

SMLS Middle School Newsletter

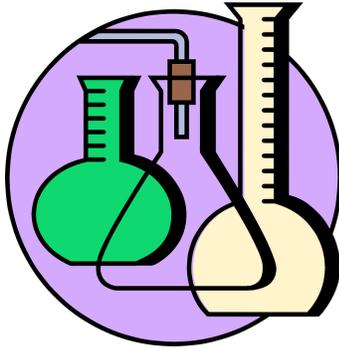
March 11, 2019

5th/6th Grade STEAM Night

Reminder: attendance at our STEAM night is required for all 5th and 6th graders as they will be presenting their Science Projects. STEAM night is March 21 from 6:30 PM-7:30 PM (students should arrive at 6:15 PM)

Science Class Wish List

- Cotton balls
- Rubber bands
- Balloons
- Steel wool
- String
- Yarn
- Magnets
- Paper plates



Free Parenting Class

Feel like you need help connecting the dots between God's message of love of mankind and the character development of your children? Mrs. Heintz and her husband would love to have you come alongside them Sundays at SMLC at 9:45 a.m. It's hard to raise kids who are kind, courteous, respectful, cooperative and confident. Walk with them over the next 6 weeks as they see what God's word has to say about parenting.

Lutheran Schools Week Dress-Up Days

Monday - Superheroes
Tuesday - Vacation shirts
Wednesday - Favorite person
Thursday - Person from past or present
Friday - Chapel shirts

Exploratory Week 2019

Info was sent home today and forms are due **this Wednesday**. Please let us know if you have any questions!

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Setting Up Your Tech to Protect Your Children

Paul Taylor recently wrote a post of Facebook about what they do at his house technology-wise to lock down/protect their kids from the many dangers of social media and the internet. We asked him if we could share his post here:

“We take a multi-prong approach, and I think we’ve finally found something that works (but just wait as I’m writing this, I’m sure one or more of my kids is working to bypass my security schemes).

Layer 1 - Locking down internet access for all our devices

- Use router level control for this, meaning that all traffic in and out of the house goes through this device before it makes it to our family. Specifically we use a <http://routerlimits.com> router and their lifetime subscription.
- There are many router level filters you can use, but you want to make sure it has the following at a minimum:
 1. Traffic logging - If you can't see where they are going, then you can't protect where they are going.
 2. Content Filter - Since you don't have the time to build your own list of what sites are "bad" having someone else do it for you is key!
 3. Domain Blacklist - You want the ability to disable access to those sites that slip through the #2's content filter.
 4. Access Groups (optional, but very nice) - It's nice to be able to distinguish between the different device on your home network and give different access to different devices (ie: none of our kids' phones can access YouTube, but the main computer in the center of the house can).

Layer 2a - Locking down individual devices (that have cell service)

- Root the phone (we have all Android phones), and completely disable internet access (disable in the build.props file and lock the file with superSU app). I can selectively turn it on, but this is only for short periods of time to accomplish specific tasks (download an app, upload pictures, etc.).
- Disable specific services per phone with your cell provider. We use ting.com for our cell provider and they allow us to disable cell data, group and image texting, for specific phones on our plan. Leaving them with basic texting and phone calls.

Layer 2b - Locking down individual devices (that don't have cell service)

- Use a scheduled app locker (like <https://play.google.com/store/apps/details...>) to control when the rest of the kids can use their phones.
- I set up profiles on each device that specify what apps they are allowed to use, and the profiles are set-up to activate at appointed times of the day (ie: I've set up a sleepy time profile, that activates at 8 or 9 depending on the kid, and it only allows access to the clock and music).

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None of this is fool proof, and I regularly check the logs or take a phone and spot check it. Also, I find the 'smell test' to be very effective. If something 'smells bad' that you are seeing in the logs or on the phones, it probably is. You are probably seeing evidence of someone trying to circumvent your safe guards. I usually take away the device till I can get to the bottom of things."

