

THE HMS WEEKLY NEWSLETTER

PHOENIX FLYER

Vol. 24/25 – 13th SEPTEMBER, 2024



HMS Lunch Schedule

Monday, Wednesday, Thursday, Friday (Standard Release at 3:05 pm)

A-Lunch (mostly 6th Graders) Lunch: 11:40 - 12:10

B-Lunch (mostly 7th Graders) Lunch: 12:20 - 12:50

C-Lunch (mostly 8th Graders) Lunch: 13:05 - 13:35

5th Graders' Lunch and Recess

5A (Fire) & 5B (Ice) - Lunch 10:50 - 11:10 Recess 11:10 - 11:30

Tuesday (Early Release at 2:05 pm)

A-Lunch (mostly 6th Graders) Lunch: 11:00 - 11:30

B-Lunch (mostly 7th Graders) Lunch: 11:40 - 12:10

C-Lunch (mostly 8th Graders) Lunch: 12:20 - 12:50

5th Graders' Lunch and Recess

5A (Fire) & 5B (Ice) - Lunch 10:10 - 10:30 Recess 10:30 - 10:50



Mission

Educate, Engage, and Empower military-connected students to succeed in a dynamic world.

Vision

Excellence in Education for Every Student, Every Day, Everywhere



Important point of contacts:

Principal:

Mr. Chad Struhs

Chad.Struhs@dodea.edu

Assistant Principal

Ms. Natalya Cho

Natalya.Cho@dodea.edu

Assistant Principal

Ms. Dawn Pilon

Dawn.Pilon@dodea.edu

Administrative Officer

Mr. Michael Robinson

Michael.Robinson@dodea.edu

Secretary

Ms. Hannah Moreno

Hanna.Moreno@dodea.edu

Registrar

Ms. Euranda Williams

Euranda.Williams@dodea.edu

Nurse

Ms. Kyoung Lim

Kyoung.lim@dodea.edu

Attendance

HMMS.Attendance@dodea.edu

Main Office

PAC_HumphreysMSFrontOffice@dodea.edu

PTSO

humphreysmiddleptso@gmail.com

SAC

humphreysmsac@gmail.com

Humphreys Middle School Calendar 2024-2025 (Semester One)

AUGUST							Aug. 12	All Teachers Report To Work
S	M	T	W	T	F	S	Aug. 12 - 16	CCRS Training, Orientation, and Classroom Prep
4	5	6	7	8	9	10	Aug. 15	Student/Parent Orientation (see flyer)
11	12	13	14	15	16	17	Aug. 19	Start Q1 / School Begins
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		
SEPTEMBER							Sep. 2	Labor Day - Federal Holiday - No School
1	2	3	4	5	6	7	Sep. 4	Phoenix First Orientation @ 0840
8	9	10	11	12	13	14	Sep. 10	Chuseok - No Students/Teacher Complete Mandatory Trainings)
15	16	17	18	19	20	21	Sep. 23	PTSO Meeting @ 1600
22	23	24	25	26	27	28	Sep. 27	HHS Homecoming Parade and Game
29	30							
OCTOBER							Oct. 1	SAC Meeting @ 1600
S	M	T	W	T	F	S	Oct. 2	Phoenix First Orientation @ 1600
6	7	8	9	10	11	12	Oct. 11	Recess Day - No School
13	14	15	16	17	18	19	Oct. 14	Columbus Day - Federal Holiday - No School
20	21	22	23	24	25	26	Oct. 15	CCRS Professional Learning Day - No School for Students
27	28	29	30	31			Oct. 16	PSAT
							Oct. 24	End of Quarter 1
							Oct. 25	Teacher Work Day - No School for Students
							Oct. 28	Begin 2nd Quarter
NOVEMBER							Nov. 6	Phoenix First Orientation @ 0840
S	M	T	W	T	F	S	Nov. 8	Parent Conference Day - No School for Students
3	4	5	6	7	8	9	Nov. 8	Veterans Day - Federal Holiday - No School for Students
10	11	12	13	14	15	16	Nov. 11	IAC Meeting @ 1600
17	18	19	20	21	22	23	Nov. 14	Thanksgiving - Federal Holiday - No School
24	25	26	27	28	29	30	Nov. 27 - 28	Recess Day - No School
Acceleration Dates, December 6 & 13	Nov. 29							
DECEMBER							Dec. 4	Phoenix First Orientation @ 1600
S	M	T	W	T	F	S	Dec. 5	Accelerated Withdrawal Date (First Semester)
1	2	3	4	5	6	7	Dec. 9	PTSO Meeting @ 1600
8	9	10	11	12	13	14	Dec. 13	CCRS Professional Learning Day - No School for Students
15	16	17	18	19	20	21	Dec. 23 - Jan. 3	Winter Recess - No School
22	23	24	25	26	27	28	Dec. 25	Christmas - Federal Holiday
29	30	31						
JANUARY							Jan. 1, 2025	New Years Day - Federal Holiday
S	M	T	W	T	F	S	Jan. 6	Instruction Resumes
5	6	7	8	9	10	11	Jan. 7	SAC Meeting @ 1600
12	13	14	15	16	17	18	Jan. 8	Phoenix First Orientation @ 0840
19	20	21	22	23	24	25	Jan. 16	End of Quarter 2 and First Semester
26	27	28	29	30	31		Jan. 17	Teacher Work Day - No School for Students
School start time daily: 0830								
KEY	Half Day Release	Student Non-Attendance	Early Release 2:00pm every Tuesday	Federal Holiday/Recess Days				
	End of 1st Quarter (44 days of instruction)	End of 2nd Quarter (44 days)	End of 3rd Quarter (43 days)	End of 4th Quarter (44 days)	Full Academic period: Aug. 19-30			

