



WEST MIDDLE SCHOOL NEWS CLIP FOR FEBRUARY 2024



**All homework is located on Google Classroom
Please email teachers using their first name.last name@k12.sd.us**

**PARENT-TEACHER CONFERENCES
February 20, 4:00 – 7:30 p.m.
This conference will be in students' individual classroom**



TELEPHONE NUMBER CHANGES... Parents and guardians who have a change in work or home telephone numbers should immediately inform the school. If an emergency should arise during school hours, current telephone numbers are very important. Thank you for your consideration.

Student drop-off...please remember in the morning before school, students are to be dropped off in the parking lot of the new gym and may enter the cafeteria through the back of the building.
Please do not drop off your students in the back of the building or at any cross walks.
There is a teacher on cafeteria duty at 7:30AM. If your student has a note to visit a teacher before school, they must also enter through the cafeteria or the long glass hallway at 7:30AM

Parents of 7th grade girls,

On Tuesday, March 12th, all 7th grade female students will be attending a full day of hands-on fun and learning about careers in Science at SDSM&T. Students will be bussed to and from the event and accompanied by WMS staff. The event is free and an exciting experience each year! More information will be provided as the event get closer.

*****STEVENS HIGH SCHOOL INFORMATIONAL NIGHT
FOR UPCOMING FRESHMAN (8TH GRADERS) WILL BE
THURSDAY, FEBRUARY 22ND AT 6:30PM IN THE STEVENS
HIGH SCHOOL THEATRE*****

**LOST AND FOUND ITEMS ARE NUMEROUS ~
PLEASE REMIND YOUR STUDENTS TO CHECK THE
OFFICE AND CUSTODIAL AREAS IF THEY HAVE
LOST AN ITEM**





ART NEWS...

2023-2024 Railroad Ledger Art Project The art department at West is happy to announce that we will be participating in the 2023-2024 Railroad Ledger Art Project this year. This project is sponsored by the SD State Railroad Museum in Hill City, SD. Mrs. Penfield has 12+ historic railroad ledger page canvases ready to give out to serious inquiries only in grades 6-8 starting January 22nd. There are pages from the railroad official guide magazine as well. On a first come, first served basis you will sign up to receive your ledger canvas to complete the railroad related art on and a permission slip. These two pieces need to be turned back into Mrs. Penfield by Wednesday, April 3rd, 2024. Any art media can be used, and you do not have to be taking art classes at West to participate. Thank you for your attention to this great opportunity.

The Middle School Art Show, celebrating Youth Arts Month, will be displayed in the Bruce H. Lien Cultural Café and Gallery at the Dahl Arts Center from March 7th to April 4th, 2024. The following students have artwork on display in this year's show. Feel free to come see their fantastic display of artwork!

The following students will have their art on display: Mireya Velazquez, Anna Sheppard, Cecilia Rossknecht, Ameliah Steiner, Halle Reitzel, Makenna James, Logan High Bear, Annie Perkins, T.C. Knapp, Tobias Janis, Krissi Conn, Alexa Cole, Lenon Quigley, Emmalynn Bloomgren, Charlee Dahmus, Eva Wick, Riley Willet, Joslyn Hanson, Shaylee Bowie, Sam Szwarc, Railynn Schrock, Emma Martin, Harper McDonnell, Aja Fletcher, and Ashlyn Barse.

The public is invited to view the artwork from March 7th – April 4th. The artist's reception is Thursday, March 7th from 5-7pm in the Bruce H. Lien Cultural Café and Gallery in the Dahl Art Center. You will want to enter the Kansas City Street Entrance. The artists and their families will receive an invitation to attend this reception. Please visit with Mrs. Penfield in room 130 if you have any questions. I hope to see you there! Congratulations art students!

The AMP Visual and Performance Art Showcase is quickly approaching!! This free event sponsored by Lifeways will be held Saturday, March 9th from 6-8 pm. For any students that would like to choose a visual art piece from the virtual gallery to "perform" to please visit the following link and pick up a performing application today from Mrs. Young or Mrs. Penfield. (www.lifeways.us/virtual-gallery.html) The performance application is due February 16th. The event will be taking place at the Dahl Arts Center (713 7th Street in downtown Rapid City) The following students from West have visual artwork that will be a part of the show. Please join us in celebrating the creativity at West!

