



HARRY HURST

MIDDLE SCHOOL

NOVEMBER 2019

OUR COUNSELORS



Dear Hurst Families,

We would like to update you as to what we have been up to during October and what to look forward to in November.

- **Red Ribbon Week**—We celebrated RRW during October. Students were made aware of the history behind why we celebrate RRW, signed a pledge to be drug free, wore the Fatal Vision Goggles with Officer Freitas at lunch, students announced drug awareness facts on the morning announcements, and they also participated in dress up/down days in order to bring awareness to drug abuse and prevention. Please see the attached pictures below.
- **Internet Safety**—All students participated in a presentation by the St. Charles Parish Sheriff's office in conjunction with the District Attorney's Office in order to bring awareness to the laws and dangers of the internet and social media. We think that the presentation was eye-opening for many students. Hopefully, they will be more aware of the dangers of the internet and social media. We have also included 10 internet safety tips for your reference.
- **Counselor's Coffee**—The above mentioned presentation will be shared with parents/ guardians on November 8th at 1:30.. Parents will gain a much better understanding of social media sites, and how apps can be used by students to communicate. Please make arrangements to attend if you are interested.
- **Advisory Lesson Planning**— We have worked hard on our November Advisory Lesson Plans to include a variety of topics and activities They will continue to participate in bully awareness activities, focus on the character education component of "Self-Motivation", and work on goal-setting during advisory.
- **Mentoring**—Community mentoring began at the end of September and will continue through May. If you are interested in mentoring a student, please let us know.



If you need to get in touch with us, please contact the office by phone or email us at the following addresses:

TEAMs 1, 2, and 3 (6th and 7th Grade) Tina Chaisson— tchaisson1@stcharles.k12.la.us

TEAMs 4, 5, and 6 (7th and 8th Grade) Meghan Duplessis— mduplessis@stcharles.k12.la.us

We hope everyone has a great year!

Sincerely, Tina Chaisson and Meghan Duplessis

Growth Mindset



GROWTH MINDSET

As we move into November, we will be taking a look at our mistakes. The second quarter of the year can bring with it many challenges and as our students face these challenges we want them to help them turn their mistakes into opportunities for learning. A vital part of having a growth mindset is to always be open to learning and at times there is no better learning than that which can come from mistakes we make.

But are all mistakes created equal?

Eduardo Briceño, a writer for mindsetworks.com, says no they most definitely are not. The graphic to the right is from an article he wrote on the topic. In his article he states, "An appreciation of mistakes helps us overcome our fear of making them, enabling us to take risks. But we also want students to understand what kinds of mistakes are most useful and how to most learn from them."

Stretch mistakes are what happens when we are working to expand our current abilities. When we are learning new things we are bound

to make mistakes and that is ok. Stretch mistakes are good! They indicate that we are challenging ourselves in order to learn something new.

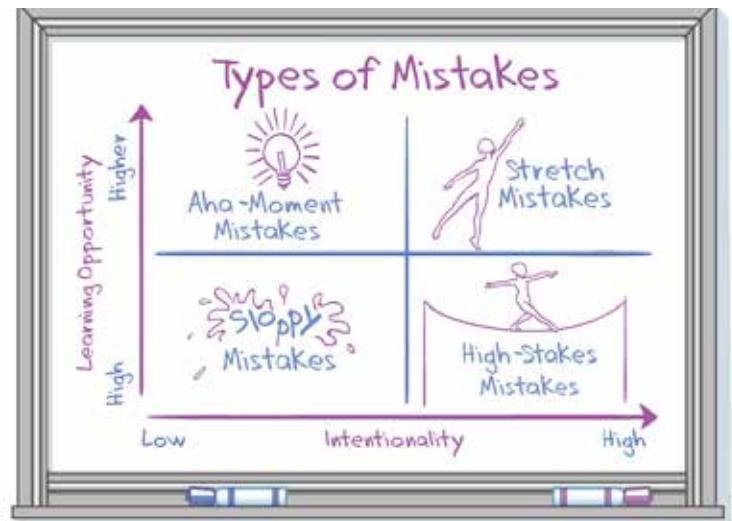
Aha moment mistakes happens when we achieve what we intend to do, but then realize that it was a mistake to do so because of some knowledge we lacked which is now becoming apparent. These aren't ones we can really plan in advance. For example, if we paint a sunset yellow, but then upon further review we realize the sun really isn't yellow at sunset. We best learn from these types of mistakes by being reflective.

