

Sebastian Sentinel



Principal's Message

Dear Families,

It is with great pleasure that I announce our SMS candidate for Character Counts this year. Jane Rolandelli is an exceptionally kind and caring 8th grader, and she shines in her role as a WEB leader with 6th grade students. Jane quietly exhibits the pillars of Character Counts every day and is welcoming and sensitive to the needs of others. Congratulations Jane! Jane will be recognized at the District's Character Counts Breakfast on October 23 along with one of our Business Partners Rack Room Shoes, which has provided free shoes to our students in need over the past few years. We are grateful for their generous support.

Inquiry Hour has launched this semester with a couple of updated features. Every student is involved in Project Based Learning this semester based on grade level themes. From exploring the impact of locality on potable water, to creative writing focused on Science fiction and technology, to building a hand washing device for elementary age children in Africa, our goal is to ignite curiosity, passion and excitement in our students. All students have selected a project they are interested in and are encouraged to take their ideas and explore the world around them. I invite you all to join us on Wednesday, November 20th from 8:00-11:00am for an Exhibition Event which will showcase some of the projects our talented students have developed.

I am thrilled to announce that our Greenhouse has been installed! We are now proceeding with connecting utilities, purchasing planting benches, and researching seedlings. We are grateful to the Halbrook Family Foundation for their generosity and patience in making this fantastic addition to our campus possible. Stay tuned for an announcement regarding a Grand Opening!

Finally, I am grateful as ever to our wonderful PTO who continuously support our students and staff to enrich the educational experiences at SMS. Be sure to read all about upcoming events organized by PTO on page 6 of this newsletter, including a family-friendly evening dodgeball tournament on Thursday, November 21.

Yours in partnership,
Kirstie Gabaldon
Principal

Sebastian Middle School

2955 Lewis Speedway
St. Augustine, FL 32084

904-547-3840

Kirstie Gabaldon

Principal

Angela Hensley

Assistant Principal

Kevin Hayes

Dean

Matt Hodges

Instructional Literacy Coach

Vision

At Sebastian Middle School, all students will achieve personal success in their learning and become responsible and productive citizens.

Mission

In order to prepare our students to live in and contribute to a changing world, Sebastian will provide a balanced, varied school curriculum designed to meet the academic, cultural and social needs of individuals from the diverse backgrounds of our community.

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Issue 4

2

Business Partners in Education at SMS

The PTO extends a heartfelt thanks to the following businesses who have joined SMS so far this year as Partners in Education:

Pinnacle Partners (\$10,000+)

- The Halbrook Family Foundation

Principal's Partners (\$1,000+)

- Abare, Kresge & Associates
- Bailey Health Solutions
- Coastal Foot & Ankle Wellness Center
- Diane's Natural Market
- Green Light Group Tours
- Kiwanis Club of St. Augustine
- Marble Slab Creamery
- Rack Room Shoes
- Northrop Grumman

Eagle Partners (\$500+)

- Family Kia
- Britt Haslett, Bridge City Real Estate Co.
- Dan Lang, Sunshine Realty

Blue Partners (\$250+)

- A-Ford-Able Automotive Services, Inc.
- Antigua Orthodontics
- AXA Advisors LLC
- BEHST Builders
- Chicken Salad Chick
- Earthly Elements Sports Massage
- Florida Landscape and Nursery Inc.
- Photos by Rob Futrell
- GZ Handyman Services LLC
- Jersey Mike's Subs
- The J. Phillip and Davise Mahoney Family
- Purple Olive Restaurant
- T6 Studios LLC

Red Partners (\$100+)

- Color Street Stylist, Kim Rossi
- Ripple Effect EcoTours
- Gordon Dental
- Jet Consulting Inc.

If you own, work for, or frequent a local business and would like to see them added to this list, please email Business Partners Coordinator Megean Naughton at SMSBusinessPartners@gmail.com. Thank you!

3 Tips for Parents to Teach Healthy Study Habits to Teens

Teens often struggle to manage studying, sleeping, and their social life, and when given the choice, a little shut-eye is often sacrificed. But compromising sleep for studying can do more harm than good, according to a recent study in the journal Child Development. High school students who sacrificed sleep to hit the books had trouble understanding new material and struggled on tests and assignments the next day, researchers report. An adequate amount of sleep is critical for academic success. Adolescents devote less time to sleep as they age, and when they sacrifice the precious little sleep they get for extra studying, it has negative consequences for their daily academic performance.

