

# CARTER BUZZ



CARTER MIDDLE SCHOOL

February 2019

## WATSON'S WORLD~

### Attendance

Parents our goal is to reach 95% or better attendance rate this school year. Currently, we have a 93.4% attendance rate for the year and we do not want to lose ground. February is usually a low attendance month because of bad weather and sickness. Please try your best to get your child to school.

### Immunizations for Next Year

Updated immunizations are required for rising Seventh graders. Sixth grade parents as you take your student to the doctor this Spring and Summer please ask your physician about updating your child's immunizations. Once you get the immunization record updated, then send a copy to the school.

### Parents Beware of the Vape

It seems like vaping is becoming a fascination for some high school and middle school students. It has been a problem at the high school level for a year or so around the county. Now it is starting to seep down to middle schools, including Carter Middle. What are E-cigarettes? According to the Centers of Disease and Control (CDC):

E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.  
E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.  
Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items.  
Larger devices such as tank systems, or "mods," do not look like other tobacco products.  
E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)."  
Using an e-cigarette is sometimes called "vaping" or "JUULing."

The tricky thing about some of these E-cigarettes is that they look like pens and in the case of JUULs, look like USB flash drives. Students can conceal them easily from teachers and parents. How do students get them? In most cases they steal them from their parents or older siblings. According to the CDC these are the risks for teens:

The use of e-cigarettes is unsafe for kids, teens, and young adults.  
Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.<sup>1</sup>  
E-cigarettes can contain other harmful substances besides nicotine.  
Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

Parents be on the lookout for these devices and if you own them at your house, then lock them up from your children. When a student is found with the device at school, then the student is suspended from school and given a citation from the Sheriff's Department, which requires a court appearance. Parents please educate your child on the risks associated with vaping and the consequences.

Mr. Watson

*"Often the difference between success and failure is belief."  
~ Jon Gordon*

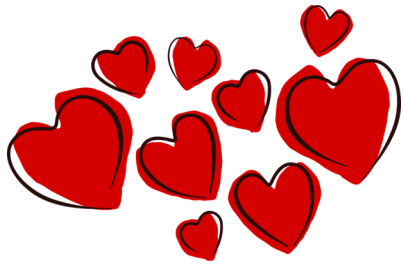
## STANLEY'S SECTION~

February is Black History Month. Carter G. Woodson is known as the "Father of Black History". He started "Negro History Week" in 1926 during the second week of February to commemorate the birthdays of Abraham Lincoln and Frederick Douglas. This week has now evolved into a month long celebration.

Carter Middle School would like to remember those famous African Americans from the state of Tennessee who have made a contribution to the United States of America: Chris Blue, Judge Joe Brown, The Clinton Twelve, Aretha Franklin, Nikki Giovanni, Rev. Al Green, Alex Haley, Isaac Hayes, Benjamin Hook, B.B. King, Wilma Rudolph, Bessie Smith, Tina Turner, Ida B. Wells, and Oprah Winfrey. These are just a few names to remember.

Please note that Black History Month is American history and should be celebrated 365 days of the year not just during the month of February.

Jennifer Stanley  
7<sup>th</sup> Grade Assistant Principal  
Carter Middle School



## RAMSEY'S REVIEW~

Hello Hornet Family,

February is already here and there are some important dates to remember.

February 15 – Valentines Dance  
February 15 – 4<sup>th</sup> DC/NYC trip payment due  
February 18 – Student holiday/in-service day

Once again I would like to thank you for continuing to support and encourage your students!

GO HORNETS!!!

Joey Ramsey  
8th Grade Assistant Principal

### A Note from the Nurse~

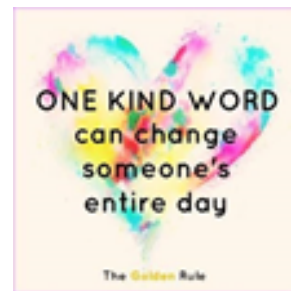
6th Grade Parents!

*"Has your Child received their 7th Grade vaccination?"*

Prior to starting 7th Grade, all students must show either proof of receiving Tdap immunization or provide a letter from medical provider stating medically exempt from receiving vaccine or a parent/guardian letter stating religious exemption.

Make appointments now to avoid the rush!!

Thank you,  
Nurse Davina Morgan



*"If there is no struggle, there is no progress."*  
~Frederick Douglass



**2018-2019 Carter Middle School Spelling Bee Winners**

From right to left; Charlotte Hickman (1st Place), Mrs. Hancock, Facilitator and Tymira Flack (2nd Place)  
 These young ladies are regular library patrons. They love to read!!