Sloppy mistakes happen when we're doing something we already know how to do, but we do it incorrectly because we lose concentration. We all make sloppy mistakes due to the fact that we are human and we can lose focus at times, but these mistakes bring an opportunity to remind us to slow down and refocus our energies.

High-stakes mistakes are mistakes that can have catastrophic results. These are mistakes that can involve safety concerns or life-threatening situations.

This is why we have procedures set in place in schools to help keep everyone safe. Sometimes we can even view testing as high-stakes or even a major sporting event. We can learn from these mistakes just like others, but we'll have to get back to thinking positively, making sure we continue to practice and grow.

It is vitally important for us to understand the varying types of mistakes we make so that we are better able to guide our students in handling theirs and learning from them. Ultimately the proper handling of mistakes can have great benefits for our students, helping them to learn life lessons and grow along the way.



Mindfulness Corner



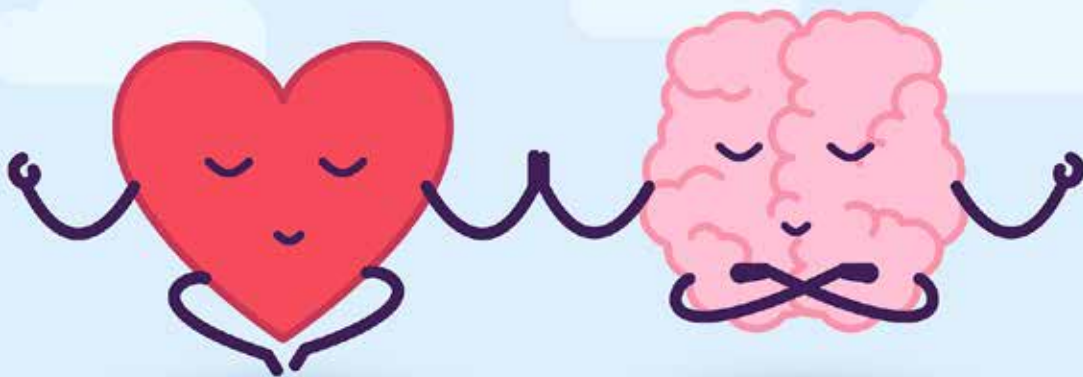
We've made it to November, which means that the holiday season is right around the corner. While this time of year brings joy and excitement, it can also bring with it a tidal wave of stress. On top of these holiday stressors, students are also approaching the halfway point in the second nine weeks. Mindfulness, the practice of being "present," can help us all be a little less stressed this month! By practicing mindfulness, we can keep their minds on the present instead of becoming mired in worries. Studies show that students who consistently practice mindfulness experience less stress, better test scores, stronger immune systems, better memory, and many other benefits.

In the spirit of the upcoming Thanksgiving holiday, one great way to practice mindfulness is through gratitude. These two concepts go hand in hand! While mindfulness can make us more aware of ourselves, others, and our surroundings, it can also help us to better see the things we need to be grateful for in the midst of what can feel like a pile of worry and want. Gratitude can have its own benefits as

well! Research shows that focusing on gratitude can increase feelings of happiness, decrease feelings of loneliness, and can even strengthen the immune system and help us to get better sleep! It can strengthen our relationships with others, from family members to strangers on the street. Gratitude can induce feelings of empathy and generosity, which can create a ripple effect in our actions towards others.

Try practicing these exercises as a family to incorporate mindfulness and gratitude into your routine. You just might find that it helps the holiday season be an even happier and more fulfilling one!