Humphreys Middle School Calendar 2024-2025 (Semester Two)

JANUARY							Jan. 20	Martin Luther King Jr. Day - Federal Holiday - No School
S	M	T	W	T	F	S	Jan. 21	Begin 3rd Quarter and Second Semester
5	6	7	8	9	10	11	Jan. 21 - Feb. 3	Spring Add/Drop period
12	13	14	15	16	17	18	Jan. 21	CSI Day (Lunar New Year - No School for Students)
19	20	21	22	23	24	25		
26	27	28	29	30	31			
FEBRUARY							Feb. 10	CCRS Professional Learning Day - No School for Students
S	M	T	W	T	F	S	Feb. 13	IAC Meeting @ 1600
2	3	4	5	6	7	8	Feb. 14	Recess Day - No School
9	10	11	12	13	14	15	Feb. 17	Presidents' Day - Federal Holiday - No School
16	17	18	19	20	21	22		
23	24	25	26	27	28			
MARCH							March 4	SAC Meeting @ 1600
S	M	T	W	T	F	S	March 10	PTSO Meeting @ 1600
2	3	4	5	6	7	8	March 29	End of Quarter 3
9	10	11	12	13	14	15	March 27	Teacher Work Day - No School for Students
16	17	18	19	20	21	22	March 29 - April 4	Spring Recess - No School
23	24	25	26	27	28	29		
30	31							
APRIL							April 7	Instruction Resumes - Start Quarter 4
S	M	T	W	T	F	S	April 10	IAC Meeting @ 1600
6	7	8	9	10	11	12	April 15	CCRS Professional Learning Day - No School for Students
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30					
MAY							May 6	SAC Meeting @ 1600
S	M	T	W	T	F	S	May 12	Accelerated Withdrawal Date (Second Semester)
4	5	6	7	8	9	10	May 12	PTSO Meeting @ 1600
11	12	13	14	15	16	17	May 16	Last Day for Study Trips
18	19	20	21	22	23	24	May 22	IAC Meeting @ 1600
25	26	27	28	29	30	31	May 23	Recess Day - No School
Acceleration Dates, December 6 & 13	May 26						Memorial Day - Federal Holiday - No School	
JUNE							June 10	Half Day Release @ 1150
S	M	T	W	T	F	S	June 11	Teacher Work Day - No School for Students
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30							
School start time daily: 0830								
KEY	Half Day Release	Student Non-Attendance	Early Release 2:00pm every Tuesday	Federal Holiday/Recess Days				
	End of 1st Quarter (44 days of instruction)	End of 2nd Quarter (44 days)	End of 3rd Quarter (43 days)	End of 4th Quarter (44 days)				

ATTENTION

Dear Students and Parents,

We want to assure you that our counselors are diligently working to achieve better class size balance. By consolidating classes with fewer than ten students, we have been able to create new sections for classes that were overcrowded. Our goal is to ensure that all students benefit from a favorable student-to-teacher ratio. Your understanding and support are greatly appreciated.

Warm regards,
HMS Counselors and Administration

HMS SCHOOL COUNSELORS

Destiny Jordan

Email: Destiny.jordan@dodea.edu

Cheryl Curry

Email: Cheryl.Curry@dodea.edu

Denise Bush

Email: Denise.bush@dodea.edu

End of 1st Quarter
(44 days of instruction)
October 24th, 2024
End of 2nd Quarter
(44 days of instruction)
End of 3rd Quarter
(43 days of instruction)
End of 4th Quarter
(44 days of instruction)

September

09/16/2024

• Chuseok - No Students



WELCOME TO THE NURSE'S CORNER



Medication at school

If you wish to have your student's medication kept at school, please drop off a completed Medication During School Hour form and student's medication at the nurses' office during business hour.

