**Kossak Kable**

**Welcome to 2022…**

Amazing as it may seem we just started the last semester of the school year. As we enter this semester, I would like to encourage every parent to help keep their children focused on school.  January, February and March are prime learning months.  Staff will be pushing students to maximize their learning.  Research has shown that students who attend school on time and have regular attendance perform much better than their peers who have excessive tardies or unexcused absences.    The KMS staff appreciate anything and everything you can do at home to assist your child in completing homework, studying nightly, getting plenty of sleep, and valuing a quality education.  We value your educational partnership!   Your child’s success is our goal, and we cannot reach that goal without your support and efforts.

To help break up the monotony of our long winter, KMS has a tradition of offering clubs on five Wednesdays in January and February.  Staff and students will be taking a break from the classroom the last hour of the day on club days to participate in a club of their choosing.  Ask your son or daughter what club they chose and if they are enjoying club days. Clubs will start on Wednesday January 12.

Kenai Middle School offers an After School Tutoring Program three nights a week during the 2nd and 3rd quarters.   If you would like to have your child in the program, please contact the office at 283-1700.   After school tutoring bus transportation is available to six different locations in the community.

The district is going to have early release on Fridays starting January 21. We will release kids at 12:57. The early releases will run through third quarter and then will be re-evaluated for fourth quarter.

Due to Parent/Teacher Conferences, there is no school on Thursday, February 17 or Friday, February 18. We will be having conferences the afternoon/early evening on Wednesday the 16th as well. We will be posting more information on sign up times and procedures.

Again, we look forward to working with you to provide a meaningful academic experience for your child.  As always, we encourage you to communicate your concerns and comments.

Vaughn Dosko



KMS has a long standing tradition of winter Clubs. Each Wednesday, for 5 weeks following Holiday Break, the Teachers and Staff offer an assortment of Clubs for students where they might learn a new skill or hobby. Students will not be missing out on regular core or exploratory classes because each class period has been shortened five minutes to allow for a fifty five minute club period. This is an excellent opportunity for staff members to get to know different students in the building, while sharing some of their talents. Examples of some of the clubs offered are; Hockey, rock climbing, pottery, ping pong, board games, crafts, and computer classes.



Wrestling season is underway! The remainder schedule is as follows:

1. Saturday, January 15 Seward Invitational @ Seward- Event time = 10:00 am

2. Saturday, January 22 Kenai Invitational @ Kenai- Event time = 10:00 am

3. Saturday, January 29 Homer Invitational @ Homer- Event time = 10:00 am

4. Saturday, February 5 Skyview Rubber Chicken Tourn. @ Skyview- Event time = 10:00 am

5. Saturday, February 12 Nikiski Invitational @ Nikiski- Event time = 10:00 am

6. Saturday, February 19 Borough Tournament @ Homer- Event time = 10:00 am

7. Fri.-Sat. February 25 & 26 MS State Tournament @ Tanana Middle School



It’s time for XC skiing at KMS! Our KMS XC Skiing program is full of 6th, 7th, and 8th graders, ready to get outside and ski!

1. Friday, January 21 Kenai Invitational @ Golf Course 3:00pm

2. Friday, January 28 Skyview Invitational @ Tsalteshi 3:00pm

3. Friday, February 4 Seward Invitational @ Seward 3:00 pm

4. Friday, February 11 Homer Invitational @ Homer 3:00 pm

5. Friday, February 19 Open – Meet Reschedule If Needed

6. Saturday, February 26 Borough Championships @ Seward 10:00 am



Intramural volleyball has started! The competitive part of the season will begin Moday, January 24th. KMS will kick things off with a Jamboree on Saturday, January 29th at 10:00 AM. A full season has been scheduled for all teams and we look forward to the games ahead. Be sure to ask your athlete for a team schedule to prepare for upcoming games! The season will end with Boroughs on February 26 @ Nikiski. Go Kossacks!



**SPELLING BEE**

The KMS School Spelling Bee will be held on Thursday, February 24th. Each Language Arts class will have preliminary bees, to select participants in the school wide bee! Go Kossacks!

**NAEP ASSESSMENT**

Select 8th graders will be taking the National Assessment on Educational Progress (NAEP) on 01/26/2022. NAEP is the largest nationally representative and continuing assessment of what students know and can do in various subjects. NAEP is different from our state assessments because it is a common measure of achievement across the country. The assessment is administered by the National Center for Education Statistics, within the U.S. Department of Education. The results are released as The Nation’s Report Card, which provides information about student achievement to educators, parents, policymakers, and the public. If your student was selected to participate, you should receive an email from the school with more information. Please call Ms. Johnson at 907-283-1726 or email at sjohnson3@kpbsd.k12.ak.us if you have any questions.



**3rd Quarter Conferences are coming! There will be no school for students on February 17th & 18th. Stay tuned for conference schedules and formats. If you are unable to attend conferences, please contact the school to schedule a conference with your teacher. We look forward to seeing you all.**

**Give Your Middle Schooler's Critical Thinking Skills a Boost**

As your child progresses through school, her teachers will expect higher-level thinking. Instead of just giving an answer, she will need to give examples to support it.