Parents can help their students by monitoring sleep time and developing consistent study routines that help their teens stay on top of due dates and deadlines. It's important for parents to be in the know. They need to have an idea of the upcoming expectations or projects, because parents are the ultimate prompt.

These three tips can help parents promote healthy sleep and study habits with their teens.

1. **Set a schedule:** Studying should be part of your student's daily routine, not something he or she tries to cram in the night before a test. Advising students to parse out their study time over the course of the week, rather than letting due dates dictate their study time, will produce better results. Preparing for tests ahead of time can reduce anxiety, and finishing assignments ahead of schedule can be rewarding for students. Parents and students should write testing/project dates and major deadlines on a calendar or planner to serve as a visual reminder.
2. **Eliminate distractions:** Cell phones, Facebook, and TV can quickly interrupt a productive study session. Curb your teen's temptation to tune in, text, or update their status by shutting down any unnecessary electronics during scheduled study times. Especially cell phones, it's like their third eye at this point, which is such a distraction! Since students often need a computer to complete online assignments or type papers, parents should periodically check in with their studious teens to gauge if they're going onto social media sites versus typing out an essay.
3. **Break it up:** Maintaining focus during a two-hour study session may be challenging, so know your teen's limits and divvy up study time accordingly. Being aware of their attention span can help you structure their study time so that it will be successful. Parents might also set milestones for large projects or important tests such as midterms or college entrance exams. Don't attempt it all in one piece, but break it up into smaller tasks.

Growth Mindset Parent Workshop

Sponsored by the St. Johns County School District Department of Accountability & Intervention Services, parents, grandparents and other family members are invited to join Mindset Works trainer Jenna Peskett to learn how to help your student embrace challenges and develop resilience in the face of setbacks!

- **Date: Thursday, November 7, 2019**
- **Time: 6:00 – 7:30pm**
- **Location: SMS Multipurpose Room**
- **Cost: FREE!**

Dinner and childcare (for school-age children) will also be provided free of charge to all attendees. RSVP to Susan.Connor@stjohns.k12.fl.us by Monday, November 4 to reserve your spot!

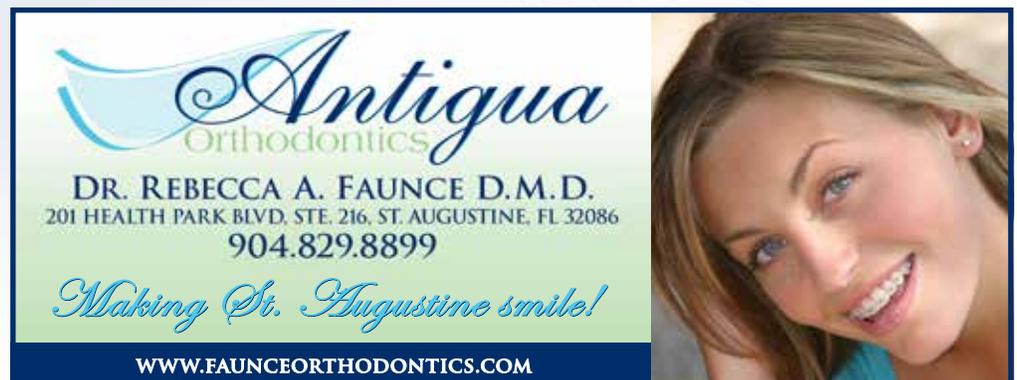


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Growth Mindset Grading Policies at SMS

With first quarter report cards posting on Home Access Center (HAC) on October 29, parents may be wondering exactly how their student's grades are compiled. Like all schools in St. Johns County, SMS uses the following district-wide grading policy:

- 30% formative assessments (which includes 5% homework grades)
- 70% summative assessments

The difference between "formative" and "summative" assessments are as follows:

Formative assessments are measures used throughout the learning process to provide feedback that promotes learning and informs instruction. These may be quizzes or chapter tests, designed to test not only what the student has learned, but more importantly what he or she has still yet to master. So when you see a "bad" grade on a formative assessment in HAC, do not despair! As a growth mindset school, we embrace mistakes, as they help us identify what our students still need to learn. At least two formative assessments must be given prior to each summative assessment during a quarter, and most teachers set up their grading policy with many more grades than that so students have plenty of chances to bring up one poor grade.

Summative assessments are more comprehensive evaluations aligned to specific standards at the end of a defined instructional period or unit of study. These assessments are weighted more heavily as our students have been given the chance to practice and relearn via the formative assessments. Nevertheless, when a student scores less than 85% on a summative assessment, he or she does have the opportunity to retake that test before the end of the quarter to earn up to an 85%. A minimum of 3 summative assessments per quarter will be given.

