

# HAWK NEWS



Southern Oaks Middle School Newsletter

February 1, 2018



February is a busy month for our students and staff. We have boy's basketball, girl's basketball, and the beginning of Flag Football season all in the month of February! The school calendar contains the February games.

Please save the evening of **February 27 for Student-Led Conference Night** at Southern Oaks Middle School. You will receive an invitation from your student shortly, with the time of your scheduled conference. If you have any questions or concerns about your child's conference time, please contact Miss Megan Bloom at 785-5640. This conference is part of your student's grades in all classes.

Also, we will be scheduling an **Algebra Parent Night on February 27**, for all parents of Algebra students— at the same student-led conference night. This is to help parents understand how to help their student in this high school credit-level course and to understand it's impact on high school planning.

We would like to invite more parents to join in a partnership with our school. Opportunities include being a part of the School Advisory Council and/or a part of the Parent Teacher Organization. Please contact Ms. Hargadine at 785-5640 if you would like to be involved. The SAC meets on the third Thursday of the month at 8:30. PTO meets after the SAC meeting, generally at 9:30.

"We still have room for students who are interested in our field trip to Washington DC. Please contact Mr. Hibbard if you are interested and want more information at 785-5640"

"We still have room for 8th grade students who are interested in attending 8th field trip to Universal Studios. Please contact Maureen Davis for more information at 785-5640."

## In This Issue

- Discipline and Construction Updates
- MLK Parade Report
- Testing Calendar for Feb
- Tide Pod Challenge— What is this?
- School Calendar
- Information on CyberBullying
- SAC Minutes

# Discipline Update

Our school 's students are doing very well at school this year. We are on track to lower the number of discipline referrals by perhaps a third compared to last year. For example, we had two less referrals each day during the month of December compared to last year. That is 32 less referrals in December 2017 compared to December 2016. We are attributing this positive outcome to our new PBIS (Positive Behavior Intervention and Support Plan) this school year. Our theme this year has been about resilience, which is an important factor in behavior. Our staff have come together under the hashtag #OneHawkFamily to create a very consistent set of expectations for students. Our deans are now located in each hallway of the school and do a lot of proactive work with our kids. We are very proud of our student's behavior this school year!



## Construction Update

We are finally finished with our new roof!! The school is currently being painted and will be done sometime in mid-February. The colors are "Fireweed" and "Sausalito."

Construction is continuing on our new fences. You may notice we have a lovely new planter at the front of the school.



## Contact Information

### Principal's Office

Exec. Secretary	Ann Dunshee	772-785-5659
Principal	Bridgette Hargadine	772-785-5659
Ass't Principal	Amber Minarchick	772-785-5672
Attendance	Luanne Russo	772-785-5650
Clinic	Regina Dunn	772-785-5643

### Guidance Office

A-L Counselor	Kristine Clark	772-785-5687
M-Z Counselor	Amanda Snure	772-785-5653

### Dean's Office

Dean's Clerk	Elaine Matthews	772-785-5640
6th Grade Dean	Todd Hibbard	
7th Grade Dean	Anthony Hills	
8th Grade Dean	Edwin Munoz	

### ESE Student Services

ESE Clerk	Margie Rosado	772-785-5640
ESE Specialist	Troy Luckey	

### Intramural Sports Program

Athletic Director	Nicholas Clements	772-785-5659
-------------------	-------------------	--------------

### Cafeteria- Breakfast and Lunch

Cafeteria Manager	Bianca Smith	772-785-5671
-------------------	--------------	--------------

### Project Success Coordinator

Karen Lane		772-785-5659
------------	--	--------------

## Martin Luther King Parade

### Congratulations to our School District

Graduation Rates released by the Florida DOE show a historic and unprecedented measure of success for St. Lucie Public Schools.

The District is ranked fifth overall in Florida and is the highest ranking district on the Treasure Coast with an overall graduation rate of 90.1 percent. All of our comprehensive high schools made significant gains and far-exceed state averages.

We congratulate our students on their success and our dedicated team of teachers and administrators.

The theme for the week of the Martin Luther King Parade was Kindness. The theme for the parade was "The Color of Unity."

The school purchased it's own trailer in order to build out float. We will now have a trailer every year!

We had many participating teachers who helped build the float and participated in the day.

Our students made their own tie-dye shirts and practiced as a choir singing "We are the World." 6th grader Luther Edmond did an amazing job as Martin Luther King. He stood at a podium on our float and gave the "I Have a Dream Speech" from Dr. King through our loudspeaker. The crowd loved him!

