



L.B. Clarke Middle School Chronicle

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Friday, May 22nd, 2015

Visit us online at: www.trschools.k12.wi.us/schools/lbc

Summer School Information in Friday Folders

In this week's Friday folder you will find packets with summer school information. We have more options than ever for students to choose fun enrichment classes and activities to fill their mornings this summer. We hope you take the time to look over the packet with your child and make the choices together.

For students who are required to come to summer school...

Students who failed two quarters or more of any core subject class or two classes in one quarter, will receive a packet that is labeled for what course(s) the student is required to take.

Students required for ELA, Science, or Social Studies will have the 2 hour block designated for those subjects marked off on the class selection form. Students required for math will have the one hour math block marked off.

8th grade students will not receive certificates of completion until these requirements are met and 5th-7th graders must meet requirements before moving on to the next grade level. It is extremely important that students show they are ready before moving on to the next grade level.

INSTRUCTIONS FOR SUMMER SCHOOL SELECTION FORMS:

There are four class periods each day in summer school and two sessions of summer school. This means that students have the opportunity to take four classes each semester (8 classes total), so long as they are not required for anything.

PLEASE CHOOSE AT LEAST 8 CLASSES- They will be filled on a first come/first served basis. Once a class is filled, it will be closed and students will be given their next choice.

Musical Theatre Workshop- Please be aware that signing up for the acting portion of this class fills your 8-11 a.m. times for both sessions of summer school. This will leave 1 class each semester to fill. Should you also choose the behind the scenes class (11-Noon) as well, your schedule will be full all morning.

Students required for a summer school will be placed in those classes before any enrichment courses.

SUMMER SCHOOL FORMS ARE DUE BACK TUESDAY, MAY 26TH... DON'T WAIT!!!

CLC and Academic Resource Ends Friday, June 5th

With the school year quickly coming to a close, I want to remind you of some important dates coming up...

Academic Resource and CLC will end on Friday, June 5th. Students who were signed up for these after school activities should begin riding the regular 3:15 p.m. bus home the last week of school (June 8-12).

We will continue running homework club and the 4:15 p.m. bus until Wednesday, June 10th.

ALL STUDENTS SHOULD RIDE THE 3:15 P.M. BUS HOME BEGINNING JUNE 11TH.

INFORMATION ABOUT SUMMER CLC PROGRAMMING WILL COME SOON!!!

Upcoming Events

May 25th

Memorial Day Parade

May 29th

4th Quarter Activity Night 6-8 p.m.

June 2nd

Elementary Track Meet (5th Grade)

June 5th

Academic Resource and CLC Ends

June 6th

Last Saturday School- 8-Noon

June 9th

LBC Talent Show

June 10th

8th Grade Farewell- 6:30-7:30 p.m.

June 11th

Class Trips

June 12th

Last Day of School- Early Release 1:05

June 12th

8th Grade Dance- 6:30-9 p.m. @ Community House



1. Look for the Best in Others
2. Dream Big
3. Choose Positive Influences
4. Speak with Kindness
5. Start A Chain Reaction

8th Grade Events

**8th Grade Farewell—
June 10th 6:30 p.m.**

**Great America Class Trip—
June 11th**

**8th Grade Farewell Dance—
June 12th 6:30-9 p.m. @
Community House**

Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

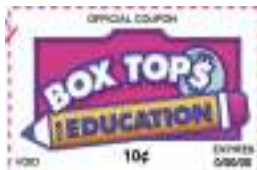
K - Is it kind?

WARMER WEATHER DOES NOT EQUAL INAPPROPRIATE CLOTHING

As the weather warms up, please monitor what your child wears to school.

**L.B. Clarke students
dress for success!**

Please dress for school as you would for a job or job interview.



FINAL BATTLE OF THE BOX TOPS

Please cut out box tops and send them to school with your child.

The last A/A challenge ends

June 5th!

The advisor and advisees in the top FOUR A/A's will win root beer floats!

Why Teens Are Impulsive, Addiction-Prone And Should Protect Their Brains By NPR Staff

Teens can't control impulses and make rapid, smart decisions like adults can — but why?

Research into how the human brain develops helps explain. In a teenager, the frontal lobe of the brain, which controls decision-making, is built but not fully insulated — so signals move slowly.

