



## LUTHER BURBANK MIDDLE SCHOOL

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### BURBANK BULLETIN

February 6, 2017

#### A MESSAGE FROM THE PRINCIPAL

I know I am stating the obvious and likely speaking on behalf of a good majority, but I continue to be astounded by the role that technology plays in the daily aspects of all of our lives. Screens are everywhere. In school, at home, in the car, inside, outside – everywhere. As a school and as a district, we have been talking a great deal about the impact that this screen-infused environment is having on our students and our society, in general. What will the future look like – could look like - as a result? Enter [Screenagers](#) to help us grapple with the concept and implications of growing up in the digital age.

On February 28, the Nashoba Regional School District will host a community screening of the award-winning documentary, *Screenagers*. Subsequent to this screening, we will hold a screening for our own students at Luther Burbank later in the week. In the documentary, filmmaker Delaney Ruston explores the struggles and implications of social media, video games, and internet addiction through the lens of her own personal journey as a parent and physician. Implications we can likely generalize to our own experience. The 68 minute film offers “poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists.... (revealing) how tech time impacts kids’ development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.”

So, I write to you today with the hope that you will mark your calendar for the evening of February 28, and join with us, the Nashoba community, to participate in this screening event as we work together to help support our children as they face the digital landscape in front of them.

Warm Regards,

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Principal

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Judy Ursuliak  
Administrative Assistant

## **DATES TO REMEMBER**

February 6 – Spelling Bee (snow date, February 13)  
February 8 – Lancaster PTO, 6:30 PM, MRE library  
February 8 - Nashoba SEPAC, 7:00 PM, NRHS, Rm. 216  
February 16 – LBMS School Council, 3:00 PM  
February 20-24 – President’s Day, February Vacation (no school)  
February 27 – Pick-A-Time Opens for Spring Conferences, 7:00 PM  
February 28 – Screenagers Community Showing (ages 10+), NRHS, Time TBA – more info to follow  
March 9 & 17 – Early Release, Parent Teacher Conferences  
March 10 – No School, Professional Development  
March 13 – Grades Close  
March 24 – Report Cards Issued

## **Mark Your Calendars**

March 31/April 1 – LBMS Spring Musical, “You Ain’t Nothin’ But a Werewolf,” 6:30 PM, Auditorium

## **ANNOUNCEMENTS**

### Delayed Openings Due to Weather

We have been quite fortunate with our weather this winter. Our school schedule has been mildly impacted by Mother Nature to date. With that said, please be reminded that, in the event of a delayed opening, students should not be dropped off prior to the delayed start time. For example, in the event of a 2 hour delay, students should not be dropped off any earlier than 9:20. The delayed opening is intended for both staff and students and ensures safe travels for all. Thank you for your cooperation.

### LBMS Yearbook in Need of Your Help!

Our Luther Burbank yearbook crew is in need of some adult help to get us to the finish line. We are looking for a few parents who are comfortable with technology to assist. Technology skills do not need to be super savvy – simply moderate – and work can be completed at home. Please email Laura Friend, [lfriend@nrsd.net](mailto:lfriend@nrsd.net), if you are willing, interested, and available. We would greatly appreciate your help and support.

### LBMS Drama in Need of Help

LBMS Drama is looking for students to help backstage and with lights and sounds for the spring musical. Rehearsals are Tuesdays and Thursdays. Crew begins February 28. Lights and sounds begin March 14. The play will be performed Friday, 3/31, and Saturday, 4/1. Interested students should email Mrs. Castner at [lbmsdramaclub@gmail.com](mailto:lbmsdramaclub@gmail.com).

### Lancer Basketball Season Coming to a Close

Our Luther Burbank boys’ basketball team won 2 more games last week bringing their record to a 9 and 3 mark with just 2 games left. They will conclude the season this week with a game on Tuesday, Feb 7<sup>th</sup>, at Littleton whom our boys narrowly beat by 2 points in their first meeting. The Lancers will finish up the season with a home game

against district rival Florence Sawyer on Thursday, Feb 9<sup>th</sup>. Sawyer beat the Lancers by 4 points in the first game of the season but our boys are fired up and eager to even the score and finish the season with a win.

Our girls' basketball team enters the final part of the regular season on the heels of a most successful week. The Lady Lancers had convincing wins last week versus Bromfield and Tahanto, thus improving the team's overall record to eight wins and four losses. This week, the girls' team will travel to Littleton and then, on Thursday, conclude the regular season with a home game versus Florence Sawyer. Try to make a point to attend one of this week's games and cheer on our hard-working Lancers!

### Important Calendar Information: Spring State Assessments, MCAS

As we head into this spring's state-wide assessment window, please be reminded that there have been some changes to our state-wide assessment. The Department of Elementary and Secondary Education (ESE) has upgraded MCAS to better measure the critical thinking skills students need for success in the 21st century.

The Next-Generation MCAS test builds upon aspects of prior MCAS assessments. The test includes items developed by PARCC, along with new items specifically created to assess the Massachusetts learning standards.

The Next-Generation MCAS is designed to be taken on a computer. The plan is to phase in computer-based testing so that computer-based tests are fully administered statewide in 2019. This year, our 8<sup>th</sup> grade students will be taking this year's assessment on the computer using their Chromebooks. Grades 6 and 7 students will be taking the paper-based version of the assessment.

Please click [here](#) for more information about MCAS and test development.

As you plan ahead for the spring, please mark your calendars for the important Luther Burbank MCAS testing dates below. Thank you for your cooperation in ensuring your child's attendance during his/her testing dates.

