

The Middle Zone

News From DMS - January, 2025



2nd QUARTER ENDS

The second quarter ends on Friday, January 17th.
Students - you still have time to raise those grades.

Study, and do your homework - every day!!

Remember parents, you can keep track of your child's progress, missing assignments, attendance, & food service through Infinite Campus Parent Portal.

Call DMS for more information or connect via the [Dodgeville School District webpage](#). *Infinite Campus*

NO SCHOOL

There will be no school on Monday, January 20th.

Enjoy your day off, students!

Staff will be involved in professional development activities.



OUTDOOR RECESS

We will go out for recess if the air temperature is 20 degrees or greater. Please make sure your student dresses for the weather.



BREAKFAST

Regular:

Daily \$2.25

Reduced

Daily \$0.30

LUNCH

Regular:

Daily \$3.40

Weekly \$17.00

Reduced:

Daily \$0.40

Weekly \$2.00

MILK

Daily \$0.50

Weekly \$2.50



ANY CHANGES??

Please continue to let the DMS office staff know of any changes in residences, home phone numbers or employment numbers. Thanks for keeping us posted. Being able to reach people is very important.

Ms. Jenkins' Counselor's Corner for January 2025

Hello DMS Families! My name is Ms. Jenkins and I am the School Counselor here at DMS. I hope everyone enjoyed winter break and are ready to finish the first semester strong!

Please don't forget to check out my [DMS Counseling Website](#) for information and resources for students and families!

NEW Family Resources!

- [Addressing School Avoidance | Edutopia](#)
- [Emotional De-escalation Strategies | Edutopia](#)

ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses 2 days a month..	When a student misses 4 days a month..
They will miss 20 DAYS a year.	They will miss 40 DAYS a year.
They will miss 30 HOURS of math over the school year.	They will miss 60 HOURS of math over the school year.
They will miss 60 HOURS of reading & writing over the school year.	They will miss 120 HOURS of reading & writing over the school year.
They will miss over 1 YEAR of school by graduation.	They will miss over 2 YEARS of school by graduation.

THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feels Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



WHOLEHearted
SCHOOL COUNSELING

TIME WELL SPENT

5 Questions to Ask Teens About Social Media Use

- ① How does social media make you feel, and what emotions do you experience when you scroll?
- ② Have you ever felt pressured to present a certain image online?
- ③ How do you think social media impacts your friendships?
- ④ What are some ways you manage your screen time or boundaries you set for yourself?
- ⑤ What types of activities on social media feel like time well spent?



THE MENTAL
HEALTH
COALITION



Outdoor Recess

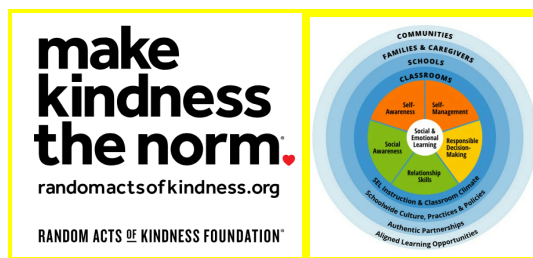
We are going to be going outside as much as we can during the winter season so please make sure your students have the proper winter gear (coats, snow pants, hats, gloves and boots). If your family needs assistance with getting these items, please do not hesitate to reach out to me.



Social and Emotional Learning (SEL)

In December we worked through the Caring Unit in our SEL curriculum, *Kindness in the Classroom*, which focused on feeling and showing concern for others and we will wrap up the Caring Unit when we return from break with the unit projects. We will then move onto the Integrity Unit, which will focus on acting in a way you know to be right and kind in all situations. Check out the links below to learn more about the specific lessons we have/will be doing! You may also check out the Kindness in the Classroom [website](#) for additional information or reach out to me if you have any questions.

