

PERRYSBURG JUNIOR HIGH SCHOOL

550 E. South Boundary Perrysburg OH 43551 419-874-9193



ADMINISTRATION

Scott Buker, Principal

Brandon Decker, 8th Grade Assistant Principal

Chad Warnimont,

7th Grade Assistant Principal

LETTER FROM THE PRINCIPAL

Dear PJHS Families,

We would like to thank our entire school community for a tremendous start to our 2024 - 2025 school year! It has been so special to see our students back in our school, being curious in their classes, working together in their athletic adventures and beginning to get involved in our many extracurricular activities. None of which would have been possible without the continued support from all of you. Thank you!

As we begin our school year our students will experience many things. We share with our students that junior high can be challenging but it also can be very rewarding. At PJHS, it is fine to struggle and work through challenges. Our staff is here to help guide and support to ensure all students achieve their greatest potential. Ultimately, we want to encourage the love of learning in all students and allow students to better understand themselves as individuals.

As we move past the Labor Day Holiday, the fall becomes quite a busy time at PJHS. Many students are actively involved in one of our fall athletic programs. Many more students will become engaged in one of our extracurricular activities beginning here soon. Being involved is a great way to feel connected to our school and community.

We encourage all students to join an extracurricular club, activity or one of our school-based athletic teams. Last year over 70% of our students participated in at least one of those activities. We believe participation is such a big piece to having a sense of belonging within the PJHS environment.

We're excited to once again participate in the Junior High Parents Organization (JHPO) Color Run, which is scheduled for Friday, September 20. This event is the primary fundraiser for our Jacket Way Program at PJHS. More information regarding this will be communicated with you as we get closer to the event.

Auditions have taken place for our PJHS Musical, *Aladdin Jr.*, and we are excitedly awaiting their performances on November 14, 16, and 17.

Please mark your calendars for our Parent-Teacher conferences scheduled for October 21 and October 24. Our teachers will reach out to parents/guardians to help schedule these sessions.

Thanks for all your support with the start of this school year — we very much appreciate it. We look forward to a great year at PJHS!

Go Jackets! Scott Buker Principal







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COUNSELOR'S CORNER

Mrs. Monheim (7th Grade) and Mr. Przybylski (8th Grade) wish to welcome all of the students back to school. We are so excited to start the year and see all the bright and shiny smiles in the hallways. We want to encourage both students and parents/ guardians to contact the Student Services Office with any questions or concerns. A great way for students to get connected and enjoy school is to participate in the many clubs, sports, and activities that the Jr. High offers. Here's the link to view all of the clubs and activities:

Students and parents/guardians are encouraged to follow the announcements for information on how to sign-up. We look forward to helping students get off to a great school year.

Resource

A great resource for parents/guardians to help keep children alcohol and drug free is a campaign started by The Ohio Department of Education called Start Talking. Families can subscribe to receive monthly updates by going to <u>starttalking.ohio.gov</u>, which can be found using the following QR Code.

This month's topic is transitioning back to school. The 10 suggestions to help the transition are:

- 1. Allow for feelings
- 2. Listen
- 3. Preserve routines
- 4. Ensure self-care for both you and your teen
- 5. Maintain boundaries
- 6. Offer choices
- 7. Stay realistically positive
- 8. Separate your anxiety from theirs
- 9. Don't project your worries
- 10. Ask for help









For more information, please go to starttalking.ohio.gov.





The Buzz At PJHS September 2024 • Issue 46 Perrysburg Junior High School 550 E. South Boundary Perrysburg OH 43551

FROM THE CLINIC

Welcome Back! Start the New School Year off right by practicing Healthy Habits!

Healthy Habits to help you stay illness-free all year!

- Wash hands often with soap and water. Especially before eating!
- Cover your mouth when you cough or sneeze: use your elbow, not your hands.
- Eat a variety of foods that include fruits and vegetables for a snack and lunch everyday (eat a rainbow!)
- Do not skip breakfast. Break the fast! Including protein like milk or yogurt will help you make it to lunch (yes, even 8th period!)

Healthy sleep habits can make a big difference in your school day!

The following sleep practices are recommended courtesy of the National Sleep Foundation.

 Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps regulate your body's clock and could help you fall asleep and stay asleep for the entire night.

- Practice a relaxing bedtime ritual. A relaxing routine away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety, which can make it more difficult to fall asleep or remain asleep. Charge your phone away from sleeping areas to avoid temptation!
- If you have trouble sleeping, avoid naps, especially in the afternoon.
- Exercise daily!
- Evaluate your room. Design your sleep environment to establish the best conditions for you. Cool, noise free, dark rooms promote good sleep.
- Avoid sodas or drinks that contain caffeine.
- Avoid eating large meals for 2-3 hours before sleep.
- Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity, such as reading.

