



# Oberon Middle School



"Oberon Middle School develops a supportive, innovative community of resilient learners."

November 2017

7300 Quail St.  
Arvada, CO 80005

Main Office: 303.982.2020 / Attendance: 303.982.2009 / Fax: 303.982.2021

[Oberon School Website](#)

[Oberon School Calendar](#)

[Jeffco Breakfast and Lunch Menus](#)

### ***Our Guiding Statement***

***"Oberon Middle School develops a supportive, innovative community of resilient learners."***

*Tara Peña, Principal*

*Brian Conner,  
Assistant Principal*

*Brandon Rowland,  
Assistant Principal*

*Bobbie Turecek,  
Principal's Secretary*

*Sarah Leonard, Attendance  
Paraprofessional*

*Melissa Elston,  
Financial Secretary*

*Jay Charness,  
PTSA President*

## **Message from the Principal...**

As the Thanksgiving holiday approaches us, I am reminded of how grateful I am. I am grateful for my supportive husband and my beautiful daughters. I am thankful for my amazing work family. I am privileged to work with some of the most remarkable, compassionate, and dedicated professionals in education. Lastly, I am grateful for the opportunity to work with your children and for your unwavering support. Each student at Oberon has a very special place in my heart, and I am truly blessed to be able to work with each of them every day.

This week marks the end of our second week of the 2<sup>nd</sup> trimester, can you believe it?! First semester report cards were posted in Parent Portal on Friday, November 10th for you to easily check your student's grades! Our counselors have been, and will continue to be, busy supporting students with grade-counseling sessions. We do not socially promote students at Oberon; rather, we look at many indicators of success to determine for each student if he/she is ready to move to the next grade level. Grades earned in classes are one of these critical indicators. If your student is not performing to your level of expectation, share with him/her your concerns, and let your student know that we do look at parent concerns as one of the indicators for promotion. Please call us so that we can help as our partnership is critical in your student's success. We offer many intervention programs for students to ensure they are provided adequate supports to maximize growth. In addition, if your student is meeting expectations, please tell him/her! Middle school students love to hear positive reinforcement from their parents. We appreciate your commitment to your child's education.

*continued...*

*The story of the*  
**Nutcracker**  
by E. T. A. Hoffmann, with inspirations from Tchaikovsky's Nutcracker Suite  
adapted for the stage by *Rory Pierce*

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Miners Alley Playhouse

## Message from the Principal, *continued...*

Mark Your Calendars: All Jeffco schools are closed the entire week of Thanksgiving: November 20th – 24th. Students return to school on Monday, November 27th.

Thank you for all you do to support your child! The Oberon staff is truly grateful!

Respectfully,

Tara Peña, Principal

Oberon Middle School



Tara C. Peña

PRINCIPAL, OBERON MIDDLE SCHOOL  
303.982.2020 || OBERONVIKINGS.ORG

## Congratulations

Congratulations to eighth grade artist Johana Boyer!!! Johana's artwork will represent Jefferson County Public Schools at the CASB Convention in Colorado Springs. Johana's work will be on display at the Broadmoor Hotel December 1 and 2, 2017.

Laurie M. Counterman  
Art Teacher  
Oberon Middle School



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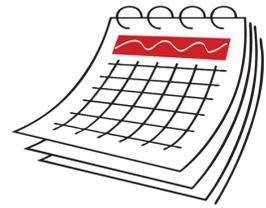
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## Dates to Remember

- Nov. 14 PTSA - 6:15  
 Nov. 20-26 Thanksgiving Break  
 Nov. 27 Students return to School  
 Dec. 7 Band, Orchestra Concert – 7:00 pm  
 Dec. 11 Geography Bee – 6:00-8:30 pm LMC  
 Dec. 12 Incoming 7<sup>th</sup> Grade Parent Night  
 Dec. 19 Choir Concert – 7:00 pm  
 Dec. 20 Mid-terms Online



