

Bell Middle School

1001 Ulysses St, Golden CO 80401

Office: 303-982-4280 | Fax: 303-982-4281 | Attendance: 303-982-4340



June/July 2018

School Website

Menu

Lunch & Bell
Schedule

Sites to Visit for Summer Fun

Family Friendly Free Spring and Summer Activities

<https://www.denver.org/things-to-do/spring-summer/free-summer/>

Day Trips around Denver

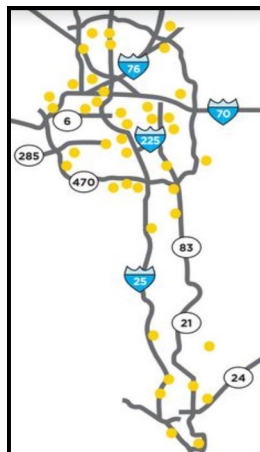
<https://www.denver.org/things-to-do/day-trips-around-colorado/>

Family Summer Highlights

<https://www.denver.org/things-to-do/spring-summer/family-summer/>

Colorado Events and Festivals

<https://www.colorado.com/events>



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Summer Resources

Dear Families,

If your student earned less than a C in one or more classes, here are some optional resources for your consideration and to assist your student in continuing his/her education over the summer. Ultimately, the goal is to set your student up for success for next year.

Summer Skills Sharpener

Curriculum for Math, Language Arts, Spanish, French, Keyboarding, and Study Skills. Open to grades K-12 with the cost starting at \$17.00. Please visit http://www.summerskills.com/summerskillsbooks/math_books for more information.

Denver Academy

Denver Academy's long-standing summer program has helped hundreds of students earn credits, remediate academic weaknesses, master new skills and participate in some good ole' fashioned summer fun. We offer academic classes and day camps as well as enrichment offerings. With two summer sessions and dozens of options, there's bound to be something that will fit your family's busy schedule. Open to grades 2-12. The cost varies, so please visit <https://www.denveracademy.org/summer> for more information.

Khan Academy

Looking to develop your Math skills? Khan Academy is open to grades K-12. There is no cost associated. Please visit <https://www.khanacademy.org/> for more information.

Regis University

Reading skills and speed reading programs offered to grades K-12. Please visit www.regis.readingprograms.org for more information or call 1-800-903-0162.

Thank you,

Bell Middle School



DEAR FAMILIES,

CenturyLink believes in supporting the communities in which we live and serve. Because of this belief,

WE SUPPORT SCHOOLS LIKE BELL MIDDLE SCHOOL

through activities such as grants, sponsorships, or volunteerism. Giving back is a significant part of what CenturyLink stands for, and we thank you for letting us be a part of your community.

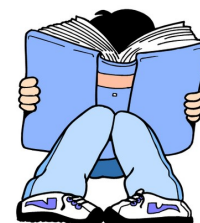
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Jeffco Public Library Summer Reading Program

Last summer, Bell MS students logged the most number of reading hours in the Jeffco Public Library Summer Reading Program and received an award. Let's see if we can do it again! To sign-up, simply go to the [Jeffco Public Library Summer Reading Program](#) website and follow the directions. Happy reading, Bell students!



Food & Nutrition Services

Here are some important dates/reminders:

- **Friday, May 25th**
 - ⇒ Last day to make online payments in MyPaymentsPlus (balances will roll over to the new system)
 - ⇒ MyPaymentsPlus will be deactivated for use by Jeffco families
- **Sunday, July 1st**
 - ⇒ Families will have access to create their new online account with *SchoolCafé*
 - ⇒ From *SchoolCafé*, families can make online payment and submit Free and Reduced Meal Applications
 - ⇒ Remember, families must reapply *every year* on or after July 1 for Free and Reduced Meal Benefits for the upcoming school year
 - ⇒ For more information about the upcoming year, families should visit <http://www.jeffcoschoolfood.org/> on or after July 1



End of Year Medication Pickup

Due to construction @ Bell Middle, there will be no public access to the building between May 29 and Aug. 4. School personnel will still be answering phones between May 29-June 13, and then again after July 23. Our summer hours are 8:00-3:00.

Bell MS Summer Hours

Due to construction at Bell Middle, there will be no public access to the building between May 29 and Aug. 4. School personnel will still be answering phones between May 29-June 13, and then again after July 23. Our summer hours are 8:00-3:00.

Helpful Information for Raising Teenagers

Dear Bell Families-

It's hard to believe that school is out for summer! Our 8th graders are on to new adventures in high school, and our 6th & 7th graders will be experiencing a lot of differences when they come back in the fall as we welcome 250 more students than we had this year.

