and you will be contacted regarding food allergies and school details.

Tech News

Parents and students, check out [Smart Social](#) for ways to stay safe online.



All IMS students are invited to join the fun after school on Mondays and Thursdays during the school year from 3:20 to 5:00. Click [here](#) for more information.

There will be no Zone on these dates:

February 15, 19; March 11, 14; April 1

The last day of the Zone for this year will be April 18th.

WeLift Events

Here is information about 2 events WeLIFT is hosting for our community.

The Poverty Simulation on Thursday, February 29th 9:30-12:00pm is for anyone you think would be interested in learning and understanding the foundational blocks and gaps of Poverty and how as a community we can start to make system change.

Registration Link - <https://forms.gle/1G96e3JS622w4xEx9>

Register Today!

A NIGHT TO LEARN AND LEAD: A COMMUNITY EVENT

Hosted by WeLIFT Job Search Center and Lighthouse Community Center

- **MONDAY, MARCH 4TH**
- **5:30 PM - 8:30 PM**
- **LIGHTHOUSE COMMUNITY CENTER,
109 W. BOSTON AVE INDIANOLA,
50125**



PRESENTATIONS:

"NAMI IN YOUR OWN VOICE"

A UNIQUE AND IMPACTFUL PRESENTATION THAT OFFERS INSIGHT INTO THE HOPE AND RECOVERY THAT IS POSSIBLE FOR PEOPLE LIVING WITH BRAIN HEALTH CONDITIONS.

-ERIK GUSTAFSON, NATIONAL ALLIANCE ON MENTAL ILLNESS

"IS MY KID VAPING?"

LEARN HOW TO TALK TO YOUR CHILDREN ABOUT VAPING AND HEALTH EFFECTS OF E-CIGARETTES

-JOSIE REDMAN, AMERICAN LUNG ASSOCIATION

"DON'T SEND IT"

A CONVERSATION ABOUT THE DANGERS OF SOCIAL MEDIA HARASSMENT AND SEXTING

-JUSTIN KELLER & SUNDI SMITH, INDIANOLA POLICE DEPARTMENT

