

The Middle Zone

News From DMS - February, 2024



FEBRUARY BIRTHDAYS

Austin N. - 1
Natalie F. - 2
Evan E. - 3
Tayden M. - 4
Nathan N. - 4
Logan V. - 4
Jamison W. - 4
Nathan H. - 5
Laudy N. - 5
Aurora R. - 5
Pyper Z. - 5
Olivia C. - 9
Gage D. - 12
Ruby R. - 12
Cayden G. - 15
Ellyana S. - 15
Evan C. - 17
Ridge H. - 17
Charity O. - 17
Jaiden C. - 18
Kylie W. - 21
Thanish J.-P. - 22
Olivia D. - 24
Annabelle R. - 24
Aubrey, O. - 28

A KIND WORD...

Instead of buying lots of chocolates, flowers and cards, let's all share a little kindness this Valentine's Day. Make someone's day "special" by practicing random acts of kindness.

LET'S TALK ABOUT YOU...

Parent Teacher Conferences for Dodgeville Middle School will be held on the following dates:

Tuesday, February 20, 2024

3:45 - 7:15 p.m.

Thursday, February 22, 2024

3:45 - 7:15 p.m.

(Mr. Fink and Mrs. Byers will have conferences on Monday, February 19 and Tuesday, February 20th)

Conferences will be at 15 minute intervals with grade level academic teachers meeting as a team and elective or exploratory teachers meeting individually. Some teachers that travel between the buildings may have limited availability because they are or were in another building.



REGISTRATION CLOSES

SUNDAY 2/4 for FREE Sewing

Classes + Board Game Nights at

Merrimac + Main (115 W. Merrimac

St). These will start the first week of February. Registration will remain open for Paint-Your-Pet, Origami, and Cooking Classes in March. We encourage you to join the Waitlist for classes marked as full - we will contact you if/when spots open up for current or future programs. Learn more and register online:

<https://www.merrimacandmain.org/events-programs>



BREAKFAST

Regular:

Daily \$2.05

Reduced:

Daily \$.30

LUNCH

Regular:

Monthly \$63.00

Weekly \$15.75

Daily \$ 3.15

Reduced:

Monthly \$8:00

Weekly \$2.00

Daily \$.40

Milk:

Weekly \$1.75

Daily \$.35



VALENTINE'S DAY

Flowers, balloons (**must be latex free**) or other items delivered to school will be kept in the office until the end of the school day. Students may pick them up after school.

DODGEVILLE MIDDLE SCHOOL
HONOR ROLL
2ND QUARTER - JANUARY 2024

HIGH HONORS GPA 3.50-4.00

8th Grade: Mallory Allen, Amelia Ammann, Josephine Anderson, Raina Arndt, Kylie Audetat, Kendra Brom, Emma Dougherty, Ben Engel, Sawyer Hageman, Rowan HineLine, Adam Husted, Briggz Hutson, Jenna Johnson, Emma Kretschman, Brynli Ley, Jade Litchfield, Josie Mallon, Mya Marklein, Grace Oxnem, Hailey Pilla, Carter Reed, Emily Reilly, Alexa Rickey, Sidney Stefkovich, Blake Stodola, Ash Stone, Genevieve Stopper, Aubrey Wall, Jacob Wetter, Ella Wiczorek, and Maiha Williams.

7th Grade: Nash Antonson, Henry Bartz, Noel Blaesing, Alana Bradley, Conner Burke, Emma Butteris, Vinny Cerutti, Leann Cruebel, Evan Cruz, Izabelle Duran, Gabe Gintoft, Cayden Goebel, Griffin Hanson, Aidia Hennis, Marlee Hillery, Audrey Hoyer, Kaeleigh Innerst, Jensie Kuzmic, Garrett Mancuso, Finley Olson, Reese Owens, Mara Rielly, Madilyn Seligman, Ellyana Seyfferth, Donnie Smith, Grant Steinhoff, Kora Turner, Zachary VanHaren, Maren Walmer, and Jamison West.