You can help your child practice this type of critical thinking if you:

* Slow down. Don't rush through every conversation with your child. Instead, take time to really discuss various topics, from the upcoming science fair to the weather. The more you explore things in depth, the more opportunities you'll be giving her to think.
* Don't swoop in. When your middle schooler is struggling with a question, don't be quick to answer it for her. Instead, give her a chance to mull it over on her own. If she asks, "Which sport should I try out for?" get her to think it over carefully. "Which one do you most enjoy? Is one more challenging than another?"
* Ask her to explain herself. When your middle schooler reaches a decision about something, have her put her thought process into words. "I'm excited that you picked basketball. Tell me why you chose that one." By explaining how she made the decision she did, she'll be clarifying it in her own head.
* Withhold judgment. You may not agree with your middle schooler's way of thinking on every topic, but you should still respect it.

**ALUMINUM CANS**

**Be prepared! Start saving your aluminum cans for Mini Courses that occur later in the school year. Bringing in a large trash bag full of cans gets your students the opportunity to choose mini courses before those students that do not bring cans! Please do not bring cans to school now, we will let you know when we will collect them!**

**Students Should Get 9 Hours Of Sleep Each Night:**

**Why?** As part of a healthy lifestyle that includes good nutrition and regular physical activity, your child needs at least nine hours of sleep each night. Sleep is like food for the brain. And just like food, sleep gives your child energy.

**How?** Here are some tips for helping your children get at least 9 hours of sleep each night. Help them build a routine—and stick with it. Then, ask them how they feel when they get their rest compared to when they don’t.

**Step it Up:** To help kids get used to earlier bedtimes and more rest, add 15 minutes of sleep time each night until they’re sleeping at least 9 hours.

**Wind Down:** Stick to quiet, calm activities before bedtime, and your kids will fall asleep much more easily. Avoid TV, computers and telephones during the hour before bed. Don’t leave homework for the last minute. And don’t eat, drink, or exercise within a few hours of bedtime.

**Fill In the Naps:** If you plan them right, naps can help boost your child’s energy during the day. Naps that are too long or too close to bedtime can interrupt their regular sleep.

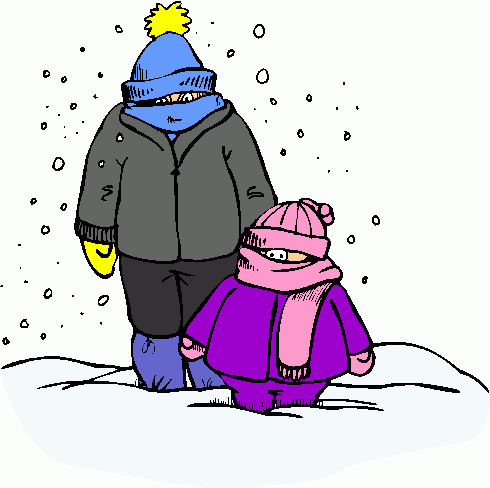
**Dream Makeover:** Make your children’s bedrooms the perfect places to relax and sleep. Keep them cool, quiet and dark. You might even want to get eyeshades or blackout curtains. Let in bright light in the morning to help them wake up.

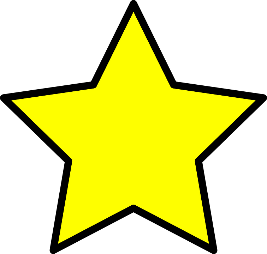
**Routine, Then Repeat:** Establish a bedtime and wake-up time and stick to it. Your kids will find that it’s easier to fall asleep at bedtime when their bodies are on a schedule.

**Good Habits:** Have your children do the same things every night before they go to sleep. This signals their bodies and minds that it’s time for bed. Encourage a bath or shower (this will also give them extra time in the morning), or suggest they read a book.

**Go Write to Sleep:** If your children lie awake worrying about the day ahead, have them write in a diary or make a to-do list. Jotting down notes before sleep helps to clear and settle the mind.

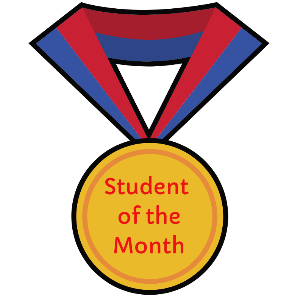
**7th & 8th Grade Field Trips**

****Mark you calendars! Thursday, March 3rd will be an exciting day of learning for KMS students. 7th graders will head out to Island Lake for a day of ice fishing. 8th graders will head to Solid Rock for indoor/outdoor activities! Make sure your student has appropriate outdoor gear ready to go for this amazing day!

**OCTOBER STUDENTS OF THE MONTH**

Congratulations to our Students of the Month for October: Jaedyn Chunn, Carson Cramer, Indego Erikson, Tanner Gregory, Ethan Herrmann, Bernard Brown, Ruby Davis, Jessie Johnson, Miles Metteer, Aiden Abraham, Mylee Yeoman, Tania Boonstra, Luke Cole, Vail Coots, Presley Novak and Thaddeus Lingenfelter!

