



HARRY HURST

MIDDLE SCHOOL

DECEMBER 2019

District and School Performance Scores

On November 6, the Louisiana Department of Education (LDOE) released school and district performance scores based on last year's (2018-2019) test results. St. Charles Parish Public Schools is rated as a "B" district with an overall performance score of 85.6. District and school performance scores are just one indicator of effectiveness, and scores can be viewed online through the LDOE School Finder at <https://louisianaschools.com/>.

Our Triple A School System continues to achieve at high levels in Academics, Athletics and the Arts. Additionally, in an effort to provide stakeholders with a complete and transparent report on how the school system is performing in areas that matter most to our community, the school system has once again produced the annual Quality Profile. This document includes information aligned with the strategic plan and quality indicators of our success. The Quality Profile is available on the district's website: <https://www.stcharles.k12.la.us/qualityprofile>.

Thank you for your support in making St. Charles Parish Public Schools successful in many ways beyond just test scores.

QUALITY
PROFILE



School Safety Corner

Each month our students participate in a variety of drills to prepare our school to handle emergencies. Please ask your child about our safety drills and remind them to take these drills very seriously. For more information about what we do to keep our students safe, download the SchoolDude Crisis Manager App, review the Emergency Guide that came home in your InBox, or give us a call.

LEAP 360

Our teachers have been busy analyzing assessment data to make informed instructional decisions for each child.

At this point in the year, our students have completed LEAP 360 Interim Test #1 in ELA and Mathematics. These Interims help teachers and students better understand the progress being made toward Mastery.



<https://www.louisianabelieves.com/docs/default-source/assessment/parent-guide-to-the-leap-360.pdf?sfvrsn=4>

SPRING LEAP 2025 TESTING DATES

Parents,

Please mark your calendar with the LEAP 2025 Testing Dates outlined in the chart below.

Date	Test/Session
Thursday, April 2 nd	ELA Session1
Friday, April 3 rd	ELA Session 2 & 3
Tuesday, April 7 th	Science Session 1 & 2
Wednesday, April 8 th	Science Session 3*
Thursday, April 9 th	Makeup
Friday, April 10 th – Sunday, April 18 th	Spring Break
Tuesday, April 21 st	Math Session 1 & 2
Wednesday, April 22 nd	Math Session 3
Thursday, April 23 rd	Social Studies Session 1 & 2
Friday, April 24 th	Social Studies Session 3
Monday, April 27 th	Makeup
Tuesday, April 28 th	Makeup
Wednesday, April 29 th	English I Session 1
Thursday, April 30 th	English I Session 2 & 3
Friday, May 1 st	Makeup
Tuesday, May 5 th	Algebra I Session 1
Wednesday, May 6 th	Algebra I Session 2 & 3

Mindfulness Corner



- The holiday season is now in full swing, bringing with it both joy and chaos. It is so easy for the merriment of the season to become so overwhelming that it brings on anxiety and unhappiness. For students, this time of year can induce excitement and stress all at once too! In the midst of holiday activities and anticipation, they are expected to finish the second nine weeks strong. Because of these dueling priorities, it can be difficult for students, and by extension their families, to enjoy the season without sometimes feeling overwhelmed. Mindfulness, the practice of being “present,” can help us all keep our heads and feet in the same place. Practicing mindfulness can help students keep their minds on the tasks at hand instead of what might be under the tree. Studies show that students who consistently practice mindfulness experience less stress, better test scores, stronger immune systems, better memory, and many other benefits.

