

Monthly Newsletter

November 2022 | Issue 3

Mexico  
Middle  
School

# TIGER WIRE



# From the Desk of Ms. Holliday

## Mexico Middle School Principal



### A Comprehensive System of Support at Mexico Middle School

I would like to take this opportunity to highlight a multitude of services that we have at Mexico Middle School to support our students and families. I will begin with our School Based Health Center, which is an extension of ConnexCare. The Center offers medical, dental, and mental health support to families, during the school day. When school is not in session, patients are able to utilize one of the 7 ConnexCare sites located throughout all of Oswego County. There is also a School Based Health Center at Mexico Elementary School which provides services to Mexico Elementary and Mexico High School students. Palermo and New Haven elementary students can be seen at our Mexico Middle School Based Health Center when accompanied and transported by a parent or guardian. All students in the district have access to the dental program, which is housed at Mexico Elementary School and offers cleanings, x-rays and fluoride treatments. These resources are valuable to families as students can access services during the school day. Families can save on co-pay costs, deductibles and missed time at work. Students miss less class time when seeing the physician right here at school. If you are interested in enrolling in, and utilizing these services, please call ConnexCare at 315-963-8400 x4208.

We are also excited to have a Farnham School-Based Student Assistance Counselor again this year. Ms. Pam Snyder joins us every Tuesday from 7:30 am to 4 pm. Ms. Snyder is here to help students who might be struggling in various areas which include substance use/abuse, violence, school/academic difficulties, relationship concerns, mental health, or just having a difficult day and looking for some additional support. She helps students identify potential risk factors and supports students and families in finding healthy behaviors to reduce the risk factors of concern. Ms. Snyder can be reached at 315-963-8400 x4142 for more information regarding her services.

In addition, we have a partnership with Liberty Resources provides a full-time counselor to our building that helps bring together medical care, behavioral health care and social services to create a whole-health plan for student needs. Danielle Buckley LMSW, provides psychotherapy services embedded within the school day to ensure that the student can access therapy without significantly interrupting their educational program. With enrollment and acceptance of health benefits in the School Based Mental Health therapy services, there is also an opportunity, if needed, to access clinic-based services

such as further evaluation and medication management with a mental health prescriber or our primary care services and health homes case management services through the Liberty Resources clinics in Fulton and in Syracuse. When enrolled, the school-based therapist becomes a liaison between the school and the student and family and can also be involved in ongoing educational based meetings as well as a resource to bridge community and clinic-based services for a holistic and comprehensive approach to ensuring wellness to the client.

In the MMS office of Student Services, we have three school counselors. Ms. Robbins works with students with the last name A through F, Ms. Wahl works with students last name G through M, and Mr. McPherson has the end of the alphabet, N through Z. School Counselors work with every student at the middle school, for all four years, to help get them ready for high school. They address the areas of career and college readiness, academic skills, and social/ emotional development. Other services may include crisis response interventions, counseling, assessment, advisement, and assisting students who exhibit attendance, academic, or adjustment concerns at school. Our school counselors will also make referrals to appropriately licensed or certified individuals and collaborate with your student's teachers and administrators to provide advocacies for all students. They also assist parents who have any questions or concerns. Parents and students can call their school counselor at: 315-963-8400 (ext. 4206) or email them directly at:

Ms. Robbins (A-F) [arobbins@mexicocsd.org](mailto:arobbins@mexicocsd.org)

Ms. Wahl (G-M) [awahl@mexicocsd.org](mailto:awahl@mexicocsd.org)

Mr. McPherson (N-Z) [pmcphers@mexciocsd.org](mailto:pmcphers@mexciocsd.org)

Please check out the Student Services website Mexico Middle School / Student Services ([mexicocsd.org](http://mexicocsd.org)) for information and helpful resources.