6th Grade: Wesley Anderson, Lucy Bartz, Brady Blackford, Kinley Brom, Bristol Cartwright, Phyllis Dougherty, Grady Elvert, Elise Engel, Kahlan Farwell, Easton Fockler, Callista Foust, Grant Giddings, Brianna Gollon, Ridge Halverson, Auggie Hatch, Erika Hickman, Nathan Holladay, Thanish Jayapaul Permnaath, Carly Kitelinger, Claire Kratcha, Atticus Kreul, Camden Lawver, Earl Levetzow, Bennett Loeffler, Lois Loeffler, Ella Mellum, Aubrey Oxnem, Adalynn Pagenkopf, Autumn Pagenkopf, Emma Rickey, McKenna Rickey, Mia Rickey, Anabelle Rossing, Ashlynn Schultz, Adeline Sidlauskas, Zayda Smart, Isaac Steele, Isaac Stefkovich, Atira Tabor, Accalia Timmens, Taylor Vick, Lucy Vondra, Arianna Wahlen, Logan Ward, Kylie Weier, Cael Wetter, Miles Wiczorek, Tyler Wiegel, Fox Zinkle and Iliana Zizis.



HONORS GPA 3.00-3.499

8th Grade: Daniel Anderson, Lyliah Baker, Ella Biba, Finn Burkhardt Sable, Finn Fitzsimons, Griffin Innerst, Raegan Jenkins, Vincent Lewis, Gavin Messer, Sidney Meudt, Layla Nelson, Rose Reeson, Brayden Smart, Spencer Spady, Owen Weier, Jaelynne Winfrey, and Thomas Yager.

7th Grade: Oliver Bainbridge, Cade Bohnsack, Diesel Kaderli, Anastasia Reynolds, Caitlyn Schneider, Jackie Shaw, Carson Shearer, Connor Starr, Ann Marie Tomas, Logan Vondra, and Addison Wall.

6th Grade: Barbie Cardoso Luna, Miylee Dawson, Logan Engelke, Gage Hanson, Aysen Hermanson, Miah Hoffman, Owen Jenkins, Brayden Lydic, Edward McCain, Austin Nordmeyer, Urijah Prochaska, Hannah Straubhaar, Hadley Walmer, and Adalynn ZumBrunnen.

The Principal's Post

Greetings Dodgeville Middle School Families,

It has been a great start to the school year, and the wonderful students I have the opportunity to serve on a daily basis truly motivates me to work harder with staff and administrators to provide them the best education possible. Too often as a society we look to blame someone else for our shortcomings and obstacles that impede our progress. It is so important that as caring members of our community we work together to collectively solve challenges, to cheer for each other's successes, and to support those that haven't been given the same opportunities. We owe it to each other, as a community, to celebrate the amazing people that comprise our school district.

A few reminders to families as we move forward into the second semester. We do continue to go outside for recess during the day and many students are not wearing appropriate clothing for the weather. Please encourage students to dress appropriately for the weather outside. Also I want to encourage all families to have conversations with your DMS students about what they are doing in their classes. Most of our students are doing a phenomenal job in the classroom but we still have a few who need to work on establishing the habits that will allow them to be successful in their future schooling and the workplace. The partnership between schools and families can be a powerful tool to ensure our students are heading in the right direction.

Let's commit to working together to help support and encourage our students to be the best versions of themselves. We will have conferences on Tuesday, Feb 20th and Thursday, Feb 22nd from 3:45-7:15. This is a great opportunity to connect with our staff and have conversations around how we can work collaboratively to support, encourage, and motivate our students together. I believe in our staff, students, and families, and together I know we can do amazing things. Let's make this last half of the year transformative for our students!

We Are Committed! We Are Connected!

Toby Tripalin
Dodgeville Middle School Principal

Ms. Jenkins' Counselor's Corner

Hello DMS Families! My name is Ms. Jenkins and I am the School Counselor here at DMS. It's hard to believe that we are halfway through the school year, but here we are! The students and staff have done such amazing things so far and I know they will do the same to end the school year!

5th Grade Guidance Classes

In January, the first semester 5th grade Guidance classes finished up the semester by completing their Careers Unit by creating a research presentation about a career they are interested in. We learned about so many different careers, such as NFL Football players, Doctors, Mechanics, Daycare Providers, Military and so many more! Ask your student what career they chose for their presentation!

I also started our Guidance classes with our second semester group of 5th graders and we are getting to know each other better and will be working through our Friendship, Bullying and Conflict Resolution Units in February.

5th Grade D.A.R.E.

