

# River Bluff Middle School

Campus E-News - September 20, 2019

## Calendar of Events

### September

23 Volleyball, Home 4:15pm  
24 Homework Club, 3:20-4:15p  
24 Minecraft Club, 3:20-4:15p  
26 Red Block Field Trip to Aldo Leopold  
26 Homework Club, 3:20-4:15p  
26 Cross Country Home Invite, 4:15p  
26 Volleyball @ McFarland, 4:15p  
27 "B" Day Friday  
27 Yellow Block Field Trip to Aldo Leopold



\*Picture Re-Takes - Wednesday, October 9

## Monday Message 9/16/19





## Minecraft Club

Minecraft Club is open to all River Bluff students and allows them to get together to build, play, compete, and have fun with their peers. Students can use their own account or use one provided by the adviser. Meetings are after school in room 145 from 3:20 – 4:15 on alternating Tuesdays. Anyone interested should sign up with Mr. Maedke in rm 145 before the first meeting, as space is limited to the first 25 participants.

### Fall 2019 Meeting Dates

- Tuesday, September 24
- Tuesday, October 8
- Tuesday, October 22
- Tuesday, November 5
- Tuesday, November 19
- Tuesday, December 3
- Tuesday, December 17

## Yearbook and Newspaper Kids

Students in Mrs. Bondé's Yearbook & Newspaper Design class are working on their story writing & interview skills, preparing for the first issue of the 'River Bluff Courier' which will come out at the end of the first quarter. Students practiced both asking questions & responding to questions related to a potential story.



## Social Emotional Learning: Home and School Connection

Next week during Second Step, students will learn about what a Growth Mindset is. They will learn that brains are like muscles. Brains can be built up, especially during adolescence. Intelligence can actually be changed. [Studies](#) have shown that the best way to "grow" a brain isn't to do things that are easy, but to engage in tasks that are challenging and may be a struggle to complete. A young person's brain actually grows the most when they get a question wrong. If they don't push themselves to try new things, if they just sit back and do the things that come easy, they are actually missing an opportunity to strengthen their brain.

Examples of ways that students can make their brain "grow stronger" include:

- Working hard to beat a game
- Working on a challenging task (and embracing the challenge)
- Struggling through a math problem

- Continued practice in sports or music to improve skills
- Getting a problem wrong then reviewing why it was wrong
- Getting help to learn something difficult
- Experiencing frustration with challenging tasks then persevering through them
- Processing feedback about why they got something wrong
- Studying for a quiz

A Fixed Mindset is the opposite of a Growth Mindset. This is when someone believes that intelligence and talent are fixed at birth and cannot be changed. Take a two question [survey](#) to determine if you have a Fixed Mindset or Growth Mindset.

Watch this brief [video](#) to learn about characteristics of each Mindset and helpful self-talk to encourage perseverance in the face of difficult tasks. Watch [Building A Growth Mindset in Children](#) to learn how you can help your child(ren) develop a Growth Mindset.

## FAMILY RESOURCE LETTER

If you have questions about the resources listed or have other needs that are not listed, please contact Carly Schrage, River Bluff Social Worker, 608-576-6375 or 608-877-5554

## Homework Club

Hopefully the first quarter is off to a great start! This is just a quick communication regarding another great opportunity available to students here at RBMS. Every Tuesday and Thursday from 3:20-4:15 students are welcome to come to the library for Homework Club. This is a quiet atmosphere supervised by a teacher that allows students to work on their classwork, and get help if needed. Please encourage your student to come!

## Attention Basketball and Wrestlers!

Registration is now open for Boy's and Girl's Basketball as well as Wrestling! Registration instructions can be found here (insert link there). Please contact Allison Foree for any questions at [allison.foree@stoughton.k12.wi.us](mailto:allison.foree@stoughton.k12.wi.us)



[How to Register for River Bluff Athletics](#)

## Mental Health First Aid Training

Sometimes, first aid isn't  
a **bandage**, or **CPR**,  
or the **Heimlich**, or  
calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental illness or crisis. You can help them. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Take the course, save a life, strengthen your community.

Training Provided by:



**Date:** Sept. 24th and Oct. 1st  
**5-9 PM both nights**  
**Location:** Stoughton Area EMS  
516 S 4th St, Stoughton, WI 53589  
**Cost is \$20.00**  
**To Register:** [tpellett.swc@gmail.com](mailto:tpellett.swc@gmail.com)



## Student Lunch Issue

Please note that we do not permit students to place orders for take out food to be delivered at lunch time. it has been our experience that these services are unreliable in their delivery time, and students that have tried this in the past have gone with out lunch.

Thank you for understanding.

## Other Information/Quick Links

- [Yearbook](#) link Payments will now be 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](#).





## 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, Stoughton, WI 53589

☎ 608.877.5500

🌐 [stoughton.k12.wi.us](http://stoughton.k12.wi.us)