

DECEMBER 2021 • ISSUE 1

EAGLETIMES

Punta Gorda Middle School

1001 Education Ave.
Punta Gorda, FL 33950
Phone: 941-575-5485



PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

I hope all of you were able to take some time to enjoy the holidays with your family and friends. As we start the second semester, I am asking that you help your student stay focused on his/her grades. This time of year is traditionally the time when students tend to slack off.

In this newsletter, you will find some very important information including the dates for our FSA and EOC Testing. I must stress that these dates are scheduled as shown but they are subject to change if the state requires us to do so or if we have any technical issues. Please do your best to avoid scheduling any appointments for your child during this time. Also, remember we will have final exams for semester 2 at the end of the year. Monday, May 23rd through Thursday, May 26th. If you have any questions or concerns, please don't hesitate to give me a call at the school.

Sincerely,
Justina Dionisio, *Principal*

Mrs. Justina Dionisio,
Principal

Ms. Renee McLain,
Assistant Principal, Discipline

Mrs. Kellee Anderson
Dean of Students

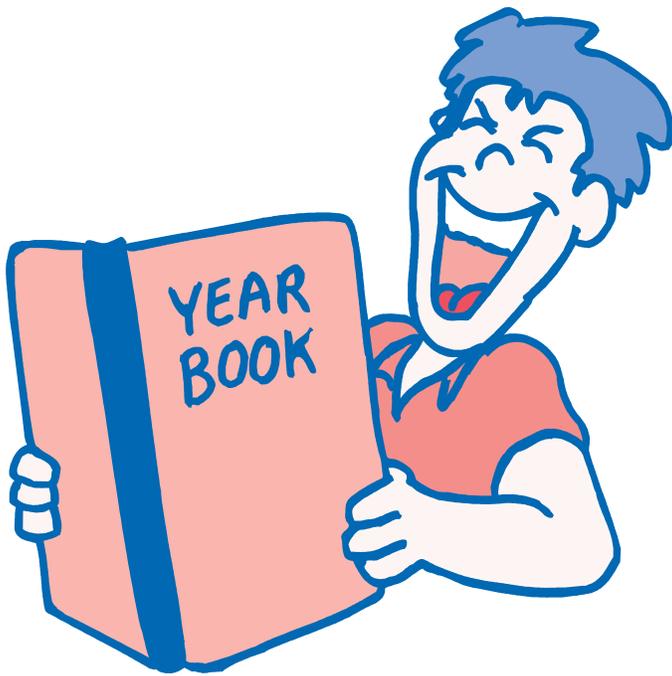
Dr. Scott Nicklas,
Assistant Principal,
Activities & Facilities

Dr. Christine Young,
Assistant Principal, Curriculum

Mr. Douglass Barr,
School Counselor



Where Eagles
SOAR Everyday!



Yearbooks

January is the ONLY month to purchase student ads in the Yearbook!

This is for all students but especially 8th grade parents! We have lowered the price on these ads to make them more affordable for the parents... please visit www.yearbookforever.com. They are as low as \$35! Yearbooks can be purchased now as well at the same site!

Calendar of Events

December

December 18..... January 5 - Winter Break

January

January 6 Students Return to School

January 10 SAC Meeting @ 5:30pm

January 17 No School for MLK Day

January 24 Track Starts

February

February 5 Track Meet @ CHS

Feb. 14 SAC Meeting @ 5:30pm

Feb. 18 & 2 No School - Hurricane Make Up Day & Holiday

March

March 11 End of Quarter 3

March 14 - 18 No School - Spring Break

April

April 7 Grades 6-8 - FSA Writing Test

May 3 & 4 Grades 6-8 - FSA Reading

May 5 & 6 Grades 6-8 - FSA Math

May 12 & 13 Grade 8 - ALG I EOC

May 17 Grade 7 - Civics EOC

May 17 Grade 8 - Science



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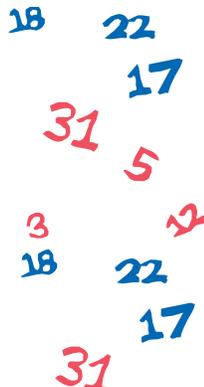


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Holiday Stress

It's the most wonderful time of the year! There are decorations to put up, cards to mail out, vacations to plan, presents to buy, dinners to make, kids to entertain... truth be told, it can all be a bit overwhelming and even stressful. All that stress can quickly zap the fun right out of all those merry plans that we've made and send us down a bah humbug spiral. Don't let stress grinch-out your holidays, here are some ways to manage that holly jolly stress:

