

River Bluff Middle School

Campus E-News - October 25, 2019

Calendar of Events

October

- 29 - Homework Club
- 29 - Wrestling Invite, Home @4:15
- 31 - Homework Club
- 31 - End of 1st Quarter

November

- 1 - **NO SCHOOL** - Staff Professional Development
- 4 - Boys Basketball, Home @4:15
- 5 - Homework Club
- 5 - MineCraft Club
- 5 - Wrestling Invite, Home @4:15
- 6 - 6th Grade Rotation #3 begins
- 7 - Safe School Ambassadors, 1:00p
- 7 - Homework Club
- 7 - Boys Basketball, Home
- 8 - "B" Day
- 8 - Unity Club, 1:00p



Principals' Monday Message



Safety Drills

Dear Families:

At the Stoughton Area School District, the safety and welfare of our students and staff are our highest priorities. That is why we practice a variety of safety drills throughout the school year: so that our students and staff know how to keep themselves safe in different kinds of emergencies.

Consequently, we wanted to let you know that during the first week of November our District will be working with the Stoughton Police Department to conduct active threat drills in all five Stoughton schools to ensure the safety of our students and to align with annual State requirements on school safety drills.

During these drills, our staff will be communicating with our students in an age-appropriate manner. Students will NOT be asked to practice any countering strategies during the upcoming exercises, and there will NOT be a simulated "shooter" during these drills.

We are tentatively planning on the drills to take place at our schools on the following dates:

- Stoughton High School - Tuesday, November 5
- Kegonsa Elementary School - Wednesday, November 6
- Sandhill Elementary School - Wednesday, November 6
- **River Bluff Middle School - Thursday, November 7**
- Fox Prairie Elementary School - Thursday, November 7

In preparation for these drills, our staff have been trained on how to prepare students to make this drill as smooth and stress-free as possible. Our staff will also have age-appropriate conversations with our students before and after the drill so they have a chance to ask questions. The drills will take place under the supervision of school staff and Stoughton police, and your child(ren)'s building principal also will send out a message to families as soon as the school's drill is complete.

It is unfortunate that we even have to talk about training for an active threat, but these kinds of safety drills help us evaluate our emergency operations plan, improve our response skills and prepare our students and staff so that we know what to do in the event of an actual emergency. If you would like resources to talk with your child(ren) at home about any of these types of issues, [I am including this link to a site that we believe could be helpful](#). You can also feel free to reach out to your child(ren)'s

principal if you have any questions about our safety program or the upcoming drills. Our District staff are here for you.

Sincerely,

Tim Onsager
District Administrator
Stoughton Area School District

Thank You

Many thanks to the River Bluff Families that provided food for our staff dinner on Wednesday, October 23rd. The staff greatly appreciated the wonderful meal. Thank you!

Messages From River Bluff Pupil Services Team

Social Emotional Learning: Home and School Connection

Last week in Campus E News, we outlined the differences between conflict and bullying/harassment. It was stated that the majority of peer mistreatment occurring at River Bluff is conflict. However, if bullying/ harassment is occurring, it can have a serious impact on a student. If you think that your student is the target of bullying/harassment:

- Don't ignore it. Talk to your student and find out the details.
- Be empathetic. Tell them it is not their fault and that you will help.
- Encourage your student to avoid actions/words that will make the situation worse, like fighting back or taking their anger out on someone else.
- Talk with someone at the school or the setting where the bullying/harassment occurred.
- Encourage or help your student complete the online [Bullying/Harassment Reporting Form](#).

Sometimes peer mistreatment or bullying/harassment at school may carry over beyond the school day onto social media. The following article indicates that 70% of teens use social media several times a day. Of the 20% of youth ages 12-18 who report being bullied, 15% report it happening online. They report that this occurs primarily on Instagram, and Facebook and Snapchat to a lesser degree. Females are three times more likely to report being bullied online than males. The article also outlines 5 ways that parents/guardians and teachers can prevent cyberbullying. [Five Ways to Protect Teens and Tweens from Cyberbullying](#)

CBITS Questionnaire in 6th Grade

River Bluff Middle School is fortunate to have a special counseling program, Cognitive Behavioral Intervention for Trauma in Schools (CBITS), for students who have experienced stressful events. This counseling program is designed to help students cope with stress and upsetting events they may have experienced. Students who have experienced trauma as victims or witnesses often suffer from a unique kind of stress. It could show up in the form of a child not wanting to go to school or as difficulties with class work and concentration.