- Pay attention to each time you say "thank you" to someone. Are you saying it sincerely, or is it just a habitual response with little care behind it. Reflect on your feelings in these interactions. Are you feeling the gratitude you are expressing, or is it an automatic response as you move on to your next task? Try to focus on expressing warmth and care with those two little words each time you say them!
- When your instinct to say "thank you" kicks in, name specifically what it is you're thanking the other person for doing. Maybe it's for a service they've provided, such as when you're in the drive-thru grabbing a quick bite to eat. Perhaps it's for putting the dishes away, or for bagging groceries. Whatever it is, name the thing for which you are thankful for, and then thank them.
- While driving in the car, each time you come to a stoplight or stop sign, use that time to name something you're feeling gratitude for and why.



BALANCE

New Orleans Pelicans and Saints Stem Fest

It was science overload for the thousands of people that turned out for the 2nd annual Pelicans and Saints Stem Fest. Exhibits and activities ranging from NASA, to robotics, to water quality were spread throughout the Smoothie King court and the Superdome field, inviting school groups and families to tour through a multitude of experiences. Center stage, near the main entrance, 30 Wetland Watcher student volunteers facilitated games and presented animals to an estimated 8,300 visitors! Some of these included many Saintsations and Pelican Dance Team members holding snakes for the first time! The students had a great time presenting and visiting other stations. The professionalism and enthusiasm of our Wetland Watcher student volunteers did not go unnoticed by all including Chris Guidry, Director of Group Sales and Service at New Orleans Saints/Pelicans. "It was a pleasure having Mr. Guillot and his

Wetland Watchers Training Trip!

About 218 8th graders recently learned some of the basics about the many different animals and plants that make our Louisiana wetlands so special. Students visited stations facilitated by experts such as tree experts from the Lafourche Soil and Water Conservation Service and Bayer Wildlife Council. Students tested the water with the volunteers from Shell Norco, Jefferson Parish Coastal Management, Bayer, and Atmos Energy. Members of the Bayer Wildlife Council led the students on an off the trail search for invertebrates such as millipedes, centipedes, and whatever else made an appearance. Students learned many facts about the history and adaptations of our state reptile the alligator while also having the opportunity to hold some gator babies at a station facilitated by Bayer and Jefferson Parish Coastal Management. Volunteers from Atmos Energy introduced students aquatic critters highlighting many different species of baby turtles. Volunteers from 50 Fathoms Pets Shop, Shell Norco, and Bayer helped students face their fears in holding snakes of all sizes. The Safari Tails group from Hattiesburg introduced many exotic animals to the students including baby kangaroos, coatimundis, and kinkajous! It was a wonderful day of learning and fun that all of the teachers and students were able to experience together!



Designing a Better Solar Cooker!

Hurst 8th graders were challenged to apply scientific principles to design, construct, and test a solar cooker that maximizes thermal energy transfer. Students researched different types of solar ovens that are used throughout the world and either chose one of those as a model or created a new design using pizza boxes, Pringles cans, shoe boxes, and anything else they could find. Students then tested their ovens by measuring the highest temperature they could achieve and how long they could maintain the temperature. Thank you to Destrehan Dominos for donating 20 pizza boxes for students to use!



Haunted History Hike

With a last minute change of venue from St. Charles Parish Wetland Watchers Park to the Eastbank Bridge Park due to tidal conditions, Satellite Center student coordinators for the Annual Wetland Watchers Haunted History Hike were concerned about attendance numbers. All were pleasantly surprised as over 540 tickets were sold for what is basically a living history timeline over the last 400 years of the people and visitors that accessed the land where St. Charles Parish Wetland Watchers Park is today. Native Americans, French explorers, pirates, hurricane victims, and more including the elusive rougarou make appearances to guide visitors along the trail. Although there are many high school participants working the stations, many of the actors along the trail are populated with middle school students including many from Harry Hurst! Wetland Watcher student volunteers were on hand to add to the atmosphere offering snakes and other creatures for visitors to take pictures with. As part of the event, Wetland Watcher students also facilitated stations for the St. Charles Parish 4-H group and a local Girl Scout Troop. All proceeds from the event will go to help fund Wetland Watcher Park improvements and Wetland Watcher activities.