Officer Pepper is going strong teaching the Drug Abuse Resistance Education or D.A.R.E. program with half of the 5th graders. The program has 10 lessons ranging from Drug Information for Responsible Decision Making, Peer Pressure, Bullying, Helping Others and much more! The first group will end at the end of February and then the second half of the 5th graders will start their 10 lessons and all 5th graders will participate in a Graduation Ceremony at the end of May (more information to come)!

Academic & Career Planning (ACP) & Xello Lessons

The 6th through 8th graders are continuing to complete their Academic and Career Planning (ACP)/Xello lessons for the year.

I, along with the 8th grade teachers met with the 8th graders on January 17th to start conversations about their transition to high school and their four year plans. We encouraged them to continue to build skills and to continue the skills they have to make this transition a successful one for them. On Friday, March 1st, myself, along with Ms. Brogley, the School Counselor at the high school, will start working with the 8th graders on their transition to DHS, which includes conversations about what high school will be like, what classes they will be able to take, and creating their four year plans for high school! Ms. Brogley will return again on Friday, March 15th to help the 8th graders finish their freshman schedules and I will continue to work with them through the month of April to complete their four year plans. We encouraged the students to start having conversations with their families about this next step in their academic careers and what ideas they have for their lives after high school graduation!

National School Counseling Week

National School Counseling Week is February 5th-9th! It has been an honor and privilege to be your students' school counselor and I have enjoyed getting to know them and look forward to learning more about them and building relationships with them!

From the beginning of the school year until January 26th, I have had 3093 interactions with students, which includes 1:1 meetings, classroom guidance lessons and Academic & Career Planning and Xello Lessons. This doesn't even include daily morning greetings, hallway greetings and lunch and recess coverage. These interactions have allowed me to get to know the students better and to interact with most students in some capacity on a daily basis!

Below are some resources about what a school counselor does:

[Guidance counselor vs. school counselor sheet](#)

[Title Matters sheet](#)

[Role of school counselor sheet](#)

[Who are school counselors sheet](#)

[Who are school counselors sheet \(Spanish\)](#)

[School counselor to student ratio sheet](#) (Our ratio at DMS is 311:1)

[School counselors matter sheet](#)

[The Essential Role of Elementary School Counselors](#)

[The Essential Role of Middle School Counselors](#)

[The Essential Role of High School Counselors](#)

[Get the Facts on What School Counselors Do](#)



Forward Testing

Forward Testing is fast approaching and will be happening throughout March and April, starting on March 21st. To help students and families prepare for this testing, we wanted to share some tips to help our students create good habits and to be as successful as they can be during Forward testing and throughout the school year and life.

Sleep



How Much Sleep Do Students Need

How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has made the following recommendations for children and adolescents 1:

Age Group	Recommended Hours of Sleep Per Day
6–12 years	9 to 12 hours per 24 hours
13–18 years	8 to 10 hours per 24 hours

What Can Families Do?

- Model and encourage habits that help promote good sleep. Setting a regular bedtime and rise time, including on weekends, is recommended for everyone - children, adolescents, and adults alike. Adolescents with parent-set bedtimes usually get more sleep than those whose parents do not set bedtimes.
- Dim lighting. Adolescents who are exposed to more light (such as room lighting or from electronics) in the evening are less likely to get enough sleep.
- Implement a media curfew. Technology use (computers, video gaming, or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.

The above information was from the following website: [Sleep and Health | Healthy Schools | CDC](#).

5 Ideas for Better Sleep

Most teens need 8 to 10 hours of sleep each night. But many have trouble sleeping. Lack of sleep can affect your mood, relationships, and ability to pay attention. When you don't get enough sleep, it's hard to be at your best in school and sports. It can increase the chances of getting sick, gaining weight, and having an accident if you drive when you are drowsy.

How can you get the sleep you need? Here are some ideas:

- **Be active during the day.** You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
- **Avoid caffeine near bedtime.** Caffeine is in coffee, tea, energy drinks and more. It's a stimulant, which means it can help keep you awake and alert. That's something you might want in the morning. But at night, it can leave you tossing and turning in bed. To help you sleep, limit how much caffeine you have during the day, and switch to decaf or caffeine-free beverages in the evening.
- **Say goodnight to electronics.** Make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out. And by turning off your phone, late night texts won't wake you up.
- **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you
- **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

The above tips were from the following website: [5 Ideas for Better Sleep \(for Teens\) - Nemours KidsHealth.](#)

What Sleep Is and Why All Kids Need It

Why Do I Need Sleep?