THE JACKET WAY

PJHS is proud to have our award winning Jacket Way program back again this year to encourage students to engage in positive behaviors. The Jacket Way focuses on the three R's, Respectful, Responsible and Ready. Students are taught expected behaviors from our 8th grade WEB leaders and staff members.

Students may earn Jacket Way Tickets for their positive behaviors exhibited through the school day, and those tickets may be redeemed on Fridays in the cafeteria for candy, items from the school store, time with the school facility dog, or gym time during Jacket Period.

Students also have the option to defer the immediate reward and instead receive raffle tickets for the seasonal spirit assembly. One Jacket Way ticket equates to five raffle tickets and students may enter those for bigger prize items. Some past raffle items are a \$100 Amazon gift card, slushy machine, a custom engraved Yeti, and Apple AirPods. In addition, random Jacket Way Tickets will be selected for monthly Subway lunches and opportunities to play Plinko at the Spirit Assemblies for various gift cards.

Class meetings are an important part of the Jacket Way Program and will return this school year. Our 7th grade class meetings will be led by our 8th Grade WEB Leaders while our 8th grade class meetings will be facilitated by our 8th grade teachers. Jacket Way lessons will cover topics like service, leadership development and empathy.

The PJHS Jacket Way team also has the spirit rock for student groups to paint and decorate. In order to decorate the spirit rock, the student group needs to complete a small service project for the community.

Be on the lookout for all the great things our Jacket Way program will do for our school, school district and community.



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NEW IN THE CAFETERIA...



PJHS cafeteria has new signs to display daily offerings and menu items!

New items will be coming in the month of September! (hint.... Marco's and Dippin' Dots!)



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CLUBS & ACTIVITIES

MATHCOUNTS

The PJHS MathCounts club is for 7th and 8th grade students who want to be involved in math problemsolving and, if interested, in math competition against other schools. The PJHS MathCounts club will begin meeting in late September through March to practice our math problem-solving skills. The club will meet after school in Mr. Zwyer's room, Room 212, from 2:45 to 3:45 p.m. MathCounts club members will have the opportunity to take part in math problemsolving competitions and will be eligible to compete for a spot on the team that could head to a national championship. Students are encouraged to attend even if they don't want to be a contest-going "mathlete." Keep an eye out for more information about signing up through Schoology. See Mr. Zwyer in room 212 or email Mr. Zwver with any questions!

SCIENCE FAIR

The PJHS Science Fair club is for students who want to design and complete their own scientific research. Students will choose their own research topic, then design and complete an experiment to answer their research question. Students may present their findings at local, district and state Science Days. The club will meet after school on Mondays and Thursdays from 2:50 to 3:45 p.m. with Mr. Brangham in room 104. The informational meeting was held on Wednesday, September 4th. More information will be posted on Schoology. Email Mr. Brangham with any questions.



POWER OF THE PEN

Get your pens ready because Power of the Pen will begin at the end of September! Listen to the announcements and check Schoology for more information. Seventh and eighth grade students learn writing skills that last a lifetime in Power of the Pen. It empowers young writers to find and develop their creative voice through participating in district, regional and state writing tournaments.

CHESS CLUB



The PJHS Chess Club will be meeting on Tuesdays after school from 2:50 to 3:45pm with Mr. Brangham in room 104 starting on September 3rd. Students of all levels are welcome. Learn to play, learn openings and strategies, and have fun playing chess! More information will be posted on Schoology. Email Mr. Brangham with any guestions.

KATHY BROWN

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kathybrown@danberry.com

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JUNIOR HIGH PARENTS ORGANIZATION

JHPO is excited to kick off another great school year!

Please welcome our '24-'25 Board Members:

President-Nikki Clark

Vice President-Janet Smith

Secretary-Elyse Maher

Treasurer-Heather Seymour

Teacher Appreciation Chair: Donna Hileman

Dance Chair: Glenn Smith

We are looking forward to all the fun that fall has to offer! Please mark your calendars!

Friday, Sept 20 - Color Run Friday, Oct 25 - Halloween Dance

Join us for a meeting in the Junior High Library at 6:30pm on these days: Dec 18

- Sept 25
- Oct 23
- Nov 20
- Jan 22 Feb 26
- There are plenty of ways to get involved! Follow our social pages to get access to signups and the latest info about what's happening next!

Facebook: https://www.facebook. com/PerrysburgJHPO/

Twitter/X: @JHP0Perrysburg

Instagram: https://www.instagram. com/jhpoperrysburg/

Donate to JHPO by texting JHPO to 41444, via Zelle or Paypal (jhpoperrysburg@Gmail.com), or drop a check off to the office made to JHPO!

