



## LUTHER BURBANK MIDDLE SCHOOL

### BURBANK BULLETIN

November 14, 2016

#### A MESSAGE FROM THE PRINCIPAL

I would like to thank all of our families for taking time out of your busy schedules to participate in our parent teacher conferences last week. We had a very strong turn-out at each grade level. As I have mentioned before, it's always great to have our parking lot full and our hallways busy. At Luther Burbank, we know the critical importance of the home-school partnership, and we value deeply your support as we work together to ensure the continued growth and success of your child. While the journey may sometimes be less than linear, our destination remains steady – we want each one of our students to achieve to his or her fullest potential.

Soon, the first trimester will be drawing to a close and report cards will be issued. While report cards document progress, they, more importantly, document strengths and areas for continued growth. I often talk about looking upon areas of growth and challenge, with students and adults alike, as opportunities. A powerful acronym came into my inbox the other day via one of my professional journal subscriptions. The acronym caught my eye and struck a chord with me – PACE. Positive Attitudes Change Everything. This acronym does not make our challenges or areas for growth any easier, but it does suggest that adjusting our frame of mind as we embark upon a challenge can help us on the journey. I like it!

#### Dates to Remember:

- November 15 – Minuteman Visit Day – Interested 8<sup>th</sup> graders
- November 15 – Nashoba SEPAC Meeting, 7:00 p.m. NRHS
- November 16 – D.C. Fundraiser – Coffee Cake Pick-Up
- November 17 – LBMS School Council Meeting, 3:00 p.m.
- November 18 – Picture Retakes
- November 23 – Early Release – Thanksgiving Holiday – 10:45 a.m. Dismissal (no lunch served)
- November 24-25 – No School – Thanksgiving Holiday
- December 2 – Trimester 1 Grades Close
- December 9 – Early Release – 11:30 a.m. Dismissal
- December 15 – Winter Concert
- December 16 – Report cards issued

Warm Regards,

Laura Friend  
Principal

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Judy Ursuliak  
Administrative Assistant

## **ANNOUNCEMENTS**

### Lancer Basketball Information

Basketball season is almost upon us. If your son or daughter is interested in trying out for our boys or girls team, please register using our online registration form which can be found on our school website. Click [here](#). Registration is now open. There will be an informational meeting for parents and interested athletes on November 21st at 6:00 p.m.

### LBMS Drama Auditions

Reminder: Auditions for the LBMS Spring Musical are Tuesday, November 15th, and Thursday, November 17th, from 6 p.m. to 8 p.m. in the auditorium. All students interested in being cast in the play must attend on Tuesday the 15th with the audition forms filled out and signed. Questions can be sent to [lbmsdramaclub@gmail.com](mailto:lbmsdramaclub@gmail.com)

### LBMS Green Team and GSA Group About to Begin

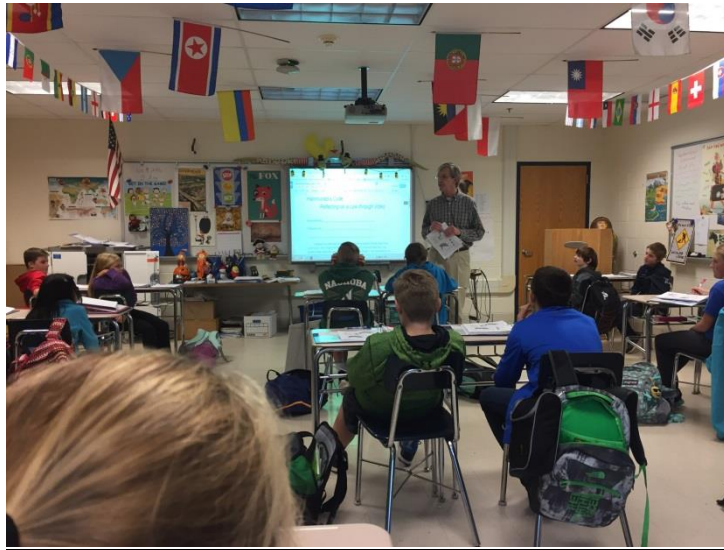
We are pleased to announce the addition of two new after school groups to our offerings at Luther Burbank. Our Green Team is aimed at making our school and community more environmentally friendly and will be facilitated by Ms. Trahan. The first meeting of the Green Team will be held on Wednesday, November 16, in Ms. Trahan's classroom. Meetings will run until 3:10 p.m. All students are welcome to attend. Our GSA, Gay-Straight Alliance group, will hold their first meeting on Monday, November 14, until 3:10 p.m., in Mrs. Brunelle's classroom. This group will serve as a venue and safe space for identifying students and their allies and will be facilitated by Mrs. Brunelle, Mrs. Lynch, and Ms. Trahan.

### **FROM THE NURSE, MRS. PERKINS**

The Nashoba Regional School District began participating in the SOS: Signs of Suicide Program 7 years ago. The program helps our 7th grade students learn about the signs of depression and how they can get help for themselves or a friend. The message of the program is ACT: Acknowledge, Care, Tell. Acknowledge that you are seeing signs of depression, self-injury or suicide in a friend and that it is serious. Care by letting your friend know that you care about him or her and that you are concerned that he or she needs help you cannot provide. Tell a trusted adult. Take your friend with you or go alone if you need to. The program starts with students viewing a video that is followed by a discussion led by a nurse, guidance counselor, social worker or health educator. Students may elect to speak with any of this team if they have questions or concerns privately at any time after the presentation.

A letter was mailed home to the parents/guardians of all 7th grade students informing them of the student presentation on Friday, December 2nd. While we hope that all students will participate, parents do have the right to opt their student out without penalty. To help parents understand the scope of the program as well as to know what to look for in their own child, we are offering an opportunity to view the video that the students will see, as well as one that is specifically designed for adults. The staff at LBMS saw this video at a recent staff meeting. It is important for all adults who work with adolescents to know the warning signs and how to get help. All parents are invited to this screening on Wednesday, November 30th at 6 p.m. in the Luther Burbank Media Center even if your child is not in the 7th grade. Hope to see you there. Questions? Please feel free to call, Darlene Perkins, LBMS School Nurse at 978-365-5629.

**PICTURE OF THE WEEK**



Social studies teacher, Mr. Dillon, completing a study of Mesopotamia with his 6<sup>th</sup> grade students.