Congratulations to all of our participants!



**WBIR Cool School of the week  
 January 9, 2019  
 GO HORNETS!**



## February is the Month for Inspiration



### Ways to Inspire Everyone around You

- Be authentic and true to yourself.** – In this crazy world that's trying to make you like everyone else, find the courage to keep being your awesome self.
- Stick with what you love.** – Take part in something you believe in.
- Express your enthusiasm.** – Passion is something you must be willing to express if you want to inspire others.
- Excel at what you do.** – People watch what you do more than they listen to what you say. Be someone worth emulating.
- Focus on building your character.** – Be more concerned with your character than your reputation.
- Care about people.** – People don't care about how much you know, until they know how much you care.
- Challenge people to do their best.** – As Ralph Waldo Emerson once said, "Our chief want is someone who will inspire us to be what we know we could be"
- Lead by example.** – Practice what you preach or don't preach at all. Walk the talk! Be the change you want to see in the world.
- Make people feel good about themselves.** – People will rarely remember what you did, but they will always remember how you made them feel.
- Keep your cool in tense situations.** – What you do in a tense situation says a lot about your limits. People take note of how far the pressure or social discomfort around you goes until you lose control of yourself and the situation
- Focus on the positive.** – Be happy with who you are now, and let your positivity inspire your journey into tomorrow
- Keep your promises and tell the truth.** – Inspire people with your dependability and commitment to the truth. If you say you're going to do something, DO IT
- Listen intently to what others say.** – Make people feel important, and inspire them by showing them that they are. Eyes focused, ears tuned, mobile phone off. In a world that can't move fast enough, someone who can find time to listen to others is always appreciated.
- Communicate clearly.** – Mystery does not inspire. Say what you mean and mean what you say.

## Did you know?

There are 12 Chinese zodiac animals used to represent years, 2019 is the **year of the Pig**.



### Origin of the zodiacs:

One legend says that the Jade Emperor (玉皇大帝—yù huáng dà dì) needed to choose 12 animals as palace guards. The Cat asked his neighbor Rat to help him sign up. Rat forgot, which is why they became mortal enemies. At the palace, Ox was first in line, but Rat secretly climbed onto Ox's back and jumped in front of him. Tiger and Dragon thought it was unfair, but they could only settle behind Ox. Rabbit found it unfair too. He wanted to race with Dragon and succeeded. This angered Dog, who bit Rabbit in a fit and was sent to the back as punishment. Snake, Horse, Goat, Monkey and Rooster fought amongst themselves as well. Pig came late, after everything was finally settled, and could only be the last. Of course, this is only a story. Cats didn't even exist in China when zodiac animals first came about.



### Carter Middle School Tutoring Schedule 2018-2019

Morning Tutoring Monday through Friday

7:30-8:00	Room 812	Mrs. Kinchen
7:30-8:00	Room 606	Mrs. Morris
7:30-8:00	Room 808	Mrs. Simpson

Afternoon Tutoring Tuesday, Wednesday, and  
Thursday 3:30 pm -5:00 pm

Tuesday	Wednesday	Thursday
Room 803 Mrs. Reinthaler	Room 810 Dr. Robinson	Room 810 Dr. Robinson
Room 607 Mrs. Nicely	Room 607 Mrs. Nicely	Room 607 Mrs. Nicely
Room 604 Ms. Brannom	Room 604 Ms. Brannom	Room 803 Ms. Reinthaler

### PTSA NEWS~

You are always welcome to attend PTSA meetings. Our general meetings are the second Tuesday of the month at 6 p.m. in the library. We would love to have you join us!

[cartermiddleschoolptsa@knoxschools.org](mailto:cartermiddleschoolptsa@knoxschools.org)

### Counselor's Corner~

Magnet schools will visit Carter Middle's 8th grade students on February 11th. They will present information on magnet programs that STEM Academy and CMA have to offer.

We are working hard this year to fit our counseling services to the needs of our students and families. If you haven't done so already, please complete our online needs assessment using this link: Open new browser window and copy and past into URL address bar.

<https://goo.gl/forms/Pq32LnqZOolv4KoF2>

We will use the results to continue to shape our Counseling program. Thank you for your help!

