



# INDIANOLA MIDDLE SCHOOL NEWS

403 S 15<sup>th</sup> Street, Indianola, IA 50125  
PHONE 515.961.9530 FAX 515.961.9535  
<https://www.indianola.k12.ia.us/school/indianola-middle-school/>

## New the Week of March 11, 2024

### 8<sup>th</sup> Grade High School Course Plan

March 18th and 19th all 8th grade students will complete a high school course plan. The State of Iowa requires all 8th grade students in Iowa to draft a high school course plan. Course plans are created using the district's Career Information System, Xello. All 8th grade parents/guardians received an emailed invitation on March 6, 2024 to create a Xello family account, if you haven't already done so. When the course plans are complete students will be encouraged to discuss their selections with parents/guardians. Parents/guardians will then be asked to utilize their created Xello accounts to view and approve their student's high school course plan.

It is important to note that the created course plans are only an overview of courses your student *might* consider taking each high school year. The course plans are updated annually in high school. Course plans are designed to be a fluid document in which parents and students can modify as they see fit.

The high school counselors **do not** use this plan to register your student for classes, nor will this plan change their current 9th grade registration.

### VOLLEYBALL ADVANTAGE INDIANOLA 2024 FOR GIRLS IN GRADES 3-8

The Indianola Volleyball coaching staff will provide fun learning experiences during open gym in the North gym of the HS on the following dates:

March 26

April 2, 9, 18, 23

May 9, 14, 21

Grades 3-6 will meet 6:30-7:30 pm

Grades 7-8 will meet 7:30-8:45 pm

**This Week  
Spring Break!**

## **ISASP Testing Starts April 4<sup>th</sup>**

### **\*\*Parents, Please Avoid These Dates When Planning Appointments\*\***

This year's Iowa Statewide Assessment of Student Progress (ISASP) testing dates will be April 4, 5, 9, 11, and 16. They will take place 8:00-10:00 a.m. Testing will also take place on April 10 throughout the day during LA classes.

Make-ups will take place every day as needed thru April 19.

All students must take these assessments.

### **PLEASE SCHEDULE APPOINTMENTS FOR YOUR CHILD DURING NON-ISASP TIMES!**

#### **Here's why that is important:**

\*Once a teacher starts a test, late students will not be allowed to enter the classroom, and they will have to make up their test at a different time (which means they will miss a future class to do that).

\*If your child has to pack up their things and leave a classroom during an assessment, they cause a disruption for the other students who are testing. Not only that, your child will have to be pulled from a future class to complete their test.

**Please plan ahead. There is no school on Monday, April 1. This may be a great time to schedule an appointment!**

Your cooperation is appreciated by staff and students.

**If you would like to donate healthy wrapped snacks for students to enjoy during testing, please have your child deliver them to their 4<sup>th</sup> period teacher, or they can be dropped off in the office.**

#### **Dates to Remember:**

March 29 - End of 3<sup>rd</sup> Quarter

April 1 - No School

May 27 - No School (Memorial Day)

\*May 31 (2:20) - Last Day of School

## Counselors Corner

### 6<sup>th</sup> 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.

## 7<sup>th</sup> 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.

## 8<sup>th</sup> 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.

## 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** (8<sup>th</sup> Grade): <https://www.facebook.com/groups/1386800961472755/>

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

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

## School Activities...

### **From the Athletic Boosters**

Please consider signing up to volunteer to work at the concession stand using the link below. Students can earn silver cord hours and parents can have fun with their friends! The more volunteers we have the more funds go back to supporting our athletes.

Contact Jody Sandy for more details. [jodysandy@gmail.com](mailto:jodysandy@gmail.com)

<https://signup.com/go/sZbDcxg>

### **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/1B4Bu4C7jZ03qJw5mvzENviuX6mGC9NaJOUStjCjpbmKE>

### **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=LQQJ4d>

### **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:**

**March 11, 14**

**April 1**

**The last day of the Zone for this year will be April 18<sup>th</sup>.**