Mr. Beatty wore our Hawk's Mascot outfit and did a lot for school spirit along the parade route!



Picture from the 2018 Parade

# Testing Calendar

# February

# 2018

## TESTING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 GEO U6-CBT	2 Labs Closed	3
4	5 Labs Closed	6 FSA Infrastructure-6th	7	8 7 <sup>th</sup> SCI U5 PBT Labs Closed	9 Pearson Infrastructure(Civics) Civics U10 CBT 6 <sup>th</sup> ADV Math U6 PBT	10
11 6 <sup>th</sup> ELA U7 PBT 7 <sup>th</sup> Math U7-PBT	12	13 6 <sup>th</sup> SCI U5 PBT 8 <sup>th</sup> ELA U7 PBT	14 ALG U5 PBT	15	16 7 <sup>th</sup> ADV Math U8-CBT	17
18 Civics U11-PBT	19	20 SCI POST ASSESSMENT/8 <sup>th</sup> Gr	21 7 <sup>th</sup> SCI U6-PBT 8 <sup>th</sup> SCI U8-PBT	22 NAEP SCI (select 8 <sup>th</sup> Gr)	23 6 <sup>th</sup> Math U7- CBT GEO U7-CBT	24
25 7 <sup>th</sup> Math U8-CBT	26	27 STUDENT LED CONFERENCES	28 7 <sup>th</sup> ELA U7-PBT 8 <sup>th</sup> ELA U8-PBT 7 <sup>th</sup> ADV Math U9-PBT			

# Social Media Trends for Parents— What to Look For

## The Tide Pod Challenge

First there was the [cinnamon challenge](#), then there was the [salt and ice challenge](#). Now, there's a new viral video challenge that's sweeping the nation among teens, with potentially fatal consequences.

Officials are warning the public about the dangerous trend among young people who put laundry detergent pods in their mouths for a laugh on social media, dubbed the "Tide pod challenge."



Across the internet, the memes and video challenges of the hazardous stunt have taken off. The joke is apparent: From toddlers to adults with a sweet tooth, the pods look just like [candy](#).

The challenge usually involves a young adult preparing to eat the pod, then sticking it in his or her mouth and reacting to it. Teenagers, who at first seemed to be in on the joke, are seen shaking, stirring, even cooking packets of laundry detergent, in part prompted by ridiculous [meme images](#) touting the appealing, candy-colored packets as a "forbidden fruit."

According to the U.S. Consumer Product Safety Commission (CPSC), which has recently renewed efforts to warn against harmful exposure to the pods, 10 people have actually died from eating them.

Additionally last year, poison control centers received reports of more than 10,500 calls of children 5 years old or younger who were inappropriately exposed to the laundry pods.

Severe side effects, according to NBC News medical contributor Dr. Natalie Azar, and Dr. Gary Smith, who coauthored a 2016 report for the journal [Pediatrics](#), include:

- vomiting
- coughing
- loss of consciousness
- respiratory arrest
- coma
- fluid in the lungs
- cardiac arrest

The proportion of chemical burns to the eye caused by the little rainbow-colored gel packets went up 32-fold between 2012 and 2015 among preschool-aged kids, according to a 2017 report in [JAMA Ophthalmology](#). When the little shiny, multicolored detergent pods first became available, they were soon followed by manufacturer warnings and calls by consumer advocacy groups to better protect children from exposure.

In a 2016 interview with TODAY, Dr. Smith noted that calls to poison control centers about children being exposed to detergent rose 20 percent in just two years, "especially among exposures to laundry detergent packets."

He said that it's [especially perilous to toddlers](#) who are "exploring with their mouth." In his two-year study, more than 17,800 children under the age of 6 ran into problems with the pods, with 80 percent fully ingesting them.

"In fact, a child is reported to a poison control center about every 45 minutes in this country," he said.

Consumer protection groups are especially worried about young children mimicking the dangerous behavior.

"It started out as a joke and a prank on the Internet, and it's gone too far," CPSC Chairman Ann Marie Buerkle told TODAY.

"The teenagers who are doing this need to understand that this is reckless," she added. "This is a poisonous substance that they're putting into their bodies."