## September Vikings of the Month

- 7 Green – Blane Keller and Sadie Matheson  
7 Gold – Tatum Seymour and Josh Ortiz  
8 Green – Noah Bueter and Sofie Pasini-Hill  
8 Gold – Sarah Kerrigan and Daniel Kim-Warren



## October Vikings of the Month

- 7 Green – Makenna Stone and Holdon Greer  
7 Gold – DJ Miller and Raegan Sawano  
8 Green – Kyle Green and Alyssa Williams  
8 Gold – Grace Huskinson and Austin Lemke

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The School  
 Communications  
 Agency



Welcome to this month's edition of Parent Boot Camp! Below are topics we are covering in the first column and then links to more information in the second column.

<p>Technology Train</p>	<ul style="list-style-type: none"> <li>• Companies have clued into how social media hooks your teens and keeps them coming back for more. <a href="#">In this blog, Caroline Knorr covers what techniques are used and how you as a parent and consumer can change.</a></li> <li>• Fake news is a hot-button topic these days. In reality, fake news is not new, it was called propoganda since the 1900s. What has changed is the rapidity, amount, and constant sources available that can be fake news. <a href="#">Here is a video that will help you and your family spot fake news.</a></li> <li>• If interested in fact-checking tools for Teens and Tweens, <a href="#">here is an article with a list of those tools that can be used.</a></li> </ul>
<p>Youth Mental Health First Aid</p>	<ul style="list-style-type: none"> <li>• Oberon will be hosting <a href="#">Youth Mental Health First Aid</a> on Thursday, Nov. 30th from 4:30-8:30 and Sat., Dec. 2nd, from 9-1. This 8 hour training introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Email <a href="#">Victoria Shotwell</a> if you are interested or have questions.</li> </ul>
<p>Holiday Stress</p>	<ul style="list-style-type: none"> <li>• It's hard to believe that the holiday season is almost here. Here are some tips <a href="#">Tips to Prevent Holiday Stress.</a></li> </ul>
<p>JCPL</p>	<ul style="list-style-type: none"> <li>• <a href="#">Check out the Teen page of Standley Lake Public Library!</a> It has teen work, Teen Events, and book recommendations.</li> </ul>
<p>National Month Of.....</p>	<p>Every month has various causes and things that are honored. Some of this month's honorees are:</p> <ul style="list-style-type: none"> <li>• <a href="#">Aviation History Month</a></li> <li>• <a href="#">Epilepsy Awareness Month</a></li> <li>• <a href="#">National Diabetes Month</a></li> <li>• <a href="#">Military Family Appreciation Month</a></li> <li>• <a href="#">National Gratitude Month</a></li> <li>• <a href="#">Adopt a Senior Pet Month</a></li> <li>• <a href="#">Pancreatic Cancer Awareness Month</a></li> <li>• <a href="#">National Family Literacy Month</a></li> </ul>

## COLORADO CRISIS CENTER

If you don't know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.

<http://coloradocrisiservices.org/>

### Honor Choir

18 Oberon students have been selected to the Jeffco All-County Honor Choir! These kids recorded a really tough audition testing their singing voice, music reading skills, and musical ear. Out of 136 students selected from across the district, we have the 2nd highest number in all of Jeffco! YAY!



Here's the list of kids that made it:

Amber Abigail- A	Chloe Dugan- S
Kendall Morstad- A	Joy Heeb- S
Maddie Olson- A	Hunter Huddle- S
Emery Wright- A	Kat Neuweiler- S
Isabella Aguilar- S	Greta Smith- S
Chloe Brandow- S	Kyle Green- B
Sarah Porter- S	West Arleth- T
Lily Aguilar- S	Aidan Riter- T
Jenna Brzezinski- S	Jimi Adams- T



Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & support schools! Businesses that want to sponsor this school, please contact TSCA at [info@tscaschools.com](mailto:info@tscaschools.com) or 970-239-1641.

