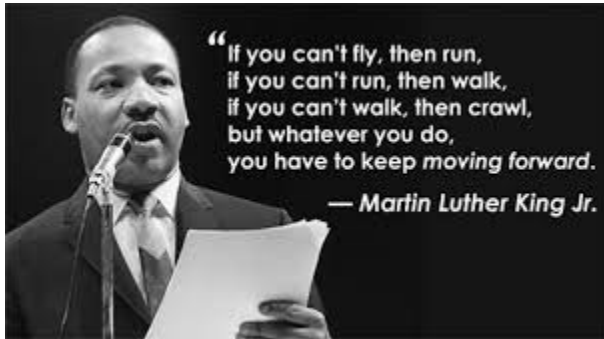
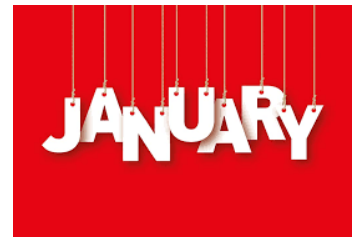


**THUNDERBOLT MIDDLE SCHOOL
NEWSLETTER
JANUARY 13, 2021**



“If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep moving forward.

— Martin Luther King Jr.

UPCOMING EVENTS



**Martin Luther King, Jr
Day
NO SCHOOL**



**Governing Board
Regular Meeting
6:00 p.m.
LHHS Performing Arts**



**President's Day
(Students)
NO SCHOOL**



**Governing Board
Regular Meeting
6:00 p.m.
LHHS Performing Arts**

**REVISED SCHOOL SCHEDULE
WEEK OF JANUARY 18TH**

**MONDAY, JANUARY 18
NO SCHOOL, MLK DAY**

**TUESDAY, JANUARY 19
A-K STUDENTS**

**WEDNESDAY, JANUARY 20
A-K STUDENTS**

**THURSDAY, JANUARY 21
L-Z STUDENTS**

**FRIDAY, JANUARY 22
L-Z STUDENTS**

REPORT CARDS

Second quarter report cards were sent home with students the week of January 4th. If you have any questions or concerns please email your child's teacher directly.

We encourage you to utilize ParentVue to monitor your students' grades online consistently throughout the year. If you need assistance with logging in to your account, please contact our office.

FOLLOW US:



**Thunderbolt Middle School L.H.U.S.D.
OR
Instagram
Thunderbolt_middleschool**



As we move into Flu Season and activities are moving indoors, we need your help to keep everyone safe.

**** COVID-19 cases are increasing in our community. ****

Please consider the following when attending family or community events:

★ Stay home when appropriate - fever, cough, been exposed to COVID-19, or are awaiting COVID-19 test results.

