October & November News

Comet Cards are now available for purchase, with year-long reusable discounts. Great for students and adults.

We would like each family to purchase at least 1 Comet Card, price $10. Deals include Burgers 2 Beer, BW3, Subway, Pulp, Menchie’s, Roll House, Dunkin Donuts, Finish Line Car Wash, Gionino’s Pizza, Pet Supplies Plus, Grantwood Golf Course, and D&R Bagels. Please see the flier in newsletter for ordering details.

The Comet Card & concessions stand sales are the only SMS PTA fundraisers. Funds support PTA sponsored events such as End 1Q Student Appreciation Treat, Winter Party, 7th Grade Field Day, & 8th Grade Student Gifts.

Please take a moment to peruse the newsletter. Parents have been quite involved at SMS during October and November.

We are so thankful.

Wishing everyone a wonderful and safe holiday season,
Allison Jenkins
SMS PTA Student Winter Party
FRI 12/20  2-3:30 PM
Volunteers needed. Please Save the Date!!

50% of the purchase price of consigned items went to SHS Scholarship fund for graduating seniors.

Thanks to all those who volunteered, donated food or items to be sold, consigned items, and shopped at the Fall Budget Bin!

Mark your calendar for the Spring Budget Bin, 4/1 – 4/7.

Community Service:
Candy Collection

Thanks to all those donated Halloween candy for Operation Gratitude, sending care packages to US Troops through the USO!

Upcoming Dates:

12/02: 8th Grade DC Field Trip Meeting for Parents 7pm SMS Cafeteria
12/03: 7th & 8th Grade Band Concert 7pm SHS Auditorium
12/04: Science Fair, 8th Grade
12/09: Girls’ Basketball Season Begins
12/11: Holiday Choir Concert 7pm SHS Auditorium
12/20: SMS PTA Winter Party 2pm-3:30pm
**WINTER BREAK December 23rd-January 3rd
1/14: PTA Meeting 9:15am
1/16: College Credit Plus Info Meeting 6:30pm SHS Auditorium
1/23: 8th Grade Parent and Student High School Orientation 6pm SHS Auditorium
1/27-1/31: PTA Community Outreach Committee~ New Sock Collection
SMS Concession Stand 2Q Workers Needed:
The SMS PTA runs a concession stand MON-TH after school to provide the students who attend after-school activities and events with snacks and drinks for purchase. Items include water, Gatorade, granola bars, popcorn, candy, etc.

Help support our programs & have your child purchase a snack/drink at the concession stand, located just outside the gym entrance.

We also need parents to volunteer in the concession stand, for shifts after school & during games, especially during home basketball games (3:15-4:45 PM, 4:45-6:15 PM time slots).

Students who work alongside a parent in the concession stand are eligible for community service volunteer hours. At year-end, SMS PTA recognizes students with 25, 50 & 100 hours of community service.

SMS Winter Sports Have Begun!
Upcoming SMS Home Games with Concession Stand Treats

Concession Stand has pizza, snacks & drinks for sale on game days.

Come cheer on your SMS teams at upcoming HOME sporting events:

THANK YOU SOLON ATHLETIC BOOSTERS!

THANKS TO THE SOLON ATHLETIC BOOSTERS!

- Providing food for the fall sports banquet
- Purchasing an Outdoor Watering Tree for our SMS Sports Teams
- Provided shirts for SMS Winter Sport Coaches
- https://www.solonathleticboosters.com/join
Box Tops & Store Rewards Programs:
SMS submitted over 854 box tops in October. Thank you to all who participated!
Congrats to the following top collecting homerooms, who earned a sweet treat for their efforts:
~ 7th Grade, Mrs. Bubonics, 397 collected.
Outstanding!!
~ 8th Grade, Mr. Pinney, 12 collected.

Next Box Top collection is 02/12. Please keep clipping & scanning.

“LOOK WITHIN” Themed Art Competition Entries Submitted
Thanks to the SMS students who submitted an original work of art for the National PTA Reflections Art Contest.
Have You Joined the SMS PTA?