Please see below for some important information about next year, as well as some other helpful information for you as you navigate through a summer with your teenagers. As always, thank you for sharing your children with us. It has been an honor serving your families and the Golden community this year. Have a wonderful and safe summer!

13 Reasons Why –Season II Started May 18

- A controversial show called *13 Reasons Why* stirred a lot of controversy when it first was aired last year. It is controversial because of its suicidal content amongst the teenage characters. They have started showing its second season on May 18, and it will continue over the summer. Knowing that the mental health supports that are normally available to our students at school will not be accessible over the summer, we have put together some tips for supporting your student. Please take a [look at this link](#) to learn more.

School Supply Lists

Important Bell MS Dates – 2018-2019

Parent Academy

Dear Bell M.S. Families

Mark your calendars! The Golden Police Department has scheduled another Parent Academy due to a high demand. It will be held on August 13 from 6:00-8:00pm at the Golden Fire Department (upstairs). Space is limited, so please RSVP as soon as possible. More information on how to RSVP and about the Academy can be found in the attached flyer. Thank you.

Sincerely,

Michele DeAndrea-Austin, M.A.
Principal

Officer D. Hall
Golden PD and Bell School Resource Officer

[PD Parent Academy flyer 8-13-18.pdf](#)

Inside the Tweener's Brain

What insights can neuroscience offer parents about the mind of a middle schooler?
by: Hank Pellissier | March 4, 2016

The middle schooler's brain

"When I'm a grown-up, I want to be totally awesome."

The tweens and early teens of sixth, seventh, and eighth grade are often hormone-addled, pimped, unpredictable narcissists, rudely defiant one second and emotionally clingy the next. They've probably calculated that you're not as completely cool as Taylor Swift, Ed Sheeran, Stephen Curry, or even their faddishly-dressed BFF — and they let you know it. You may wonder if your precious child's body is inhabited by aliens. Honestly, close guess — those invading "aliens" are hormones.

When kids reach puberty, their brains produce gonadotropin-releasing hormone (GnRH). When GnRH courses into the tiny pituitary gland, two additional hormones — luteinizing hormone (LH) and follicle-stimulating hormone (FSH) — escape and basically run wild. In boys, these hormones swim south, telling the testes to start manufacturing testosterone and sperm. In girls, LH and FSH manipulate the ovaries, soliciting production of estrogen. Either way, all hell breaks loose.

During this traumatic time, we need to provide often-unwanted (but typically much-needed) love, advice, and support — which is why it's helpful to know what's occurring, anatomically, in their evolving noggins. Here's how you can better understand — and navigate — the cranial crises of your adolescent child.

Judgment or lack thereof

Preteen-making-judgement From middle school to maturity, the brain's primary growth area is the prefrontal cortex of the frontal lobes, a region that's referred to as the "CEO" or "central decision-maker" of the brain. The cognitive control center, it's responsible for functions like mediating conflicting emotions, making ethical decisions, inhibiting emotional and sexual urges, general intelligence and predicting future events. If you've noticed your 11-year-old son can be frightfully disorganized, or that your tween daughter now seeks a private area, like in a locked box or drawer, for secret items or a journal, you can trace these behaviors back to the brain of their brains, so to speak.

And right now it's changing tremendously in a "rewiring" process that fortifies certain neural highways while virtually abandoning the majority of others. The transitional activity of this rewiring phase is disorienting for your young teen, and often exhibits itself in recklessness, poor decision-making, and emotional outbursts.

continued...



Inside the Tweener's Brain, *continued...*

Pleasure seekers

Dangerous-activities A research article published in *Cerebral Cortex* (January 2010) suggests that adolescents indulge in risk-taking behavior because the anterior insula is more highly-activated in young teens than in adults, and the ventral striatum peaks in middle adolescence. These regions are hypersensitive to reward. Underdevelopment of frontal lobes also makes youngsters behave more emotionally, because they're still making decisions with their wild, fight-or-flight, reptilian-brain amygdala, instead of with their reasonable, civilized (and still growing) prefrontal cortex. Warn your impulsive daredevil about the dangers of drugs, smoking, alcohol, unsafe sex, and out-of-control skateboarding without a helmet, emphasizing the catastrophic harm that can befall their most prized possession: the mind.