Mexico Middle School also has a full-time Social Worker, Mrs. Devendorf. The School Social Worker helps children work through personal, social, emotional and academic problems that interfere with their adjustment to school and their capacity to benefit from the educational services being provided to them. Our school Social Worker provides an array of support services based on our students' needs. The Social Worker may be of support to your child if they are not responding to school-wide social, emotional, behavioral programs /supports designed to meet their needs. Mrs. Devendorf can provide the following supports/services and works in conjunction with your family and your student's educational/support team:

- Assessment/Screening and gathering background information on students and making recommendations that support your child's safety and overall success at school.
- Individual /group counseling, therapeutic services, crisis/ support services, social /emotional learning as needed
- Assist with Anti-Bullying assessments/interventions
- Consult on school support teams and educational meetings in relation to educational planning

- Collaborate/Consult with your students' teachers, counselors, school psychologist, administrators, and community groups to provide advocacy/information, and implement support for students in school, at home, and in the community
- Work closely and partner with families to support students social and emotional adjustment or mental health, assist in educational planning and programming for the student, and help families in accessing appropriate community resources/referrals
- Act as a liaison or case manager with community agencies and other resources to meet special needs or make referrals as necessary
- Assist with home visits and coordination of care and support, to reduce barriers to truancy
- Assist families with accessing support related to temporary housing

If you would like to reach the school Social Worker directly you may call 315-963-8400 (ext. 4212) or by email at: [tdevendorf@mexicocsd.org](mailto:tdevendorf@mexicocsd.org) .

The School Psychologist is also a member of our student services team. Our School Psychologist, Sarah Shen (MS/CAS), proudly serves our students and staff at Mexico Middle School. Mrs. Shen works with Pupil Services to hold Committee on Special Education and 504 Plan meetings. She also works with teachers and staff to ensure that these documents are being properly developed and implemented for students throughout the school day. Mrs. Shen supports staff by providing behavioral and classroom management consultative services to increase student success in school. She also facilitates the School Intervention Team at Mexico Middle School and has been diligently working with this team to incorporate behavioral and social emotional learning into the intervention framework. Mrs. Shen also completes a variety of assessments with students, including but not limited to psychoeducational evaluations, achievement assessments, functional behavioral assessments, classroom observations, social emotional rating scales, and record reviews. She also completes crisis counseling with students as needed. Mrs. Shen is also delighted to serve as a co-advisor for Student Council. To reach Mrs. Shen directly, please call 315-963-8400, Ext. 4209 or email: [sshen@mexicocsd.org](mailto:sshen@mexicocsd.org).

I hope you find this information helpful and that this article gives you a more comprehensive understanding of the support services we currently have available to students and families at Mexico Middle School. We hope you will reach out to these resources for student and family support, as needed.

Sincerely,

*Kim Holliday*



# Turkey Trot 2022



Mexico Middle School will host the 6th annual Turkey Trot on Tuesday, November 8. The 1.5-mile race is open to all students in grades 5–8 and will be held on our beautiful athletic fields and nature trail. Last year's race had an incredible turnout with 257 student finishers. This year the top three male and female finishers at each grade level receive a commemorative medal, while the winners receive a free pizza from sponsor Damiano's Eatery! All finishers will be served Behling's apples as well as having their names entered in a prize raffle.



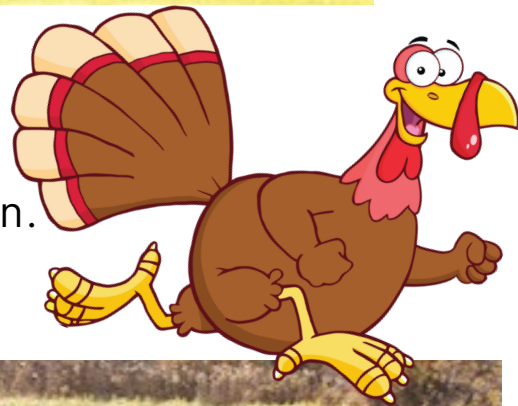
## 2021 Grade Level Winners:

Fifth grade--Mason Russell and Sophie Madden.

Sixth grade--Brayden Porter and Mallory Law.

Seventh grade--Tyler Huynh and Aubrey Herrington.

Eighth grade--Aiden Bartlett and Avery Willis



# Student Content

Submit your short stories, poems, artwork, or comic strips to the Tiger Wire and we might feature you in our next issue!!! Email your submissions to Ms. R in Student Services at [kruPracht@mexicocsd.edu](mailto:kruPracht@mexicocsd.edu) or turn them in to the Main Office!



The Shark in the Ocean  
By: Emily Stevens



The shark in the ocean was a very nice shark. People thought he was mean, but he was nice. He wanted to be treated like a human, but he wasn't. He was treated like a monster. That made the shark really sad.