Teagan Hudson, Kenna Pochop, Jerren Harwood, Grady Reisner, Miles Rutstein, Amiya Evans, Emma Lickliger, Makenna James, Saena Antuna, Zoe Gaston, Olivia Atchison, Adi Arthur, Madison Collins, Zara Peterson, Tobias Janis, Colton Pennington, Bri Butts, Emmalynn Bloomgren, Claire Dittman, Ora Knight, Lance Mitsos, Joslyn Hanson, Annie Perkins, Tanner Wempen, Elizabeth Paquet, T.C. Knapp, and Drake Croyle



Congratulations

STUDENT OF THE MONTH nominees chosen by the core teachers for the month of **January** are:

6th Grade

Tristan Day
Bryce Marshall
Kira Schmitz
Railynn Schrock

7th Grade

Ian Grenz
Rylee Knispel
Alexander Ogborn
Alivia Pochop

8th Grade

Piper Anderson
Mahtias Ditalo
Eliot Kaemingk
Noah Leier



CONGRATULATIONS TO WEST MIDDLE SCHOOLS ALL STATE ORCHESTRA ~ Elsa Stephenson, Annalee Taylor, Weston Howard, Eliot Kaemingk, Brenden Christensen, Rylee Knispel and Paxton Whitehead. GREAT JOB!!!



CONGRATULATIONS to the WMS Band Students who auditioned and were chosen to be members of the 2024 South Dakota Middle School All-State Band! They will travel to Mitchell in March to rehearse and perform in a concert with other outstanding young musicians from across the state. **They are: 8th grade – Solomon Erlandson, bassoon - 7th grade – Charlotte Atkinson, euphonium – MacKenzie Kelley, flute – Rylee Knispel, bass clarinet – Maksim Mullin, flute – Brooke Novotny, flute**



Three West Middle School choir students, under the direction of Emily Muirhead, were selected to perform in the South Dakota Junior Honor Choir. Those students were Elsa Stephenson, Annalee Taylor, and Gianna Grigg. It was held in Sioux Falls on January 19th, and 20st. South Dakota Junior Honor Choir is an auditioned choir made up of 7th, 8th, and 9th grade singers enrolled in their school's choral program. Association also known as SDACDA. Teachers may encourage students based upon their level of musicianship, citizenship, work ethic, and musical habits. There are two choirs' students may be placed in, a mixed choir (SATB) made of approximately 98 voices, or a treble choir (SSA) made of approximately 78 voices. Congratulations!!!



"Thank You!"

Thank you to PAWS for the "yummy treats" brought for the staff on January 11, 2024. You are the best!!!

"REMINDERS"

February 1, 2024

February 2, 2024

February 5, 2024

February 14, 2024

February 19, 2024

February 20, 2024

February 22, 2024

February 24&25, 2024

February 29, 2024

Festival of Bands Auditions 3:30-6:30 @ WMS

EARLY RELEASE FRIDAY – 1:00

8th grade NAEP Testing

HAPPY VALENTINES DAY 

NO SCHOOL – President's Day

Parent/Teacher Conferences 4-7:30pm Classrooms

Stevens High School Informational Night (incoming freshman)

6:30PM in the SHS Theatre

Middle School All State Orchestra @ Monument

Choir – United in Song Concert @ Monument 7:00pm

Hello West Middle School students, staff, and families!

February is American Heart Month, a time that we can raise awareness of heart disease and motivate each other to adopt healthy lifestyles to prevent heart disease. February 2nd is National Wear Red Day and is intended to spread awareness that heart disease is the leading cause of death for Americans. The National Heart, Lung, and Blood Institute and The Heart Truth® celebrate American Heart Month each February as a great reminder of the power we have to help keep our hearts healthy.

Here are some things we can do to help keep our hearts healthy:

- Physical activity

- o Children and adolescents should aim for 1 hour of physical activity every day.

- o Adults should aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week (or can be broken into smaller chunks at a time).

- Choose healthy foods and drinks, including plenty of fresh fruits and vegetables and fewer processed foods.

- Get quality sleep.

- Reduce stress.

- Avoid smoking.

In honor of this, I am hosting a Heart Healthy Challenge for the entire month of February. Here are the details if you would like to participate:

- Any time that you do something good for your heart, write it down on a slip of paper (any will do) and bring it to the nurse office.

- Any time that you learn something new about ways to take good care of your heart, jot down a brief summary of it (including the source – credible sources are key here) and bring to the nurse office.

- o Some good sources for information include:

- § Your doctor or medical provider § <https://www.heart.org> § <https://www.nhlbi.nih.gov/education/american-heart-month> § <https://www.cdc.gov/heartdisease/prevention.htm>

- § School or public library – non-fiction section

- There will be a drawing from these entries for a prize. Be sure to include your name on the slip if you want to be entered in the drawing.

- Consider joining me on National Wear Red Day – Wear red on February 2nd in support of heart health for all!

- Have fun with it, especially by inviting someone to participate with you!

Please feel free to contact me with any questions or concerns.

Thank you! ~ Nurse Jill

Jill Wilgers, RN

Pinedale Elementary & West Middle School Nurse

Jill.Wilgers@k12.sd.us

#OurHearts

National Wear Red Day[®] February 2

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

hearttruth.gov



NIH National Heart, Lung, and Blood Institute