Sleep is more important than you may think. The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep lets your body get rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do - to give your body a tiny vacation.

Your Brain Needs ZZZZZs

Your body and your brain need sleep. During sleep, the brain sorts through and stores information, replaces chemicals, and even solves problems while you snooze.

Most kids don't get enough sleep. Kids 5 to 12 years old need 9 to 12 hours each night. Not every kid is the same and some kids need more sleep than others.

Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. Without enough sleep, kids can feel moody, tired, or cranky. It might be hard to pay attention or follow directions. School work that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, too little sleep can affect growth and your germ-fighting immune system, which keeps you from getting sick.

How Can I Sleep Better?

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed and wake up at the same time every day, even on weekends. This helps your body get into a routine.
- Turn off the TV, computer, and other devices, including cellphones, at least 1 hour before it's time to sleep.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Don't have drinks with caffeine in them, especially in the late afternoon and evening. Coffee, tea, energy drinks, and some sodas have caffeine.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day - it helps a person sleep better.
- Use your bed just for sleeping - not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to connect your bed with sleep.

If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell your mom or dad. They can help you solve your sleep problems. In fact, just talking about it with them could help you relax just enough (yawn) that you'll be ready to sleep.

The above information was from the following website: [What Sleep Is and Why All Kids Need It \(for Kids\) - Nemours KidsHealth](#).

Nutrition

Childhood Nutrition Facts

Healthy eating in childhood and adolescence is important for proper growth and development and to prevent various health conditions. The [Dietary Guidelines for Americans, 2020–2025](#) recommend that people aged 2 years or older follow a healthy eating pattern that includes the following 2:

- A variety of fruits and vegetables.
- Whole grains.
- Fat-free and low-fat dairy products.
- A variety of protein foods.
- Oils

These guidelines also recommend that individuals limit calories from solid fats (major sources of saturated and trans fatty acids) and added sugars, and [reduce sodium](#) intake. Unfortunately, most children and adolescents do not follow the recommendations set forth in the *Dietary Guidelines for Americans*.

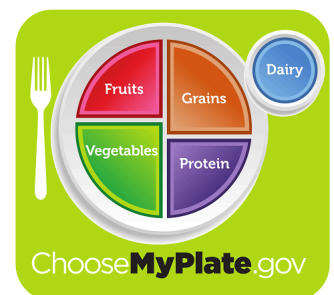
Benefits of Healthy Eating

Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions such as:

- High blood pressure.
- Heart disease.
- Type 2 diabetes.
- Cancer.
- Osteoporosis.
- Iron deficiency.
- Dental caries (cavities).

Tips for Healthy Eating

The US Department of Agriculture provides healthy eating plans through [MyPlate.gov](#)



Eating Behaviors of Young Children

Between 2001 and 2010, consumption of sugar-sweetened beverages among children and adolescents decreased, but still accounts for 10% of total caloric intake.

- Between 2003 and 2010, total fruit intake and whole fruit intake among children and adolescents increased. However, most youth still do not meet fruit and vegetable recommendations.
- Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents age 2–18 years - affecting the overall quality of their diets. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk. Most youth do not consume the recommended amount of total water.

The above information was found on the following website: [Childhood Nutrition Facts | Healthy Schools | CDC](#).

Kids Total Daily Beverage and Drinking Water Requirements

Age Range	Gender	Cups/Day
4 to 8 years	Girls and Boys	5
9 to 13 years	Girls	7
	Boys	8
14 to 18 years	Girls	8
	Boys	11

The above information was found on the following website: [Water: How Much Do Kids Need? \(eatright.org\)](#).

The Buzz on Energy Drinks

What Is an Energy Drink?

- A beverage that typically contains large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, energy, as well as increase blood pressure, heart rate, and breathing.
- These drinks are often used by students to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.

The Potential Dangers of Energy Drinks

In 2011, 1,499 adolescents aged 12 to 17 years went to the emergency room for an energy drink related emergency. Some of the dangers of energy drinks include:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Insomnia (unable to sleep).

How much caffeine is ok?

- The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.

What Can You Do?