★ Wear a mask and social distance at school or community events

★ Practice frequent hand hygiene

★ FIRST LAYER OF DEFENSE IS STAYING HOME WHEN **APPROPRIATE!**

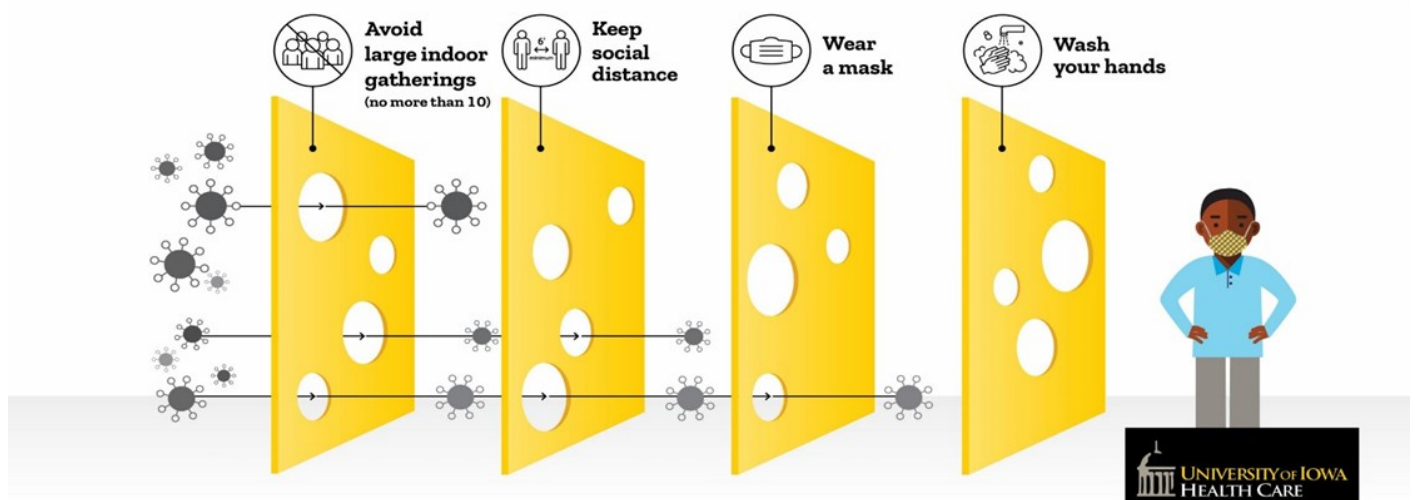
★ IT TAKES MULTIPLE LAYERS TO PROTECT AGAINST COVID-19

If YOUR student OR a member of the household is awaiting COVID test results, keep your student home.

HOW TO STOP COVID-19: THE SWISS CHEESE MODEL

The more steps you take,
the safer you are against COVID-19.

→ uihc.org/covid-toolkit



DIRECT LINE TO OUR ATTENDANCE OFFICE IS 854-7277

The direct line to our Attendance Office is 854-7277. A message can be left on this number 24/7. Any time your student is absent or tardy to school we must receive an excuse. To avoid receiving an automated phone call from our calling system, please excuse an absence before 9:30 a.m. You may also call in advance if you know of a future absence or you can leave a message after hours.

Homework requests are only made only if a student is absent two or more consecutive days. If you request homework, please make every effort to pick up the packets in a timely manner. We encourage you to have students complete their work on google classroom if they are home for an extended period of time.

Please notify the office at 854-7224 of any changes to your address, phone numbers, email and emergency contact information.

NATIONAL JUNIOR HONOR SOCIETY

Although the club will have to meet virtually, we are excited to continue with our annual selections as normal. The timelines are as follows:

Invitations to complete a Candidacy Packet will be sent in January. At the middle school level, a full semester of grades are required according to national guidelines. Students meeting the following prerequisites will be invited in January to complete a candidate profile form. Students are eligible to become candidates if they:

- ◇ Maintain the minimum GPA of 3.5 each quarter (potential candidates selected from those with 3.5 in both Q1 and Q2).
- ◇ Exemplify good citizenship. Must receive a satisfactory grade in all classes. No N's or U's.
- ◇ No disciplinary concerns or referrals.



Attendance will not be a consideration. These modifications will be in place THIS YEAR ONLY.

- ◇ *(Miss no more than 8 days of school per semester. This includes partial days).*

After we receive first semester final grades, citizenship and behavior information, the qualifying students will receive forms (potentially digitally but with hard copies available at request) to complete. Students will have approximately one week to complete and return.

The Candidate Profile Packets are assessed according to the NJHS ideals of scholarship, character, service, citizenship, and leadership. Candidates are selected and formally inducted during 3rd quarter and participate in individual and charter related service activities.

Mind over Matter: Metacognition

Can “thinking about thinking” help build resilience and independence in our kids? The answer is, YES!



How do we get our students to go from, “I can’t” to “How can I?”

When students feel stuck and frustrated it often leads to behaviors like giving up and shutting down. Adults can effectively model and teach kids to critically think about what is making them frustrated and what they would need to do to get unstuck. This is called metacognition, or the ability to think about their own thinking.

Some really important connections happen when we use metacognition: we gain the ability to reflect on our own thoughts, which in turn helps us process our feelings, needs, and even behaviors. This is how we can learn, grow, and manage new challenges. It also helps with self-regulation.

For example: Instead of, “I am going to do horrible on this social studies test.” We are asking and saying, “What is it about this social studies test that is making me anxious and what can I do about it?”

Strategies to encourage metacognition:

- Challenge (or quiet) negative self-talk: try to replace this sneaky negative voice with metacognition thinking which helps manage challenges instead of beating yourself up or bring self-critical
- When discussing challenges with your child encourage questions that are open-ended and non-blaming: Can you tell me more about why you think that?
- Solution-focused: How can you handle that challenge differently next time?
- Process-oriented: How will you know when you have studied enough for your test?
- Be patient: we always get excited to see progress, but kids, especially teens, don’t always share how they think and process, and that’s okay!
- Asking questions at home can help students develop these metacognitive strategies in and out of school.