Thank you to all the parents & staff members who have already joined the SMS PTA.

As of 11/01/2019:
We have 150 families who have joined the SMS PTA, or roughly 21% participation.

PTA membership cost is only $8. The success of the PTA depends upon membership, donations, and the gift of your time. Your dues & any additional contributions are used to ensure we can continue to provide the numerous SMS PTA Events for all students, including:

First Quarter Celebratory Treat for Students, Winter Party, Student Appreciation, Staff Appreciation, 8th Grade Student Gift, 7th Grade Field Day, Make It Matter Service Day, Community Service Awards, Book Fair

Please consider joining the SMS PTA today! Membership cost is $8.
Membership is available using the hard copy form attached, or online:


Direct donations are also gratefully accepted.
100% of these proceeds fund student based programs.
Please make checks payable to SMS PTA. It’s that easy. Thank you!
JOIN PTA NOW

WHEN YOU JOIN THE SOLON MIDDLE SCHOOL PTA
YOUR DUES & ANY ADDITIONAL CONTRIBUTIONS ARE USED
TO MAKE SURE WE CAN CONTINUE TO PROVIDE THE NUMEROUS
PTA EVENTS OFFERED.
MAKE IT MATTER SERVICE DAY • SCHOOL PARTIES • STAFF APPRECIATION
7TH GRADE FIELD DAY • 8TH GRADE STUDENT GIFT

Questions: Solon Middle School Membership Chair,
Nicole Rey, nicolerey@comcast.net

I’M IN!
JOIN THE PTA ONLINE AT:
OR SEND IN THIS FORM WITH CASH/CHECK

PTA MEMBERS’ NAMES
Last name, First Name __________________________ Email address __________________________
Last name, First Name __________________________ Email address __________________________
CELL PHONE # __________________________
HOME ADDRESS __________________________
STUDENT Name __________________________ Grade ________ Teacher __________________________
(Name one child attending this school who will bring home the PTA membership card(s)

DUES & DONATIONS
$8.00 x (# of members) = $ __________
General PTA Donation = $ __________
TOTAL ENCLOSED = $ __________ (Checks payable to Solon Middle School PTA.
All dues & donations are tax deductible.)
We are thankful for the many parent volunteers who supported SMS PTA school events this past month:

- Laurie Mohler for coordinating & submitting this year’s first Box Top collection.
- Danielle Rose for compiling the school directory.
- Special thanks to Stephanie Contipelli and Jennie Daniel (SMS Budget Bin Chairs), as well as all the SMS parents for volunteering multiple days & shifts.
- Leah Streem who organized and all the parent volunteers who passed out donuts & apples during lunch for the End of First Quarter Student Treats on 10/17.
- All those who donated candy for our Community Outreach collection, to benefit US Troops serving overseas.
- Ava Farivar for transporting the pounds & pounds of candy to the USO
- Kristen Chandler & JoEllen Weingarten for promoting and collecting the entries for the National PTA Reflections Art Contest.
- Parents who donated refreshments for the Parent Teacher Conferences on 10/29.
- Robin Siff & Lorna Titlebaum for coordinating the Comet Card orders.
- Erica Kanj for creating a Cheddar Up link for purchasing Comet Cards online.
- Parent & student volunteers who helped the concession stand run so well.
**A SPECIAL NOTE FROM THE GUIDANCE DEPARTMENT:**

The SMS Counseling Department is offering a 6-8 week grief/loss support group for students in conjunction with Hospice of Western Reserve.

The S.T.A.R.S. (Supporting Tears, Anger, Remembrance & Sadness) is an in-school grief support group for students who have experienced the death of a loved one. Groups address student’s grief reactions and promote effective coping skills.