- Teachers and other school staff can educate students about the danger of consuming too much caffeine, including energy drinks.
- Coaches can educate athletes about the difference between energy drinks and sports drinks and potential dangers of consuming highly caffeinated beverages.
- School nutrition staff can provide only healthy beverages such as fat-free/low-fat milk, water, and 100% juice if extra items (i.e., a la carte items) are sold in the cafeteria.
- Parents, school staff, and community members can join the school or district wellness committee that sets the policies for health and wellness and establish or revise nutrition standards to address the sale and marketing of energy drinks in school settings.
- Everyone can model good behavior by not consuming energy drinks in front of kids.

Energy Drink Recommendations for Adolescents

- The American Academy of Pediatrics recommends that adolescents do not consume energy drinks, yet between 30–50% reported consuming energy drinks.
- The National Federation of State High School Associations recommends that young athletes should not use energy drinks for hydration, and information about the potential risk should be widely distributed to young athletes.

The above information was found on the following website: [Energy Drinks | Healthy Schools | CDC](#).

Physical Activity

Physical Activity Facts

Overview

The Physical Activity Guidelines for Americans, 2nd edition recommend that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily.

Benefits of Physical Activity

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:

- Heart disease.
- Cancer.
- Type 2 diabetes.
- High blood pressure.
- Osteoporosis.
- Obesity.

Consequences of Physical Inactivity

Physical inactivity can:

- Lead to energy imbalance (e.g., expend less energy through physical activity than consumed through diet) and can increase the risk of becoming overweight or obese.
- Increase the risk of factors for cardiovascular disease, including hyperlipidemia (e.g., high cholesterol and triglyceride levels), high blood pressure, obesity, and insulin resistance and glucose intolerance.
- Increase the risk for developing type 2 diabetes.
- Increase the risk for developing breast, colon, endometrial, and lung cancers.

- Lead to low bone density, which in turn, leads to osteoporosis.

Physical Activity Behaviors of Young People

- Less than one-quarter (24%) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.
- In 2017, only 26.1% of high school students participated in at least 60 minutes per day of physical activity on all 7 days of the previous week.
- In 2017, 51.1% of high school students participated in muscle strengthening exercises (e.g., push-ups, sit-ups, weight lifting) on 3 or more days during the previous week.
- In 2017, 51.7% of high school students attended physical education classes in an average week, and only 29.9% of high school students attended physical education classes daily.

Recommendations for Physical Activity

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

These guidelines state that children and adolescents be provided opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

The national recommendation for schools is to have a comprehensive approach for addressing physical education and physical activity in schools. This approach is called Comprehensive School Physical Activity Programs.

Physical Activity and Academic Achievement

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).
- Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.

The above information was found on the following website: [Physical Education and Physical Activity | Healthy Schools | CDC](#)

Technology

It's always good to communicate with students about social media and online safety and here are some websites with some good tips and conversation starters.

[Conversation starters for tweens - Netsafe – social media and online safety helpline](#)

[Conversation starters for teenagers - Netsafe – social media and online safety helpline](#)



Family Resources

- [DMS Counseling \(google.com\)](https://www.google.com)
- [GuidetoSnapchat_English.pdf \(ctfassets.net\)](https://ctfassets.net)
- [Digital Citizenship Resources for Family Engagement | Common Sense Education](#)
- [We Can All Prevent Suicide : Lifeline \(988lifeline.org\)](https://www.988lifeline.org)





- If families need assistance with food for the weekends, please reach out to me at jjenkins@draschools.org to learn more about the Dodger Food Locker

LATEST FROM THE LIBRARY

Battle of the Books: Video Book Trailers and State Competition

Four students will be participating in the online State Middle Level Battle of the Books Competition, sponsored by [WEMTA \(Wisconsin Educational Media & Technology Association\)](#). The online competition will take place during the week of February 19th-23rd, so stay tuned for more news in the coming months to hear the results! Students have also been working hard on video book trailers (previews) and two groups submitted their entries into the statewide contest. Check out their work:

-  [My Side of the Mountain Book Trailer](#) by Lois Loeffler
-  [Percy Jackson and the Lightning Thief Book Trailer](#) by Josie Anderson and Rose Reeson

Author Visit: Erin Soderberg Downing

As mentioned previously, Author Erin Soderberg Downing will be visiting our district on **Wednesday, February 7th** to talk about her new middle-grade novel, *Just Keep Walking*. **THANK YOU** to everyone who ordered copies of her books in advance of her visit! The signed and personalized copies will be distributed to students on Feb. 7th. A reminder that Ms. Downing will also be visiting the independent bookstore, "[The Republic of Letters](#)" in Mineral Point in the evening on **Thursday, February 8th at 6:30 PM.**



