### LMS NEWSLETTER



LABRAE MIDDLE SCHOOL

SEPTEMBER 2023



## WELCOME TO 2023-2024!

#### Message from Principal Rowe

#### Dear Parent/Guardians:

Welcome to a new school year! I am excited to be part of an excellent Middle School Staff. As I walk the halls, and try to learn over 200 names, I am impressed by the students' ability to learn class schedules, routines, building expectations, rules, and for the 6th graders... locker combinations!

Some of you may know that I spent 12 years as an Athletic Director and Assistant Principal in the HS. I hope to continue promoting athletics, as well as the numerous academic extra-curricular opportunities we offer here in the middle school. Our 8th graders who are in band have now begun their Marching Band circuit. They've already enjoyed 4 band nights and 2 Friday night halftime shows. Our Cross Country, Volleyball, Football and Cheer teams are underway as well. You can view an updated schedule of events at the LaBrae website by hovering over the High School tab, and selecting Athletics.

Here are a few key dates: September 20 is picture day; interims will be posted on Parent Access on 9/28. We will send home a hard copy with the students as well.

Please update your FinalForms, Pay Schools account, and notify us of any medical situations that we need to be aware of. You can contact me here in the Middle School office anytime throughout the day, or email me if you have any concerns.

Thank you for your partnership. This is going to be a great year!



Mr. Todd Kowe, Principal Grades 6-7-8



#### **Important Dates**

Aug. 30-Sept. 8..... 6th grade mum sale
Sept. 12 ...... Mum pick up
Sept. 20 ...... Picture Day
Sept. 28 ..... Interims posted
on Parent Access

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## School Counselor Connection



#### Mrs. Wilthew School Counselor for Grades 6-9

Hello and Welcome Back!



We are looking forward to having a great school year.

Mr. Rowe and I have great things planned for our Middle School students. Please make sure to check your email throughout the school year for information about activities and programming that will be taking place in the middle school.

All middle school students were given an academic planner this year. Please use this as a tool to help your child stay organized and prepared.

Also, if your child is struggling academically, socially or emotionally, please reach out to me so that I can offer support.

#### Mrs. Wilthew



#### Straight Talk About Teen Issues

The following links will connect you to helpful resources that address important teen issues and how to initiate conversations about them with your child:

#### VAPING

The following link provides information on vaping, which is a common problem in schools across the country. The article is filled with facts on Vaping along with conversation starter ideas for parents/guardians. Facts About Vaping

#### **CELL PHONE SAFETY**

The following link provides information on cell phone safety for teens. Parents/guardians can use the information in this article to start the conversation about appropriate and inappropriate content when using a cell phone. <u>Appropriate/Inappropriate Use of Cell Phones</u>

#### **TEEN ANXIETY**

The following link provides information on teen anxiety. It's important to talk to your teen about their life issues and things that may make them feel anxious. The article provides information for parents/guardians to use when talking about what anxiety is and ways to deal with feelings of anxiety. Talking About Anxiety

WEAR and SHARE ORANGE to come together in one giant message uniting our nation for kindness, acceptance and inclusion, and even the world, to visibly show that we believe no child should ever experience bullying.



## LMS STUDENTS OF THE MONTH 2023-2024



Starting next month, LaBrae Middle School's Students of the Month will be recognized here! Please, stay tuned!

## FALL SPORTS

## Good Luck Vikings!

















#### LABRAE LOCAL SCHOOLS / LABRAE.SCHOOL

"Home of the Vikings"