November 2017

Oberon Middle School  
Mrs. Tara Peña, Principal

# Middle Years

Working Together for School Success



## Short Stops

### Which language?

Is your child taking a foreign language now or thinking about taking one? Suggest that she weave a new language into her leisure time. She could watch a televised soccer game in Italian, set an online account or her phone to Spanish, or listen to music in French. She'll pick up new words—and be motivated to continue learning.

### “What I do well...”

Focusing on your tween's strengths will help him see himself as capable. Point out what he's good at (“The characters you invent in your stories really come to life”). Then, encourage him to develop talents by stretching his skills. For instance, he might try his hand at writing a science fiction story or enter a writing contest.

### Hygiene habits

Middle school is a good time for you and your children to evaluate their hygiene routines. At this age, they'll start to sweat more, so they'll need to work harder to keep their skin clean. Introduce habits like washing their faces morning and night and using deodorant daily.

### Worth quoting

“A good head and a good heart are always a formidable combination.”  
*Nelson Mandela*

### Just for fun

**Q:** How do you know when the moon has had enough to eat?

**A:** When it's full.



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## Respect all around

Being respectful will make your middle schooler's relationships better at school and at home. Here are ways he can show respect for himself, other people, and the world around him.

### Respecting himself

Twens with self-respect are more likely to stick to their values and say no to risky behaviors. Teach your child to check in with himself *before* he makes decisions. Say a friend invites him to a party where parents won't be home. He could think about what might go on there and say, “Thanks, but that's not for me.”

### Respecting others

Explain that showing respect will make it easier for your tween to get along with adults and peers—and help him earn their respect, too. He can do that by treating people as he wishes to be treated. For instance, he should eat snacks in the kitchen at a friend's house if that's the family's policy (even if he eats in the living room at your house). Also, he'll respect classmates by doing what he



says he will, such as completing his part of a project he's doing with a partner.

### Respecting the environment

Encourage your middle grader to adopt the motto, “Leave a place better than you found it.” To put that into practice, he might throw away trash that he sees in your neighborhood or at a park. Conserving resources is another way to respect nature. He can turn lights off when he leaves a room and shut water off while brushing his teeth. 👍

## Help wanted

When your child is stumped about a concept or a homework problem, teachers want to help. Plus, asking for assistance shows that your tween cares about her work. Encourage her to seek help confidently with these tips.

■ **When to get help:** Her question may have an easy-to-find answer. Suggest that she check her textbook and notes or call a classmate. If that doesn't work, she should approach her teacher.

■ **How to ask:** Your child might wait until the teacher is free and say, “I'm having trouble with my essay thesis. Can you help me?” Or if the question pops up after school, she could email, “I don't understand why I got this algebra problem wrong. When is a good time to stop by?” 👍



**Middle Years**

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**STEM at home**

You don't have to be a scientist to foster a love of STEM in your middle grader. Share these quick-hit ideas for exploring STEM at home.

**Science.** Play with sound by turning a straw into a musical instrument. Let your child experiment with ways to create vibrations—and thus produce noise. For instance, she can make a “flute” by poking holes in a straw, or an “oboe” by flattening one end of a straw and cutting it into a point.

**Technology.** Make a stop-motion movie. Suggest that your tween snap a series of photos of an object, moving the item



slightly each time. Then, she could upload and string the photos together to create the illusion that the object is moving.

**Engineering.** Piece together a “marble trampoline” with household items. Have your child come up with different materials to use for a ramp and a

“bouncy” target. The goal? For her to send a marble down the chute so it bounces off the “trampoline.”

**Math.** How would an object look if it were suddenly much larger or smaller? Ask your middle grader to measure an eraser or a sneaker. Then, using graph paper and what she's learning about ratio and proportion, she can draw the same item scaled up or down by 1, 5, or 10 times. 👍

**Conversation games**

Being able to carry on a conversation will help your tween in everything from participating in class to hanging out with friends. Have fun practicing together with these games.

**Link by link**

Show your middle grader how conversation connects people. Choose a topic (movies, holidays), and set out one paper clip. Go in a circle, and let each player speak. For each related comment, follow-up question, or answer, add a paper clip to the chain. When the chain reaches 20 links, switch topics and play again.