The first step in the CBITS process is a questionnaire completed by all 6th grade students to identify possible participants in the program. The questionnaire will be conducted on November 5th and 6th. Participation is strictly voluntary.

Below is a link to information about participation in the CBITS questionnaire and program. If you would like your child to participate, no further action is needed. If you would NOT like your child to

participate, please fill out the bottom of the form and return it to the Counseling Office by 10/30/2019. If you have any questions, or would like to review the survey questions, please contact the Counseling Office at 877-5507.

School-Based “Dialectical Behavior Therapy Skills in Schools” Group

River Bluff Middle School Student Services Department is offering a “Dialectical Behavior Therapy (DBT) Skills in Schools” group for 7th and 8th grade students. The DBT Skills in Schools curriculum is designed for students in middle/high school. It will be delivered one time per week during a class period for most of the school year. The skills that students will learn include managing difficult/strong emotions, reducing impulsive behaviors, problem solving, and building and repairing interpersonal relationships.

This is not a therapy group. It is centered on providing students with tools and strategies to help them manage difficult and emotional situations and to make better decisions when they are experiencing emotional distress. The curriculum includes interactive exercises, group discussion, teaching of new skills and review of skills learned. There are several objectives to the program. Each week, communication will occur with caregivers with a letter, which will contain information on the objectives and skills taught during the week.

There is no cost for students to participate in this program. There are **limited spots available** in the groups. If you are interested in speaking with a Student Services Staff member about this opportunity, please contact Dave Gerszewski (Gold, Purple, Green Block students) or Anne Fimreite (Blue Block students).

FutureQuest for 8th Grade

We all want students to be “college and career ready” after high school graduation. Career exploration is one aspect of this, in addition to academic and social-emotional preparation. In middle school, we can educate students about future jobs and career pathways and help them make connections between their education and actual career paths that they should be planning for.

Eighth grade students have the opportunity to attend FutureQuest, a career expo event, on November 21st at the Alliant Energy Center in Madison. FutureQuest will enable students to have authentic experiences and interactive career cluster exploration led by career professionals. They will also gain knowledge of personal characteristics, interests, aptitudes, and skills needed in different career cluster areas and understand the relationship between school performance & future career choices. Students will hear advice on training options to obtain skills needed in various career cluster areas. More information will follow in the next few weeks.

If you are interested in volunteering at this event to help maintain the zones, please click [here](#). If you are in the Human Services, IT, or Marketing field and are interested in equipping students, through a hands-on exhibit, with information about skills needed to be successful within the industry or your company, please contact the Counseling Office (877-5507) for contact information. Your guidance and knowledge will help students better select courses that are aligned to their interests as they transition into high school.

School Counselor
Stoughton Area School District
River Bluff Middle School

608-877-5511

RB Band News

At the Friday night High School pep band performance, the HS band, and community recognized seniors and welcomed this year's 8th-grade band students.

The River Bluff Bands are now hard at work preparing for their Winter Concert where they will perform along with the high school bands on Thursday, December 12 at the High School Performing Arts Center.



[Link To River Bluff Courier, Issue 2.1](#)

A River Bluff student newsletter created by students, for students.

Highlights From the 6th Grade Yellow Block

Kids in science are working on their final product for Genius Hour to share with the class next week, Thursday. Both students created a website to share their knowledge.



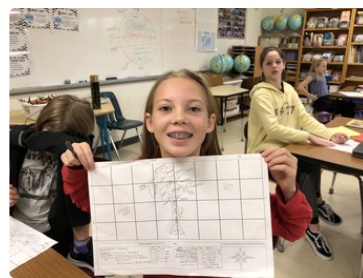
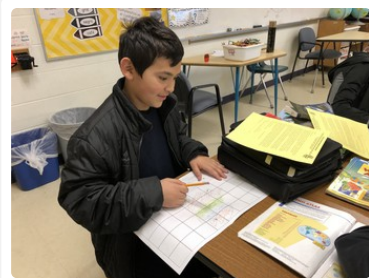
Students were given the opportunity to explore the Book Fair that was recently held in the River Bluff Library. Raffle prize posters were distributed in every integrated studies class that checked it out.



The students in 6th grade Yellow Block have been working on their own personal narrative short stories. After studying sample stories like "Eleven" and "Wagon Train at Dusk", students plot mapped their ideas and wrote the narrative. Next, they examined the revision strategy called "R.A.D.a.R." to help improve what they already started. They discussed the various steps needed to remodel a home and connected that to their writing.