Forms also available at the nurses' and front office

Sports physical

If you wish to have your student participate in sports at school, Sport physical Clearance form needs to be signed by a provider.

Immunization

This is a good time to get up to date on immunization! Tdap and Meningitis vaccines are due on Student's 11th birthday so if your student hasn't gotten them and have turned 11, please make an appointment to receive those vaccines!



Email:

PAC_HumphreysMS_Nurse@dodea.edu

Telephone : 757-2163/7147

Advisory Corner

9/18/24

First session

Social Focus-students will learn about the clubs we will have available and who the sponsors are, mini lesson on RESPECT (RISES)

Second Session

Academic (work with the teachers needed)

9/20/24

First session

9/20 1st Session: Social Focus-students will continue information about clubs, mini lesson-following up on RESPECT, moving into INTEGRITY (RISES)

Second Session:

Academic (work with the teachers needed)

REGISTRATION INFORMATION

"How To" Sign up Notifications for Aspen (Parents) Attendance and Grades

To Sign up for these notifications:

- - Log into your Parent or Student Aspen Account.
 - Parent Accounts should then click on the Family tab at the top, then click on their child's name. Student account users should click on the My Info Tab at the top.
 - Click on the Notification side tab.
 - Check off the Notification(s) you want to enable.
 - Enter a grade threshold if you are activating the grade notification.

Please note that parents with multiple children need to activate these notifications for each of their children. The grade notifications only apply to assignment grades on the Academics Tab.



An HMS Phoenix always rises.

On September 10, 2024, Humphreys Middle School welcomed parents and students to our annual open house. We extend our gratitude to our dedicated staff and community for their unwavering support in ensuring the success of this event.





9/11



PATRIOT DAY

IN HONOR AND REMEMBRANCE



EVENT COORDINATOR

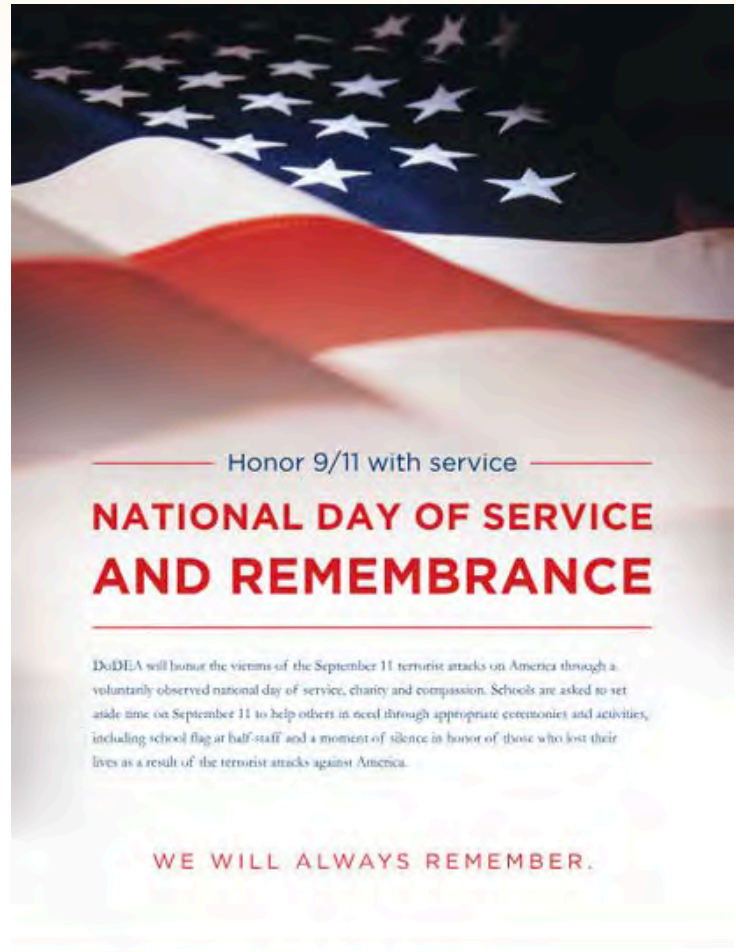
Mr. Michael Robinson
Humphreys Middle School
Administrative Officer

VOLUNTEERS

- Allison Fowler - 6th Grade
- Jacob Lee - 6th Grade
- Emma Rozzi - 6th Grade
- Chloe Buissereth - 5th Grade
- Ana Ceballos - 6th Grade
- KeyLee Manypenny - 6th Grade
- Kaya Sablan - 8th Grade
- Noah Kama - 8th Grade
- Chloe Kang - 8th Grade
- Ava Vetter - 8th Grade
- Susannah Nally - 8th Grade
- Kennedi Thomas - 8th Grade
- HMS Choir Members
- HMS Choir Director – Ms. Susan Ford
- Video Production – Dr. James Siira



NEVER FORGET
9.11



Honor 9/11 with service

NATIONAL DAY OF SERVICE AND REMEMBRANCE

DoDEA will honor the victims of the September 11 terrorist attacks on America through a voluntarily observed national day of service, charity and compassion. Schools are asked to set aside time on September 11 to help others in need through appropriate ceremonies and activities, including school flag at half-staff and a moment of silence in honor of those who lost their lives as a result of the terrorist attacks against America.

