

SKMS

Happenings

Heart & Sole



This semester, we are excited to bring to Skyline Middle School a Girls on the Run - Heart & Sole program. Girls on the Run is a non-profit organization aimed toward empowering young girls in 3rd-8th grades. We are proud to have nine 7th grade girls participating in Heart & Sole at Skyline. Our team of girls will be participating in 10 weeks of after-school activities and lessons. We meet twice a week for two hours. During our time together this semester, we will be teaching life skills through dynamic, interactive lessons. Heart & Sole curriculum includes three parts that cover Understanding Ourselves, Valuing Relationships and Sharing our Strengths.

At the conclusion of our season, we will be participating in a celebratory 5K in Winchester. This is a fun, non-competitive 5K event where all the girls come together with their families and friends to celebrate all they have learned throughout the season. Our Heart & Sole team will be training during this 10-week period to complete the 5K to their best ability, proving to themselves and others that they most definitely CAN do anything they set their mind to.

Crankie Connection

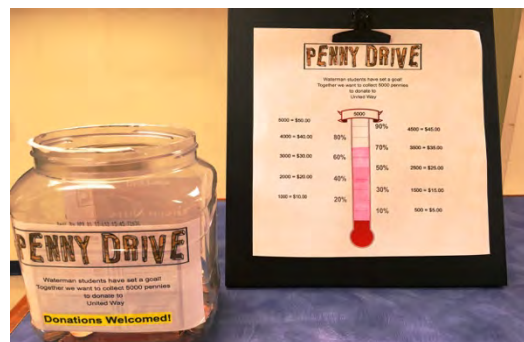
Skyline Middle School welcomed Pennsylvania-based Crankie Performer Ellen Gozion for a presentation of the history of Crankies, Appalachian ballads, and music. A Crankie is an old storytelling art form where a long illustrated scroll is hand-cranked in a viewing box while the story is told or sung. A Crankie can be accompanied by a narrative, song or tune, and students enjoyed the beauty of the collaged mosaic style imagery as the lyrics filled the room. After the performances, students had an opportunity to ask questions of the artist about her process. Storyboarding visual imagery, the use of symbolism, and the mechanics of building



a Crankie were shared with teachers and students in preparation for collaboratively creating Crankies in art and drama classes. The experience was funded through an HEF grant. Students will be sharing their Crankies during Youth Art Month in March and on May 24, 2018 at the Forbes Center. Special thanks to our Librarian, Sandra Parks; Drama teacher, Rebecca Rogers; Choral teacher, Deborah Mongold; and Art educator, Holly Bess Kincaid, for bringing the creative "Crankie Connection" to our Falcon artists.

WES Penny Drive

Find a penny, pick it up, all day long you'll have good luck. At Waterman Elementary, the luck is being passed on to our community through the United Way of Harrisonburg and Rockingham County. As students at Waterman learned about goal setting, they established a school goal of collecting 5,000 pennies. When that was accomplished by the middle of the month, the goal was increased to 10,000 pennies! Each day in February, they hear about ways their donations will help others and will be so proud to give \$100.00 to the United Way.



Throughout the year, each class meets with a buddy class in the school to encourage students to build relationships with others and make meaningful memories. Our buddy class activities focus on our school division's Social-Emotional goal. Students are learning about Growth Mindset, Self-Management, Social Awareness and Self-Efficacy.

After the penny drive was underway, buddy classes participated in a penny toss with a goal to catch 10 pennies. Multiple tries were often needed to perfect their outcome. This helped students learn persistence. Next, buddies wrote personal academic goals to strive for until they meet again in April. In the meantime, they will write to each other to share growth towards their goal and inquire about the progress their buddy is making. This proved to be a fun way for students to be introduced to goal setting in order to set their own personal goals.

All the money raised will go to The United Way. Way to give back to the community, Waterman Wildcats!!

Upcoming Events

- Feb. 20: School Board Work Session – School Board Office – 5:30 pm
- Feb. 22-25: HHS Musical - *Cinderella*
- March 6: School Board Meeting – City Council Chambers – 7:00 pm
- March 1: Parent-Teacher Conferences – 11:00 am - 7:00 pm
- March 1-2: No School for Students

HHS
Streaks = Success: A Class Act

The 2017-2018 school year brought with it a new classification for Blue Streaks Athletics and Activities in the Virginia High School League. After spending the last four years as a Class 4 high school (defined by student population for VHSL purposes), Harrisonburg became a Class 5 member due to enrollment increases. Not knowing how this new change would affect our programs in total, we are happy to report that the Blue Streaks are enjoying much success in our new home.

After capturing our second consecutive Valley District Football Championship, the Streaks advanced to the Region 5D playoffs for the first time in seven years. With a first-round win over the Patriots of Albemarle, the boys in blue took their show on the road to Stafford High School the following week. Unable to secure a second-round win, the Streaks exited the post season with their most successful season in eight years. After their first foray into the Class 5 playoffs, the Streaks look to enjoy future success as the program continues to build.



Blue Streaks Golf enjoyed a successful season under new Head Coach Chris Sorber, who took the helm after long-time and very successful coach Mike Ruckman retired from the position. Coach Sorber has effectively created a lasting partnership with The First Tee program in Harrisonburg, and fielded the largest Streaks team of Varsity and Junior Varsity golfers in the last several years. The future looks bright for the team who qualified more players to the Region this year than the last five years.