1. **Get Enough Sleep** – We have all heard the headlines about the benefits of getting the proper amount of Z's, but where do we even begin? Start by setting a sleep routine. Pick a specific time to go to sleep and wake up each day. This will help train your body to engage in a more fruitful and consistent sleep. Do something to help you relax before bed each night, whether that is lighting a candle, drinking some hot tea, or reading a bit in a good book. The National Sleep Foundation also suggests you avoid using electronics at least 30 minutes prior to bed. Avoid using alcohol. Alcohol is a depressant so it can make you feel sleepy, however the use of alcohol actually disrupts your REM sleep preventing you from feeling rested.
2. **Don't turn to tobacco or other drugs** - This is a crutch that will let you down every time. Tobacco specifically is a stimulant that restricts your blood vessels, increases your heart rate, and can leave you feeling more stressed rather than relieve it. Like tobacco, other drugs can harm your health and in turn add to your stress.
3. **Limit caffeine** – I know, I know...this one hurt a little bit to type, but all those mocha frappes and caramel cappuccinos get your heart thumping and causes your body to release extra cortisol which is stress' best friend.
4. **Let it all out** – It is incredibly important to express your feelings openly and frequently. If you aren't comfortable doing this with the peeps already in your circle, don't be afraid to reach out to a professional and spill all the tea.
5. **Create your squad** – Surrounding yourself with people who can give you support that you can feel comfortable reaching out to can make it easier for you to choose more positive ways of dealing with stress.
6. **Eat right and exercise** – believe it or not this isn't just good for your physical health, it is vital to your entire well being and can help reduce stress in big ways. The better you take care of your body, the better it will work for you. Taking these healthy steps can help you avoid fatigue and irritation which are some leading causes of stress.
7. **Figure out what works for you** – When the tornado of stress begins winding through your day, figure out a de-stressing technique that will work for you. Here are some ideas: Listen to relaxing music, meditate, or practice deep breathing, yoga, spend some time in nature, imagine yourself in a peaceful place, get a massage, write in a journal, start a hobby, give someone a hug, do something kind for someone else, take a bubble bath, go for a walk/run, start a gratitude journal, read a book, plant something, do something that makes you laugh.

Now let the good times roll right into a stress busting new year!



'Eagle Times'

December 2021

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Port Charlotte, FL 33948-1052

Issue #1

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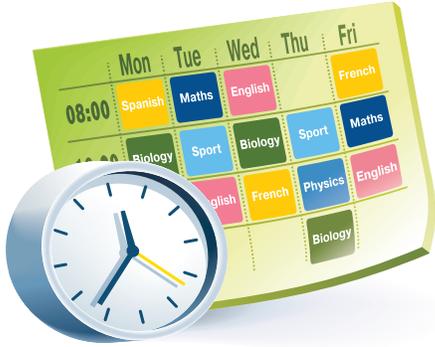
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Absences

The student attendance line is 941-575-5490. By 10:00 am on any day that your child is absent from school, you should call the attendance line to record the reason for the absence. If your child is absent from school, you will receive a call home, with the first calls going out at 10:15 am. For your convenience, our voicemail is available after school hours to leave messages regarding absences. Regular office hours are from **8:00 a.m. to 4:30 p.m.**



No Bully Zone

School-wide initiatives at PGMS educate students about bullying and how to effectively interact with others. Our staff incorporate cognitive-skills training on how to interact responsibly, handle controversy and resolve conflicts amicably. Punta Gorda Middle regularly trains staff on Bullying and Abuse recognition, and training is provided to educate students, parents, and community members as well.



Fishing Team



Logan Holley and Max Miller

The PGMS Fishing Team is currently in a commanding lead in the FWC High School Fishing Tournament. There are a total of 38 schools throughout the state that is participating in the tournament.

Students have been meeting after school on Tuesdays to learn a variety of skills, including cast netting, targeting specific species of fish, proper fish handling, knot tying just to name a few.

The team also had a visit from a Biologist from the Fish and Wildlife Commission. The biologist spoke to the team about the Charlotte Harbor Estuary.

They also had the Marine Unit from Punta Gorda Police Department come and talk about safe boating and fishing in the harbor.



St. Augustine Paddle Sports owner, David Hernandez, had Fish Taco jigs donated to PGMS Fishing Team, the kids and the school are so appreciative.

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Eighth Grade End-of Year Field Trip Information

The eighth grade class is planning our end-of-the-year field trip to Busch Gardens in Tampa, Florida. We are excited about this "hands-on" educational experience.

