

DECEMBER 2017

# Sunset Ridge Middle School



## UPCOMING EVENTS:

- PCCRs continue all month
- 12/01 - MID-TERM
- 12/12 - Choir Concert, 6:00 p.m.
- 12/14 - MESA meeting, 3:00 p.m.
- 12/14 - Band & Orchestra Concert, 6:00 p.m.
- 12/19 - Winter Dance Concerts, 6:00 & 7:00 p.m.
- 12/22 - 01/01 - Winter Break - SCHOOL CLOSED
- 01/03 - PTSA Reflections Awards Ceremony, 5:00 p.m.

Follow us on Facebook:

[www.facebook.com](http://www.facebook.com)

[srmsfalcons](https://www.facebook.com/srmsfalcons) (Facebook page name is SUNSET RIDGE

MIDDLE SCHOOL)

or

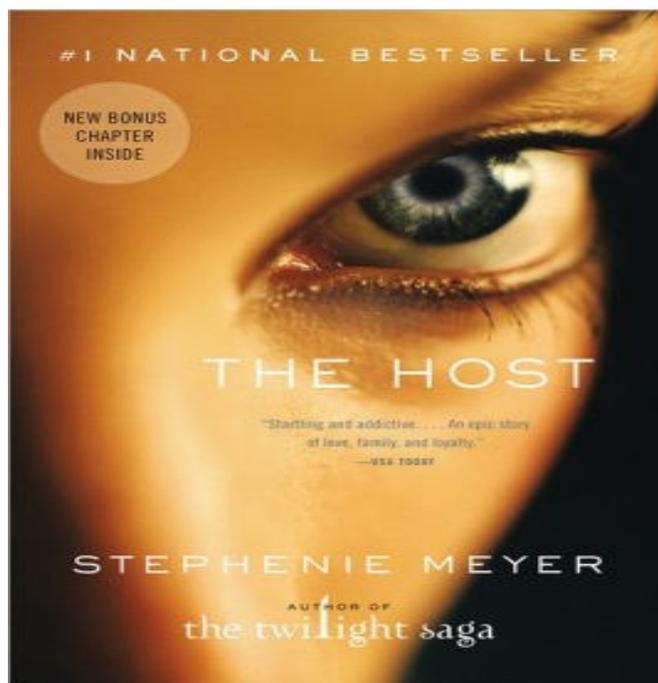
[Twitter@FalconSRMS](https://twitter.com/FalconSRMS)

## BOOK WHISPERERS TO READ *THE HOST*

Calling all book lovers! December's selection for Book Whisperers is *The Host* by Stephenie Meyer. This is the same author as the Twilight vampire series, but very different. Imagine a story of the Earth being invaded by aliens... told from the point of view of one of the aliens. The inhabitants of Earth are violent people, and the aliens are peaceful and orga-

nized. They take over the humans' bodies and make positive changes. An alien named Wanderer has come to Earth to help colonize. The problem is that her host, a girl named Melanie, refuses to fade away and leave her body to Wanderer. Who is the enemy? Find out by reading *The Host* with us!

Book Whisperers meets every Tuesday from 3:00-3:30 in the Jungle Pod, which is the south 7th grade pod. All grades are welcome, and we are always glad to see new faces. We will see you there!



# SNOWBLITZ!

## 2018 Registration is Open for Sessions 1 & 2



Registration is now open for Sessions 1 & 2 of Snowblitz! Cost is \$145 per student and includes: transportation, program fee, lessons, lift ticket to Brighton Ski Area and open ski for 4 nights! Rentals are available for an additional \$57 (for all four nights) from Brighton Mountain Rentals. **Prices go up if you pay after the deadline of Dec 20 for Session 1 and Jan 29 for Session 2.** For more information contact Mr. Walker or Mr. Schiszler, via email [john.walker@jordandistrict.org](mailto:john.walker@jordandistrict.org) or [mark.schiszler@jordandistrict.org](mailto:mark.schiszler@jordandistrict.org) Session 1 starts January 10, 2018 and is every Wednesday that month. Session 2 is also available for our school and starts February 14, 2018 and is the following three Wednesdays after that (Feb 21, Feb 28, and March 7). The program is available to all grades and for boys and girls.

**Grades got you down?**

**Need a boost?**

**THE SKILL CENTER MAY BE THE ANSWER FOR YOU!!**

If your child is struggling with getting work done and turned in, the **SKILL CENTER** may be the answer!!

To work in the **SKILL CENTER**, a referral from a teacher is necessary. Often students who have been ill or absent for another reason need extra help getting caught up with their work. Contact your child's teachers if this is the case.

Did you know that you can eat your lunch and get some work done at the same time in the **SKILL CENTER**? Again, if interested, contact your child's teacher. Lunch work is limited to a two week long session

# COUNSELOR'S CORNER

by  
Margaret Horton

## Cyberbullying- How to React

Cyberbullying takes place when someone uses the internet and cell phones to deliberately harass or upset someone, often repeatedly. While spreading rumors and hurting feelings are considered bullying, cyberbullying can magnify the hurt, humiliation and social drama in a very public way. Often the feeling of being anonymous or "removed" from a target in an online environment can encourage a kid who normally wouldn't say anything mean face-to-face to act irresponsibly or unethically. It is important for parents, teachers and students to be aware of cyberbullying and stop it in its tracks.

If your student has been cyberbullied, here are some steps they can take when reacting to the situation:

**Ignore.** By not reacting to minor name calling or teasing the student will not encourage the poor behavior to continue.

