COUGAT TRACKS ISSUE 4 L.A. AINGER MIDDLE SCHOOL

Message from the Principal

245 Cougar Way Rotonda West, FL 33947

Phone: 941-697-5800

Office Hours: 8:00a.m. to 4:15p.m.

Principal:Jeff Harvey

Assistant Principals:Daryl Konrardy
Bruce Fourman

Guidance Counselors:Kelly Gilbert
Jodi Booher

ESE Liason: Gayle Horan

School Resource Officer:Officer Jones

Dear Cougar Families,

We are roaring into the second half of the school year!! I hope everyone had a relaxing and enjoyable winter break. We are in full swing here at L.A. Ainger Middle School. Below are a few examples of some of our first semester accomplishments.

Our annual golf tournament took place on November 16th at Rotonda Hills Golf Club thanks to our wonderful PTO, raising over \$12,000 dollars for our school!!!!! That would not have been possible without our PTO, our parents, and our community. I can't thank our community businesses enough for really stepping up and showing their support of L.A. Ainger Middle School.

We finished another successful Boys and Girls basketball season where our students greatly improved throughout the season and showed great sportsmanship. Volleyball season has begun and our Girls team is currently 3 and 1 for the season with the end of season tournament on January 25th at Lemon Bay High School. Boys and Girls track will begin in February followed up by wrestling in the spring.

Our band program, Cougar Cares Club, 3-D Print Club, and many other programs here have done much to be proud of. These successes are due to

the team effort of our L.A. Ainger Middle School families and the L.A. Ainger Middle School Staff. It is truly my privilege to have the opportunity to work with you, our families, and the L.A. Ainger staff.

If you ever have any questions or concerns, please feel free to call or stop by anytime. Your child's success and positive experience at L.A. Ainger is our number one priority.

Sincerely, Jeff Harvey Principal





Is There A Dress Code?

L.A. Ainger follows the guidelines outlined in the Charlotte County Public Schools student code of conduct. All shirts should have sleeves. Shorts/skirts/dresses should go to the knee. All pants/shorts/skirts should be worn at the waist. Midriffs and undergarments should not be exposed. Cell phones cannot be seen or heard!



It is expected that the students will NOT wear the following:

- Attire that promotes the use of alcohol, drugs, violence or other illegal activities.
- Any articles of clothing or jewelry that could cause injury or disruption.
- Halters, backless or sleeveless dress or tops, tube tops, tank tops, muscles shirts, pajamas, tops with low or revealing necklines, midriff shirts, or short shorts or skirts.







6th Grade Owen Roberts, October Lam Gatmaitan Myles Onken 7th Grade Adriana DeAquino, Austin Grantham, Sevi Cullum, Kayleann Johns 8th Grade Bo Gibson, Jordan Masella, Sean Blaney, Beau Charbonneau, Nathan Galynsky

October Students of the Month



6th Grade Brittany Ohnemus, Tyler Near, Sydney Bowers, Mackenzie Martin 7th Grade Kayla Bowers, Kevin Sherer, Drew McAskill 8th Grade Tee'Aunna Williams, Caleb Whitmore, Anastasia Zipse, Sara Holt, Sierra Quezada





G-1 Crew News

The G1 Crew has been productive and engaged in many exciting educational endeavors. Our involvement with The University of Florida nutrition and school garden program keeps expanding. Monthly cooking lessons in Mrs. Mangone's class teach us the importance of eating a healthy diet. The garden portion has our garden flourishing with peppers, tomatoes, string beans, onion, kale, radishes and loofah sponges. We harvested the loofah sponges and made vanilla soap with them. Our class went to the Ringling Circus museum, picnicked on the grounds and toured the John and Mable Ringling mansion which was in all its splendor decorated for Christmas.







3-D Printing

Our 3D Printing Club is so excited about getting a new MakerBot Replicator+. This printer is 30% faster than our old MakerBot printer which makes us so happy because we have printed over 400 student made creations to date. The 46 students in our club are still going strong as are the students who continue to send items in to be 3D printed. A huge congratulations goes out to two of our club members, Amber Charbonneau and Myles Onken. Amber won a 3D Printing Halloween contest with her creative pumpkin creation while Myles won the Christmas contest with his awesome winter wonderland scene. Participation in these contest gives students an opportunity to practice and show off their CAD skills as well as show support for their tinkering peers. We are holding yet another 3D Printing Competition in February. The theme has yet to be determined by the club members, but one thing for sure is that we are looking forward to seeing the amazing pieces they come up with!







