

Gahanna Middle School West

NEWSLETTER

October 7, 2021

Issue 12

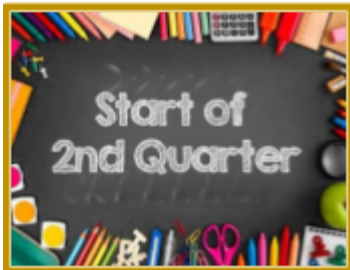


No School on Friday, 10/8 (Teacher Compensation Day) or Monday, 10/11 (Teacher Professional Development Day)



Parent/Teacher Conferences

Parent/Teacher conferences are being held on the following dates:
Wednesday, 10/13 Parent/Teacher Conferences (4:15 pm - 7:45 pm)
Thursday, 10/21 Parent/Teacher Conferences (4:15 pm - 7:45 pm)
You can sign up for a virtual or in-person conference by going to <https://myconferencetime.com/gmsw>



Quarter 2 Brings a Change to Students' Related Arts Classes

Please remind students to look at their schedules on Infinite Campus, so that they know where to report during their related arts period on Tuesday, 10/12, which is the first day of Quarter 2.



Home Athletic Events

Students are highly encouraged to attend home athletic events at MSW and support their classmates. However, they must go home when school is dismissed for the day and return when the contest is ready to begin. Ticket prices are \$3 for students and \$5 for adults.

Important Winter Sports Information for 7th and 8th Graders

In order to be eligible to compete in a winter sport at Gahanna Middle Schools, a parent or guardian and their student must be completed in Final Forms (<https://gahanna-oh.finalforms.com/>) before the first day of practice. Families that have participated in a middle school sport last year, must still log in to Final Forms and review their information, then sign off on the forms. Once logged in, please select all the sports your child has interest in for the 2021-2022 school year.

All athletes must have a current physical on file with the school secretary or upload the physical into Final Forms prior to the first day of practice. In the state of Ohio, physicals are good for 13 months. Returning athletes can check the expiration date of their physical in Final Forms as well. The physical form can be printed from Final Forms.

Additionally, all athletes must have passed four classes and have a term Grade Point Average of 1.5 at the end of the first quarter. There is a pay-to-participate fee that coaches will discuss once tryouts are over and practices have begun.

8th Boys Basketball

Please direct all questions to Coach Ian Jinks: jinksi@gjps.org

★ First day of tryouts is Monday, 10/25

7th Boys Basketball

Please direct all questions to Coach Andrew McVeigh: amcveigh2511@gmail.com

★ First day of tryouts is Monday, 10/25

8th Girls Basketball

Please direct all questions to Coach Chauncey Cumberlander: ccumberlander14@gmail.com

★ First day of tryouts is Monday, 10/25

7th Girls Basketball

Please direct all questions to Coach Damon Mozer: mozer.damon@yahoo.com

★ First day of tryouts is Monday, 10/25


Wrestling

Wrestling is a combined 7th and 8th grade sport that is open to both boys and girls.

Please direct all questions to Coach Chad Garver: cgarver@columbuslibrary.org

★ First day of tryouts is Monday, 11/1

Counselor Corner

Happy October, West families! 

As students have settled more into the year, the first time most have been “full time” in school for a year and a half, we have noticed an increase in anxiety and struggles with emotion regulation. As students are managing social relationships, tests, projects, and extracurricular activities, we continue to try to add to their coping skills toolbelt.

Both caregivers and educators play a crucial role in helping students to develop skills for regulating their emotions, including:

- **Labeling emotions** with your child/student - “It seems like you are feeling irritated while studying for Science. Would this be a good time to take a break, or would you like some support with studying?”
- **Modeling coping strategies** - Saying out loud when you are feeling frustrated and that you need to take some deep breaths (or take a break, or take a drink of water) before proceeding
- Help your child understand the difference between a **thinking brain** - one that can problem-solve, learn, and pay attention - and a **reactive brain** - one that argues, yells, or feels flooded with emotions.
- If your child is stuck in an over-thinking or reactive brain, help them engage in a **mindfulness practice** to help them reconnect to their calm, thinking brain:
 - Take a walk together
 - Pass a ball back and forth (back and forth motions are proven to help regulate emotions)
 - Make a snack together
 - Prompt your student to take a few minutes to journal (if they’re open to it), or spend some time listening to music

Please do not hesitate to call or email either of us for questions, concerns, or support!

Shayla Oates: OatesS@gips.org, Direct line (614)643-0807

Emily Remnant: RemnantE@gips.org, Direct line (614)479-1326

Clinic Comments

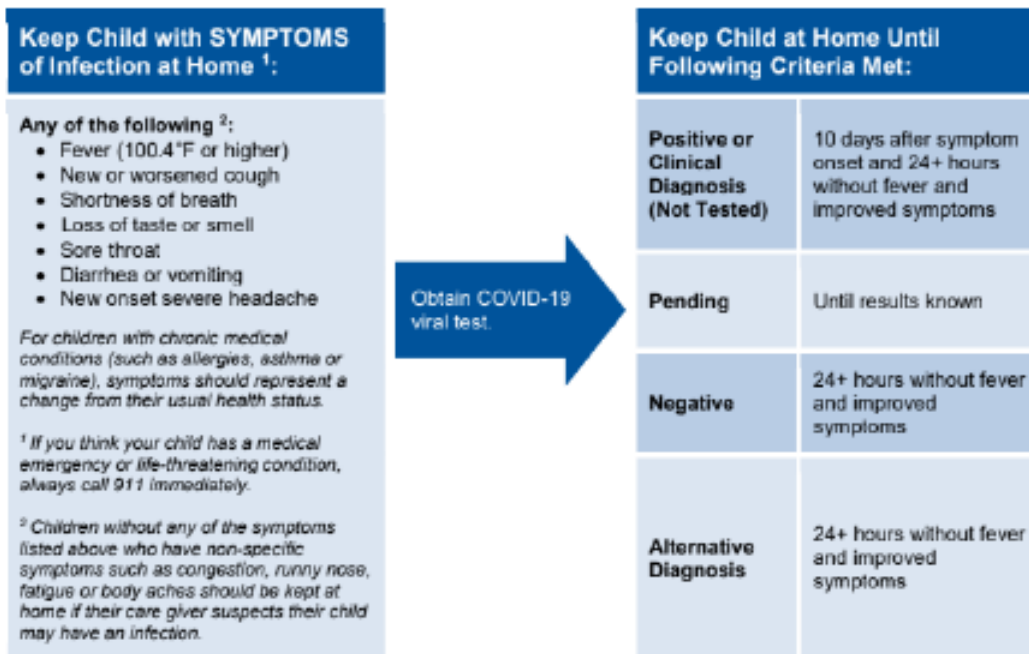
Awesome Middle School West Families-

Thank you for being aware of COVID-19 symptoms and watching for the signs for your student(s).

- If your student(s) has/have any of the symptoms listed below, they should stay home
AND
- Call the MSW attendance line to report the illness, (614) 269-4845
- If you have other students in the household that are not vaccinated they should stay home, as well.
- If you have questions, or want to send COVID-19 test results, please email Dianna in the clinic at bessignanod@gips.org or call (614) 479-1364.

Child In-Person Participation Algorithm

Guidance for daily home-based screening by parents, care givers and guardians



****While supplies last you can get a FREE COVID-19 test kit by completing this REQUIRED form on the GMSW webpage under the Find It Fast section and clicking on the yellow button (see example below). Then pick up your kit at GJPS Admin. Building, 160 S. Hamilton Road.**

Find It Fast:

RAPID TEST KIT REQUEST FORM