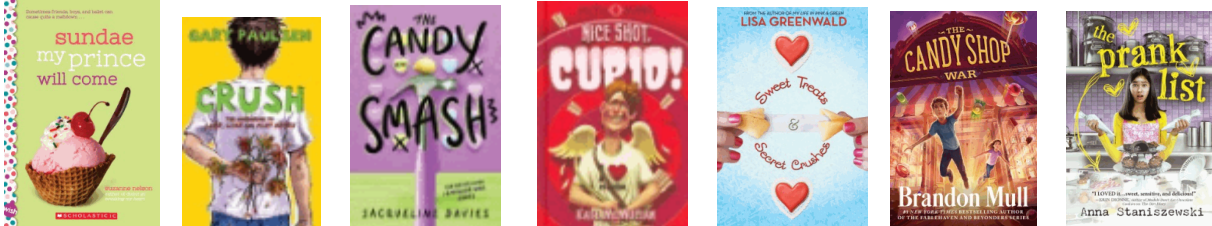
February Book Displays and Programming

A perfect way to beat the winter doldrums... February is *filled* with fun celebrations and related books!

Black History Month



Love Is In the Air & Sweet Reads



Lunar New Year 2024: Year of the Dragon



Beanstack: February “For the Love of Reading” Challenge

Top Wisconsin Schools	
School	Minutes read
1 Oconomowoc Nature Hill Intermediate Oconomowoc Area School District	55,741
2 Forest Glen Elementary School HSSD Howard-Suamico SD	38,933
3 Dodgeville Middle & High School Dodgeville School District	37,699
4 New London Intermediate/Middle School	37,455

In mid-January, DMS took third place in the state for logged reading minutes in Beanstack!

Students and staff members can continue to log their reading minutes and complete the new reading challenge for February “For the Love of Reading” at:



<https://dodgevillemhs.beanstack.com>

~ “The Library Ladies:” Ms. Spady, Mrs. Olson, and Mrs. Chapiewsky

DMS SPORTS

TRACK AND FIELD for 6th-8th Grade

DMS middle school track and field practice will begin on Monday, March 25th. Practices over spring break will be optional. Meanwhile anyone interested in track and field for middle school will need to get all paperwork in before March 25th to the DMS office. The sport fee is \$15.00 and MUST be paid prior to the first meet. Yes, 6th graders are able to participate in middle school track.



Girls Basketball 2023-24

Date	Opponent	Home / Away	Start Time
Thursday, Feb. 1	Mineral Point	Home	4:00 p.m.
Tuesday, Feb. 6	Cuba City	Away	4:00 p.m.
Thursday, Feb. 8	Lancaster	Home	4:00 p.m.
Tuesday, Feb. 13	Darlington	Home	4:00 p.m.
Thursday, Feb. 15	Platteville	Away	4:00 p.m.
Tuesday, Feb. 20	Darlington	Away	4:00 p.m.
Thursday, Feb. 22	Platteville	Home	4:00 p.m.

8th Grade

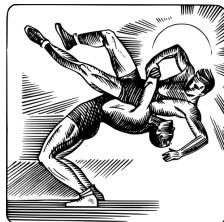
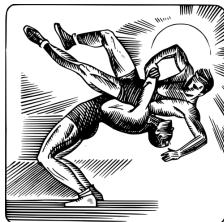
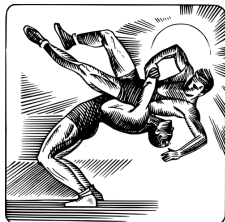
Raina A.
Kendra B.
Emma D.
Jenna J.
Lily K.

Josie M.
Mya M.
Sara M.
Aubrey W.

7th Grade

Alana B.
Leann C.
Marlee H.
Reese O.

Madilyn S.
Ellyana S.
Addison W.
Maren W.



Wrestling 2023-24

Date	Opponent	Home / Away	Start Time
Monday, Feb. 5	Riverdale	Away	4:30 p.m.
Thursday, Feb. 8	Ithaca	Away	4:30 p.m.
Monday, Feb. 12	North Crawford	Away	5:00 p.m.

