



Liberty Middle School

FRIDAY FOCUS

April 28, 2023

After a couple crazy weeks back to back, we had a relatively normal (whatever that means in middle school) week. If you've ever been a part of a school system, you know the end of each school year is extremely busy. Time is spent putting the finishing touches on this year and prepping for the next year.

If you are wondering about summer athletic opportunities for specific activities, we do have all the registration forms in the LMS office. Stop by and see us and pick up whatever you are interested in.

We have our last speaker coming in today. Mr Kevin Honeycutt will address our students and I'll speak more on that next week.



New medley and 4x100 relay school record holders. -more records to announce in the coming weeks.

Hill's headlines

Supervision Schedule-

- Football field/ramp- Stegman
- Bus Duty- E. Brown

Monday

- Eligibility

Tuesday

- Current 8th grade girls -basketball meeting 7:50
- 5-8 Math Aims web Benchmark
- Science Fair
- Students on Tracklist, dismissed for lunch at 10:45
- Track @ Great Bend 1:00 bus leaves at 11:20

Wednesday

- 5-8 Math Aims Web Benchmark
- Science Fair
- 8th grade PE/Health for Jake Eisenhower presentation during first hour

Thursday

- Science Fair
- 8th-grade activity poster pic during GO Time

Friday

- Next year's freshman in Auditorium for Concussion video 8:10-8:30

Greenback Shoutouts

-Thank you students for helping take down all the tables and chairs from the Luau. You are appreciated!

-Thank you Ms. Jenn Sowards for running back and forth to help with student needs at LMS. We are so thankful for you!

-Thank to all our teachers! We appreciate your dedication to our students.



Quote of the week

In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.

Les Brown
Author

Rudd's Random Thoughts

Liberty Middle School promotes reading by having teachers post what book they are currently reading outside their classroom. Here are just a few books currently being read by your LMS teachers:

- Hacking Leadership - Joe Sanfelippo
- Rooted to Rise - Sherri Coale
- Recalibrate the Culture- Jimmy Casas
- Queen Bees and Wannabees - Rosalind Wiseman

It is awesome our teachers are continually growing and finding new ways to support Liberty Middle School students.

Counselor's Corner

Sleep is essential to students' academic success and overall health. Here are 4 tips recommended by kidshealth.org to help children and teens get quality sleep.

1. Be active during the day. Getting 60 minutes of exercise a day is best!
2. Avoid caffeine around bedtime. Limit the amount of caffeine (soda, coffee, tea, energy drinks, etc) intake during the day.
3. Turn off electronics before bedtime. Set limitations and keep phones off and in a different room to charge at night. Additionally, avoid any screen time (computer and TV's) an hour before bedtime.
4. Set a bedtime routine. Establish a time for your child to go to bed every night, weekends included.