Respect <ul style="list-style-type: none"> • 5th Grade • 6th Grade • 7th Grade • 8th Grade 	Caring <ul style="list-style-type: none"> • 5th Grade • 6th Grade • 7th Grade • 8th Grade 	Inclusiveness (will not be doing this year) <ul style="list-style-type: none"> • 5th Grade • 6th Grade • 7th Grade • 8th Grade
Integrity <ul style="list-style-type: none"> • 5th Grade • 6th Grade • 7th Grade • 8th Grade 	Responsibility	Courage



Academic & Career Planning (ACP) & Xello Lessons

Students are continuing to work on completing their first and second lessons in Xello/ACP. The fifth graders have started their career research presentations where they have to choose a career and then create a presentation with some different facts about the career. They will then present at the end of the year.

Coming Soon....

- D.A.R.E. with Officer Pepper and Charlie will be starting for fifth graders at the end of February. More information to come.
- Forward Testing will be happening in March and April. More information to come on how students and families can prepare for this testing.
 - [Information for Families About Assessment in Wisconsin | Wisconsin Department of Public Instruction](#)

Family Resources

Emotional Wellbeing

- [We Can All Prevent Suicide : Lifeline \(988lifeline.org\)](#)
- [What to Do if You're Worried About Suicide](#)
- [Suicide Warning Signs for Youth \(English\)](#)
- [Suicide Warning Signs for Youth \(Spanish\)](#)
- [What to Do \(and Not Do\) When Children Are Anxious](#)
- [How to Support LGBTQ Children](#)
- [Helping Children Cope with Grief](#)
- [Tips for Communicating with your Teen](#)
- [Teens and Anger](#)
- [Teenagers and Sleep](#)

Technology

- [GuidetoSnapchat_English.pdf\(ctfassets.net\)](#)
- [Digital Citizenship Resources for Family Engagement | Common Sense Education](#)
- [Parents' Ultimate Guide to Snapchat | Common Sense Media](#)
- [Parents' Ultimate Guide to TikTok | Common Sense Media](#)
- [Parents' Ultimate Guide to Instagram | Common Sense Media](#)
- [Girls and Social Media: A Guide for Parents and Caregivers | Common Sense Media](#)
- [What Are Some Basic Social Media Rules for Middle Schoolers? | Common Sense Media](#)
- [How Using Social Media Affects Teenagers](#)
- [Are smartphones and social media harming teen mental health? Here's why experts are split | PBS](#)

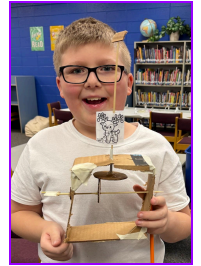
News

- [How Social Media Affects Your Teen's Mental Health: A Parent's Guide > News > Yale Medicine](#)
- [Health advisory on social media use in adolescence](#)
- [AAP Media Plan \(Family Media Plan\)](#)
- [How to Help Kids Balance Phones and Screens with Sleep | Common Sense Media](#)
- [Parents' Ultimate Guide to Fortnite | Common Sense Media](#)
- [Parents' Ultimate Guide to Minecraft | Common Sense Media](#)
- [What's the Impact of Media and Screen Violence on Children? | Common Sense Media](#)
- [How Can I Help My Kids Develop Good Screen Time Habits? | Common Sense Media](#)
- [Be a Role Model: 4 Ways to Balance Screen Time Around Children | Common Sense Media](#)

THE LATEST FROM THE LIBRARY

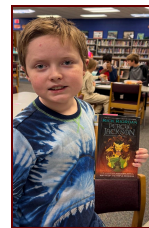
INSTRUCTIONAL COLLABORATIONS & OPPORTUNITIES

We had another busy month in December providing a variety of physical and digital-based resources to the DMS community. For example, we collaborated with the Math and Science teams to provide all students in the school with an opportunity to complete STEM-based intervention activities, utilizing the following resources from the Library: Ozobots, Strawbees, KEVA Planks, as well as building materials from our TeacherGeek Cart to create windsail vehicles. Ms. Spady's Makerspace/STEM Club students also used our MakeDo tools to create moving cardboard "automata." In addition, we provided Ms. Byers' students with many new books for their holidays and festivals Social Studies research project, and 7th grade ELA classes with a large set of books to inspire them in their art-based writing project. Next month, Ms. Spady will be working with 6th grade students to assist them in their persuasive writing research project.