WE WILL ALWAYS REMEMBER.



Check us
out on
Facebook!

DODEA
Humphreys Middle
School for more news!

**Submit Attendance
Excuses & Student
Profile Updates**

CLICK HERE

FRONT OFFICE INFORMATION

Office Hours:

M-F : 7:00 AM - 4:00 PM

Office Numbers:

0503-357-2136/2167/2168

Main Office

PAC_HumphreysMSFront

Office@dodea.edu

Student Handbook



CLICK HERE

MORNING ARRIVAL



- Morning supervision and breakfast start at 8:10 a.m.
- Parent drop-off is at the front of the school.
- The late bell rings at 8:30 am.
- Late arrivals must obtain a pass at the main office.
- Late arrivals after 9:00 am must be signed in by a parent/sponsor.
- Students cannot enter the school building before 8:25 am, unless they have a pre-arranged meeting scheduled with a teacher or counselor.

SCHOOL DISMISSAL

- The last bell rings at 3:05 pm (2:05 pm on Tues).
- To guaranteed your child receives any transportation changes, please let the main office know your child's change in transportation plan by 2:30 pm (1:30 pm on Tues).
- Please come to the main office to sign your child out early Students will not be called out of class until a parent/sponsor is present to sign them out.

Attendance Info

- Parents must contact the office by phone or email no later than 30 minutes after the start of school on a day their student will be absent. HMMS.Attendance@dodea.edu
- Notify the front office and fill out an Extended Absence Request form if your student will be absent for three or more consecutive days.
- DODEA Attendance Policy
<https://www.dodea.edu/education/student-services>

Bus Transportation:

BLDG 558 Rm 110

(near the Thrift Shop)

Hours: 0900-1300

Phone: 0503-355-1230

Email: humphreysbus@dodea.edu



Educational Technologist

Chromebook Distribution has finished. Some students in 6th/7th grades still need to submit paperwork and receive Chromebooks.

Please make sure your student is keeping up with their Chromebooks at school and at home or other locations! I would advise putting a key chain or something on the case to identify their Chromebook from others.

Remind your student to charge the Chromebook every night and do not share their password.

Thanks!

Koshanique.Key@DODEA.EDU



1ST SEMESTER

POPCORN FRIDAYS!

SEPTEMBER 13
SEPTEMBER 20
OCTOBER 4
NOVEMBER 1
NOVEMBER 22
DECEMBER 20



PTSO

HELP YOUR
CLASS WIN
A PIZZA
PARTY

MEMBERSHIP
DRIVE



**WHO: ALL 5TH-8TH GRADE
STUDENTS AND TEACHERS**

ONE ADVISORY CLASS IN EACH 6TH, 7TH,
& 8TH GRADE AND ONE 5TH GRADE CLASS
WILL WIN A PIZZA PARTY

**WHEN: END OF SEPTEMBER
DATE TO BE ANNOUNCED**

**WHO
WILL
WIN?**

FB: DODEA HUMPHREYS MIDDLE SCHOOL PTSO

PLEASE JOIN US FOR

SONGS AND S'MORES

FRIDAY, SEPTEMBER 20
BEACON HILL | 7-8 PM

Open to girls in grades K-12 and adult volunteers age 18 and older.
Interested in joining the fun? Register now at www.usagso.org.
For questions, please contact us at humphreysgirlscouts@usagso.org.

Free Backpacks Offer!

At HMS, we are dedicated to supporting families in our community. If your child requires a backpack for school, feel free to drop by the main office and grab one. Offer available while supplies last.



Gyeonggi-do Education Council



Gyeonggi-do Education Council visited Humphreys Middle School on Monday 9th, 2024





NEW For School Year 2024-2025
Effective : AUGUST 2024

1 REGISTER EACH STUDENT with dodea (New Students)

- » Obtain 10-digit DODEA student ID# for all students from the school registrar. You will need each student's ID# for step 3.