**NOVEMBER STUDENTS OF THE MONTH**

We want to congratulate our November Students of the Month:

Arianna Thompson, Brock Cooper, Kennah Gregory, Annemarie Lacy, Caroline Karpik, Emily Taylor, Kimber Moore, Leighton Wilshusen, Chase Laker, Franchesca Wingster, Madison Davenport, Jenica Anderson and Carter Felchle!

**KMS 8th Grade VB Schedule 2022**

**1. Saturday, January 29 Jamboree @ Kenai**

**- Event time = 10:00 am**

**2. Tuesday, February 1 Kenai 8th vs. Kenai 7th @ Kenai**

**- Event time = 3:00 pm**

**3. Thursday, February 3 Kenai 8th vs. Skyview 8th @ Kenai**

**- Event time = 4:00 pm**

**4. Wednesday, February 9 Kenai 8th vs. Skyview 7th @ Skyview**

**- Event time = 4:00 pm**

**5. Thursday, February 10 Kenai 8th vs. Seward @ Kenai**

**- Event time = 3:00 pm**

**6. Friday, February 11 Kenai 8th vs. Nikiski @ Kenai**

**- Event time = 3:00 pm**

**7. Wednesday, February 16 Kenai 8th vs. Homer @ Homer**

**- Event time = 4:00 pm**

**8. Tuesday, February 22 First Round of Borough Tournament**

**- Event time = TBD**

**9. Saturday, February 26 Finals of Borough Tournament @ Nikiski**

**- Event time = 10:00 am**

**KMS 7th Grade VB Schedule 2022**

**1. Saturday, January 29 Jamboree @ Kenai**

**- Event time = 10:00 am**

**2. Tuesday, February 1 Kenai 7th vs. Kenai 8th @ Kenai**

**- Event time = 3:00 pm**

**3. Thursday, February 3 Kenai 7th vs. Skyview 7th @ Kenai**

**- Event time = 3:00 pm**

**4. Friday, February 4 Kenai 7th vs. Nikiski @ Nikiski**

**- Event time = 3:00 pm**

**5. Tuesday, February 8 Kenai 7th vs. Seward @ Seward**

**- Event time = 3:00 pm**

**6. Wednesday, February 9 Kenai 7th vs. Skyview 8th @ Skyview**

**- Event time = 3:00 pm**

**7. Tuesday, February 15 Kenai 7th vs. Homer @ Kenai**

**- Event time = 3:00 pm**

**8. Tuesday, February 22 First Round of Borough Tournament**

**- Event time = TBD**

**9. Saturday, February 26 Finals of Borough Tournament @ Nikiski**

**- Event time = 10:00 am**

**KMS B-Team VB Schedule 2022**

**1. Saturday, January 29 Jamboree @ Skyview**

**- Event time = 10:00 am**

**2. Thursday, February 3 Kenai B vs. Skyview B @ Kenai**

**- Event time = 5:00 pm**

**3. Friday, February 4 Kenai B vs. Nikiski B @ Nikiski**

**- Event time = 4:00 pm**

**4. Tuesday, February 8 Kenai B vs. Seward B @ Seward**

**- Event time = 4:00 pm**

**5. Wednesday, February 9 Kenai B vs. Skyview B @ Skyview**

**- Event time = 5:00 pm**

**6. Thursday, February 10 Kenai B vs. Seward B @ Kenai**

**- Event time = 4:00 pm**

**7. Friday, February 11 Kenai B vs. Nikiski B @ Kenai**

**- Event time = 4:00 pm**

**8. Tuesday, February 15 Kenai B vs. Homer B @ Kenai**

**- Event time = 4:00 pm**

**9. Wednesday, February 16 Kenai B vs. Homer B @ Homer**

**- Event time = 5:00 pm**

**KMS XC Skiing Schedule 2022**

**1. Friday, January 21 Kenai Invitational @ Kenai**

**- Event time = 3:00 pm**

**2. Friday, January 28 Skyview Invitational @ Skyview**

**- Event time = 3:00 pm**

**3. Friday, February 4 Seward Invitational @ Seward**

**- Event time = 3:00 pm**

**4. Friday, February 11 Homer Invitational @ Homer**

**- Event time = 3:00 pm**

**5. Friday, February 19 Open – Meet Reschedule If Needed**

**- Event time = 3:00 pm**

**6. Saturday, February 26 Borough Championships @ Seward**

**- Event time = 10:00 am**

**KMS Wrestling Schedule 2022**

**1. Saturday, January 15 Seward Invitational @ Seward**

**- Event time = 10:00 am**

**2. Saturday, January 22 Kenai Invitational @ Kenai**

**- Event time = 10:00 am**

**3. Saturday, January 29 Homer Invitational @ Homer**

**- Event time = 10:00 am**

**4. Saturday, February 5 Skyview Rubber Chicken Tourn. @ Skyview**

**- Event time = 10:00 am**

**5. Saturday, February 12 Nikiski Invitational @ Nikiski**

**- Event time = 10:00 am**

**6. Saturday, February 19 Borough Tournament @ Homer**

**- Event time = 10:00 am**

**7. Fri.-Sat., February 25 & 26 MS State Tournament @ Tanana Middle School**

**- Event time = TBD**