BOOK RECOMMENDATION CONTEST WINNERS

Congratulations to the three students (Austin N., Lukas T., and Ari W.) who won the opportunity to be the first to check out the latest (7th!) book in the Percy Jackson series, *The Wrath of the Triple Goddess*, by filling out a book recommendation note in the Library in December.



BATTLE OF THE BOOKS COMPETITION PREPARATIONS UNDERWAY



Students in the Battle of the Books Club have been busy reading and practicing for the statewide competition with fun activities like Kahoot games and battle bingo. The members of the final team will be chosen in January and will participate in the online battle during the last week of February. They have also been working hard on videos for the related WEMTA Book Trailer contest, as entries are due on Jan. 17th.

UPCOMING AUTHOR VISIT - THANK YOU!



Thank you to everyone who pre-ordered signed books for our upcoming author visit of Laura Anne Bird on Wednesday, January 29th. Ms. Bird will talk with students about her newest novel, *Marvelous Jackson* and its companion, *Crossing the Pressure Line*. The books will be distributed to students on that day.

HOLIDAY FUN FOLLOW-UP

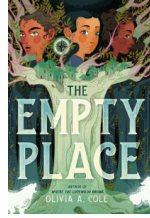
Last month, we asked our community to create holiday ornaments for the tree on our whiteboard table. Which one is your favorite?



JANUARY BOOK PROMOTIONS

One way to combat the “winter doldrums” is to curl up with a mug of hot cocoa and a good book. Check out our January features for inspiration!

- **New Year, New Books!**
- **Cozy Reading for Cold Weather**
- **Winter Sports**
- **Martin Luther King Jr. Day**



COMMUNITY CONNECTIONS

Dodgeville Public Library Expansion Community Information Session

Did you know that the Dodgeville Public Library recently received a grant that will assist in the renovation and expansion of the library? The project will begin this summer. Come participate in a community planning session on **Wednesday, January 22nd at 6:30 PM** in the **Dodgeville High School Auditorium**. All are welcome to join!



Merrimac + Main Afterschool Program Reminder

Wednesdays 4-6pm @ 115 W. Merrimac St., Dodgeville, WI 53533. Join their FREE after-school program for grades 5-8. Students can hang out, create art, play games, do homework, and spend time with their friends. Each week, they offer an optional special pop-up opportunity. Volunteers are also needed! Find out more information at: <https://www.merrimacandmain.org/>

~ Ms. Spady, DMS/DHS Library Media Specialist

~ PHYSICAL EDUCATION ~

PE Gear

What is PE gear?

PE gear is appropriate clothing and shoes for participation in physical education class activities.

PE gear means different clothes from what is worn to school. Students change into those clothes for PE class and then out of them, at the end of class, and back into their school day clothes.

Proper shoes can be any type of clean sneaker or tennis shoe that is safe. Students do not need designated PE shoes. Tennis shoes worn to school may be used in PE.

7th and 8th-grade students have had the expectation to change for class. During the second semester, 6th-grade students will also be expected to change for PE class.

Students have the option to bring their PE gear on a daily basis or to store their PE gear in a locker in the locker room. Students may request a locker and school-issued lock if they want to use a locker for storage versus their backpack.

WOD! AMRAP!

The above are acronyms used in some fitness circles. WOD stands for the workout of the day. On Mondays, students are challenged to complete a short WOD. The WOD for the second semester increases from 2 minutes to 3 minutes.

Students select 3-4 exercises from a list. They perform 5 reps of each exercise and then run 1 lap. This sequence is repeated as many times as possible (AMRAP) in the 3 minutes.

Some students have really dug deep to go further each time. It's exciting to see students beat their previous personal best! It will be exciting to see the students attack the challenge of the increase in time on the WOD.

DMS Physical Education Essential Vocabulary

6th-grade physical education students have been working on defining the essential vocabulary. Students have integrated the vocabulary into practice during physical education classes. The timing of when to do these types of exercises best fit into a fitness routine is emphasized.