2 REGISTER your family ON LINQ CONNECT (Optional)

- » Register at linqconnect.com.
- » Confirm your email address by clicking on the email verification link sent to your email address. Now you can sign in at linqconnect.com using your email and password.
- » LINQ Connect is a secure, online system that allows parents to:
 - Make online payments for their student's meal accounts
 - Remotely monitor their student's accounts
 - Set up automatic recurring payments
 - Submit an online application for free and/or reduced meals

3 OPTIONS FOR DEPOSITING MONEY INTO YOUR STUDENT'S ACCOUNT

- » **Option 1 : NOW AVAILABLE!** Add money to your student's account through LINQ Connect at linqconnect.com.
 - There is a \$2.60 bank convenience fee each time you add money through the portal. Click on Add Money to Meal Account and choose either One Time Account Payment or New Recurring Payment.
 - You may transfer money from one student account to another provided they are listed on the same family account.
- » **Option 2 :** Make deposits at your local Exchange Customer Service.
 - There will be no transaction fee for this service.
 - You will need each student's DODEA ID# obtained in step 1 above.
- » **Option 3 :** You may send cash to school with your student to be added through your school meal cashier.
 - There is no transaction fee for this service.

4 SUBMIT YOUR 2023/2024 ONLINE APPLICATION FOR FREE OR REDUCED MEALS

- » Mandatory for all Sure Start students.
- » A new application is required for every school year.
- » You only need **one** application per **household**.
 - » Please include **ALL** family members on **one** application.
- » Apply at linqconnect.com. See instructions and FAQ attached.

This institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:

<https://www.aafes.com/about-exchange/school-lunch-program/>

HMS BREAKFAST MENU

Monday 16th, 2024



Tuesday 17th, 2024

Donut w/ Bacon
Cereal
Fresh Melon Slices
100% Fruit Juice
Milk

Wednesday 18th, 2024

Pancakes w/ Syrup
Toast & Jam w/ String Cheese
Pineapple Tidbits
100% Fruit Juice
Milk

Thursday 19th, 2024

Pork Sausage Gravy & Biscuit
CinnaRoll Sliders
Fresh Apple Slices
100% Fruit Juice
Milk

Friday 20th, 2024

Cereal
Sausage & Cheese Slider
Peach Slices
100% Fruit Juice
Milk

Food Activity Asst. Manager
Kang, Chin-son- 757-2131
<https://lincconnect.com/main>

HMS LUNCH MENU

Monday 16th, 2024



Tuesday 17th 2024

Pepperoni Pizza / Cheese Pizza
Greek Beef Salad Wrap
Spinach Mandarin Side Salad
Seasoned Green peas / Mixed Fruit Cup
Milk

Wednesday 18th, 2024

Mini Chicken Corn Dogs / Cheesy Breadsticks
w/ Marinara
Beefy Mac & Cheese w/ Herbed Dinner Roll
Cherry Tomato Bowl / Seasoned Corn
Frozen Strawberry Cup
Milk

Thursday 19th, 2024

Hamburger or Cheeseburger
Grilled Chicken Sandwich
Market Salad w/ Garlic Baguette
Pizza Beans / Savory Sweet Potato Fries
Fresh Pear Slices
Milk

Friday 20th, 2024

Chicken Veggie Dumplings
Meatball Sub Southwestern Salad w/ Chips
Celery Sticks / Seasoned Carrots
Fresh Orange Slices
Milk

VEGETARIAN SALAD OPTION AVAILABLE DAILY

* Menu subject to change based on product availability. * This institution is an equal opportunity provider.
Reminder: Lunch is not free for students this year.

Titan Family Portal is now



Easy Login

A centralized location to manage payments, view menus, set reminders and more!



Sign-Up Free

The user-friendly portal makes signing up easy and quick.



No More Hassle

No need to send cash to school. Easily make one-time or recurring payments.



Resource Center

Find helpful guides and useful tools to help you set up payments for your student.



Dashboards

Simple and interactive dashboards to view all your students in one place.

Download the Free Mobile App or visit LINQConnect.com



Google Play



Apple Store

2024

FALL SCHOOL PICTURE DAY

Humphreys MS

ATTENTION!



21-23 Picture Day
OCT

~6 Order Period
NOV Late fee will be charged after this period

23 Image Preview
OCT Available from



www.mbizphoto.com

Scan to make order and preview pictures

PACKAGE OPTIONS

A 2-8x10 4-5x7 4-4x6 16-Wallet Size 16-Mini Size	B 1-8x10 2-5x7 4-4x6 8-Wallet Size 8-Mini Size	C 2-5x7 2-4x6 2-3x5 8-Wallet Size
D 1-5x7 2-4x6 2-3x5	E 2-4x6 2-3x5	S High Resolution Full size Digital Image

DETAILS

- Preview of photo and order will be available on website from the picture day.
- Wallet size : 2x3" Mini size : 1.5x2"
- Late fee will be approved according to personal circumstances.**
To avoid late fees, your order and payment must be done in the order period.
- Products will be delivered to school, after 4-6 weeks of your purchase date.
- Gray background color will be used if no color option is chosen.
- Visit our website to check the price for packages and more detailed information.