The trip is scheduled for Thursday, April 28, 2022. Your arrival at school that morning is 7:45 A.M. We return by 8:00 P.M. that evening. The cost for the trip is \$85.00 per student and \$85.00 for each chaperone. This price includes the ticket to the park and a charter bus.

Discipline will play a factor in your child's ability to participate in our school trip. **Students who accumulate seven or more large referrals will NOT be permitted to go on the trip.**

Price list for the Busch Gardens trip:

1. Student ticket and charter bus transportation- \$85
2. Chaperone ticket and charter bus transportation- \$85
3. Student with an annual pass/Fun pass to Busch Gardens - \$30
4. Chaperone with an annual pass/Fun pass to Busch Gardens- \$30

All chaperones must ride the bus with the group of students (4-6) they are chaperoning.

Collection dates:

You may pay on any of the following dates: February 7th- February 18th, 2022. Collections will take place on the third floor from 8:50-9:10 A.M. Cash or check accepted. **Please make check payable to Punta Gorda Middle School.**

PLEASE DO NOT DROP OFF PAYMENTS IN THE FRONT OFFICE DURING THE SCHOOL DAY. Collections are in the morning only.

If you are interested in sponsoring a child who cannot afford this trip, any amount is greatly appreciated! You can donate in February during the collection window. Any amount helps. Thank you in advance for your generosity!

ALL chaperones must fill out and turn in a current volunteer form. This can be located on our school webpage or outside room 315. ALL chaperones are accepted after completion/verification of the county volunteer form.

Thank you!

We are looking forward to a great day together at Busch Gardens!

*Groups will be decided in March of 2022

If you have any questions or concerns, do not hesitate to contact Diane Combs at diane.combs@yourcharlotteschools.net or 575-5485 ext. 5700



Important Reminders

From the school counselors:

- Remember to check the 2021/2022 school calendar when planning vacations to avoid missing exams. This includes Semester 1 exams right before we go on Christmas Break, Dec. 13-17, 2021, as well as Final exams right before the last day of school, May 20-26, 2022.
- FOCUS provides 24-hour access to your child's grades, as well as the opportunity to email teachers with any questions or concerns. Parents/guardians should make sure they have their own login information for FOCUS. This is separate from your student's username and password. Please visit the school website for information on how to set up **your account**.
- CANVAS provides 24-hour access to your student's classroom materials and assignments. FOCUS provides the official grades for classes.

From the school nurse:

- Medication drop-offs will not be accepted from 11:15 a.m. to 1:30 p.m. or after 3:15 p.m. These are very busy periods in the nurse's station. In order to maintain the focus on student care, our nurse is unable to meet with parents/guardians during these times.

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Who Should I Contact?

Curriculum and Instruction

Dr. Christine Young, Assistant Principal

Activities/Athletics/Facilities

Dr. Scott Nicklas, Assistant Principal

Discipline

Ms. Renee McLain, Assistant Principal

Ms. Kellee Anderson, Dean of Students

School Counselors

Mr. Doug Barr

Other Contacts

JoAnn Barr, ESE Liaison

Jena Williams, School Social Worker

JOIN PGMS TRACK!

Track starts Jan 24

Practice everyday afterschool until 5:30. We practice at CHS

Track Meet is on Feb 5 at CHS

The events are:

- 100 m, 200m, 400m, 800m, 1600m
- 4x100 relay, 4x400relay, and Long Jump

Students need to have a physical, consent form, PGMS checklist on file with Coach Damico by Jan 24th. Also, a 2.0 or higher g.p.a from first semester in order to come out



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You can also include photos or video with your tip report.

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Your School Officials

The tip report goes to your local school officials when submitted.

Local Law Enforcement

Your local police department or sheriff office receive copies of your tips automatically.

State-Level Officials

State-level officials also have access to your tips to make sure proper steps are taken.

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials. FortifyFL was created and funded by the 2018 Florida Legislature as part of the Marjory Stoneman Douglas High School Public Safety Act.

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GETFORTIFYFL.COM



Reporting Suspicious Activities or Threats (Fortify Florida)

Students, parents, CCPS employees, and members of the community have a responsibility to report suspicious activities and potential threats to our schools. Any suspicious activity or threat should 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 Crime Stoppers Tip Line (1-800-780-TIPS).
- Contacting the Supervisor of District Security and Emergency Management at (941) 255-0808
- Calling 9-1-1

A few spots are left!



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