Each class begins with a dynamic warm-up. An isometric hold is built into most lessons as well. Classes discuss how to improve recovery through a cool down and static stretching and students are taken through a variety of static stretches.

DYNAMIC MOVEMENTS

What are dynamic movements and why do we do them *before* we workout or do an activity?

Dynamic movement exercises are active movements where joints and muscles go through a full range of motion.

PREPARES THE BODY FOR ACTIVITY

REDUCES THE CHANCE OF INJURY

PREPARES YOUR MIND FOR ACTIVITY

IMPROVES YOUR PERFORMANCE

"It helps rehearse the movement patterns so the muscles tend to get excited a little bit earlier and faster which can help improve power and increase coordination."

ISOMETRIC EXERCISE

What are isometric exercises ?

Isometric exercises involve the contraction of muscles without any movement in the surrounding joints.

EXAMPLES OF ISOMETRIC EXERCISE

- *PLANK
- *WALL SIT
- *CALF RAISE HOLD
- *LUNGE HOLD

BENEFITS OF ISOMETRIC EXERCISE

- BUILDS MUSCLE & STRENGTH
- IMPROVES BALANCE

STATIC STRETCHING

End your workout or activity session with a few minutes of static stretching.

Static stretches where you stand, sit or lie still and hold a single position for a period of time, up to about 45 seconds.

BENEFITS OF STATIC STRETCHING

- IMPROVES YOUR FLEXIBILITY & RANGE OF MOTION
- HELP MUSCLES RECOVER FASTER AFTER A WORKOUT

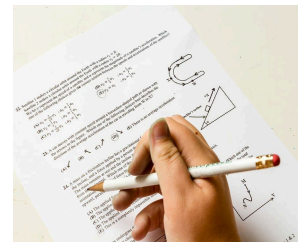


Homework Club

DMS

Tuesdays and Thursdays

3:30-4:30



Students who want some support with assignments, studying for tests, or just want to hang out and read. You do not need to sign up, just stay after school and report to Room #330 (Mrs. Thier's room).

DMS SPORTS

INTERSCHOLASTIC SPORTS AT DMS!

★ Girls' Basketball - Grades 7th & 8th

Practice starts Thursday, January 2nd

7th Grade at DES

8th Grade at DMS

[Girls Basketball Schedule](#)

★ Wrestling - Grades 6th - 8th

Practice starts Thursday, January 2nd

3:30 - 5:00 pm in the DMS Mat Room

[Wrestling Schedule](#)

★ Track - Grades 6th - 8th

Practice starts Monday, March 31st.

[Middle School Track & Field](#)

Middle School Sports Sign Up:

[2024-2025 Sign Up Sheet](#)

ATTENTION ATHLETES – GET READY TO PLAY!

To participate in the DMS interscholastic sports programs **ALL** forms must be turned into the office **BEFORE** you are able to **PRACTICE**. If you are interested in being part of one of our athletic teams this year, you must take care of the following items:

- WIAA physical or alternate year card
[Physical Form](#) or
[Alternate Year Card](#)
- Athletic Code Sheet and Concussion/Sudden Cardiac Arrest Agreement
[DMS Registration Parental Consent](#)
- Upland Hills Health, consent and permission to treat.
[UHH Consent](#)
- Fee to participate (payable at the start of each sport).
[DSD Student Fees](#)



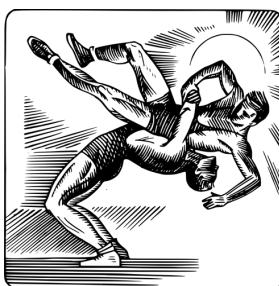
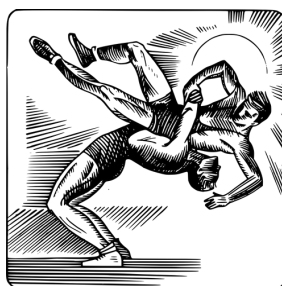
7TH & 8TH GRADE GIRLS BASKETBALL 2025 Subject to change