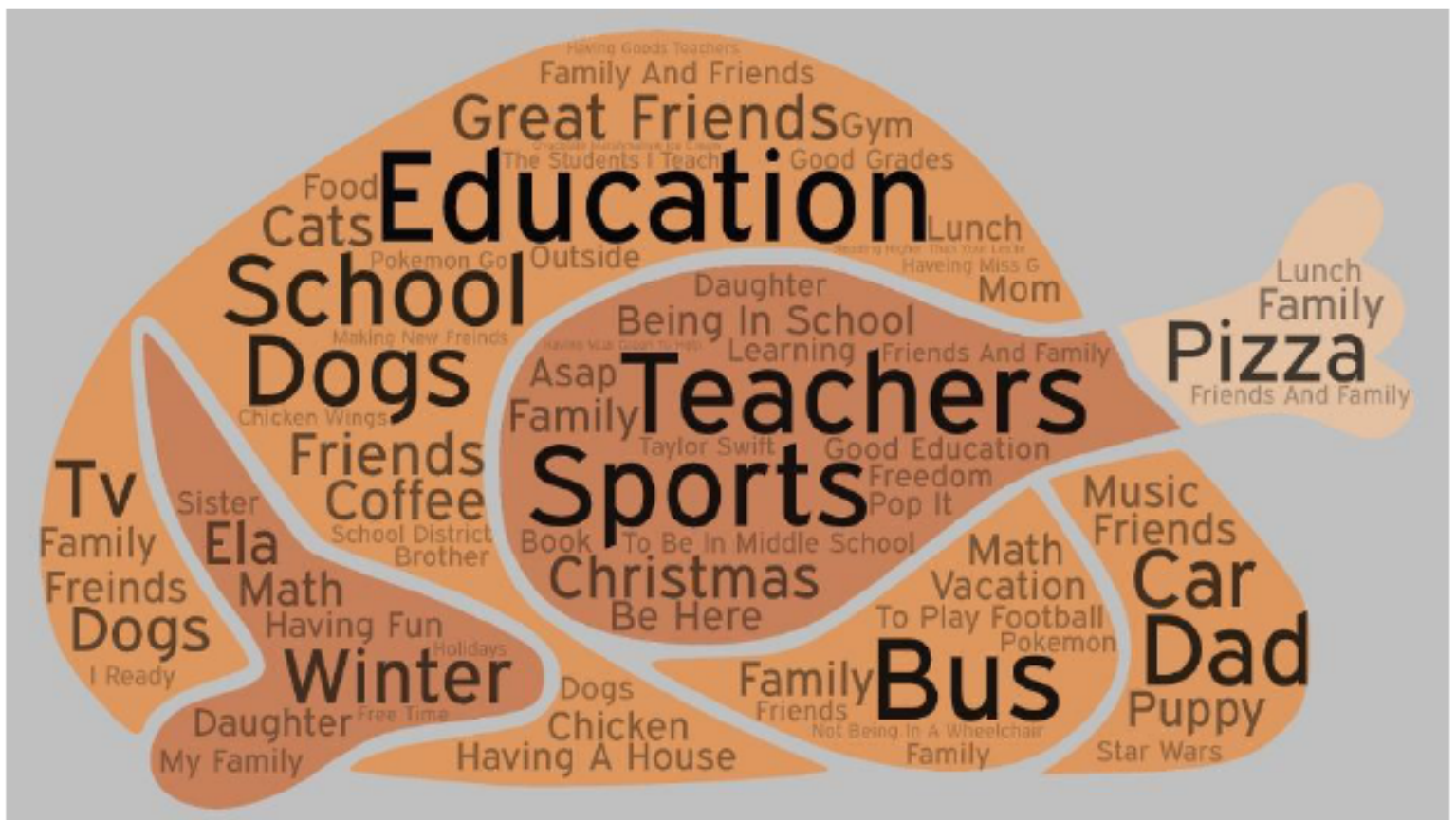
One day he went out and people saw him and started screaming. He thought there was something after them, so he swam toward them to help. Then the people kicked him, so he swam back home. He was sad.

That night he stared at the stars. He saw a shooting star and wished to be human. The next morning, he woke up and could not breathe. He came out of the water and noticed that he had hands. Two people came and got him and asked him why he was in that deep of water.