8th Grade

Garrison J.
Kam K.
Carter S.
Brayden S.

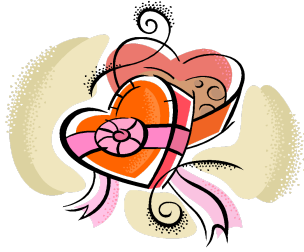
7th Grade

Nash A.
Eli B.
Roman G.
AJ H.

Mikayla L.
Finley O.
Logan V.

6th Grade

Sawyer C.
Edward M.
Callista F.
Marina Q.
Hadley W.



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG - Whole Grain Menu subject to change without notice.	Breakfast Menus Posted in Kitchen		Hamburger w/Cheese French Fries Sliced Tomatoes Mixed Fruit WG Bun	Chicken Fajita Wedge Fries Shredded Lettuce Diced Tomatoes Refried Beans Applesauce Tortilla Shell
DHS/DMS: Baked Potato Bar DES: personal pizza Broccoli Lettuce Pears WG Roll	Chicken Nugget Mashed Potatoes Seasoned Corn Mixed Fruit WG Roll	Hot Dog Tri-taters Baked Beans Pickles Peaches WG Bun	Walking Taco French Fries Shredded Lettuce Refried Beans Diced Tomatoes Mixed fruit Tortilla Chips	Chicken Alfredo Lettuce Salad Baby Carrots Applesauce WG Breadstick
NO SCHOOL PD DAY	Italian Pasta Bake Lettuce salad Green Beans Strawberries Garlic Bread	Valentine's Day Cheese Quesadilla Lettuce Baby Carrots Applesauce Valentine Cookies	Chicken Strips Seasoned Rice Steamed Broccoli Peaches WG Roll	Mozzarella Dippers DHS: Bosco Sticks Marinara Sauce Curly Fries Cucumbers Pears
Pizza Hut Pepperoni Lettuce Salad Seasoned Peas Pears Frozen Juice Cup	Popcorn Chicken Mashed Potatoes Buttery Corn Peaches Dinner Roll	Mini Corn Dogs Tater Tots Baked Beans Mixed Fruit Dinner Roll	Orange Chicken Rice Steamed Broccoli Mandarin Oranges WG Dinner Roll Fortune Cookies	Cheese Omelet French Toast Sticks Hash Browns Juice Applesauce
Cheese Pizza Seasoned Carrots Lettuce Salad Pears SideKick Slushy	Spaghetti Lettuce Salad Baby Carrots Peaches Garlic Bread	Nachos w/Cheese Sauce French Fries Shredded lettuce Diced Tomatoes/Olives Fiesta Beans Applesauce Tortilla Chips	Chicken Patty Mashed Potatoes Sweet Corn Mixed Fruit WG Bun	Choice of Milk 1% White Fat Free Chocolate

This institution is an equal opportunity provider.

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>Girls Basketball Vs. Mineral Point 4:00 p.m. - Home</p>	<p>2</p> 	<p>3</p>
<p>4</p>	<p>5</p> <p>Wrestling at Riverdale Invite 4:30 p.m. - Away</p>	<p>6</p> <p>Girls Basketball Vs. Cuba City 4:00 p.m. - Away</p>	<p>7</p> <p>Author Visit - Erin Soderberg- Downing - 8:30 a.m.</p>	<p>8</p> <p>Girls Basketball Vs. Lancaster 4:00 p.m. - Home</p> <p>Wrestling at Ithaca Invite 4:30 p.m. - Away</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>NO SCHOOL</p> <p>Wrestling at North Crawford Invite 5:00 p.m. - Away</p>	<p>13</p> <p>Girls Basketball Vs. Darlington 4:00 p.m. - Home</p>	<p>14</p> 	<p>15</p> <p>Girls Basketball Vs. Platteville 4:00 p.m. - Away</p>	<p>16</p> <p>DMS Musical at DSD Auditorium - 7:00 p.m.</p>	<p>17</p> <p>DMS Musical at DSD Auditorium - 2:00 p.m.</p>
<p>18</p>	<p>19</p> <p>Fink & Byers Parent Teacher Conferences 3:45-7:30 p.m.</p>	<p>20</p> <p>Parent Teacher Conferences - 3:45-7:15 p.m.</p> <p>Girls Basketball Vs. Darlington 4:00 p.m. - Away</p>	<p>21</p>	<p>22</p> <p>Parent Teacher Conferences - 3:45-7:15 p.m.</p> <p>Girls Basketball Vs. Platteville 4:00 p.m. - Home</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>SWC Math Contest - Platteville - 1:00 p.m.</p>	<p>29</p> <p>7th Gr Stores 8:30-10:30 a.m. 1:00-2:30 p.m. 5:30-7:00 p.m.</p>		