For more information, email us at help@mbizphoto.com

Moments Become Invaluable through our Zoom

Multi-Tiered Systems of Support MTSS

News from Ms. Ford's Music Room

As we begin this new school year, my students are practicing our classroom rules:



Be Punctual



Be involved



Be helpful



Be kind

We are off to a great start!

Digital Literacy



To improve digital literacy and simplify the process of submitting multimedia assignments, students in Dr. Lambertson's Intermediate/Advanced Strings and Band class have undergone thorough training with Ms. Key on uploading performance videos to Google Classroom. This initiative is designed to provide students with vital skills needed in today's educational landscape.



ROY BENAVIDEZ

PIONEERS OF CHANGE:
**SHAPING
THE FUTURE
TOGETHER**

NATIONAL
HISPANIC
HERITAGE
MONTH
SEPT 15 - OCT 15



dodea
DEPARTMENT OF DEFENSE EDUCATION ACTIVITY



We the People

of the United States;
insure domestic Tranquillity, provide for the common Defence, promote the general Welfare,
and our Posterity, We do hereby ordain and establish this Constitution for the United States of America.

Article I

Article II

Article III

Article VII

The Words "We" being understood between the seventh and eighth Lines of the first Page. The Words "Thirty" being partly written on an Margin in the fifth Line of the first Page. The Words "and" being understood between the thirty ninth and thirty third Lines of the first Page and the Words "the" being understood between the forty third and forty fourth Lines of the second Page.

Done in Convention by the unanimous Consent of the States present the seventeenth Day of September in the Year of our Lord one thousand seven hundred and eighty seven and of the Independence of the United States of America the Twelfth In witness whereof We have hereunto subscribed our Names

John Jay Secretary

Constitution Day and Citizenship Day September 17

On September 17, 1787, the Founding Fathers signed the most influential document in American history: the United States Constitution. This document established the framework of our government and the rights and freedoms that "We the People" enjoy today. The Constitution was signed by thirty-nine courageous men who changed the course of history. Every American shares in this legacy of liberty and has the responsibility as a citizen to respect and defend the values of our founding fathers as well as participate in the unfolding story of freedom.

dodeca

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

Suicide Prevention Awareness

A.C.T. to Prevent Suicide



doddea
Department of Defense
Defense Suicide Prevention Office

IT'S TIME TO A.C.T.

Acknowledge, Care, Tell is a series of steps to help prevent suicide, the second leading cause of death in people 10-24 year old.

You can help by listening without judgment, being there for a friend, and reaching out for help.

ACKNOWLEDGE



- Listen to what they have to say. People considering suicide often talk about it.
- Notice when something seems "off" (see signs of suicide below).
- Be brave enough to admit when you are the one that needs help.
- Understand that feelings of anxiety and depression are something most people deal with at some point in their lives.

CARE



- Be there for a friend and let them know you care.
- Care enough about yourself to ask for help.
- Spend time with a friend who is going through a hard time.
- Try to develop relationships, spend time doing enjoyable activities, get enough sleep, and eat healthy foods (these are protective factors for strong mental health).
- Listen to what they say without judgement and take them seriously.
- Ask "How can I help?" You might not know what they need, and they might not either. Asking what they need shows that you care and can be a great first step to getting them help.

TELL



- Reach out to a trusted adult for yourself or a friend.
- Getting help for someone isn't "snitching." Snitching is when you pass on information for personal gain or enjoyment. When you tell a trusted adult, you are helping to keep someone safe.
- Follow through to make sure steps are being taken to provide support.

Some Warning Signs for Suicide:

- Talking about hurting or killing oneself
- Giving away personal belongings
- Withdrawing from activities that were once enjoyed
- Feeling hopeless or trapped
- Searches online for information about suicide such as methods

ACT by SOS Signs of Suicide

A.C.T. to Prevent Suicide



doddea
Department of Defense
Defense Suicide Prevention Office

Resources for Help:



- Call the Suicide Lifeline by calling 988 or text 838255.
- Get free, non-medical confidential counseling from Military OneSource by calling 800-342-9647. You will need your parents or guardian to be on the call with you.
- Reach out to a trusted adult or accompany a friend to talk to their trusted adult.
- Call 911 for immediate help in life-threatening situations.

Protect your Mental Health:



Everyone can be proactive in protecting their mental health by practicing protective habits and behaviors.

- Work on having supportive and healthy relationships.
- Get a good night's sleep and eat healthy foods.
- Exercise.
- Talk about your worries and problems.
- Stay involved in hobbies and interests that you love.

Parents Corner

Suicide can be a difficult topic for anyone, but suicide is the leading cause of death among teens. No one loves or knows your child more than you. When discussing suicide listen without judgment, and be brave enough to ask important questions like these:

- Are you thinking of hurting yourself?
- Have you tried to hurt yourself in the past?
- What can I do to help?
- What do we need to do to make sure you are ok?