**Record.** Keep a record of bullying messages in hard copy if possible. By showing an adult the messages, it will be easier to verify what went on and who the bully was. Keeping a diary, or a log of interactions, dates, times, witnesses, etc. will also help.

**Reach Out-** Students should be encouraged to reach out to an adult they can trust. It's helpful to talk to friends or a counselor so they can get support when they are feeling upset by hurtful comments. There is no reason to suffer alone when you are a target of bullying.

**Cut off the bully-** The National Crime Prevention Council advises victims to stop all communication with the bully when possible. Block other users, if possible, so that they can no longer interact with the student.

**Go high-tech-** If the student is being bullied via a website, contact the website administrator. Reporting them might get the bully kicked off the site. The National Crime Prevention Council highlights that it is possible to report cyberbullying incidents to Facebook or YouTube "safety centers". Parents can get in touch with their internet service provider to help look into bullying incidents to uncover anonymous bullies.

### Do Not:

**Sink to the bully's level-** Students who start their own cyberbullying campaign against bullies will get them nowhere, especially if they break school or state rules.

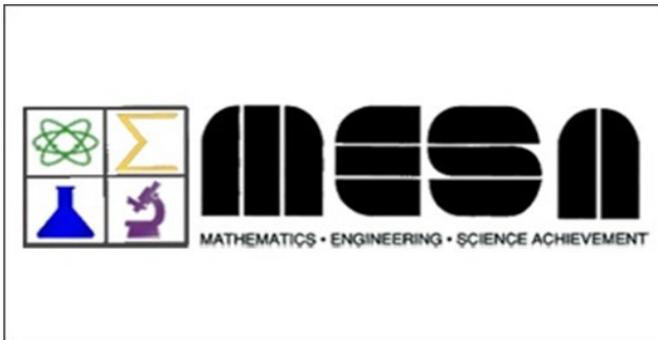
**Forward bullying content or messages:** You never know how far an email chain or pictures might circulate. Sending to a friend might expand the problem.

**Believe the bully:** Don't give bullies power to destroy your self-esteem. Every person deserves to feel safe and good about themselves. Students are encouraged to talk about bullying with someone they trust and who can back them up.

### References:

Delete Cyberbullying. What Can You Do if You are a Victim? Retrieved from: <http://endcyberbullying.net/what-to-do-if-youre-a-victim/>

Common Sense Education. Cyberbullying and Digital Drama. Retrieved from: <https://www.common sense.org/education/digital-citizenship/cyberbullying-and-digital-drama>



## DECEMBER MESA MEETING

MESA (Mathematics, Engineering, Science Achievement) will meet on December 14 @ 3:00. We will be doing a service project. Come and join the fun!



## Groups Now Forming!

The Counseling Center will be starting new groups in January in the following areas:

- \* Friendship (with new students)
- \* Study Skills
- \* Anxiety
- \* Coping

We will rotate what class we take the students out of each week, so that they do not miss the same class. If you are interested in joining, call the counseling office at (801) 412-2485 or stop by to see us!

# SCHOLARSHIP OPPORTUNITIES

## 10 THINGS YOU LOVE ABOUT YOU\*

There are many scholarships and colleges that want to know the number one thing you want people to know about you. Just one? That's it? "But, I'm amazing," you say. We hear you, and we know that it's tough to narrow down your awesomeness into one measly reason.

So, inspired by David Letterman and his top ten lists, we created the Top Ten List Scholarship. With so many awards based on grades and extracurricular activities, this unique scholarship gives you the chance to show us what's truly special and different about you. Get creative, be serious, or tug at our heart strings. Whatever you do, you only have ten reasons to convince us, so make each one count.

Need a number one reason to apply? How about the chance to win a \$1,500 scholarship? Our Top Ten List Scholarship can only have one winner, so start narrowing down your own list and apply today!

### Applicants must:

- Be thirteen (13) years of age or older at the time of application
- Be legal residents of the fifty (50) United States or the District of Columbia
- Be currently enrolled (or enroll no later than the fall of 2023) in an accredited post-secondary institution of higher education

### Submit an online short written response (250 words or less) for the question:

"Create a Top Ten List of the top ten reasons you should get this scholarship."

The Top Ten List Scholarship winner will be notified by email or phone on or around March 31, 2018.

## WHY SO SERIOUS?

Scholarships can be fun! Take a break from the boring application routine and make us laugh. That's right; we want a real LOL moment.

Make Me Laugh is a fun scholarship that lets you cut loose and lighten things up. Looking for a scholarship for comedians? Now is your chance to show us your funny bone. Perhaps you always have an embarrassing - but funny - story to share. Great! We'll promise to laugh with you, not at you.

The point is that not all scholarships have to be serious. Relax and have fun! The only thing serious about the Make Me Laugh Scholarship is the money you could win towards your college education. With \$1,500 - you could be laughing your way to the bank!

### Applicants must:

- Be thirteen (13) years of age or older at the time of application
- Be legal residents of the fifty (50) United States or the District of Columbia
- Be currently enrolled (or enroll no later than the fall of 2023) in an accredited post-secondary institution of higher education

### Submit an online short written response (250 words or less) for the question:

"OMG... finding and applying for scholarships is serious business, but it's time to lighten things up a little. We don't want to know why you deserve \$1,500 or how great your grades are, we simply want to LOL. Describe an incident in your life, funny or embarrassing (fact or fiction), and make us laugh!"

The Make Me Laugh Scholarship winner will be notified by email or phone on or around August 31, 2018

\*Submit both entries to [UNIGO.com](http://UNIGO.com), see the website for deadlines!