Weird growth

Preteen-squeezing-acne Yikes! What's growing? Tell your child immediately (if you haven't already) about the physical changes ahead, which are triggered by the GnRH and LH hormone releases. For girls: breasts, acne, pubic hair, menstruation, wider hips. For boys: underarm, pubic, and facial hair, acne, larger testicles, wet dreams, erections, etc. If you don't warn your pubescent progeny, they'll be freaked out by "gross" surprises. Plus, tell them — while they squirm and cringe — that they might start to develop crushes. Middle schoolers are often self-conscious about their body's developments, with anxiety about how others view them.

Feed the brain

Eating-healthy Many sixth, seventh, and eighth graders want to slurp unhealthy junk food and soda pop into their gullets, because the "pleasure" centers of their brain develop sooner than their ability to calculate long-term consequences. They'll beg for it. But don't cave in: Junk food contains chemicals that can disrupt their hormonal secretions. Instead, help your child eat healthy food — and explain that it fosters their brain development. (Try some healthy brain foods for kids.) The Centers for Disease Control recommends a diet filled with a variety of fruits, vegetables, whole grains, lean protein, which is moderate in sugar, salt and saturated fats. This doesn't mean putting your child on a no-fat diet! "Healthy fats" such as egg yolks, avocado, and salmon are known to support brain function. Avoid the obesity that weighs down almost 20 percent of U.S. children this age — studies show obesity can eventually cause a decline in the brain's cognitive abilities, particularly in learning and memory. Studies also indicate that bulimia nervosa can negatively affect brain regions involved in the reward circuitry, and according to researchers at Yale, anorexia may shrink the afflicted's grey matter.

No virtual violence

Video-game-violence Gamers played one of two types of video games while researchers at Indiana University School of Medicine used MRIs to watch which brain regions were stimulated. When kids played "Need for Speed: Underground" — a non-violent game — activity was observed in the frontal area, a zone associated with concentration and self-control. But when kids played "Medal of Honor: Frontline" — a violent game — there was no frontal area activation; instead, the amygdala was excited. (That's the "reptilian" part of the brain.) The amygdala is affiliated with emotional arousal — especially anger — and is linked to aggressive, impulsive behaviors. Repeated firing up of reptilian zones can "hardwire" a developing brain for less self-control, which is not great in middle school or in adulthood. So if you purchase video games, make sure the focus is on racing or skill, not violence.

continued...

Inside the Tweener's Brain, *continued...*

Tuning in to tweens

Girl-playing-violin An article in Journal of Adolescent Research reports that in a study of 6,026 middle schoolers, “students enrolled in formal instrumental or choral music instruction . . . outperformed [their peers]” in algebra. The correlation was especially noted with African-American pupils. Seem like a coincidence? Think again: Research suggests that, “musicians process music in the same cortical regions that adolescents process algebra.”


Gender gap

Gender-gap Girls’ and boys’ brains are vastly different in middle school. The National Institute of Health discovered that the halfway mark in brain development (called the inflection point) occurs in females just before they turn 11, but dawdling males don’t get there until they’re nearly 15. Academic abilities might also vary widely by gender. In girls, language and fine motor skills generally mature first, up to six years earlier. In the past, girls were found to lag behind boys in math, raising the possibility that girls brain development differed from boys. But since recent research finds girls now perform as well as boys in math, a more probable cause for the gender gap is culture not biology.

Check mate

Preteen-playing-chess Strengthened interconnectedness in middle school isn’t just a social phenomenon — it’s in their brain architecture, too. You’ll see it in your child’s improved ability to plan, problem solve, process complex thought, do deductive reasoning, and process information. To multiply your middle schooler’s mental powers, encourage them to play chess. Studies indicate that the tactical thinking required in the “Game of Kings” initiates a significant advance in mathematical ability. Other strategic brain-builders are checkers, backgammon, and the UniWar app for iPhone and Android.

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Inside the Tweener's Brain, *continued...*

Brain and brawn

Preteen-playing-sports When it comes to helping your tween develop their mind, it's worth challenging their muscles as well. Research shows that exercise has a significant positive effect on kid's cognitive development. Students with higher fitness levels get higher grades and perform better on tests. One study found that strenuous aerobic exercise just before academically challenging classes help kids absorb and retain new material.

Jay Giedd, neuroscientist at the National Institute of Mental Health, has remarked that, "recess and play seems to be the first thing that is cut out of school curriculums... But those actually may be as important, or maybe even more important, than some of the academic subjects that the children are doing..." To buff up both their brain and their body, encourage your middle schooler to be active, play sports, and exercise regularly. Parents can also work out with them to provide healthy role models.