**Parent to Parent**

**A self-conscious tween**

During the first few weeks of school, my son Sam forgot his gym uniform several times. When I casually mentioned it, Sam got a little touchy, but ended up saying he looks “stupid” in it since he's skinnier than the other boys.

I told Sam that I felt self-conscious at his age, too. I was shorter than my friends and not very coordinated. Exercising made me feel better about myself. I thought it could help him, too. Since I run on the weekends, I invited him to join me. During our cool-down, I pointed out that everyone develops at different rates. I eventually grew taller, and I told him his body would grow and change, too. Regardless, I let him know that what matters most is the awesome person on the inside.

Sam hasn't forgotten his gym clothes lately. I'm taking that as a sign he's feeling a little more secure. 👍



**Freeze chat**

Teach your child to speak on his feet. Have two people stand, set a timer for two minutes, and call out a random question (“What's better, snow or sun?”). The players go back and forth discussing the answer. When the timer rings, whoever is talking freezes, and another player takes his place. Ask a new question, and the game continues. 👍

**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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**Q & A**

**Conferences: A good choice**

**Q** Now that my oldest child is in middle school, do I really need to go to her parent-teacher conference?

**A** It's a good idea to attend parent-teacher conferences regardless of your student's age. Going to them sends her a clear signal that you're interested in her education.

Knowing that you're paying attention can inspire her to give her best effort. Plus, teachers will share helpful

insights about your child, from her work habits to her social life.

Before you go, see if your tween wants you to bring up specific topics. Also, look over her graded papers. That way, you'll pinpoint anything you want to discuss, such as the math she's working on or her progress in English.

Finally, consider any changes at home that her teachers should know about (a military deployment or a change in marital status, for example). 👍





## MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience  
one in any given year.

## YOU CAN HELP.

### Mental Health First Aid teaches you:

-  Signs of addictions and mental health problems
-  How to respond to a developing mental health issue and a mental health crisis
-  A proven 5-step action plan to help
-  Local resources and where to turn for help

### WHY IT MATTERS

Because sometimes  
**PEOPLE DON'T KNOW  
HOW TO ASK FOR HELP.**

Because **THERE IS A  
SUICIDE EVERY 12.8  
MINUTES.**

Because we can all be  
**MORE AWARE AND  
MORE INFORMED.**

The Mental Health First Aid Jeffco Collaborative is a group of caring community members working together to make MHFA as common as CPR in Jefferson County.

**Youth Mental Health First Aid** is an 8-hour course designed for adults who regularly interact with young people (ages 12-18). The course introduces the unique risk factors and warning signs of mental health problems in adolescents and builds an understanding of the importance of early intervention.

**FREE CLASS!**

**Thursday, November 30th**  
4:30 - 8:30 p.m.  
and

**Saturday, December 1st**  
9:00 a.m. - 1:00 p.m.

Oberon Middle School  
7300 Quail Street  
Arvada, CO 80005

*Light refreshments provided!*

Register at  
[www.mhfajeffco.org](http://www.mhfajeffco.org)

Presented by:



**Jefferson Center**  
for mental health  
*With you in mind*

For more information, contact Canice Rupp  
at [CaniceR@jcmh.org](mailto:CaniceR@jcmh.org) or 303-432-5137.



# Food & Nutrition Services Employment Opportunity Session

# Jeffco Public Schools



- Learn more about supporting student success with healthy meals!
- Work a school-based schedule with no nights, weekends, or holidays
- Enjoy a fun, fast-paced environment
- Participate in a group interview and get information about how to apply

\*Please bring  
two (2) forms of  
identification.

**Thursday, November 16  
1:30 p.m.**

**Pomona High School  
8101 W. Pomona Drive  
Arvada, 80005**

**Starting Pay:  
\$10.81 -  
\$11.26**

**RSVP to  
Dianna Garcia  
303-982-6747**