This insulation process starts in the back of the brain and heads toward the front. Brains aren't fully mature until people are in their early 20s, possibly late 20s and maybe even beyond, Jensen says.

This research also explains why teenagers can be especially susceptible to addictions — including drugs, alcohol, smoking and digital devices.

On why teenagers are more prone to addiction

Addiction is actually a form of learning. ... What happens in addiction is there's also repeated exposure, except it's to a substance and it's not in the part of the brain we use for learning — it's in the reward-seeking area of your brain. ... It's happening in the same way that learning stimulates and enhances a synapse. Just like learning a fact is more efficient, sadly, addiction is more efficient in the adolescent brain. That is an important fact for an adolescent to know about themselves — that they can get addicted faster.

It also is a way to debunk the myth, by the way, that, "Oh, teens are resilient, they'll be fine. He can just go off and drink or do this or that. They'll bounce back."

Actually, it's quite the contrary. The effects of substances are more permanent on the teen brain. They have more deleterious effects and can be more toxic to the teen than the adult.

On the effects of binge drinking and marijuana on the teenage brain

Binge drinking can actually kill brain cells in the adolescent brain where it does not to the same extent in the adult brain. So for the same amount of alcohol, you can actually have brain damage — permanent brain damage — in an adolescent for the same blood alcohol level that may cause bad sedation in the adult, but not actual brain damage. ...

Because they have more plasticity, more substrate, a lot of these drugs of abuse are going to lock onto more targets in [adolescents'] brains than in an adult, for instance. We have natural cannabinoids, they're called, in the brain. We have kind of a natural substance that actually locks onto receptors on brain cells. It has, for the most part, a more dampening sedative effect. So when you actually ingest or smoke or get cannabis into your bloodstream, it does get into the brain and it goes to these same targets.

It turns out that these targets actually block the process of learning and memory so that you have an impairment of being able to lay down new memories. What's interesting is not only does the teen brain have more space for the cannabis to actually land, if you will, it actually stays there longer. It locks on longer than in the adult brain. ... For instance, if they were to get high over a weekend, the effects may be still there on Thursday and Friday

later that week. An adult wouldn't have that same long-term effect.

On marijuana's effect on IQ

People who are chronic marijuana users between 13 and 17, people who [use daily or frequently] for a period of time, like a year plus, have shown to have decreased verbal IQ, and their functional MRIs look different when they're imaged during a task. There's been a permanent change in their brains as a result of this that they may not ever be able to recover.

It is a fascinating fact that I uncovered going through the literature around adolescence is our IQs are still malleable into the teen years. I know that I remember thinking and being brought up with, "Well, you have that IQ test that was done in grade school with some standardized process, and that's your number, you've got it for life — whatever that number is, that's who you are."

It turns out that's not true at all. During the teen years, approximately a third of the people stayed the same, a third actually increased their IQ, and a third decreased their IQ. We don't know a lot about exactly what makes your IQ go up and down — the study is still ongoing — but we do know some things that make your IQ go down, and that is chronic pot-smoking.

On teenagers' access to constant stimuli

We, as humans, are very novelty-seeking. We are built to seek novelty and want to acquire new stimuli. So, when you think about it, our social media is just a wealth of new stimuli that you can access at all times. The problem with the adolescent is that they may not have the insider judgment, because their frontal lobes aren't completely online yet, to know when to stop. To know when to say, "This is not a safe piece of information for me to look at. If I go and look at this atrocious violent video, it may stick with me for the rest of my life — this image — and this may not be a good thing to be carrying with me." They are unaware of when to gate themselves.

On not allowing teenagers cellphones at night

It may or may not be enforceable. I think the point is that when they're trying to go to sleep — to have this incredibly alluring opportunity to network socially or be stimulated by a computer or a cellphone really disrupts sleep patterns. Again, it's also not great to have multiple channels of stimulation while you're trying to memorize for a test the next day, for instance.

So I think I would restate that and say, especially when they're trying to go to sleep, to really try to suggest that they don't go under the sheets and have their cellphone on and be tweeting people.

First of all, the artificial light can affect your brain; it decreases some chemicals in your brain that help promote sleep, such as melatonin, so we know that artificial light is not good for the brain. That's why I think there have been studies that show that reading books with a regular warm light doesn't disrupt sleep to the extent that using a Kindle does.