



The Wildcat News

www.wmms.net

West Millbrook Middle School

Volume 7, Issue 4

e-mail content to: wcwcontent@aol.com

September 25, 2005

What's Happening at West Millbrook...

- September 26 – 30 Interim Reports to be distributed this week
- September 27 (Tues.) Hepatitis B Clinic for 6th grade students (1st Dose)
- September 29 (Thurs.) Soccer & Volleyball vs. Heritage: 3:45 p.m.
- September 30 (Fri.) School Picture Day
- October 4 (Tues.) Football @ Heritage to be played at Wakefield H.S.: 6:30 p.m.
- October 6 (Thurs.) Soccer vs. Durant ~ Volleyball @ Durant: 3:45 p.m.
- October 11 (Tues.) Soccer & Volleyball @ Zebulon: 3:45 p.m.
- October 12 (Wed.) Football @ Durant: 3:45 p.m.
- October 13 (Thurs) Teacher Workday ~ No School

Family Dinners and Good Grades--Food For Thought!

ABC News' John McKenzie filed this report for "World News Tonight."

SUMMIT, N.J., Sept. 13, 2005 – A regular family dinner may yield some surprising benefits for teens, a new study finds.

According to a new Columbia University survey, teenagers who eat with their families at least five times a week are more likely to get better grades in school and much less likely to have substance abuse problems.

As hard as it may be for many teenagers to imagine, there was a time when the family dinner was a kind of ritual in most homes and where family values were ingrained. Today, though, only about half of American teenagers say they have regular family dinners.

The survey suggests that family time may be more important to children than many parents realize. It found teens having family dinners five or more times a week were 42 percent less likely to drink alcohol, 59 percent less likely to smoke cigarettes, and 66 percent less likely to try marijuana.

"At a time when kids are under a lot of stress for a lot of different reasons, having that regular meal time that they can count on, that their parents are there for support that can be very helpful," said David Elkind, a professor of child development at Tufts University in Massachusetts.

The survey also found that frequent family dinners were associated with better school performance, with teens 40 percent more likely to get A's and B's.

The results are consistent with a growing body of research. A Harvard University study found that family dinners were the most important family events in helping children develop language skills.

Elwood Peters - IRT/AG Resource Teacher



Sports News...

The Wildcats won their season opener against Leesville 20-0. Way to go Wildcats.

Ladies Soccer and Volleyball had a bye this week. Come on out and support the Ladycats Soccer and Volleyball teams on Thursday against Heritage.

School Pictures...

School pictures are scheduled to be taken on Friday, September 30th.

Order forms will come home Tuesday, September 27th.

Elwood Peters - IRT/AG Resource Teacher

New Builders Club Begins

Congratulations to the following students who were chosen to be Builders Club members for the 2005-2006 school year.

SD	LP
KF	SR
AH	DD
AJ	KS
AL	MS
TL	KV-R
TM	KW
CM	KW

These students met for the first time last week to discuss service projects that they want to work on this year to make our school and community a better place to live in. They also elected their officers for the year.

Congratulations go to DD, President, KS, Vice President, LP, Secretary and KW, Treasurer. If you know of any organization or project that could use our help this year, drop a note in Mrs. Blocher's mailbox. We'd love to check it out.

Wanted: Retired Instruments...

Do you have an instrument sitting in a garage, attic or closet gathering dust? Why not put that instrument to good use?

WMMS could really benefit from having some instruments donated to the Instrumental Music program. All instruments need repair from time to time, which can take up to 2 or 3 weeks during certain times of the year. Right now, an Instrumental Music student has no way to participate in class when his or her instrument is in the repair shop.

Our thought is that if we had a respectable collection of school owned instruments available, students could still be involved in learning even when their "personal" instruments were being repaired. This would be of enormous benefit to both the students and the Music Program!

Even if your instrument is not in good condition, we have a solution! Pearson Music Company has recently launched a program that will repair instruments donated to school music programs *for free*.

For our part, we would gladly arrange for donors to receive a letter verifying the donation for tax purposes. We need both Wind and String instruments at the present time.

If you are interested in donating an instrument, please feel free to contact Mrs. Albert or Mrs. Oliver at 518-0112, or halbert@wcpss.net or joliver@wcpss.net. Thank you in advance for your support of our Instrumental Music program here at West Millbrook!