Students in Yellow Block social studies have designed their own country or continent. From there, they made thematic maps that were focused on a specific aspect of their country or continent. The thematic map designs could include rainfall maps, growing season maps, elevation maps, population maps, or land cover maps.



Health Links to Note

If you have any questions regarding these documents, please feel free to contact Deanna Smith, River Bluff's Health Assistant @ 608.877.5504 or deanna.smith@stoughton.k12.wi.us or our District Nurse, Laurel Gretebeck @ 608.877.5405. Thank you.

[Health News, Fall 2019](#)

[Head Lice Brochure](#)

[Assessing Your Child's Health](#)



Applying With Host A Family



Program Description

Host A Family matches families in need with sponsors to provide holiday gifts, all done anonymously. Host A Family is volunteer-run, non-profit organization where donations go directly to families in need. Today, with the ongoing assistance from DCHS, schools, churches, various organizations, many families, and dozens of volunteers, the HAF program now serves more than 300 families in need in its program area including the school districts of Stoughton, Oregon and McFarland.



Program Requirements

- You must reside with your children/dependents (18 and under) within one of the following school districts: McFarland, Stoughton or Oregon and be struggling financially.
- If hosted, you must be able to pick up your gifts at LakeView Church in Stoughton on Friday, December 13 or Saturday, December 14. Times will be posted closer to the event.
- You must consent to the anonymous posting of gift requests and thank you note to the hostafamily.org website to facilitate host matching.
- You must provide address verification, an ID, and if requested, identification for the dependents living with you.



Applying

To receive gifts from Host A Family please complete and submit an online application. Go to <https://hostafamily.org/apply/login.asp>

Your application will be reviewed and you will be notified that you have been hosted with a postcard mailed to the address provided on the application form about a week before the scheduled gift pickup.

The deadline for applying is November 15, 2019. If you apply after November 15th we will do our best to match you with a host but there is no guarantee.

To claim your gifts at the arranged pick up in December, you will need:

1. The POSTCARD mailed to you
2. A PICTURE ID and
3. PROOF OF ADDRESS (a bill mailed to you, a rental agreement, school documentation)
4. You may be asked for identification for the dependents you list on your application.



Distribution Location

Community Action Coalition for South Central WI, Inc (CAC)
1717 N Stoughton Rd. Madison, WI 53704

From

(Tuesday) October 15 - (Thursday) November 7, 2019

Distribution Days and Hours

Tuesdays and Wednesdays 10-3pm

Thursdays 10-7pm

Saturdays 10-3pm

For more information call CAC 608-246-4730

For information about volunteering use ext.241

or visit VolunteerYourTime.org

ID REQUIRED

Registration requires one of the following forms of
identification for each individual (including children) in
need of a coat:
Photo ID Card
Social Security Card
Insurance Card
Referral from another agency
Medical Card



Klinke
Cleaners
Since 1958

NEWS 3 NOW
CHANNEL 3000

Magic
98



Madison WI Request Toys

Toy Distribution will be held at the Alliant Energy Center Dec 18-20

Nov 1st- 15th we will open up the online registration.

To register to receive a toy

<https://madison-wi.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx>

All documents listed on the Registration Instructions and Application link will need to be brought to the toy distribution.

Contact the local Toys for Tots Coordinator via email or phone for additional information.

Local Coordinating Officer: Sgt Nicholas Hultman

Email: toysfortotsmadison704@yahoo.com

Phone: 608-241-2022 ext 5012

Other Information/Quick Links

- [Yearbook](#) Payments are made directly to the yearbook vendor. School = River Bluff Middle School, then click Shop The Store
- [District Calendar](#) link
- [Community Events](#) link
- To sign up for the District e-Newsletter, which includes student features, reminders about upcoming events, volunteer opportunities, videos, photos and more, [Sign up with this link](#).
- [Replacement Chromebook Cords](#)
- [Family Resources](#)



RB Staff Shout Outs

If you would like to recognize a River Bluff Staff Member, please fill out the following form. Your recognition will be noted in our staff bulletin. Thank you.

[RB Staff Shout Out](#)






River Bluff Contact Information

Main Office/Attendance: 877-5500

Mrs. Gates, Principal: 877-5501

Mr. Johnson, Assistant Principal: 877-5503

 235 North Forrest Street, Stoug...  608.877.5500

 stoughton.k12.wi.us