

October 20, 2019

Middle School Matters



Schedule Updates

Wed., 10/23

- **5th Grade to Waterworks** (dress uniform)
- **7th Grade to the Flamenco Ballet** (dress uniform)

Thurs., 10/24

- **8th Grade to Woodleaf Lanes for Physics Lab**
- **Pedal Factory Exploratory Trip**
- **Starrett Advisory to Meals on Wheels**
- **Winter Sports Parent Meeting**

Fri., 10/25

- **Middle School Non-Uniform Day**

Thurs., 10/31

- **Non-Uniform Day**
- **Halloween Social** (8th grade parents hosting)
- **12:15 Dismissal** (ASK offered. Please RSVP to mlee@salisburyacademy.org)
- **Parent-Teacher Conferences** (by appointment)

Fri., 11/1

- **No School for Students**
- **Parent-Teacher Conferences** (by appointment)

Wed., 11/6

- **Grades 6 and 7 to Linville Caverns** (non-uniform, bring bag lunch, see email from Mrs. Overcash)

Parent-Teacher Conferences

If you would like to schedule a first quarter conference, please email Mrs. Goodman:
jgoodman@salisburyacademy.org

5th grade	10/31
6th grade	11/1
7th grade	11/1
8th grade	10/31

Please see Mrs. Goodman's email (10/8) for more detailed information regarding time and scheduling options.

Fostering Mental Focus in our Teens

from Screenagers' "Tech Talk Tuesdays"

Adults and teens are increasingly distracted by the ever-present technology in our lives. Here are some tips for how to prune back those influences to regain mental clarity and focus in our children and ourselves:

- 1. Give up tech temporarily to get back USEFUL tech-** Achieve "digital minimalism" by taking a break from all apps and social media for one month. At that point, make mindful choices about what to reincorporate into your life.
- 2. Consciously carve out deep work time slots-** Carve out time in your schedule for deep work and planning and protect that time like you would any other appointment.
- 3. Embracing boredom facilitates deep thought-** Resist the temptation to whip out your phone each time you feel bored. Doing so will help to train your mind to engage in deep thought.

Four questions to ask our kids:

1. What are some of your values and goals right now in your life? When do these benefit from focused attention?
2. What strategies have you tried to create sacred time, i.e. free of distractions?
3. If all of a sudden screens disappeared in the world, and then you were able to choose 3 screen dependent activities/tools/apps that you could suddenly have, what would you pick?
4. Do you agree or not with this sentence, "To be able to think deeply, one needs to be able to tolerate and even embrace moments of boredom."

Teacher Help Sessions

Students may attend after-school help sessions if they have a particular topic/assignment with which they need assistance. This year's days are:

Monday: Current, Goodman
Wednesday: Starrett
Thursday: Overcash, Coulter, Hattaway

All help sessions end at 4 p.m. unless otherwise specified by the teacher.