DMS Upcoming Events
As of 1/24/24 (Subject to change)

February

- 1 - DMS Girls Basketball - Home vs. Mineral Point - 4:00 p.m.
- 5 - DMS Wrestling - Away - Riverdale Invite - 4:30 p.m. (dismissal 2:50 p.m.)
- 6 - DMS Girls Basketball - Away vs. Cuba City - 4:00 p.m. (dismissal 2:30 p.m.)
- 7 - DMS Author Visit - Erin Soderberg Downing - 8:30 a.m.
- 8 - DMS Girls Basketball - Home vs. Lancaster - 4:00 p.m.
- DMS Wrestling - Away - Ithaca Invite - 4:30 p.m. (dismissal 2:40 p.m.)
- 12 - No School - Professional Development for Staff
- DMS Wrestling - Away - North Crawford - 5:00 p.m. (dismissal 2:30 p.m.)
- 13 - DMS Girls Basketball - Home vs. Darlington - 4:00 p.m.
- 15 - DMS Girls Basketball - Away vs. Platteville - 4:00 p.m. (dismissal 2:45 p.m.)
- 16 - DMS Musical at DHS Auditorium - 7:00-9:00 p.m.
- 17 - DMS Musical at DHS Auditorium - 2:00-4:00 p.m.
- 19 - DMS Mr. Fink and Mrs. Byers Parent Teacher Conferences - 3:45-7:30 p.m.
- 20 - DMS Parent Teacher Conferences - 3:45-7:30 p.m.
- DMS Girls Basketball - Away vs. Darlington - 4:00 p.m. (dismissal 2:35 p.m.)
- 22 - DMS Parent Teacher Conferences - 3:45-7:30 p.m.
- DMS Girls Basketball - Home vs. Platteville - 4:00 p.m.
- 28 - SWC Math Contest - Platteville - 1:00 p.m.
- 29 - DMS 7th Grade Stores Project

March

- 2 - DMS Solo Ensemble at DHS (all day)
- 11 - No School - Professional Development for Staff
- 20 - End of Term 3 - 12:00 p.m. Dismissal for Students
- 25 - DMS Track Practice Begins
- 26 - Dodgeville Music in Our Schools Showcase - 6:00 p.m. - Auditorium
- 29 - No School - Spring Break

April

- 1 - No School - Spring Break
- 2 - No School - Spring Break
- 3 - No School - Spring Break
- 4 - No School - Spring Break
- 5 - No School - Spring Break
- 8 - No School - Professional Development for Staff
- 11 - DMS Track & Field - Away - Southwestern Invite - 4:00 p.m. (dismissal _____)
- 18 - DMS Track & Field - Home - Dodger Invite - 4:00 p.m.
- 22 - DMS Track & Field - Away - Prairie du Chien - 4:15 p.m. (dismissal _____)
- Music Boosters Meeting - DHS 6:30 p.m.
- 25 - DMS Track & Field - Home - Dodger Invite - 4:00 p.m.

May

- 2 - DMS/DHS Band and Orchestra Concert - 7:00 p.m.
- 6 - DMS/DHS Choir Concert - 7:00 p.m.
- 7 - DMS Track & Field - Away - Lancaster Invite - 4:00 p.m. (dismissal _____)
- 9 - DMS Track & Field - Away - Richland Center - 4:00 p.m. (dismissal _____)
- 13 - No School - Professional Development for Staff
- 16 - 8th Grade Field Trip - The Diary of Anne Frank - Overture Center - 8:30-2:15
- 24 - High School Graduation Ceremony
- 27 - No School - Memorial Day
- Memorial Day Parade and Ceremony
- 28 - DMS/DHS Fine Arts Awards Night - 6:00 p.m.
- 30 - 8th Grade Field Trip - Wisconsin Dells - 8:00a.m.-5:30 p.m.

June

- 5 - Last Day of School - 12:00 p.m. Dismissal for Students