Take steps to prevent suicidal thoughts and behaviors and protect your child:

- Help them develop protective factors like eating healthy foods, exercising, and getting enough sleep. Show them by example, or discuss with them, the importance of healthy, supportive relationships.
- Practice lethal means safety. Safely secure firearms and medications in your home. You can find a Lethal Means Safety Guide at DSPO.mil.
- Don't be afraid to seek out professional help for your teen. You can find mental health providers by asking your family doctor, doing an online search at Tricare.mil, or taking advantage of free, confidential non-medical counseling at Military OneSource.



In Europe Call +1 844-702-5495 (off base) or DSN 988 (on base)
Southwest Asia Call +1 855-422-7719 (off base) or DSN 988 (on base)
Pacific Call +1 844-702-5493 (off base) or DSN 988 (on base)

ACT by SOS Signs of Suicide

Acknowledge, Care, Tell for Parents and Caregivers



doddea
Department of Defense
Defense Suicide Prevention Office

A.C.T.

Adolescent suicide is a tragedy that no one wants to face. Recent studies indicate a rise in suicidal ideation especially among teen girls and LGBTQ+ teens. What can you do to prevent suicide or get help for a child who may be in crisis?

A ACKNOWLEDGE: Realize that struggles and stressors can happen to anyone. You know your child best. If something seems off, talk to them. Don't be afraid to discuss suicide. Initiate the discussion, listen, and stay calm.

C CARE: Life is hectic, but try to set aside time on a regular basis to check in with your child. Talk to your child during a commute to school, walking the dog, or going for a hike. Kids often express their feelings more openly when they don't have to make direct eye contact or are engaged in another activity.

Use language that is caring and inclusive. The Defense Suicide Prevention Office created the Your Words Matter fact sheet for reference at www.DSPO.mil. Practice lethal means safety (LMS). LMS is safely securing your firearms and medications to restrict access. Putting time and distance between suicidal thoughts and the means to act can save a life.

T TELL: Safety is always first. Go to an emergency room if you think a child is in a suicidal crisis, call 988 and press 1 for the Veterans Crisis Line/Military Crisis Line (VCL/MCL), or access the chat at veteranscrisisline.net. For children who are not in immediate danger, there are resources available. Remember safety is always the priority. Be available, listen without judgment, and use the available resources. For more information access these websites: MilitaryOneSource.mil/Non-medical-counseling, TRICARE.mil/coveredservices/Mental/GettingMHCare, and 988lifeline.org.

SUICIDE IS A DIFFICULT TOPIC, BUT IT IS A VERY IMPORTANT CONVERSATION.

If a child won't open up to you, don't take it personally. If there is a trusted adult in your child's life that can reach them, request help. When discussing suicide be brave enough to ask important questions like these:

- Are you thinking of hurting yourself?
- Have you tried to hurt yourself in the past?
- What can I do to help?
- What do we need to do to make sure you are ok?

ACT by SOS Signs of Suicide

Acknowledge, Care, Tell for Parents and Caregivers



doddea
Department of Defense
Defense Suicide Prevention Office



Adults sometimes blame themselves or react in a negative way that can stop a child from seeking help. Be aware of your reaction. Find support for yourself through a trusted friend or family member or seek out your own counseling support.

Here are some common myths vs. facts:

MYTH: Mentioning suicide will put the idea in their mind.

FACT: Discussing suicide will not push your child to contemplate suicide. Discuss the fact that suicide is not the answer to a problem and that there are many helpful treatment options.

MYTH: If my child is struggling with suicidal thoughts, then it means I am a bad parent or caregiver.

FACT: The factors that are at play when someone is thinking about dying by suicide are numerous and complex. Keeping your focus on how to help rather than where to place blame will be the most helpful. The fact that you are taking the time to read this and have challenging conversations is a good indicator of how much you care.

MYTH: I have to have all the answers and offer a solution.

FACT: People often just want to be heard. Let there be moments of silence during the conversation. Listening is key. This is also, likely, a new situation for you. It is okay to be transparent and let them know that you will search for a solution together.

No one, regardless of who they are, is immune to struggles and stressors. Sometimes, those concerns can lead to suicidal thoughts. There is help. If we join together as a community, we can support children challenged by suicidal ideation. **We can Connect to Protect.**



In Europe Call +1 844-702-5495 (off base) or DSN 988 (on base)
Southwest Asia Call +1 855-422-7719 (off base) or DSN 988 (on base)
Pacific Call +1 844-702-5493 (off base) or DSN 988 (on base)

ACT by SOS Signs of Suicide



LOST AND FOUND



HMS has collected a variety of lost and found items. Students or parents are requested to claim all lost and found items by **Friday, September 27th, 2024**. All items not claimed by COB will be donated to the Thrift Store. Attached are photos of lost and found items located on in the main office.