Mr. Meade and Ms. Kyburz



Carter Middle School

# VALENTINE'S DANCE

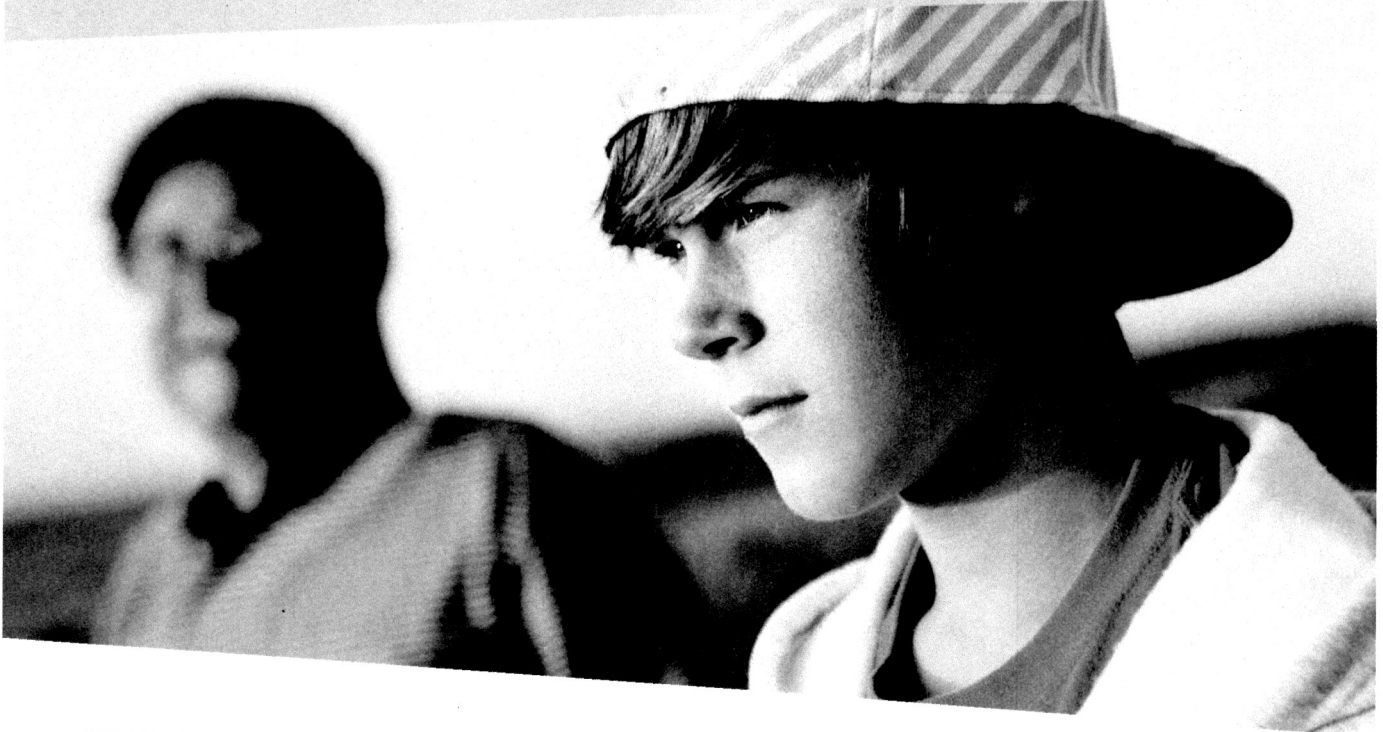
**FEBRUARY 15, 2019**  
**4:00 pm - 5:30 pm**

**Admission \$5.00**

**Live DJ - Concessions - Prizes**



## Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



### BEFORE THE TALK

*Know the facts.*

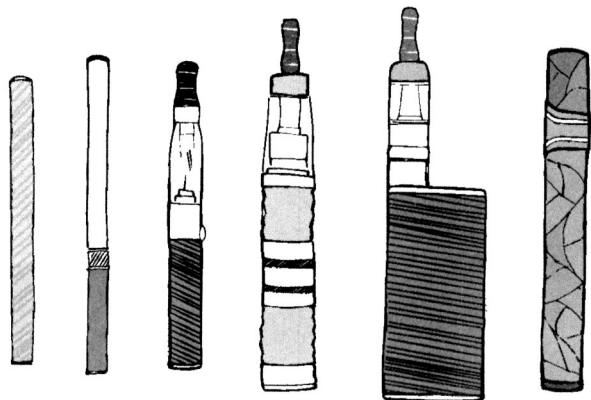
- Get credible information about e-cigarettes and young people at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov).

*Be patient and ready to listen.*

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

*Set a positive example by being tobacco-free.*

- If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call **1-800-QUIT-NOW**.