How can you use these metacognition strategies in your daily life with your kids?

As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

Ms. Clark- 8th Grade
Michele.clark@lhusd.org

Ms. Tarr – 7th Grade
Elizabeth.tarr@lhusd.org

Illicit Fentanyl Pills Circulating in Arizona



Illicit fentanyl that mimics common medications like aspirin and Xanax are in our communities!

Fentanyl is Dangerous & Deadly | Illicit fentanyl is dangerous and 100+ times more powerful than morphine. The pills being found in the community have no visible indication as to their contents. It is important to remember that even a small dose of fentanyl can cause the user to overdose or die and such incidents have increased in Arizona in recent months.

As a community we can help stop this drug epidemic from claiming the lives of those we love by talking about the dangers of drug use.

This is Not Prescription Fentanyl | Illicitly-produced fentanyl has been found added to heroin, meth, and cocaine to increase their potency. Some people believe they are purchasing another drug, like Xanax, and don't know that it's fentanyl – which often results in overdose deaths.

You Can Help | Naloxone (brand name, Narcan®) is an opioid antagonist that can reverse an opioid overdose. Naloxone is available without a prescription at local pharmacies or free through local health departments and prevention coalitions. We encourage community members to obtain naloxone, particularly if a family member is using opioid drugs whether through a legal prescription or due to a use disorder.

In cases of a drug overdose, immediately call 9-1-1. A Good Samaritan law was passed in Arizona, when you call to report a drug overdose, you have legal protections.

**Talk Early.
Talk Often.**

Prevention coalitions urge families to talk now, and often, about the dangers of any drug use.

With illicit fentanyl pills available in our community, it is very important to remember that **ANY pill**, if not obtained personally and in its original packaging, **MAY be counterfeit** and contain fentanyl.

For more information visit OpioidOD.com

Funding for this prevention resource was made possible by MATFORCE through a grant from Arizona Health Care Cost Containment System, Substance Abuse and Mental Health Services Administration, State Opioid Response grant.



**Substance Abuse
Coalition Leaders
of Arizona**

PARENT SURVEY

Please take a few minutes to complete our parent survey. This survey is intended to assist the Lake Havasu Unified School District to obtain feedback about our schools and gather information about parental involvement.

The electronic version can be found at <https://www.surveymonkey.com/r/H3S5GXC> or paper copies are available on request. We also have a Spanish version.

Hard copies must be completed by February 26, 2021. The electronic survey will remain open for the remainder of the school year.



TAX CREDIT

The Tax Credit Program Keeps Tax Dollars in Havasu

Did you know you can still donate to the school tax credit program? The tax credit deadline is April 15th. When you make a tax credit donation, you get a DOLLAR for DOLLAR subtraction from your State Income Tax and your tax dollars stay in Havasu at the school of your choice and for the program of your choice. You may donate up to \$200 if you are single or up to \$400 if you are married and get the tax credit. Save your receipt for tax time and it may either reduce the amount you may owe or increase your refund, depending on your personal circumstances.

You don't have to have a student in order to donate. This is available for any tax payer in the state of Arizona.

Pay on-line at www.lhusd.org or payments can be made in the Thunderbolt office by cash or check. Call 928-854-7224 or 928-505-6900 for more information.



Do you shop Amazon?

An easy way to earn money for our school that doesn't cost you anything is by using Amazon Smile for your on-line shopping needs.

Just go to www.smile.amazon.com

If you have ever shopped on Amazon.com you know how convenient it is and how much you can find. You will continue to shop the exact same way that you always do. The only difference is that when you first log on, it will ask you to choose a charity to donate to. Choose **Thunderbolt Booster Club and that's it! A percentage of your total will be donated directly to the school. Once you bookmark the page, you won't have to ever remember to do anything again. You can also continue to use your current account if you already have one.**

YOU

Need to Order the
Thunderbolt Middle School
Yearbook Today

To Purchase Your Yearbook

Must be a parent or student 13 years or older.

Go to www.treering.com/1013965618383795

Regular Price: **\$25.95**

*Does not include sales tax, if applicable

Deadline: **Mar 22**

TreeRing

<https://www.treering.com/validate?PassCode=1013965618383795>

Passcode: 1013965618383795