Volunteer opportunities are available every day at HMS during the following times:

- 11:00 AM to 1:30 PM on Monday, Wednesday, Thursday, and Friday
- 10:00 AM to 1:00 PM on Tuesdays

Should you have any further inquiries, please reach out to:

Shemola Ambrose
 shemola.ambrose@dodea.edu
 0503-357-2168

<https://acrobat.adobe.com/id/urn:aaid:sc:US:1a1ead8f-04ec-445e-9954-604becc94470>

Information Center



SY 24-25

Reading Battle 5th Grade

- 1 War Stories by Gordon Korman
- 2 A Boy Called Bat by Alana K Arnold
- 3 Squished by Megan Wagner Lloyd
- 4 When You Trap a Tiger by Tae Keller
- 5 The Lost Library by Wendy Mass and Rebecca Stead
- 6 Parker Inheritance by Varian Johnson
- 7 Last Fallen Star by Gracie Kim
8. From the Desk of Zoe Washington by Janae Marks
9. Yummy: History of Desserts by Victoria Grace Elliott
- 10 Heroes by Alan Gratz



Available in
MackinVIA

TALENTS WANTED



Humphreys Youth Orchestra is dedicated to develop and inspire young musicians in the Camp Humphreys community. By creating a vibrant and inclusive space, HYO strives to foster a lifelong love of music and positively contribute to the cultural enrichment of our community in Korea.

There is a monthly membership fee. Talent must know how to read music sheets. Talents meet every Saturday 9-12PM. Any questions, please email: humphreysyouthorchestra@gmail.com
 Eligible for VMIS volunteer hours.



Grades 6-8



SY 24-25 BOOK BATTLE

- The Last Cuentista by Donna Barba Higuera
 You are Here; Connecting Flights by various Asian artists
 96 Miles by JL Esplin
 Super teacher Project by Gordan Korman
 A first time for everything (GN)
 Attack of the Black Rectangles by As King
 Holes by Louis Sachar
 New Kid by Jerry Craft (GN)
 Inheritance Games by Jennifer Lynee Barnes
 Spy School book 1 by Stuart Gibbs

Books available in MackinVia



download free MackinVia app and use school gmail to access 8,268 ebooks and 828 audiobooks



September 2024

IC NEWSLETTER

HMS Library Information

Grades 6-8 Book Battle

Grade 5 Reading Battle

*Grades 5-8 Harry Potter
Reading Challenge*

***No need to sign up! All
HMS Readers are
warmly invited to
participate.***



Helping one another.



Discovering Fiction Section

Dear Parents,

At the Humphreys Middle School Information Center (library), we strive to make life real for students. All students received an orientation during the first month of school, explaining how our library is set up and what services are available. Students will have numerous opportunities to visit the Information Center to learn different skills.

Each student received an agenda with a barcode to facilitate self-checkout in the library. Just like in real life, we want to give students the opportunity to practice life skills. When students check out books, they should check the monitor to ensure the book is **correctly checked out under their name**, see **how many books** are checked out, check if **books are still out**, and note the **return date**.

All lost or damaged books must be replaced with the same title or a popular title in **HARDBACK** cover. Used books purchased should not have another library's barcode or stamping on them. If you need help replacing a book, please ask Ms. Shin. She'll be more than happy to assist you.

Thank you for teaching our students to be responsible citizens and lifelong book lovers.

Mrs. Shin, Information Specialist



Phoenix First

HMS SY 24/25 Orientation Program

Welcome to Humphreys Middle School

Phoenix First is an orientation event for parents to get to know Humphreys Middle School. Every month, Phoenix First aim to introduce exciting new events and programs happening at HMS. We hope to highlight different departments or programs each month so that the Humphreys community is aware of all the awesome things happening at HMS!

Mark Your Calendars! First Wednesday of Every Month!

- October 2, 4PM: Grade Level Expectation (standard and curriculum) / AAPS
- November 6, 8:40AM: Phoenix Ambassador / What's MTSS piloted at Humphreys?
- December 4, 4PM: AVID / Student Council
- January 8, 8:40AM: NJHS / What's with Tuesday Collaboration?
- February 5, 4PM: AAPS / CTE Classes
- March 5, 8:40AM: What's VMIS? Volunteer Opportunities at HMS (We still need YOU!)
- May 7, 8:40AM: Information Center Summer Fun / What to expect SY 2025-2026

ongoing presentations monthly.....

At HMS, our goal is to keep parents informed about all the exciting events and activities taking place. Whether it's clubs, volunteering opportunities, or other highlights, we want to ensure you're in the loop.

Information Center updates, Aspen, Google Classroom, after school clubs, dress code, lunch room/ recess expectations, etc. will be shared monthly.