

COUNSELORS

Ms. Harper	A - C
Mr. Lambert	D - I
Mr. Orr	J - M
Ms. Myers	N - So
Ms. Horton	Sp - Z

PSYCHOLOGIST

Ms. Lower	All Grades
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Sunset Ridge Middle School

VOLUME 2, ISSUE 3

OCTOBER 2016

UPCOMING EVENTS

10/4 - Anti-Bullying Banner
in lunches

10/4 - Wear Camo Day

10/13 - Choir Invitational

10/18 - Reality Town, 9th
graders

10/19 - Fall picture make-ups

10/19 - National Bully Pre-
vention Day - wear
ORANGE

10/20 & 21 - Fall Break

10/28 - End of 1st Quarter -
NO SCHOOL



Reality Town is coming to Sunset Ridge on October 18th. Reality Town is a simulation game for 9th graders during which they are posed with real-life financial concerns that they must find answers for.

VOLUNTEERS STILL NEEDED! If you are available to help, please contact the Counseling Center at **801-412-2485**

MESA will be meeting on October 13th for another great month of **Mathematics, Engineering, and Science** related activities!



Students will be allowed to dress in costumes for Halloween, but remember, costumes **MUST** follow dress code guidelines. These include no masks, weapons facsimiles, they must cover the shoulders and come to mid-thigh.

Follow us on Facebook:

www.facebook.com/srmsfalcons (Facebook page name is SUNSET RIDGE MIDDLE SCHOOL)

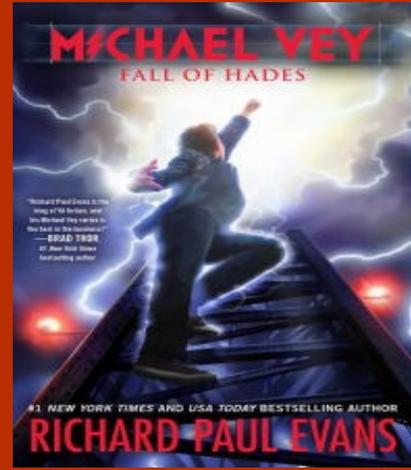
or

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

October is **NATIONAL ANTI-BULLY MONTH!** If you are being bullied, tell them to stop, get away from the situation, and tell a trusted adult or text 385-226-8286. **MOST IMPORTANTLY - IF YOU SEE BULLYING, STAND UP FOR THE PERSON BEING BULLIED. GO UP TO THEM AND SAY, "LET'S GO!" WEAR ORANGE ON WEDNESDAY, OCTOBER 19th FOR UNITY DAY!**

The Book Whisperer

Hey Book Lovers! We are really excited about the October book for Book Whisperers. We will be reading the brand-new Michael Vey book by Richard Paul Evans, Fall of Hades. If you have read the rest of the Michael Vey series, you know what page turners they are. In this novel, which is sixth in the series, Michael and his friends are trying to recruit Hatch's electric children to their side. Join us to read this exciting book! We meet every Tuesday from 3:00 to 3:30 in the Jungle Pod, which is the south seventh grade pod. All grades are welcome, and you can join any time. We hope to see you there!



Zombie Apocalypse!! Scholarship

Our Zombie Apocalypse Scholarship is underway, and we are giving one successful "survivor" \$2,000 towards his or her college education. Do you think you have what it takes to make the cut?

Has "The Walking Dead" got you thinking what you might do if your streets were filled with flesh-eating zombies? Maybe you've envisioned your own post-apocalyptic world overrun with the living dead, forcing you to come up with a zombie survival plan - and quick! Hone in on those survival tactics and imagine what your school or college campus might be like in a zombie apocalypse. Our Zombie Scholarship Committee wants to know your plan to avoid the zombies, where you would hide (or maybe you don't need to), and the top five things you would bring to stay alive.

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 2022) in an accredited post-secondary institution of higher education

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

Award amount: \$2000
www.unigo.com

Deadline: October 31, 2016 Apply at :

The Zombie Apocalypse Scholarship winner will be notified by email or phone on or around January 31, 2017.