<i>Upcoming Events</i>	
Lutheran Schools Week	3/11-3/15
Bowling field trip; AM	3/12
Friends and Family Chapel and Luncheon; 10:00	3/15
Exploratory Week at KCMS (forms sent home today)	3/25-3/28
½ Day; 11:30 dismissal	3/29
Spring Break	4/1-4/5

Academic Highlights

<p><i>Social Studies 5/6 - Regions of the Eastern Hemisphere</i> We are learning about Life in Southeast Asia. Quiz your students! 1) Why is the Strait of Malacca significant? 2) What does Western Colonization mean?</p>	<p><i>History 7/8 - American History</i> We have begun ch. 19 and are learning about the Industrial Age.</p>
<p><i>5/6 Bible Class</i> We will be starting Unit 7-Jesus Completes Our Salvation.</p> <p><i>5th and 6th Grade ELA</i></p> <p><u>Vocabulary:</u> There is no vocabulary test this week.</p>	<p><i>7th and 8th Grade ELA</i></p> <p><u>Vocabulary:</u> The students will be having a vocabulary test over unit 12 on Tuesday, March 12th.</p>

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<p>Grammar: We will be starting a new unit on verbs.</p> <p>Literature: The students are doing a novel study on “Island of the Blue Dolphins” by Scott O’Dell.</p>	<p>Literature: The students will be reading a biography.</p>
<p>Science 5/6 The students will be working on their STEAM Night science projects.</p>	<p>Science 7/8 We will be starting a new chapter on magnetism.</p>

Gym 7/8 - A Note from Coach Cronk

Hi everyone! My name is Taylor Cronk and I am the Physical Education teacher at SMLS. This is my second year at SMLS and my goal is to teach and create a well-rounded program that not only teaches sports but also instills the importance of physical fitness. Since I split my time between SMLS and Central Middle, I have the opportunity to not only learn from other P.E. teachers at Central but also borrow and use Centrals equipment!

This year the 7th and 8th grade students have started to use IHT (Interactive Health Technology) heart rate monitors thanks to CMS. These heart rate monitors go around the chest and read their heart rate during the class. Each monitor is assigned to a specific student. The students BMI measurements were taken in the beginning of the school year to get an accurate reading of each child. After class, an email is sent out to either them or their parents with their performance level in class. The email indicates the percent of time they were in the low, moderate, and high zones. Each zone burns a different percent of carbs and fat.

The low zone is generally a low impact zone which would only occur during low impact activities such as movements prep, walking, or yoga. Although they are burning 20% carbs and 80% fat in this zone, I try to keep them in this zone for less than 20% of the class because obviously we only have 45 minutes to be active and I want to bring up their heart rates. The moderate zone is when we are burning 50% carbs and 50% fat. I would like the students to be in this zone anywhere from 40-80% in class. The last zone is for high intensity activities or portions of activities. This could occur during sprinting, high intensity station workouts, or when your child is just really pushing themselves. In this zone the student generally burns 80% carbs and 20% fat.

Each activity has a set goal the student should be achieving during that specific activity. All activities differ with what percent of the class they should be in each zone. An example of this would be during a workout circuit, our heart rates should be in the low zone for about 15%, the moderate zone for 50%, and the high zone for 35%. This would differ from volleyball when our heart rates are generally in the low zone for 20%, moderate zone for

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65%, and the high zone for only 15%. Beneath I have attached one of our students performances and what they see in each email after class.

11/9/18-Basketball

Pickup and Return: Fri, 11/09/2018 02:28:00 pm to 03:08:00 pm

Peak Heart Rate: 210 / Minimum Heart Rate: 86 / Calories Burned: 332 kcal



More...



Since bringing in these heart rate monitors in 7th and 8th grade, effort and performance has improved in class. Many work harder to keep their heart rates up and have shown a genuine interest in how they did for that class. The importance of keeping our students and your children active cannot be stressed enough. Their future health is in our hands right now and we can be a large influence. If you would like to donate any old or new equipment (exercise balls, medicine balls) to our P.E. program, it would be greatly appreciated, I would love to incorporate more varieties of activities.

Thanks!
Taylor Cronk

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