Our goal at Sebastian Middle School is for students to view learning as a challenge and the difficulty of material being learned as a way to grow their brains. If your student is able to master every subject at school without ever studying or receiving a poor grade, then she or he isn't being challenged and may be bored. The struggle to learn is what sticks with us. Embrace it!

Inquiry Hour at SMS

This year at SMS is all about Inquiry! We want our students to be curious about the world around them, to think creatively about how to address problems which have both local and global impacts, and to be able to work together in groups to design solutions to such problems. Inquiry Hour is held from 12:00-12:50pm every Wednesday for an 8-week period in both the fall and spring semesters. This fall, students are developing projects to address the following learning themes and essential questions for each grade level:

- 6th Grade – Changes: How can we make water potable and accessible for all?
- 7th Grade – Choices: How do technological innovations affect society?
- 8th Grade – Challenges: How can we stop the spread of diseases?

In selecting their Inquiry Hour, students were given both "voice and choice" by electing to participate in a group with the following end products:

- Engineering and Technology product (robotics, coding, 3-D printing, environmental, construction)
- Science-related product
- Humanities (art, written/spoken word, drama, PSA)
- Calculations/Probability/Equations-based product

Students will have an opportunity to present their projects to their families and other members of the community at our school-wide **Exhibition Day on Wednesday, November 20, 8:00 – 11:00am**. Please plan to join us!

St. Augustine Family YMCA Offers After-School Programming at SMS

We are excited to announce a new after-school program run by the YMCA at Sebastian! The first session began on October 1 and runs for six weeks ending November 7 at a cost of \$60.00 (only \$10/week!) for the session. The program begins right after school on Tuesdays, Wednesdays, and Thursdays ending at 4:30pm. Students have 30 minutes of study hall to complete homework or read and then participate in a variety of intramural sports, including basketball, flag football, soccer, dodgeball, kickball, and ultimate frisbee. This program is open to all students of all athletic ability levels. If you have questions or are interested in registering your student for the next session of the YMCA after-school program at SMS, please contact Phil Tensley, YMCA Senior Sports Director for St. Johns County, at ptensley@fcmca.org.

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SMS Sports, Clubs & Afterschool Activities

Studies show that students who get involved in sports, clubs or other after-school activities do better academically and enjoy school more. Encourage your students to try one or more of the following during their time at SMS!

Sport/Club/Activity	Teacher Sponsor	Meeting date(s) and times
Art Club	Kelly King	Thursdays, 2:00 - 3:00pm
Baseball/Softball	St. Johns Middle School Athletic Association	Tryouts: February; Season: March-April
Basketball (Boys & Girls)	Chad Razey (Boys); Abigail Whittaker (Girls)	Tryouts: early December; Season: January - February
Battle of the Books	Rowena Barnard	Thursdays, 2:00 - 3:00pm
Cheerleading	St. Johns Middle School Athletic Association	Spring Tryouts; Fall Season (in conjunction with SJMSAA Football)
Cross Country/Track	Heather Hagy/Joshua Gray	Tuesdays/Thursdays, 2:00 - 3:15pm; XC (fall); Track (spring)
Dance Team	Sarah Burkhardt	Tryouts: October; Season: January - February (performances during home basketball games)
Dungeons & Dragons	Emily Ludwick	Tuesdays/Thursdays, 2:00 - 3:00pm
Football	St. Johns Middle School Athletic Association	Tryouts: April-May; Season: August-October
Kiwanis Builders Club	Marta Pardo	Thursdays, 2:00 - 3:00pm
National Jr. Honor Society	Debbie Hagenburch- Reese/Jordyn Waters	Second Thursdays of each month, 2:00 - 3:30pm
National Jr. Thespians Society	Ralin Trosclair	Tuesdays/Thursdays, 2:00 - 3:00pm
Soccer (Girls & Boys)	St. Johns Middle School Athletic Association	Tryouts: August-September; Season: October-November
Science Fair Help	Rachel Mathis	Thursdays through 11/21, 2:00 - 3:00pm
Student Council	Teri Lydigsen/Kathryn Vollenweider	Last Tuesday of Every Month, 2:00 - 3:00pm
Students Working Against Tobacco (SWAT)	Leanne Fortune	Last Tuesday of Every Month, 2:00 - 3:30pm
Tennis	St. Johns Middle School Athletic Association	Tryouts: January/February; Season: March - April
VEX IQ Robotics	Robert Raimann	Tues/Thurs, 2:00-3:30pm
Volleyball	Abigail Whittaker	Tryouts: August; Season: September-October
WSMS News Team	Darren Tagliarini	Variable

For more information, please contact the teacher sponsors listed above using the following email format: Firstname.Lastname@stjohns.k12.fl.us. For information on sports sponsored by the St. Johns Middle School Athletic Association, please visit www.sjmsaa.com.