Benevolent rule

Parent-and-child-talking A middle-schooler's evolving brain requires firm guidance from diligent adults. Developmental psychologist Diana Baumrind, author of *Prototypical Descriptions of 3 Parenting Styles*, recommends "authoritative" parenting because it provides consistent, compassionate, goal-clarifying direction, and allows the child to build self-esteem by making intelligent choices. Over-controlling "authoritarian" parents who scold incessantly can instill a sense of inadequacy in their offspring, and over-indulgent "permissive" parents that heap silly praise without justification just give their kids a false sense of attainment.

Employ these tactics in your battle to raise a mature and sensible kid, and you'll be a "totally awesome parent," even if your teen doesn't come out and say it just yet. Just wait — someday he certainly will.



NBC CAMPS

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COMPLETE PLAYER
JULY 5-8, 2018

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**BOY'S YOUTH
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July 10 - 12, 2018
Ages 8-13

**BOY'S YOUTH
RESIDENTIAL CAMP II**
July 29 - 31, 2018
Ages 8-13


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Free and Reduced Lunch Information

There will be a new system in place for Jeffco's Food and Nutrition Services on July 1st. We have some information listed below.

Sunday, July 1st

- Families will have access to create their new online account with *SchoolCafé*
- From *SchoolCafé*, families can make online payment and submit Free and Reduced Meal Applications
 - Remember, families must reapply *every year* on or after July 1 for Free and Reduced Meal Benefits for the upcoming school year
- For more information about the upcoming year, families should visit <http://www.jeffcoschoolfood.org/> on or after July 1.



Visit the Jeffco Public Schools website for important articles and information.

<http://www.jeffcopublicschools.org/>

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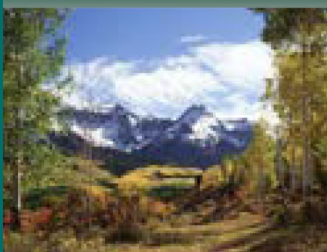
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Message from our Area Nurse

We encourage parents to get immunizations taken care of over the summer, which is a good time to get routine physicals and doctors appointments done. If parents have any questions about what their students are missing, they can contact the health room. If parents are going to exempt their child from immunizations, they'll need to resign the exemption form at the start of the 2018-19 school year

Shots for Tots and teens

2018
Low-cost
Immunizations
For children & teens



Aurora Fire Station #2

12600 Hoffman Blvd.
Aurora, CO 80011
2nd Saturday of each month
10 am - 1 pm

January 13	July 14
February 10	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 8

(303) 451-0123

Serving uninsured, Medicaid, CHP+, and most privately insured patients. Unable to see patients with Kaiser and select private insurances.

Colorado Miners Community Center

4809 Race St.
Denver, CO 80216
4th Saturday of each month
10 am - 1 pm

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 17
June 23	December 15

(303) 602-3520

Serving uninsured, Medicaid, CHP+ and privately insured patients. Unable to see patients with Kaiser or Humana.

Arvada Fire Station #2

5250 Oak St.
Arvada, CO 80002

Clinic dates and times to be determined.

Please call the number below to schedule an appointment.

(303) 239-7078

Serving uninsured, Medicaid and CHP+ patients. Ask about other insurances.

www.shotsfortotsandteens.org

Walk-in clinic—No appointment necessary

Parent or legal guardian must be present

You MUST bring your child's immunization record EVERY time!

Now offering adult vaccines—Call for more information

Prizes for children & Tours of fire engines and ambulances



Visit the Jeffco Public Schools website for important articles and information.

<http://www.jeffcopublicschools.org/>

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the teachers and staff at
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Communications
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Jumpstreet Indoor Trampoline Parks offer a fun, safe and exhilarating place for everyone of all ages!

No matter what the weather is like outside, Jumpstreet guarantees a constant comfortable temperature inside. As an ideal place to celebrate and unwind with family and friends, Jumpstreet's mission has always been to provide guests with a safe, reliable, and exciting venue. The various attractions encourage physical activity in children, to unplug from technology and to just be kids. For young children, jumping improves balance and gross-motor coordination. For teenagers, it's a great way to burn off energy while practicing cheerleading or gymnastic-like maneuvers. Jumpstreet can also host kids' birthday parties, fundraising events, and team-building outings for companies and clubs. Parents can sign on to the free WiFi for some productive time while their children are having fun in a supervised setting, or better yet, jump with your kids! Jumpstreet truly has something for everyone.

For more info, please visit GotJump.com.



Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & support schools! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.



TSCA partners with your school to bring you the monthly school newsletter. We are looking for people to join our team. If interested in growing a business, and supporting students and schools, get in touch!

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or 970.658.5503