Apr 2

May 14

Don't forget to check your Kroger Community Rewards to make sure JHPO is the beneficiary of choice! It's free to you and adds up quickly!



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WEB PROGRAM - WHERE EVERYONE BELONGS

The WEB program is in its fifth year at PJHS and is composed of 103 terrific 8th grade student leaders with help from five energetic staff members. WEB stands for "Where Everyone Belongs" and is a multifaceted program geared toward making a successful transition from 6th to 7th grade, while building the leadership skills of our 8th grade WEB leaders. Our 8th grade WEB leaders go through multiple training days during the summer on how to be great mentors to the 7th grade students. The program officially started the first day of 7th grade, where the WEB team led a welcome assembly, small group activities and a closing assembly. This mentorship continues during the school year and is incorporated into our Jacket Way class meetings. These meetings consist of team-building and strategy-developing activities, all led by the 8th grade WEB leaders. "Bee" on the lookout for more WEB events as the year progresses.

Grandparent/Kinship Support Groups

-Perrysburg FREE September 5 DINNER November 14

CHILD December 12 CARE

FREE

JOIN US! Frank Elementary 6:00-7:30 pm

October 3



SOCIAL MEDIA pointers for parents

Trying to understand and regulate your children's use of social media platforms (SMPs) can be overwhelming. The decision regarding how and when to allow them to use SMPs is a personal one. The following information is designed to help families make informed decisions.

Begin and maintain an open dialogue. Have open and honest discussions with your children about their use of SMPs, including which platforms they currently have or want to use. Discuss your expectations as a parent and explain the controls and limits you will be setting.

Talk with your children about unsafe interactions with others, especially strangers, and tell your children not to accept requests or messages from strangers. Unfortunately, SMPs can serve as avenues for scammers, predators and bullies. Encourage your children to tell you immediately if something happens that makes them feel ncomfortable or puts them in danger.

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Learn about the social media platforms your children use. The more you learn about each SMP, the more insight you'll have about how the platform operates and what potential dangers, risks and challenges exist. Consider creating your own accounts to learn firsthand about specific platforms Add your children as "friends" or "follow them" to help you keep tabs on what they're doing on social media. You may even want their login information to monitor their accounts.

Follow age requirements and guidelines. Many SMPs have age limits for joining; some may even offer a version for kids that has a stricter privacy and messaging settings. For example, settings may default to "private" on the kids' version but "public" on the adult version. Be sure your children are truthful about their ages when creating accounts since their age may prohibit them from joining an SMP or may m for a kids' version with higher privacy settings.

Help set and monitor privacy settings. Privacy settings, which control what others can see about a user, are especially important for children. Many apps default to public profiles or public sharing; consider changing these settings to private. For example, you may need to adjust an app's "location settings" to prohibit others from knowing your child's whereabouts. Also, talk to your children about the importance of not revealing personal information in posts and user profiles, including photos that may contain dentifiable information.

Understand how technology can help you. Devices and user accounts generally have various permission levels. For example, you may be able to set controls so that your child cannot download an app without your permission. Private content filters also exist that give parents the ability to control content or apps, set privacy rules, limit screen time and more. Keep in mind that some operating systems and other products and services, such as internet browsers, may already include parental controls; they just need to be customized for your needs.



What is a social media platform (SMP)?

An SMP is any internet-based platform that allows users to interact, create, share or exchange information with others. Common SMPs for children include TikTok, YouTube, Snapchat, Instagram, Facebook, BeReal and even certain gaming communities, such as Roblox and Minecraft.

Are all SMPs basically the same?

No, each SMP offers unique features and settings, Some are more messaging-based; others are photo-based. For gaming, users may be able to speak with one another. Other platforms allow direct messages (or "DMs"), which are private messages between users.

Are there any benefits to SMPs?

SMPs may allow your child to interact with their friends or family more easily or serve as a form of entertainment. Many of your children's friends likely have or will have various SMP accounts.

Why would I be concerned about my child being on an SMP?

Some argue that the use of SMPs may be correlated with mental health concerns. For example, children may become hyper-focused on receiving positive feedback on their posted content or may negatively dwell on the lack thereof. They may also engage in "social comparison" (comparing their life on social media to that of others) and may struggle to differentiate between what is real or not regarding misinformation, physical

DAVE_YOST

appearances or realistic expectations.

Concerns about cyberbullying and "stranger danger" on social media also persist. Strangers may try to build relationships to get money, personal information or even graphic images from a child. For example, "sextortion" is when a child sends someone a revealing picture that the bad actor then threatens to reveal unless a payment is provided. Children should be taught to report these interactions to a parent or other trusted adult immediately (even if they're embarrassing to the child). Anytime a stranger is direct messaging (DMing) your child, it should raise a red flag.

