



Mustang Message

Clay County Middle School

November 2023



FROM THE PRINCIPAL'S
DESK

It's November already? It must be, because the leaves are turning, the chill of fall is in the air, and hopefully the school year has settled into a productive and positive routine for your family.

Congratulations to our model students for the month of September:

Brooke Cliver
Dusty Duffield
Madison Gray
Asher Dorsey

Model Students are respectful, responsible, and honorable. Model Students are chosen by teachers for their outstanding character.

On behalf of our staff, we hope you have a great Thanksgiving holiday with your family and friends.

Keep up the great work!

Mrs. Goe



Attendance Matters

Missing even a few classes—whether they are in person or online—can have a snowball effect. Not only does being absent make it hard for your child to keep up, but chronic absenteeism is linked with a higher dropout rate. Make sure your middle grader knows you expect them to be in every class every day, unless they are sick or there is a family emergency.

Congratulations to our school Literacy Fair Winners:

Fiction:

3rd: Rylee Daniel's and Kinley Ramsey *Hard Luck*

2nd: Lily Nichols *Such a Good Girl*

1st: Abigail Grandon *The Thirteenth Child*

Non-Fiction:

3rd: Eli Wilmoth *The Library Cat*

2nd: Myranda Gross and Chris Mullins *Rosa Parks*

1st: Marissa Atha and Gunner Dobbins *What Were the Twin Towers*

Class Category:

1st: Mr. Black's Class

Congratulations to our school Regional Literacy Fair Winners:

3rd Place Individual: Abigail Grandon

1st Place Pair: Marissa Atha and Gunner Dobbins

Great job representing Clay Middle!

Is Your Child Getting Enough Sleep?

Lack of sleep can show up in many different ways including:

- Students are irritable or easily agitated.
- Students become hyper-active.
- There is an inability to pay attention for any period of time.
- Short-term memory is lost to some extent.
- Students with ADHD display more symptoms.
- There is a delayed response to any instruction.

Research shows that teens who do the best in school get plenty of sleep at night, eight to nine hours is recommended. A regular bedtime can help.

Focus on Mental Health

Strong coping strategies can help your tween navigate difficult situations—including a pandemic. Share these techniques for boosting mental health:

- ***Let it out.** If your student feels anxious or sad, writing may make feelings more manageable.
- ***Look for the good.** When your student is stressed, encourage them to close their eyes, take deep breaths, and visualize one positive thing that happened today.
- ***Find humor.** Laughter is a proven mental health booster.