If you are interested in having your child participate in this group, or have additional questions, please contact Mrs. Westendorf at 440-349-7435 or nicolewestendorf@solonboe.org by December 20th, 2019.”
According to the National PTA website, half of all lifetime cases of mental disorders begin by age 14. The conditions we need to be looking for in children and teens include anxiety, depression, disruptive behaviors, substance use, trauma, and ADHD. We have a long way to getting to the point where everyone is diagnosed and treated. Of the 21% of all children ages 9 to 17 in the United States who have a diagnosable mental or addictive disorder, only 20% of them are identified and receive mental health services each year.

Mental health issues can have lifelong and significant consequences. According to the PTA website “Half of all students ages 14 and older who live with a mental illness drop out of high school—the highest dropout rate of any disability group—and these youth also experience higher suicide and incarceration rates.” Fortunately, we know that early detection and treatment work and that schools and families can partner to help them when they are struggling.

The National PTA and the American Psychological Association worked together on a presentation to explore what parents can look for and what they can do. This can be viewed at https://www.youtube.com/watch?v=xJISfSma-0w. Overall signs that kids are struggling can include feeling sad and down, being more irritable or on edge, displaying an “all or nothing” mindset in that things are all good or all bad, and experiencing more anxiety. Also changes in sleep patterns, daytime sleepiness, and increases or decreases in appetite can reflect mental health symptoms. Some behaviors can include outbursts to the degree that make others uncomfortable, appearing more scattered, withdrawing or being more clingy, as well as changes in their typical behavior such as they are normally more outgoing and they are now more avoidant of situations and people. Indications of substance use can include academic and behavioral changes, changes in appearance and friends, less interest in activities, being less truthful, and demonstrating concentration and memory problems. Of course, most people have periods of feeling sad or blue or grieve over situations or losses. Situations and life changes can also bring about feelings of sadness, anxiety, and anger. Most of the time, these feelings tend to decrease or fade over time. What to consider when weighing whether someone is struggling with typical feelings or mental health symptoms are the intensity, frequency, and the length of time the symptoms or behaviors have been occurring and if it is affecting their functioning in their daily life.

Initially, it can be helpful to listen attentively and let children know they are not alone. Encouraging them on how to handle stress and that asking for help is a sign of courage and advocating for themselves. You want to be able to model problem solving and normalize negative emotions. It is helpful to reassure and redirect thoughts and behaviors and to empower them in how to find support, give support, and how to listen to others. There can be a point in time where it is time to take the next step in seeking mental health treatment. This can start by talking to your child’s doctor, the school counselor, employee assistance program, insurance company, or even calling 211, which is a United Way resource in Ohio that can connect you to local resources and providers. As a psychologist, I often get the question of should someone seek treatment or not. My answer frequently is that anything that makes things easier to deal with is beneficial. Life is hard. In big ways and small. For adults, for teens, and for kids. Let your kids know you will be by their side throughout whatever life brings and support them, encourage them, and be willing reach out for help when it is needed.
O.P.E.N.
The Organized Parent Education Network

Mark Your Calendar & Join Us!

2019-2020 Donna Boss Educational Lecture Series
Lectures are held at the Solon Board of Education from 7pm-9pm, unless otherwise noted

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tuesday, September 17, 2019</td>
<td>Internet Safety with Jesse Weinberger</td>
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<tr>
<td></td>
<td>7:00pm in the Solon High School Auditorium</td>
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<tr>
<td>Tuesday, October 22, 2019</td>
<td>IEP Boot Camp</td>
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<tr>
<td>Wednesday, November 13, 2019</td>
<td>Crash Course in Preschool Special Education</td>
</tr>
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<td></td>
<td>8:15am at the Solon Preschool</td>
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<tr>
<td>Wednesday, January 15, 2020</td>
<td>Legally Adults? Exploring Guardianship &amp; Powers of Attorney</td>
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<tr>
<td>Tuesday, February 11, 2020</td>
<td>Special Education After High School</td>
</tr>
<tr>
<td>Monday, March 2, 2020</td>
<td>Executive Functioning Life Hacks</td>
</tr>
<tr>
<td>Tuesday, April 28, 2020</td>
<td>Can Neurofeedback Help My Child?</td>
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Join us for our Monthly Meetings!
Meetings are open to all parents and caregivers of students with an IEP or 504 Plan. Please join us for friendship and idea sharing with families on your same journey.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>September 12th, 11 am @ Solon Panera</td>
<td>February 6th, 7 pm @ Solon Panera</td>
</tr>
<tr>
<td>October 10th, 11 am @ Solon Panera</td>
<td>March 12th, 11 am @ Solon Panera</td>
</tr>
<tr>
<td>November 7th, 11 am @ Solon Board of Ed.</td>
<td>April 9th, 11 am @ Solon Panera</td>
</tr>
<tr>
<td>January 9th, 11 am @ Solon Panera</td>
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Parent Mentor Meetups
Join us for an opportunity to meet and network with other parents within the special education community and the Parent Mentor in a relaxed, casual environment.