Girls Basketball Schedule

Date	Opponent	Home / Away	Dismissal Time	Start Time
Tuesday, Jan. 14	Lancaster	Home	***	4:00 pm
Thursday, Jan. 16	Platteville	Away	2:45 pm	4:00 pm
Tuesday, Jan. 21	Darlington	Away	2:35 pm	4:00 pm
Thursday, Jan. 23	River Valley	Away	2:50 pm	4:00 pm
Tuesday, Jan. 28	Iowa-Grant	Home	***	4:00 pm
Thursday, Jan. 30	Mineral Point	Away	3:00 pm	4:00 pm
Tuesday, Feb. 4	Cuba City	Home	***	4:00 pm
Thursday, Feb. 6	Lancaster	Away	2:30 pm	4:00 pm
Thursday, Feb. 13	Platteville	Home	***	4:00 pm
Tuesday, Feb. 18	Darlington	Home	***	4:00 pm

Home Games - 7th grade plays at Dodgeville Elementary School
 - 8th grade plays at Dodgeville Middle School



WRESTLING 2025

Wrestling Schedule

Date	Opponent	Home / Away	Dismissal Time	Start Time
Monday, Jan. 13	Belmont Invite	Away	2:35 pm	4:30 pm
Tuesday, Jan. 21	Dodgeville Invite	Home	***	4:30 pm
Monday, Jan. 27	Iowa-Grant	Away	2:40 pm	4:30 pm

Monday, Feb. 3	Lancaster Invite	Away	2:30 pm	4:30 pm
Monday, Feb. 10	Darlington Invite	Away	2:40 pm	4:30 pm

DMS Upcoming Events 2025
As of 01/01/2025 (Subject to change)

January

- 1 - No School-New Years
- 2 - Classes Resume
- 2 - 7th & 8th Grade Girls Basketball Practice starts
- 2 - 6th, 7th & 8th Grade Wrestling Practice starts
- 13 - DMS Wrestling Invite at Belmont High School - 4:30 pm (dismissal 2:35 pm)
- 14 - Girls Basketball - Home vs. Lancaster - 4:00 pm
- 16 - Girls Basketball - Away vs. Platteville - 4:00 pm (dismissal 2:45 pm)
- 17 - End of 2nd Quarter
- 20 - No School - Professional Development for Staff
- 21 - Beginning of 3rd Quarter
- 21 - Girls Basketball - Away vs. Darlington - 4:00 pm (dismissal 2:35 pm)
- 21 - DMS Wrestling Invite at Dodgeville High School - 4:30 pm
- 23 - Girls Basketball - Away vs. River Valley - 4:00 pm (dismissal 2:50 pm)
- 27 - DMS Wrestling Invite at Iowa-Grant Middle School - 4:30 pm (dismissal 2:40 pm)
- 28 - Girls Basketball - Home vs. Iowa-Grant - 4:00 pm
- 30 - Girls Basketball - Away vs. Mineral Point - 4:00 pm (dismissal 3:00 pm)

February

- 3 - DMS Wrestling Invite at Lancaster High School - 4:30 pm (dismissal 2:30 pm)
- 4 - Girls Basketball - Home vs. Cuba City - 4:00 pm
- 6 - Girls Basketball - Away vs. Lancaster - 4:00 pm (dismissal 2:30 pm)
- 7 - DMS Play - Channeling Grimm - 7:00 pm
- 8 - DMS Play - Channeling Grimm - 5:00 pm
- 10 - DMS Wrestling Invite at Darlington High School - 4:30 pm (dismissal 2:40 pm)
- 13 - Girls Basketball - Home vs. Platteville - 4:00 pm
- 17 - No School - Professional Development for Staff
- 18 - Girls Basketball - Home vs. Darlington - 4:00 pm
- 18 - DMS Parent Teacher [Conference Open House](#) 5:00 - 7:00 pm

March

- 1 - Middle School Solo & Ensemble at Lancaster High School
- 21 - End of 3rd Quarter - Early Release - Noon Dismissal