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## START THE CONVERSATION

### *Find the right moment.*

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
  - » Seeing someone use an e-cigarette in person or in a video.
  - » Passing an e-cigarette shop when you are walking or driving.
  - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



### *Ask for support.*

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

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## ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

### *Why don't you want me to use e-cigarettes?*

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

### *What's the big deal about nicotine?*

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

### *Aren't e-cigarettes safer than conventional cigarettes?*

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

### *I thought e-cigarettes didn't have nicotine—just water and flavoring?*

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) together so you can see for yourself.

### *I (or my friends) have tried e-cigarettes and it was no big deal.*

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

### *You used tobacco, so why shouldn't I?*

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.





## KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) with your teen.



Share this page

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

### *Connect and encourage.*

- You always liked science. Check out the science about e-cigarettes and young people:  
**[E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)**
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

### *Remind and repeat.*

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

### *Share facts and resources.*

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease  
Control and Prevention  
Office on Smoking  
and Health



What Do You Want to Be?

# Knox County Career Fair

**What?**

Knoxville Career Fair

**When?**

February 12<sup>th</sup> 2019

4:00-7:00 p.m.

**Who?**

8<sup>th</sup> Grade –High School

**Where?**

Knoxville Expo Center

5441 Clinton Highway

Knoxville TN, 37912

Come Learn About Career  
Opportunities in Knoxville!

SORRY

NO VALENTINE  
FLOWERS OR GIFTS  
WILL BE ACCEPTED  
FOR ANY STUDENT  
FROM FLORISTS,  
PARENTS, ETC...



## CMS STAFF

Q A W N S Y V N M D R R F Z V M N S G P  
 N L E Y L W I H Y N E G R E E N E S X L  
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AMCLAIN  
 DZIEWULSKI  
 FRAZIER  
 GREENLEE  
 HARTNESS  
 HUTCHINS  
 KINCHEN  
 LUTTRELL  
 MILLER  
 NICELY  
 POULSON  
 ROBINSON  
 RUDOLPH  
 SIMPSON  
 THOMAS  
 WHARTON  
 WYATT

BRANNOM  
 EIKENBERG  
 FREELS  
 HAMBY  
 HENDERSON  
 JULIEHUTCHINS  
 LEWIS  
 MANIS  
 MORRIS  
 PARKER  
 REINTHALER  
 RSMITH  
 SCHMOLLINGER  
 SPOON  
 TURMAN  
 WHIPPLE

DUDLEY  
 FINLEY  
 GREEN  
 HANCOCK  
 HOWELL  
 KIDD  
 LORCHER  
 MAYS  
 NEAL  
 POLLY  
 RMCLAIN  
 RUDDER  
 SHULTS  
 SPRUIELL  
 WEBB  
 WINTER

Can you find your teacher?

# Middle Years

Working Together for School Success



## Short Stops

### Making up work

When your child returns to school after being absent, remind her to ask her teachers about make up work. She'll avoid missing out on learning, and she'll make sure she has material that may appear on a quiz or test. At home, have her set aside time to complete the assignments.

### Find the similarity

Play this game to stretch your youngster's thinking. Take turns naming two unrelated objects (flower, skyscraper). Encourage him to think about each object's attributes and come up with creative ways that they're alike (both stand up tall).

### Follow through

An apology means more if your tween follows up on it. When she makes a mistake, ask how she plans to avoid a repeat. For example, say your trash can overflows because she forgot to put it out on pickup day. After she says, "I'm sorry," she might tape a reminder on the fridge ("Trash: Tuesday and Friday").

### Worth quoting

"There is nothing like a dream to create the future." *Victor Hugo*

### Just for fun

**Q:** When you look at me, I look at you. When you raise your left arm, I raise the right. What am I?

**A:** A mirror.



## Solid research skills

With so much information available, there's plenty for your tween to draw on when he does research for reports, essays, or presentations. The key is knowing how to dig through the material and determine what he needs. Share these tips.



### Stay on topic

Encourage your child to use specific search terms online so that what turns up will be closer to what he's looking for. Say he's writing a science paper on earthquakes. Simply typing "earthquakes" into a search engine may bring up news on recent quakes. He'll get better results if he instead tries "earthquake science" or "What is an earthquake?"

### Get organized

Suggest that your middle grader develop a note-taking system that works well for him. For instance, he might write each fact and its source on a separate index card. When he's finished, he

could sort the cards into categories. He'll be able to see holes in his research, such as main ideas that need more supporting evidence.