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>First Quarter</td>
<td>September 24, 2019</td>
<td>9:00am – 10:30am</td>
<td>Solon Preschool</td>
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<tr>
<td>Second Quarter</td>
<td>December 12, 2019</td>
<td>9:00am – 10:30am</td>
<td>Solon Preschool</td>
</tr>
<tr>
<td>Third Quarter</td>
<td>February 19, 2020</td>
<td>9:00am – 10:30am</td>
<td>Solon Preschool</td>
</tr>
<tr>
<td>Fourth Quarter</td>
<td>April 30, 2020</td>
<td>9:00am – 10:30am</td>
<td>Solon Preschool</td>
</tr>
</tbody>
</table>

Annie Dellamorte, Parent Mentor 440-349-8039
SMS PTA is asking each SMS family to purchase 1 Comet Card to support the SMS PTA Fundraiser:

COMET CARD: $10 each
The perfect REUSABLE discount card for purchases in the Solon area benefitting Solon Middle School PTA

**A $5 Gift Card will be awarded to each student who sells 5 Comet Cards**

- Buffalo Wild Wings - $5 off $25 food purchase
- Burgers 2 Beer – $5 off $25 purchase, 1 per table
- D&R Bagels – Buy 1 bagel and cream cheese, get 1 free
- Dunkin’ Donuts – Free small coffee (hot or cold) with purchase of a sandwich
- Finish Line Car Wash - $2 off Daytona exterior car wash
- Gionino’s Pizza (Solon location only) – Buy 1 regular priced large pizza, get a small cheese pizza free
- Grantwood Golf Course – 1 large bucket of balls free with purchase of 9 or 18 hole round
- Menchie’s – 10% off purchase
- Pet Supplies Plus– $5 off $30 purchase
- Pulp- $1 off regular size smoothie
- Roll House - BOGO, 1 game bowling or laser tag, not valid Fri or Sat 5pm-close, excludes shoes
- Subway (Solon location only) - 50¢ off 6 inch sub, $1.00 of footlong sub, excludes $5 footlongs

Many Ways to Order the 2019-2020 Card Today!

2. Submit order form below & payment to the Solon Middle School
3. Contact Robin Siff, robinpsiff@yahoo.com or Lorna Titlebaum, LTitlebaum@aol.com

* Per-ordered comet cards will be sent home the beginning of October

$10 per card – Checks made payable to SMS PTA. Card expires 11/2020.

Parent Name: ________________________________ Phone: ______________________________

Student Name: ________________________________ Grade_____

Homeroom or Team: _____________
The Solon High School PTA After Prom Committee cordially invites you to

LADIES NIGHT OUT

Tuesday, December 3rd
6:30-9:00PM
Solon Community Center
35000 Portz Parkway
Solon

Admission: $20 cash or Gift card to any teen-appropriate merchant

Grab a friend or two, join us for some holiday cheer along with shopping from various local vendors.

Enjoy complimentary appetizers, wine and desserts. ALL ARE WELCOME!

Please help us support the after-prom tradition – a safe, fun event for our 2020 senior class!

Questions? Please contact Debbie Marks at 440-429-0136.