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LAAMS Cougars



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L.A. Ainger Middle School 2019-2020 Bell Schedule

Announcements	9:05-9:10		
1st Period	9:10-10:01		
2nd Period	10:05-10:56		
3rd Period	11:00-11:51		
4th Period (Lunch)	11:51-1:23		
	A Lunch 11:51-12:21 4th Hour 12:25-1:23		
	4th Hour 11:55-12:22 B Lunch 12:22-12:52 4th Hour 12:56-1:23		
	4th Hour 11:55-12:53 C Lunch 12:53-1:23		
5th Period	1:27-2:18		
6th Period	2:22-3:13		
7th Period	3:17-4:10		



Loving Light goga Englewood Beach Yoga

Beach Yoga Daily at 8:30am Englewood Beach Park, Beach Road All Are Welcome!

Indoor studio offers a variety of yoga classes for all.

3455 S. Access Road E. Englewood, FL 34224 941-473-0135 www.lovinglightyoga.com

Drug Free Charlotte County

A New Year's resolution can bring both excitement and fear. We are excited because we are hopeful about changes and growth. Yet, often there is a fear associated with change because of the possibility of failure. Our kids also experience these same feelings of excitement and fear. We can help ourselves and our kids remove that fear be successful in achieving our resolutions by following a few simple steps.

First, let's take a look at the 3 main reasons why many people never reach their resolution goals:

- 1. A goal is never really set. Many people examine the things they would like to change, improve, or grow in and have no problems with expressing those ideas. However, until it becomes a goal, complete with steps and a timeline, it is still just a thought. In order to achieve a goal, it is vital to write it down, plan out your sub-goals or steps, and to create a timeline by which you plan to achieve each sub-goal to get to your main goal. Keep this somewhere that you can look at it regularly to keep your goals in mind.
- Your goal is not meaningful, measurable, or realistic. There are many things we may have in our mind that we should do, but it does not have value to us personally. Without having a goal that is significant to us we will lack the passion needed to push through the difficulties in achieving that goal. A goal should also be measurable. My father always used to say to me, "Goals worth achieving are never easy". As an adult I can now see such truth in that. When we work toward our goals, we are going to hit snags and hiccups and times when we are going to want to give up, because it is hard, especially when it comes to long-term goals. However, when you measure your progress toward your goals, you can see how far you have already come and that can help push you through those difficult patches. When creating your goal, you need to consider if your goal is realistic. Are you giving yourself enough time to reach the goal? Do you have the supplies needed to reach your goal? Have you done the research required?
- 3. You don't reward yourself. Motivation is a real struggle for most people when working towards a goal. We know that there is something great once we reach the goal, but sometimes that can be too far away to keep us motivated. It is important to reward yourself each step of the way, particularly with each sub-goal so that you can stay motivated. Plan ahead of time what your rewards will be and make sure that it is something you will enjoy and look forward to. Then always keep that reward in your sights to help you stay the course.

Next, let's talk about how you achieving your goals helps your kids in 3 main ways:

- 1. You're a role model! When your kids see you setting and achieving goals in the right way, it gives them the confidence to give it a shot as well. It lets them know that it is possible, and it is a behavior that will help them become successful, just like you. Don't be afraid to show them or talk to them about times when you have made mistakes along the way or experienced challenges, this will help encourage them as they experience their own challenges.
- 2. Your kids will have confidence in you helping them create their own goals. They have seen you do it, so you are their live-in expert. They are more likely to listen to what you have to say about setting and achieving goals, and they need your help in this. Make sure to talk to them about being flexible and being able to adjust their goals if they hit a snag. Check in with them from time to time and see how they are doing toward reaching their goals to remind them they are important to you too.
- Setting goals in their own life will help them gain a sense of purpose, and this is also great quality time together. You can enrich this process with experiences that can bring their goals to life. These are moments with you that they will cherish as they get older as well.

For more information and resources, visit us online at $\underline{www.drugfreecharlottecounty.org}$. Or visit us on social media: Facebook – Drug Free Charlotte County, Instagram – drugfreecharlottecounty, Twitter - @DFCCTweets









remind

Remind App

L.A. Ainger uses the Remind To communicate with the stakeholders in our community by sending text messages to their phones. We are in the process of streamlining our communication using the Remind app. To subscribe to any of the classes, simple text the "@ code" listed below to the number 81010.

L.A. Ainger Middle School Families text: @laaingermi

*Please note this code has changed. To continue receiving messages, please send this new code to 81010.