He said that he was taking a night swim. They let him go and he walked away. He didn't know where to go. He no longer had a home. He started walking around the town and asked people "Why do you not like sharks?"

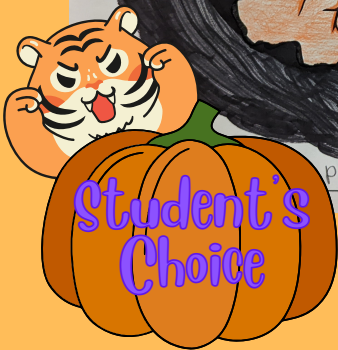
Only one person answered. He said "They are scary creatures. They deserve to die." Sharky got really sad. He started to feel his shark fins coming back. He went back into the water. All he wanted was to be treated like a human. This is why you should treat others the way you want to be treated.



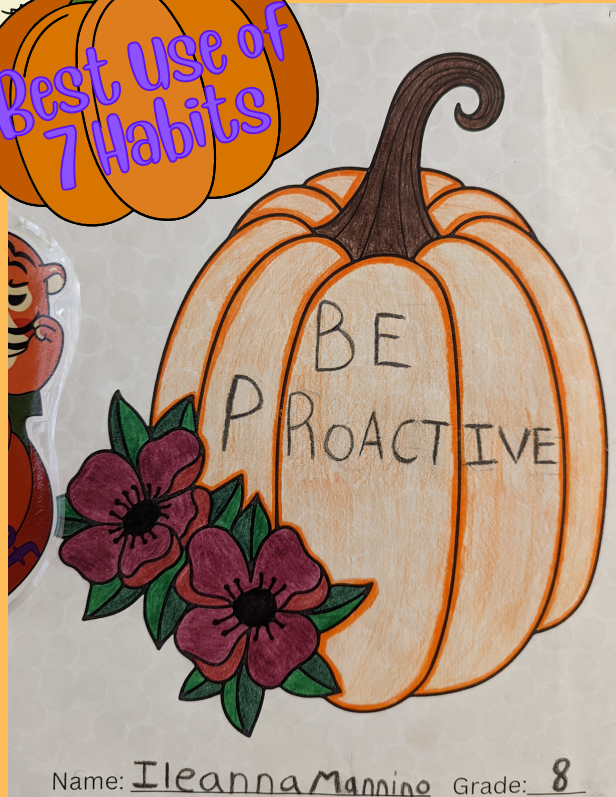