While students are practicing mindfulness several times throughout the day in their classes, continuing to do so during the upcoming Christmas break will help with consistency. Ask your student to show you their favorite mindfulness exercises from school; try to incorporate them into your family’s daily routine. Here are some additional mindfulness techniques to help you and your family get the most peace, relaxation, and joy out of the season:

- Try beginning the day with stretching and deep breathing. You don’t have to be a yoga enthusiast to enjoy a good stretch! When you wake up, resist the urge to hit the snooze button eleven more times; choose to stand or sit while you stretch your body and get the blood flowing. Following this with 3-5 minutes of deep, mindful breaths can do wonders for starting your day off on the right foot... especially when the schedule is full of festivities!
- The holiday season might be a time when your family’s to-do list is teeming with things that have to be done. Try working together to create a physical to-do list and prioritize tasks. This can help you control feelings of stress by forcing you to focus on one task at a time instead of all the things you need to do just buzzing around in your brain!
- Who doesn’t love the tasty foods that come with the holiday season? Try mindful eating to get the most out of the experience of eating meals with family and friends. Mindful eating looks like slowing down to savor each bite instead of just chowing down. As you eat, pay special attention to the textures and flavors of the different foods. Not only will you enjoy your food more, but it can also help avoid overindulging.
- The festivities of the holiday season often include giving gifts, which in turn means lots of time spent wrapping those gifts! Though it can feel like a chore, try being mindful while wrapping! Focus on your feelings towards the person you purchased the gift for, the colors and textures of the wrapping paper, and the joy

of giving. This can bring purpose and warmth to a task that can often feel thankless when the paper comes off in just a few seconds!

- How many times have you gone to a dinner or party where it seemed like everyone’s eyes were glued to their phones? Try pledging as a family to put away your phones when you’re together so that everyone is more “present”!
- Don’t feel like you have to do something fun and exciting every day of the season. It is important to build in time for everyone to relax and recharge in their own way. Not doing so can actually bring on anhedonia, which is where you can’t seem to find happiness despite pleasurable situations. Keep tabs on you and your family’s mental and emotional well-being during this time.
- We hope that these ideas will help you and your family to enjoy this special time of year with each other. From our Hurst family to yours... happy holidays!

“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.” - Thich Nhat Hanh

Wetland Watchers Outreach!

It was busy November for our Wetland Watchers student volunteers, facilitating 4 huge events! Students presented to hundreds of students and their family members at Norco Elementary, RJ Vial Elementary, and Allemands Elementary. Wetland student volunteers also able to assist the Bayer St. Charles Wildlife Council with an environmental education day at the Bayer St. Charles nature trail. Lots of fun for both the presenters and the visitors!



Wetland Watchers Laser Tag Night

The Wetland Watchers Laser Tag fundraiser at Laser Tag of Metairie was a huge success with parents and kids enjoying unlimited laser tag, arcade games, and bumper cars throughout the evening. Nearly \$600 was raised to help fund Wetland Watchers activities. An additional Wetland Watchers Laser Tag night has been scheduled for Thursday, February 13th from 4pm - 9pm. Even if visitors go for a short time, they will still save money and help a great cause!



United Way Hurst Donation

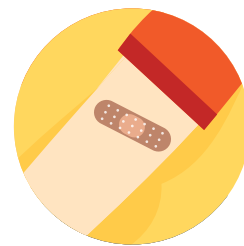
This year's Hurst United Way campaign was a huge success! 100% of the faculty and staff made donations, along with student donations through a Beta Club sponsored Bake Sale, and a school-wide dress down day. Over \$7000 will be donated to the United Way St. Charles Parish on behalf of our Hurst family. A huge thanks goes out to the following local businesses for their generosity in donating gift cards as incentives during our United Way campaign: River Road Market, Destrehan Frost Top, PJ's Coffee, Sports Pub & Grill, Destrehan Taste of Tokyo, Sweet Rolls Destrehan, and the Body Art Day Spa and Hair Salon.





The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

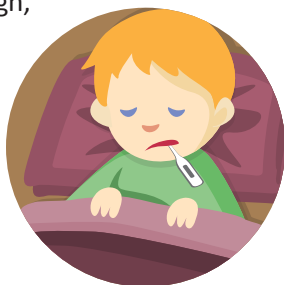
While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.