- L.A. Ainger Middle School Extracurricular text: @d337hch
- L.A. Ainger Middle School Charlotte Buses text: @g33g3g
- L.A. Ainger Middle School Sarasota Buses text: @kk43ga

You may un-subscribe from any of the classes listed above at any time.



REPORTING SUSPICIOUS ACTIVITIES OR THREATS

Students, parents, CCPS employees, and members of the community have a responsibility to report suspicious activities and potential threats to schools. Any suspicious activity or threat shall be promptly reported to one of the following individuals, agencies or reporting tools:

- School Resource Officer or local law enforcement agencies.
- School Administrator or any available staff member.
- The FortifyFL Reporting APP or to the Crimestoppers Tipline (1-800-780-TIPS).
- Contacting the Supervisor of District Security and Emergency Management at (941) 255-0808
- Calling 9-1-1





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941-575-0222



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A few spots are left! We need you!

Advertise in the Cougar Tracks!

This is a wonderful way
for your company
to get community recognition
and exposure,
and at the same time
help support your local schools!

Michelle Hill
michelle.hill@yourcharlotteschools.net
L.A. Ainger Middle School

Champs Cafe

Your child's Cougar Champ's Cafe offers a free breakfast and a free lunch every day to its student customers!

There are lots of choices for both breakfast and lunch at school. Each day, there is a featured entree at one or more food courts, such as mesquite roast chicken, nachos, beef teriyaki dippers, tangerine chicken, etc. Cougar Champ's Cafe also offers chef salads, deli sandwiches and wraps, chicken fillet and spicy chicken sandwiches, as well as hamburgers and cheeseburgers at various food courts.

Breakfast is served 30 minutes before school starts. Various breakfast foods are featured each day with cereal and another grain as a choice each day. Popular featured menu items include French toast sticks, fresh-baked cinnamon roll with a sausage omelet, mini-pancakes, sausage biscuit sandwiches and breakfast bagel sandwiches.

For their free breakfast and lunch, the student customer must have a minimum of three foods on their tray, and one of those foods must be a fruit or vegetable. Student customers are encouraged to select all 5 or 6 food items offered as part of the meal: protein, grains, fruit, vegetable and milk.

At breakfast, most customers select juice for their fruit requirement. Fruit is also offered as a choice. At lunch, there are several choices of fruit and there are always two vegetables offered.

Students may select one fruit and two vegetables with their free lunch every day. Since lots of vitamins and minerals are found in

fruits and vegetables, students can meet their Strive for Five servings goal every day, fueling their brain for learning.

Although student customers are encouraged to, they are not required to take a milk with their meal. Per USDA regulations, a bottle of water does not come with the meal. Bottled water costs \$1.00 a la carte. There are water fountains available in the cafeteria and throughout the school. Please encourage your child to enjoy a milk with their meals at Champ's Cafe so that their growing body gets all the nutrients milk offers: Vitamin D, Calcium and Phosphorus. Middle school is the age when children should be building healthy, strong bones to last their lifetime.

Manager Joe Wasser-Long and his food & nutrition services team look forward to seeing your child, our customer, at breakfast and lunch every day at Cougar Champ's Cafe!

Art News

Great junk art projects from semester one art classes.







Tristan Warren, Grade 8



Patrick Kloss, Grade 6







Hours:

7am-6pm MON-FRI • 8am-12pm SAT 4pm-5pm SUN* *Boarding (drop off & pick-up) and Retail only

941-474-8881 • EnglewoodAnimalHealthCenter.com 1830 Placida Road • Englewood, FL 34223





Student Government and PE

35 Children are diagnosed each day with type one diabetes. On behalf of national diabetes month, L. A. Ainger student council and physical education classes joined forces and raised funds to send to this organization. We took time and discussed this disease in class and ran for a cure. We were able to give over \$900.00 To a great cause; we are hoping they find a cure for children and adults impacted by this disease that attacks the pancreas and other organs.

Ainger Volleyball

What a competitive season! Great job to all involved. Know that with a record of 3-1 at the Winter Break and 2 games to go, Ainger definitely came out with a winning season. Nine players will be moving onto high school next year! Hats off to a successful season, filled with athletes that played with heart and soul for the game. Good luck in the end of season tournament at LBHS on January 25th.

The Math Department at L.A. Ainger

Free Math Homework Help

L.A. Ainger Middle offers free math homework help 5 days a week for students. We offer a range of days and times, both before school and after. Your child is welcome to attend these sessions whenever they need. Please ensure your child brings an assignment to work on with them.

Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:15 Mrs. Costello Rm: J5	7:45-8:15 Mrs. Costello Rm: J5			
8:30 - 9:00 Mrs. Morella Rm: B5	8:30 - 9:00 Mrs. Morella Rm: B5	8:30 - 9:00 Mrs. Morella Rm: B5		8:30 - 9:00 Mrs. Morella Rm: B5
	4:15-4:45 Mrs. Abreu Rm: D10	4:15 – 4:45 Mrs. <u>Kunder</u> Rm: G3	4:15-4:45 Mrs. Abreu Rm: D10	

Track and Field 2020

Ready, ready, ready to run? Track season is upon us and the first practice will be Monday, Febuary 2nd. Practices will be held

Everyday after school until 5:30. This is a two week season and will end with a track meet on Saturday, Febuary 15th at Charlotte High School at 9 a.m. Be sure to have paperwork such as insurance card and physical filled out with Mrs. Pickett in the front office in order to compete this season.

Other Opportunities

- Flag Football Intramurals Is Running Throughout The Month Of January. It Meets Everyday Afterschool.
- · Hockey intramurals will be starting in May.

Great Things Ahead Of Us

We will have a social or event on January 23rd, February 12th, March 11th, and April 8th. Our dance will be Disco themed on Friday, May 8th from 6-8. Volunteers welcome.



Student Council

Reflecting upon the past:

The dance on December 6th was a success. Over 300 students were in attendance and volunteers were everywhere. Thanks to those parents and chaperones who volunteered their Friday evening to help students enjoy their evening!

Student council provided three new water bottle filling stations on our campus, provided new door mats for classrooms, and helped supply shirts for sports teams this year. They have also supplied funding to the Junior Diabetic Research Foundation, to art and history teachers for a field trip, and sponsored a guest speaker for another classroom.

Wrestling

Wrestling will pick up at the end of march. Get prepared, make sure to turn in all paperwork to the office.

Basketball Intramurals

Anyone interested in starting their friday mornings with some basketball is welcome to come to the gym at 7:30. Get dropped off at the back gate and bring your shoes and game.











Non Profit Organization U.S. Postage Paid Orlando, FL Permit #2346

PTO News

L.A. Ainger Middle School PTO 6th Annual Golf Tournament was held on Saturday, November 16 at Rotonda Golf and Country Club - The Hills. The event was a huge success thanks to all our sponsors, volunteers, and especially our Co-chairs, Dana Lutz and Katie Mullins. We raised over \$12,000 for our school! Special thanks to all our sponsors including:

Abbott Air Kim Amontree. School Board Member **Bigfoot Cooling & Heating** Billy Kimberlin Roofing Bob Segur, School Board Member

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Recycled Plastic Factory Rowley Insurance Slack Orthodontics Stylecraft Cabinetry Thoroughbred Golf Carts Wampler Insurance WC Works

Worksite Employee Leasing As we begin the second semester, we hope you will join us at the monthly PTO meetings which begin immediately following SAC. During the next few months we will be preparing for

Save the Date!

PTO Meetings - January 27 and February 24 at 6:00pm, Media Center

Stay Informed!

Facebook - Follow us on Facebook at www.facebook.com/LAAPTO/ Remind - to receive messages from PTO, Text to: 81010, Message: @aingerp

Email Us - aingerpto@gmail.com with questions or suggestions School Website - https://www.yourcharlotteschools.net/lam

Support Our Cougars!

Join us at PTO Meetings - Attending meetings is a wonderful way to find out what is happening at our school and to share new ideas. Meetings are casual; stay as long or short as you like. Meetings are held on the fourth Monday of the month (third Monday in December and May) in the Media Center at 6:00pm.

Volunteer for an Event - It takes many volunteers to ensure the success of events for our students. Sign up for Remind or check our Facebook page to find out about volunteer opportunities.

Check out the L.A. Ainger Middle School store at: http://sideline.bsnsports.com/schools/florida/rotondawest/l-a-ainger-middle-school

Teacher Appreciation Week and the end of the year class events/field trips. Volunteers will be needed to help make these events a success

Box Tops for Education

The new Box Tops labels allow you to simply snap a photo of your receipt by pressing scan and submit after you sign-up through the Box Tops app (download through the Apple App Store or Google Play). Once you download the app be sure to choose L A Ainger Middle School as your school. The Box Tops labels are replacing the Box Tops clips. If you have any remaining Box Tops clips that have not expired, please drop off or send in to the school office or one of your child's teachers.

Simple and automatic way to support LAAMS PTO by shopping smile.amazon.com using your current Amazon account login. Type: L A Ainger Middle PTO Inc when selecting your charitable organization.