Speed has defined the Blue Streaks Cross Country and Track programs for years. Both the Boys and Girls squads enjoyed success this season. After a second place finish for the Girls in the Valley, and a third place finish for the Boys, both teams entered the Regional meet with confidence and drive. The Girls had a great day, and narrowly missed moving on to States by four points, finishing in fourth place. The Boys finished a respectable sixth in the Region. Hannah Miller and Mia Constantine were All-Region and qualified to run at Great Meadows in the State Championships. A senior-heavy Boys team will look to reload with our talented younger runners, and the young Girls team will seek to build on this year's success.

On the Indoor Track side, both Boys and Girls teams continue to have huge numbers of athletes participating. The girls team captured their fifth District or Conference championship in as many years (3 Valley District, and 2 Conference) and have high hopes heading into the Region Championships.



Two teams that have achieved great success compared to recent history are the Blue Streak Boys and Girls basketball teams. Both Varsity Boys and Girls finished the gauntlet of the Valley District in 2nd place for the regular season. It has been many years since both teams were at the top tier in the Valley. This lofty finish earned both high seeds in the Region tournament as the Girls are seeded third and will host a first round game, and the Boys are seeded second and earned a first round bye and will host in the second round. Senior Constance Komara on the Girls side reached a select group of historic Streaks by scoring over 1,000 points and nabbing over 500 rebounds in her career. Both teams begin the post-season in Region play on February 19.

HHS, con't.

New School Records Swim and Dive

- Olivia Arndt, Mia Constantin, Andi Fox, Samantha Little Swimming 200 Medley Relay 1:56.66 (previously established in season opener by same group)
- Kyle Brown, Urie Conis, Christian Rodriguez, William Daniel - Swimming 200 Medley Relay 1:46.69 (previously held by Paul Kim, Shannon Leeper, Nathan Medley, Evan Rodeffer at 1:50.52 established in 2002)
- Mia Constantine, Grace Gabriele, Samantha Little, Andi Fox - Swimming 200 Free Relay 1:46.14 (previously held by Madison Wilson, Sydney Little, Joanna Hernandez, Claire Glick established in 2012 at 1:46.72)
- Jack Fleming - Diving - 455.4 points (previously held by Isaiah King set in 2016 at 407.8)
- Andi Fox - Swimming - 100 Butterfly 1:00.75 (broke her own record)
- Samantha Little - Swimming - 100 Freestyle :58.56 (previously held by Lily Gusler at :59.0)
- Samantha Little - Swimming - 100 Backstroke 1:07.01 (previously held by her sister Sydney set in 2013 at 1:07.79)

New School Records Cross Country and Indoor Track

- Hannah Miller - Cross Country - 19:23.00 (breaking her own school record time from earlier in the season of 19:27.40)
- Hannah Miller - Indoor Track - 1,000m 3:09.56 (previously held by Jessica Propst mark of 3:11.17 from 2006)

At press time, all winter season teams are still in action, and we hope to share more success by the year's end. GO STREAKS!



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SES *Kindness is Cool*

Spotswood Elementary School students think kindness is cool and they are eager for the chance to recognize it! During their January “Kind is Cool” assembly, staff members performed skits showing the dos and don’ts of kindness, and first graders shared a book they wrote on what a friend should and shouldn’t do. Inspiring videos were also shared highlighting the effect of kind words and actions on the happiness of others.

Students and staff were also encouraged to grow a chain of kindness with our “Kind is Cool” campaign. Programs such as the Knight Badge of Honor and Student of the Week allow adults to recognize students for using kind words and actions, but the “Kind is Cool” campaign gives students an opportunity to do so as well.

When a student sees kindness in others, he or she can write (using a sentence frame or their own words) or draw a picture of that kind act on a link for our chain of kindness. The chains from each class will be linked together and displayed throughout our cafeteria and hallways. Students are excited to recognize the kind words and actions they are experiencing. Some examples include: To _____ for helping to pick up pencils that someone dropped; To ____ for giving me a hug when I was sad; To _____ for using a quiet voice so that I could work better; To _____, Thank you for helping me with my work; To _____, You do a great job of writing and reading your stories.

Kindness is spreading at Spotswood because Kind is Cool!



School Nutrition

It's that time of year again - time to celebrate the most important meal of the day, breakfast! Every March, the nation celebrates National School Breakfast Week. National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children.

The School Breakfast Program is a federally assisted meal program operating in public and non-profit private schools and residential child care institutions. Currently, Harrisonburg City Schools serves an average of 3,894 breakfasts daily! During National School Breakfast Week, our schools will put their breakfast programs on display through exciting events and promotions.

In addition to the traditional, cafeteria-based breakfast model, our schools also use alternative breakfast models to further increase their school breakfast participation. For example, at the elementary school level, students can enjoy "Breakfast in the Classroom," which involves serving the breakfast meal to children during a morning class, often while the teacher is taking attendance or giving classroom announcements. Other schools provide two chances to enjoy breakfast at school by offering a second chance "Grab & Go Breakfast" option, where students can grab their breakfast in a paper or plastic bag during a morning break.

Students who eat school breakfast are more likely to:

- Maintain a healthy weight
- Have better concentration and memory
- Be more alert
- Reach higher levels of achievement in reading and math, and score higher on standardized tests

In addition to these benefits, research has shown that eating school breakfast is associated with lower rates of absenteeism and tardiness, fewer behavioral problems and positive learning environments. With these benefits associated with eating school breakfast, it's no wonder it has its very own week of celebration!



National School Breakfast week

The Insider

Highlighting Excellence in Harrisonburg City Public Schools



Photos by Bob Adamek