Announcing! Sunset Ridge Middle School's NEW Attendance Program

The FAD Program

This year, the SRMS Counseling Department decided to concentrate their efforts on increasing attendance. Studies have shown that not only does poor attendance have an effect on grades, but, missing as few as 10 days in an academic year can severely effect a student's grades. The focus of our program will be on increasing attendance through activities and awards, with attendance based on T.A.'s. Our program will be called the **FAD** Program, for **Falcons Attend Daily!** Awards will include four **ACE** (**A**ttendance **C**reates **E**xcellence) "Traveling Trophies", one for best attendance in each grade, and one for whichever T.A. had perfect attendance on our monthly scheduled **FAD** days. If there is more than one T.A. with perfect attendance on a **FAD** day, we will look at the attendance for each T.A. for the week prior and award based upon the T.A. with the lowest total absences. **FAD** days will be "hyped" to the students prior to that date, so that we can encourage EVERYONE to be in school that day. Wait, what if a student had a toothache and their parents excused them? We express our sympathy, but we have found through our data mining that absent is absent, and it doesn't matter whether they were excused absences or not. So, parents, please help us by encouraging perfect attendance EVERY day, but especially on **FAD** days!

Law and Order: Fairy Tale Unit

SRMS Theatre is proud to announce that the fall play, *Law & Order: Fairy Tale Unit* has been cast and begins rehearsals the first week of October. The play spoofs the *Law & Order* TV shows: "In the fairy tale criminal justice system, the characters from fairy tales and nursery rhymes are represented by two separate yet equally ridiculous groups: the fairy tale police who investigate fairy tale crime, and the fairy tale district attorneys who prosecute the fairy tale offenders. These are their stories."

With a very large cast of over 40 speaking roles, everyone involved will be busy, busy, busy making sure that the fairy tale justice system is running smoothly.

6 Things I Want My Perfectly Unpopular Middle School-Aged Daughter To Know

Middle school sucks. You couldn't pay me enough money to go back. As the firstborn in my family, I didn't have an older sibling to teach me how to be "cool." As a result, I was definitely *not*. I like to tell people that I may have had the world's longest "awkward stage," with my wayward feathered hair, braces (actually had them twice) and questionable fashion choices. I can joke about it now, but middle school was a difficult time, and I desperately wanted to be popular. My daughter is now in her first year of middle school, and she is already handling it more gracefully than I did. That being said, we will often run into some of her peers while we are out and about, and I will ask why she didn't say hello to them. "Mom, she is a popular kid," she will respond. Just these few words make me so angry and rip open my old wounds from a similar time in my life. As a tween, my daughter may not always be open to talking about things, but there are a few pieces of wisdom my former middle school self would like to share with her:

- 1. Don't let anyone tell you they are better than you.** In my experience, the people who talk about how great they are tend to be the most insecure.
- 2. Be yourself.** Don't ever change just to be liked by someone else. A true friend will accept you for being your unique self.
- 3. Being "popular" when you are young doesn't translate into success later in life.** In fact, the kids who experience adult things too early tend to burn out. I love that many of the "nerds" in middle school and high school have turned out to be some of the most successful people I know.
- 4. Don't grow up too fast.** There is no rush to wear makeup, shave your legs, or to have your first kiss. These are things to look forward to in life, and I will be here for you when you are ready.
- 5. Hold your head high and say hello.** Acknowledge your friends and peers alike when you see them. It's amazing what a smile can do to break the ice.
- 6. Embrace your individuality.** Don't try to fit in. You were put on this earth for a purpose, and the world is a better place with you in it.

Most of all, know that as your mom, I am always here for you. It wasn't your age long ago I felt I wasn't pretty enough, skinny enough, smart enough or popular enough. I didn't feel worthy. Let me tell you: You are amazing in every way. I am incredibly proud of you every moment of every day, and you are going to do amazing things in this life. You will learn to fight your own battles, become resilient and find your own strength. I will help guide you along the way, and I will *always* have your back. Stand tall, be proud and know there is no one in this whole wide world who will ever be just like you, and that's a wonderful thing.

Reprinted from "Scary Mommy" Blog, written by Deborah Stallings Stumm