### Consider the source

Your tween should choose sites that are up to date, in-depth, and credible. Sites published by schools or universities (ending in *.edu*), government agencies (*.gov*), and nonprofit organizations (*.org*), tend to be more trustworthy. Also, it's important to verify facts by finding them in at least three places. 👍

## Mindfulness for middle graders

Tweens face stress from daily activities like handling homework and navigating friendships. Being *mindful*, or present in the moment, may ease the pressure. Help your child practice with these ideas.

■ **Create a "calming jar."** Let your tween fill a clear jar with water and sprinkle in glitter. Have her screw on the lid and shake the jar, focusing on her feelings as she watches the glitter settle. Point out that when the glitter is still, it's easier to see through the jar — much like being calm helps her see a situation more clearly.

■ **Take a walk.** Pay attention to what you and your middle grader feel, hear, see, and smell as you walk together. What sound do your feet make when they hit the ground? What does the breeze feel like on your face? What scents come from the homes you pass? 👍



## Is it bullying?

What does bullying look like, and what can you and your middle schooler do about it? Consider this advice to help her recognize and respond to bullying.

**Be aware of “silent bullying.”** Some bullying is easy to spot, such as one student deliberately tripping another. But it can also be less obvious. A child might take another student’s belongings or threaten a classmate when no one else is around. Encourage your middle grader to reach out to a classmate who seems fearful or withdrawn. A simple



“Hey, is everything okay?” could give a person who is being bullied the courage to confide in her.

**Know when behavior crosses the line.**

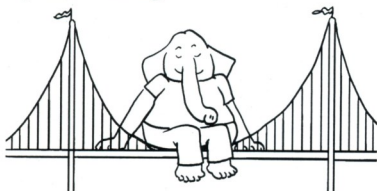
Your tween may not realize that she is being bullied. Say a classmate repeatedly makes unwanted comments about her appearance—that’s a form of bullying. Let her know she can come to you if

she feels uncomfortable with how she’s being treated. Together, you could decide how to handle it (for instance, talking to her school counselor). 👍



## Engineer a suspension bridge

Suspension bridges rely on cables to support the weight of vehicles traveling across them. Your child can explore engineering by making his own model suspension bridge.



First, have him look for suspension bridges when you’re on the road, in books, or online. What features does he notice? *Examples:* towers, cables, a deck.

Now let him select household materials and build the strongest suspension bridge he can. He might use paper towel tubes for the towers, fishing line for the cables, and heavy cardboard for the deck. How will he attach the cables to the towers and the deck?

He can test his bridge by counting how many toy cars it holds without sagging. Then, suggest that he redesign to build a stronger bridge that holds even more cars! 👍

## Q & A

### Pleasant chats with tweens

**Q** Whenever I try to have a nice conversation with my son, he ends up getting annoyed. Why is he acting this way, and how can we communicate better?

**A** There are several reasons your son may become easily irritated. At this age, he wants to be more independent—yet he knows he still needs your guidance, which may feel annoying to him. Plus, he’s dealing with changing hormones.

You might find that you have nicer conversations when you’re doing something side by side, such as putting away groceries or shopping to find a gift for a relative. It could also help to talk when your middle grader is relaxed like at bedtime or on a weekend afternoon while you’re sitting on the porch.

Finally, you’re more likely to keep the conversation upbeat if you ask about things he’s interested in, perhaps what happened in drama club today or in the last episode of his favorite podcast. 👍



## Parent to Parent

### Foreign language: Learn together

My daughter Kelsey is taking French this year.

While she was studying for a quiz recently, I recognized a couple of the vocabulary words from when I took French. So I asked Kelsey if she would teach me more words.

She had fun helping me pronounce the words and quizzing me on their meanings. I learned that *la pomme* means

*apple* and *l’oiseau* is *bird*. Throughout the week, she even tried to weave the words into our conversations to see if I’d remember them.

Then, for family movie night, I surprised Kelsey by downloading a movie in French with English subtitles. As we watched, we listened for words we recognized.

Kelsey is doing well in French class—I think speaking and hearing the language at home is really helping. 👍



**OUR PURPOSE**


To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
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 www.rfeonline.com  
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# February 2019



SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2 Ground Hog Day 
3	4	5 Chinese New Year Year of the Pig	6	7	8	9
10	11	12	13	14 Happy Valentine's Day Valentine's Day	15 Valentine's Day Dance	16
17	18 President's Day In-Service Day No school for students	19	20	21	22	23
24	25	26	27 PTSA Fundraiser begins	28		

"Walking with a friend in the dark is better than walking alone in the light."

~Helen Keller