Do SMPs collect data on my child and share that data?

They might. The federal Children's Online Privacy Protection Act prohibits collecting personal inform from children under 13 years old but doesn't prohibit data collection or sharing for kids older than that. Additionally, SMPs serve relevant content to children based on the data profile the SMP has created for each individual user.

How can I keep my child safe on social media? It's essential that parents and children understand the SMPs that they're using. Families should talk openly about how children should use SMPs and how to report inappropriate behavior. Also, consider setting rules in your house about where your children are allowed to have their devices and how many hours per day (and which hours) your children can be on their devices.



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FROM THE PERFORMING ARTS

ORCHESTRA

PJHS Orchestra students are off to a great start this school year and have already begun preparing for their first concert. Please save the dates for our orchestra concerts this school year!

Wednesday, October 30th . . 7:00pm. . . PJHS Auditorium Wednesday, February 19th . 7:00pm. . . PJHS Auditorium Thursday, May 1st 7:00pm. . . . PJHS Auditorium

BAND

The PJHS Bands swarmed into Fall showcasing our students in the The Clipboards and The Protractors, "Perrysburg Schools' Official Rock Band," fresh off their summer tour at Perrysburg Schools Employee Opening Day! This is our biggest year ever in The Protractors, the horn section of The Clipboards, more "bandlings," more performances, more music and...more FUN! Come out on Wednesday, October 2nd to our big show at The Maumee Indoor Theater!

We're continuing our yearly tradition of having our oldest "bandlings" perform at 8th Grade Night with the Perrysburg Marching Yellow Jackets on Friday, October 4th. 8th grade band students rehearse high school marching music and take the field with their big PHS siblings during a Perrysburg Varsity Football game! This year's show includes *Animal* by the Neon Trees and *Louie, Louie*, popularized by The Kingsman.

The PJHS Pep Band is starting up rehearsals and have their sights on a PJHS Football game this fall on Wednesday, October 9th. The PJHS Pep Band will also be the opening group for The Clipboards and The Protractors at The Maumee Indoor Theater on Wednesday, October 2nd! This year's PJHS Pep Band is shaping



up to be one of our most exciting experiences yet. Look for the PJHS Pep Band at school assemblies, home football and basketball games, community events, and at a PHS Varsity Basketball Game!

VOCAL MUSIC

Fall Concert
Winter Concert
Evening of Love Concert Fundraiser
Festival Concert
Showcase Concert

. Tuesday, October 15 at 7pm
. Tuesday, December 17 at 7pm
. Tuesday, February 11 at 7pm at PHS
. Tuesday, March 4 at 7pm at PHS
. Thursday, May 15 at 7pm





PACTB

Perrysburg Association of Choir and Theater Boosters is an organization servicing 5th-8th grade choir students. If you're interested in joining this organization to help support our choir students, please contact Katie Kuhlman (kkuhlman@ perrysburgschools.net) or Joel Hamilton (jhamilton@perrysburgschools.net).

DRAMA CLUB

All PJHS students are eligible to join our Drama Club (forms will be available in September).

Get ready for a magical adventure as our talented students bring *Aladdin Jr.* to life on stage November 14, 16, & 17! Join Aladdin, Jasmine, and the hilarious Genie on their journey through the bustling streets of Agrabah. Packed with dazzling performances, colorful costumes, and all your favorite songs, this family-friendly musical is sure to captivate audiences of all ages. Don't miss out on this enchanting production—it's a whole new world of excitement!



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Perrysburg Junior High Athletic Department Webpage:



THLETIC AVENUE

We will be using HomeTown Ticketing at the Junior High Sporting Events just like the High School NLL Teams! Get the Hometown Fan App on your phones to make getting tickets easier!!

All online tickets are \$5 and you may purchase those tickets prior to the event or scan the QR code at the event. <u>You may still purchase tickets with cash at the door for \$8.</u>

If you purchased a Family Season Pass, you may scan your pass 4 times per event. You may also send a picture of your pass to others in your family or print out copies of the pass. Family members are able to come at different times to the event too.

If you are 60 or over, you may request a Senior Citizen Activity Pass, also known as a "Stinger Pass" that will get you into Perrysburg Sponsored Events for free. Just make an appointment at the Central Office with Mary Neely. You may call her at 419-874-9131 ext. 2102. You must live in Perrysburg School District to receive this pass. To view upcoming events and purchase tickets, please click on the link below and use the drop down menu "View Events by School":



Students may still get Athletic Passes for \$20. All they need to do is bring their money to the main office and give it to Mrs. Slocum, the Athletic Secretary. Once the school IDs are in, students who purchased the passes will be called down and their IDs will be holepunched. Then, they just need to bring their IDs to the home junior high athletic events for admittance. Thank you!!