- 24-28 - No School - Spring Break
- 31 - Start of 4th Quarter
- 31 - DMS Track & Field Practice starts

April

- 18 - No School - Good Friday
- 21 - No School - Professional Development for Staff
- 22 - DMS Parent Teacher [Conference Open House](#) 5:00 - 7:00 pm
- 24 - DMS Track & Field Dodgeville Invite - 4:00 pm
- 28 - DMS Track & Field - Invite at Prairie du Chien - 4:00 pm (dismissal 1:55)

May

- 6 - DMS Track & Field - Invite at Fennimore - 4:00 pm (dismissal 2:20)
- 13 - DMS Track & Field - Invite at Lancaster - 4:00 pm (dismissal 2:20)
- 15 - DMS Track & Field - Invite at Platteville - 4:00 pm (dismissal 2:20)
- 23 - DHS Graduation 7:00pm
- 26 - No School - Memorial Day
- 30 - End of School Year - Early Release - Noon Dismissal

What's happening in the Dodgeville School District

[Dodgeville School District](#)

[School Calendar](#)



JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd Entrée Choice: Peanut Butter & Jelly Sandwich Menu subject to change without notice Choice of Milk: 1% White, Fat Free Chocolate This institution is an equal opportunity provider</p>		<p>1. NO SCHOOL</p> <p>WG = Whole Grain</p>	<p>2. Cheese Pizza DHS: BBQ Chicken Baby Carrots Green Beans Pears Side Kick Slushy</p>	<p>3. Sausage, egg , cheese Biscuit Bell Peppers Hash Brown Rounds Applesauce Juice</p>
<p>6. Mozzarella Dippers Wedge Fries Marinara Sauce Romaine Salad Pears</p>	<p>7. Chicken alfredo Broccoli Romaine Peaches Breadsticks</p>	<p>8. Mini Corn Dogs Curly Fries Baked Beans Romaine Salad Mixed Fruit</p>	<p>9. Beef Nacho Cheese Sauce French Fries Diced Tomato-Olives Lettuce Applesauce Tortilla Chips</p>	<p>10. Orange Chicken Rice Baby carrots Steamed Broccoli Mandarin Oranges WG Dinner Roll Fortune Cookies</p>
<p>13. Pizza Hut Pepperoni Seasoned Carrots Lettuce Salad Pears Side Kick Slushy</p>	<p>14. Chili Seasoned Peas Celery Applesauce Crackers Cinnamon Roll</p>	<p>15. Popcorn Chicken Mashed potatoes Baby carrots corn Mixed Fruit WG Roll</p>	<p>16. Cheeseburger French Fries Sliced Tomatoes Pickles Lettuce Peaches WG Bun</p>	<p>17. Teriyaki Chicken Ramen noodles Broccoli Bell Peppers Pineapple Fortune cookie Dinner Roll</p>
<p>20. No School Dodgecare Head start</p>	<p>21. Grilled Cheese Tomato Soup Cucumbers Applesauce Goldfish</p>	<p>22. Chicken Nuggets Mashed Potatoes Sweet Corn Mixed Fruit WG Dinner Roll</p>	<p>23. Chicken Fajita French Fries Shredded Romaine Diced Tomatoes Fiesta Beans Strawberries Tortilla Shell</p>	<p>24. Hot Dog Tri-taters Mac and Cheese Pickles Applesauce WG Bun</p>
<p>27. Pizza Hut Sausage Seasoned Peas Lettuce Salad Pears Side Kick Slushy</p>	<p>28. Spaghetti W/meat sauce Romaine Green Beans Peaches WG Garlic Bread</p>	<p>29. Chicken Patty Mashed Potatoes Sliced Tomatoes Corn Mixed Fruit WG Bun</p>	<p>30. Quesadilla French Fries Refried Beans Shredded Lettuce Diced Tomatoes Applesauce</p>	<p>31. Chicken lo Mein and Pot Stickers Broccoli Baby carrots Pineapple Fortune Cookie WG Roll</p>