Heat Transfer is Heating Up!

7th and 8th grade students in Mrs. Rexford's class investigated heat transfer with the making of fudge (add heat) and ice cream (removing heat).



Danger Will Robinson!

The Robotics Team is hard at work getting ready for their competition.

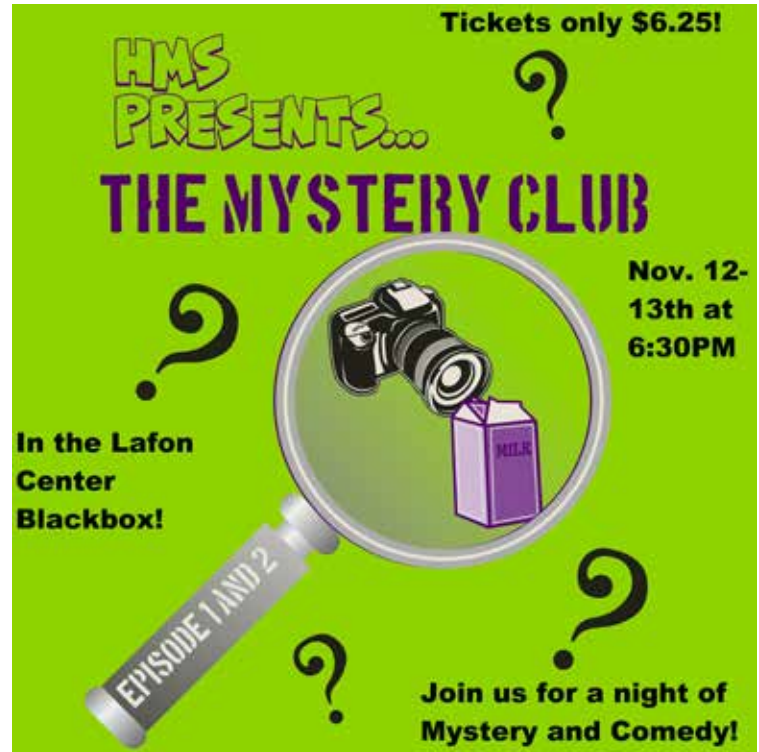


Talented Theatre

6th GRADE: These kiddos have finished their makeup unit where they learned a “natural” stage face, old age make-up, how to make beards and how to make bruises/black eyes. I’m sure several of them tried to go home and “fool” their parents! The 6th graders are also FULLY immersed in making props/set stuff and getting costume designs complete. Exciting stuff!

Tickets for the Fall Play are now live and on sale! The link for the tickets is here: https://lafonartscenter.vbotickets.com/event/The_Mystery_Club/39473 Tickets are \$6.25 for General Admission and then \$4.25 for HMS Faculty and Children under 3. As always, we appreciate your support and there are only so many seats in the Lafon Center Blackbox so get your tickets ASAP!

Haunted History Hike was a success and couldn’t have been done if it weren’t for our amazing Talented Theatre students who scared the hikers. Thanks to our volunteers.



Nurse's Notes

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Healthy tips on how to fight off those germs during this Cold and Flu season:

-Hand washing- this is the number one defense against germs. One way germs are spread is through unclean hands. You should wash your hands for at least 20 seconds.

-Cover your cough and sneeze. Most germs are spread through coughing and sneezing. Cover your mouth and nose with a tissue when you cough or sneeze, or use your sleeve to cover your nose and mouth. If you don't have long sleeves, pull your shirt up over your mouth and nose to catch/trap the germs.

-Drink plenty of fluids to stay hydrated. Make sure you get more liquids. It doesn't all have to be water -- fruit juices, sports drinks, and broth-based soups (like chicken noodle soup) also count. They keep your respiratory system hydrated and help turn that nasty, thick mucus into a thin liquid you can **cough** up and spit out. That's good -- if it builds up in your **lungs** it could lead to an infection.

Melissa Schexnaydre, RN

School Nurse`