VEX IQ Robotics Club

The VEX IQ Robotics Club is off to a great start this year! Students have started building their robots and are looking forward to competition later this fall.



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Eagle Athletics



Soaring Eagles Volleyball

With many players who are brand new to the game this year, our Boys and Girls Eagles Volleyball teams are having a blast so far this season, learning to play and improving with every game!

Winged Eagles Cross Country

With a record number of students (70 total!) this year joining our SMS Cross Country club team, Coaches Josh Gray and Heather Hagy were pleased to take members of the team who were interested in competing to their first meet at Episcopal High School in Jacksonville on Friday, September 27. We faced stiff competition from across the region, so our team didn't place, but the kids represented SMS well and had a ton of fun!



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PTO Corner

Help SMS Avoid Catalog Sales by Supporting the Alternative Fundraiser!

This year's Alternative Fundraiser has raised a total of \$1,820 so far thanks to the generous support from parents, grandparents teachers and staff at SMS who were pleased with the prospect of avoiding catalog sales this year. It's not too late to help the PTO reach its goal of \$2,000! You can send cash or a check made payable to the SMS PTO in with your student anytime to drop off in the Front Office. Gifts of any amount are welcomed, and 100% of your donation will benefit our students and teachers this year at SMS. Thank you so much for your support of the PTO!

Dodgeball Tournament – November 21, 5:30 – 8:00pm

Putting the "fun" back into fundraising, the PTO is hosting the first ever SMS Dodgeball Tournament this fall! Doors to this event will open at 5:30 pm with food and fun, and the dodgeball action will begin in the gym at 6:00pm. A total of 20 5-member teams (4 adult teams and 16 student teams) will compete to be the Dodgeball Champion of SMS. Participation on a team costs only \$10 per player (\$50 per team) and event spectators will pay a \$1/entrance fee. Player registrations are due by October 15. This event will fill up quickly, so get your team together today and/or mark your calendars to bring the whole family out to SMS to watch the fun!

Volunteer Opportunity: SMS Eagle Store

Once a month, the PTO opens the "Eagle Store" during all three lunches and needs adult volunteers to run it successfully! The Eagle Store is a key part of the SMS Positive Behavior Incentive System (PBIS) which rewards students for good behavior with PBIS points. Students may spend their points on items such as school supplies, earbuds, books, and other fun items in the store. If you have a few hours to spare, volunteering on a Friday to help with the Eagle Store is a wonderful way to interact with our students. Please email PTOSebastian@gmail.com to be added to the list of potential volunteers. In lieu of time, the PTO also gratefully accepts any donations of items to sell; please mark items for "Eagle Store" and drop off in the Front Office at any time. Thank you for your support!

Attention 8th Grade Families! High School Career Academy Information

A Career Academy is a school within a high school that ties what you're learning in class to the high-demand careers that interest you. Career Academies provide students with fun, interesting, and unique learning experiences whether you're headed off to college after high school or plan to start employment right away. Different Career Academies are offered at every high school throughout St. Johns County and 8th grade students may apply to attend any Career Academy in the district. If accepted, you must provide your own transportation if out of zone. Informational "Academy Nights" will be held at each high school during January 2020. Please check the SMS website or the SJCSO website for a schedule of these events as these dates get closer. The window to apply to a Program of Choice for the 2020-21 school year opens on **January 9, 2020** and closes **February 3, 2020 at 5pm.**

In the meantime, 8th grade parents and guardians should plan to attend the following high school information session at SMS:

- **Topic: Career Academies and AICE/IB Programs at St. Augustine High and Pedro Menendez High**
- **Date: Thursday, December 5**
- **Time: 8:30 – 9:30am**

Guidance Counselors, Career Academy Specialists and Administrators from each high school will present an overview of their respective career academies and course requirements within the AICE (SAHS) and IB (PMHS) programs.

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School Calendar

Oct 15 – SAC Meeting/School Improvement Plan Presentation, 2:00pm, MPR
 Oct 28 – Nov 1 – Red Ribbon Week at SMS (themed dress up days TBA!)