	<b>ELA</b>	<b>MATH</b>	<b>STE</b>
<b>Grade 6</b>	<b>April 4, 12</b>	<b>May 9, 11</b>	<b>N/A</b>
<b>Grade 7</b>	<b>April 3, 5</b>	<b>May 10, 12</b>	<b>N/A</b>
<b>Grade 8</b>	<b>April 6, 7</b>	<b>May 18, 19</b>	<b>May 16, 17</b>

### Minuteman Career Pathway Afterschool Program

Minuteman is proud to offer an exclusive afterschool opportunity for 6th, 7th, and 8th grade students who live in the school's partner districts. This unique program allows middle schoolers to choose from 21 career pathways and explore future careers through meaningful, project-based experiences. Please see our [website](#) for more information.

## Rising 9th Grade Open House for Nashoba Regional High School

The high school will host an information night for rising 9th graders and their parents at the high school on Thursday, March 2nd, from 6:00 PM to 8:00 PM, starting in the high school auditorium. This night will be an opportunity for rising 9th graders and their parents to see the high school, hear about academic programs and extracurricular opportunities, meet department heads, and tour the building. It will also be an opportunity for parents to learn about the high school course registration process.

## February NRS D Enrichment

The 2017 February Enrichment Academy registration is now open! This vacation academy will be held at the Emerson School Gym and will offer three amazing opportunities for students in grades K - 8. In addition, this Academy is offering a full day opportunity for students in grades 6 -8 to participate in the Magical Enchantment Academy as Academy Assistants. To register and read [more...](#)

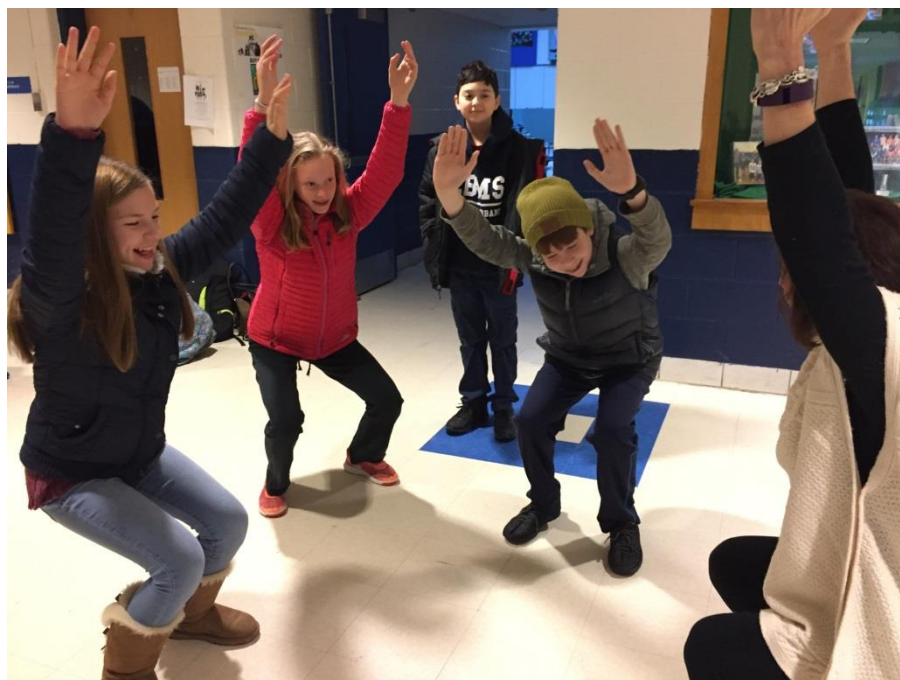
## A Message From Our Nurse, Mrs. Perkins

### Concussions – A serious discussion

Concussions have been making the news headlines for several years now. However, there still remain a lot of questions and inconsistencies about how to diagnose and best treat them. A concussion is caused by a bump or blow to the head. Wearing a helmet for football, biking, skiing, hockey provides protection but does not guarantee that a concussion will not occur. It can absorb some of the impact to the skull but the concussion is caused by the movement of the brain inside the skull. A concussion affects the way the brain functions. It is usually temporary with symptoms resolving within a week or two. Symptoms that may indicate a concussion include: headache, nausea, vomiting, balance problems, visual problems, fatigue, sensitivity to light or noise, feeling dazed or stunned, feeling mentally foggy, having difficulty concentrating and remembering, forgetting recent information, irritability, sadness, drowsiness, sleeping more or less than usual, or difficulty falling asleep. Each child is different and each concussion is different.

The best way to promote healing of the brain is with brain rest. This usually means rest in a dark room with no stimulation for the brain like music, computers, cell phones, video games or television. Your child's primary care physician is the best person to determine the plan of care to guide your child's recovery. Once you have a copy of this information in hand, the next person to talk to is the school nurse. He or she will help you inform your child's teacher(s). It is likely that the first steps in your child's return to school may include a shortened school day depending on the severity of the concussion. It will include rest breaks as needed. Usually tests and homework will be delayed until the student's recovery has sufficiently progressed. All sports, PE and other physical activities will be restricted until the physician clears your child to resume these. A concussion is serious business. While delaying the return to normal activities can be difficult, it is important to insure that the brain has time to fully heal. We are always willing to make the necessary accommodations to see that this happens.

**PICTURE OF THE WEEK**



Mrs. Hutton leading some morning yoga in our hallways before first period.  
What a great way to start the day!