# School Calendar

## February

				1 Home Boy's Basket- ball v. Westgate 5PM	2 Teacher PD Day Full Day- No School For stu- dents	3
4	5	6	7	8 PBIS 8:40-9:20 Meeting Away Boy's Basket- betball v. Sam Gaines 5PM	9	10
11	12	13	14 Student 1/2 Day PM  History Fair at IRSC	15 SAC Meeting 8:30 PTO Meeting 9:40 Home Girls' BBall v. Sam Gaines 5PM Away Boy's BBall v. Westgate 5PM	16	17
18	19 Holiday For All	20	21	22 Away Flag Football Game v. St. James 4:30 PM at Lawnwood Away Girls BBall 5PM at Northport	23	24
25	26	27 Student Led Con- ference Night Algebra Parent Night	28	March 1	March 2 Boy's Football Home v. Renais- sance Girl's BBall Home v. Renaissance	

# Social Media Trends for Parents

## Cyber Bullying

### DEFINITION

*Cyber bullying is when a child, preteen, or teen is tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another child, preteen, or teen using the Internet, interactive and digital technologies, or mobile phones. Cyber bullies can be classmates, online acquaintances, and even anonymous users, but most often they do know their victims.*

According to a recent survey, more than one-third of U.S. teens say they have been cyber bullied or know someone who has. Cyber bullying can lead to low self-esteem and other negative emotional responses. Victims may feel scared, frustrated, humiliated, angry, and even depressed. They may become isolated, withdrawn, jumpy, or nervous when receiving a text or instant message, and may even stop going to school. There have been several reported cases in which cyber bullying victims have committed suicide.

Both boys and girls sometimes bully online, and just as in face-to-face bullying, tend to do so in different ways. Boys more commonly bully by sending messages of a sexual nature or by threatening to fight or hurt someone. Girls more often bully by spreading rumors and by sending messages that make fun of someone or exclude others. They also tell secrets. Both victims and perpetrators of cyber bullying are twice as likely to be girls.

### Examples of Cyber Bullying:

- Sending someone mean or threatening emails, instant messages, or text messages
- Excluding someone from an instant messenger buddy list or blocking their email for no reason
- Tricking someone into revealing personal or embarrassing information and sending it to others
- Breaking into someone's email or instant message account to send cruel or untrue messages while posing as that person
- Creating websites to make fun of another person such as a classmate or teacher
- Using websites to rate peers as prettiest, ugliest, etc.

**St Lucie Public Schools has a zero tolerance policy against bullying**, and students caught cyber bullying can be disciplined under the *Student Code of Conduct*. **If you believe you are being cyber bullied or if you know someone who is, please report it immediately.**

### Something to Look For:

One trend that is on the rise is the use of the hashtag: #GKY. This stands for "Go Kill Yourself." Kids are using this hashtag to attach to someone's picture on Instagram, or to make a comment on Snapchat or FaceBook. It has its own social memes online. Kids are also just texting each other this hashtag. Please talk to your student about not using this hashtag to "be funny" or put down another student. This can lead to teen anxiety and depression, and we don't want to cause a student to do something drastic because of this kind of trending social meme.



# 2nd Annual HBCU/HSI College Fair– For Your Seniors!

St. Lucie Public Schools (SLPS) officials are looking forward to hosting what promises to be a gateway to college opportunities for hundreds of high school seniors on Monday, January 22, 2018. The School District will host the second annual Historically Black College/University (HBCU) and Hispanic Serving Institution (HSI) College Fair for its students. With over 17 major institutions slated to attend at Samuel S. Gaines Academy, excitement is escalating about pending on-the-spot scholarship opportunities and prospects for local high school students to attend prestigious programs.



## Historically Black Colleges and Universities and Hispanic Serving Institutions Fair

### 2017- 2018 TREASURE COAST HBCU/HSI COLLEGE FAIR

DATE: Monday, January 22, 2018  
Students Only Day 9-1pm  
Parent Night 6-8 pm

LOCATION: Samuel S. Gaines Academy  
2250 S. Jenkins Road  
Fort Pierce, FL 34947

Bring completed application packages, ACT/SAT scores and official transcripts for possible application fee waivers for **EACH** college you plan to interview.

Select universities will conduct on-site admissions, offer scholarships, and waive application fees

**PROFESSIONAL DRESS REQUIRED**

## Contact Us

Southern Oaks Middle School  
5500 NE St James Drive  
Port St. Lucie, FL 34983

Principal Bridgette Hargadine

Bridgette.Hargadine@stlucieschools.org

Visit us on the web at <http://schools.stlucie.k12.fl.us/som/>

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and practiced



## Resilience



I'm not sure if resilience is ever achieved alone. Experience allows us to learn from example. But if we have someone who loves us-I don't mean who indulges us, but who loves us enough to be on our side-then it's easier to grow resilience, to grow belief in self, to grow self-esteem. And it's self-esteem that allows a person to stand up.

— Maya Angelou —

AZ QUOTES