Oct 29 – First Quarter Report Cards Posted in HAC

Nov 7 – Growth Mindset Workshop for Parents & Guardians, 6:00-7:30pm, MPR

Nov 11 – Veteran's Day: Student/Teacher Holiday

Nov 15 – STEAM Advisory Board Meeting, 8:00am, MPR; Second Quarter Interims posted in HAC

Nov 20 – Joint SMS SAC/Faculty Meeting on Shared Decision-making and Collaborative Partnerships, 2:00pm, MPR

Nov 20 – Exhibition Event, 8:00-11:00am, MPR. Students will be presenting projects completed during the Fall Semester Inquiry Hour. All parents and extended family members invited!

Nov 21 – PTO Dodgeball Tournament, 5:30 – 8:00pm, SMS Gymnasium

Nov 27-29 – Thanksgiving Break

Dec 5 – Communication Cornerstone, 8:30am, MPR. Topic: High School Career Academies

Dec 10 – Holiday Guitar Concert, 6:00pm, Auditorium

Dec 12 – Holiday String Orchestra Concert, 6:00pm, Auditorium

Dec 17 – SAC Meeting, 2:00pm, MPR

Dec 17 – Holiday Band Concert, 6:00pm, Auditorium

Dec 20 – Second Quarter Ends

Dec 23-Jan 2 – Winter Break

Jan 3 – Teacher Planning Day/Student Holiday

Jan 6 – Classes resume for students

Jan 12-17 – 8th Grade Washington, DC Trip

Jan 14 – PTO Meeting, 10:00am (offsite location TBD)

Jan 17 – Second Quarter Report Cards posted in HAC

Jan 20 – MLK Day/Student & Teacher Holiday

Jan 21 – SAC Meeting, 2:00pm, MPR

Jan 31 – Teacher Inservice Day/Student Holiday

Feb 6 – Communication Cornerstone, 8:30am, MPR; Third Quarter Interims posted in HAC

Feb 14 – STEAM Advisory Board Meeting, 8:00am, MPR

Feb 17 – Presidents Day/Student & Teacher Holiday

Feb 18 – SAC Meeting, 2:00pm, MPR

Mar 10 – PTO Meeting, 6:00pm (offsite location TBD)

Mar 12 – SMS Spring Fling, 12:30 – 1:50pm; Third Quarter Ends

Mar 13 – Teacher Planning Day/Student Holiday

Mar 16-20 – Spring Break

Mar 24 – SAC Meeting, 2:00pm, MPR

Mar 31 – Third Quarter Report Cards posted in HAC

Apr 7 – Chick-fil-A Spirit Night, 5:30 – 7:30pm

Apr 8 – Exhibition Event, 4:00 – 7:00pm, MPR

Apr 9 – Communication Cornerstone, 8:30am, MPR

Apr 10 & 13 – Student/Teacher Holidays

Apr 15-30 – District-wide Final Exams

Apr 17 – STEAM Advisory Board Meeting, 8:00am, MPR

Apr 21 – SAC Meeting, 2:00pm, MPR; Fourth Quarter Interims posted in HAC

Apr 24 – 8th Grade Dance with Murray Middle School, 7:00-9:00pm, St. Augustine High School Gym

May 1-26 – FSA/EOC Testing in Reading, Math, Science, Civics

May 1 – 8th Grade GradVenture Trip to Universal Orlando

May 4-8 – Teacher/Staff Appreciation Week

May 12 – SAC Meeting, 2:00pm; PTO Meeting, 3:00pm, MPR

May 14 – Spring Band Concert, 6:00pm, Auditorium

May 19 – Spring Guitar Concert, 6:00pm, Auditorium

May 21 – Spring String Orchestra Concert, 6:00pm, Auditorium

May 22 – 8th Grade Awards Ceremony, 6:00pm, Gymnasium

May 25 – Memorial Day/Student & Teacher Holiday

May 27 – Last Day of School for Students

May 28 – Teacher Planning Day



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EMMA Concert Association Supports SMS Music Program

The EMMA Concert Association in St. Augustine recently presented SMS Music Teacher Charles Rogers with a generous gift of \$1,450 to be used to purchase violins for our String Orchestra program at SMS. Founded in 1979, EMMA is a nonprofit, all-volunteer organization dedicated to bringing quality music and dance programs to St. Augustine at modest ticket prices. As the only middle school in St. Johns County with a string orchestra program, SMS is grateful to EMMA for their support to purchase new instruments for our students!

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