# STUDENT SERVICES PROUDLY PRESENTS THE 2022 POSITIVE PUMPKINS CONTEST WINNERS!



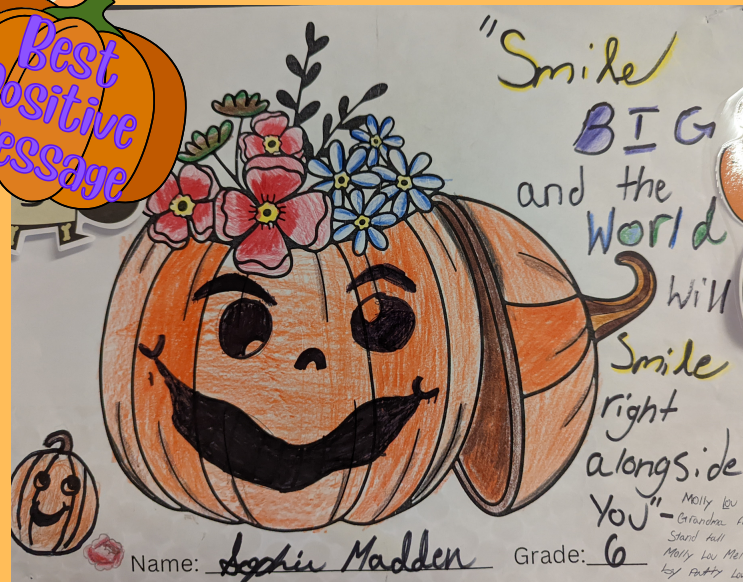
Tayler Zehr



Ileanna Mannino



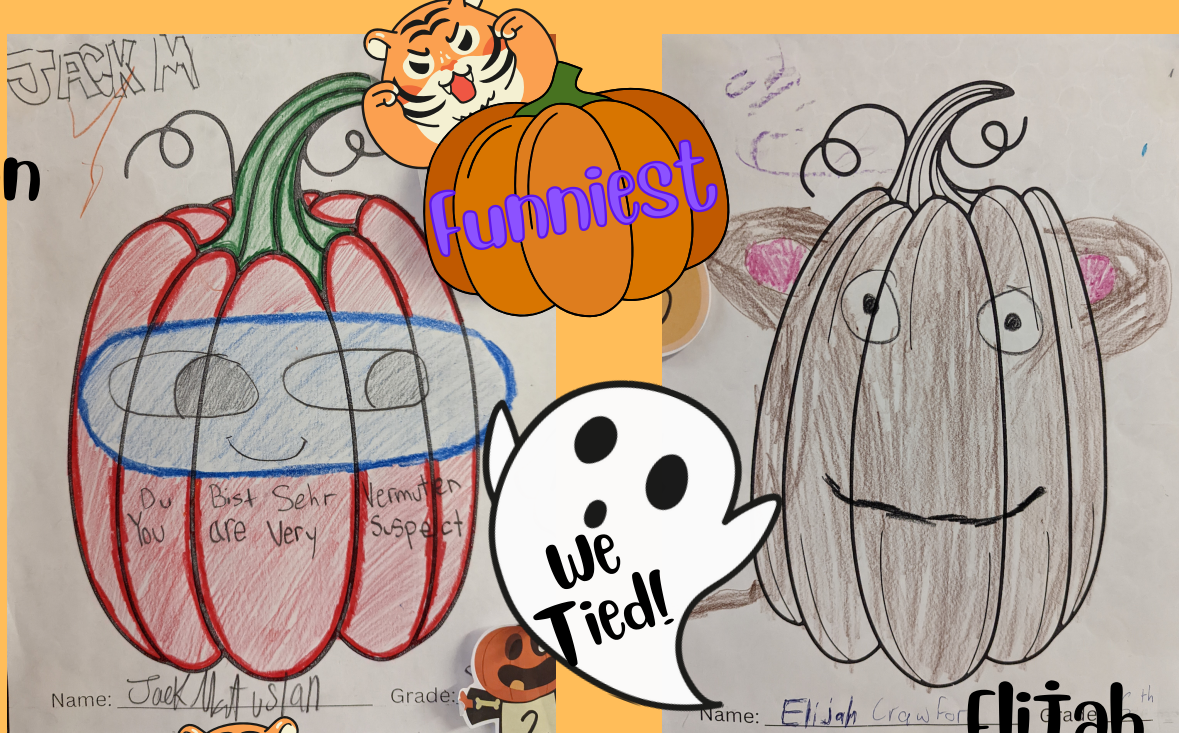
Principal's Pick



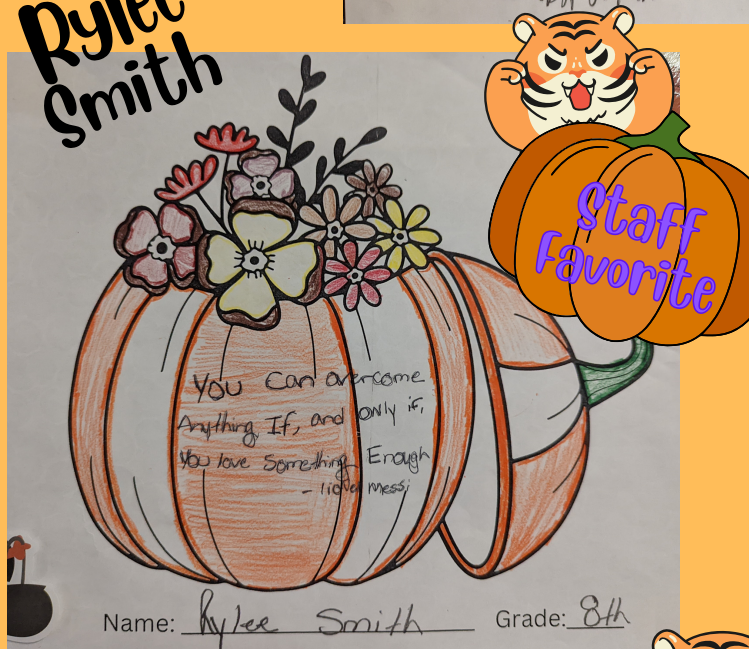
Sophie Madden



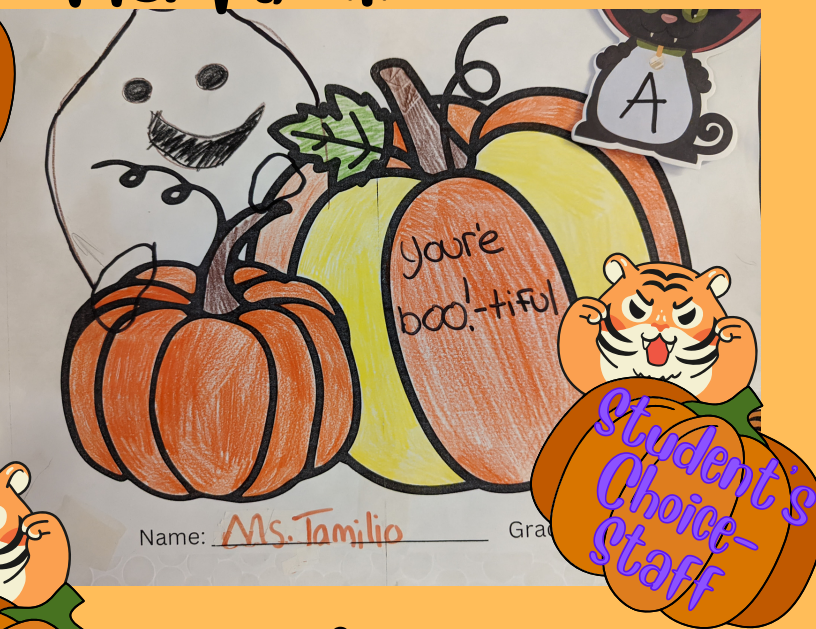
Jack  
McAuslan



Rylee  
Smith



Ms. Tamilio  
Elijah Crawford

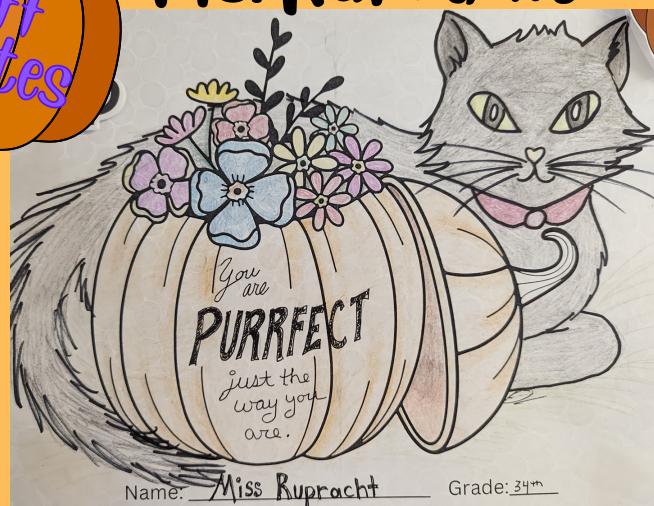


Don't be Grumpy, Eat More Chocolate

Mrs.  
Rivenburgh











Ms. Rupracht





# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	31  <b>C</b>	1 <b>D</b>	2 HORIZONTAL PLC <b>A</b>	3 <b>B</b>	4 STAFF DEVELOPMENT DAY- NO SCHOOL FOR STUDENTS	5
6	7 LIGHTHOUSE MTG <b>C</b>	8 <b>D</b>	9 SIT DAY <b>A</b>	10 END OF 10WK MP LIGHTHOUSE PEP RALLY <b>B</b>	11 VETERAN'S DAY- NO SCHOOL FOR STUDENTS	12
13	14 10WK GRADES DUE 1PM <b>C</b>	15 <b>D</b>	16 PARENT/TEACHER CONFERENCES- 1/2 DAY FOR STUDENTS <b>A</b>	17 PARENT/TEACHER CONFERENCES- 1/2 DAY FOR STUDENTS <b>B</b>	18 REPORT CARDS GO HOME <b>C</b>	19
20 ALL COUNTY BAND	21 <b>D</b>	22 <b>A</b>	23 	24 	25 	26
27	28 <b>B</b>	29 <b>C</b>	30 VERTICAL PLC <b>D</b>	1  <b>A</b>	2  <b>B</b>	3 

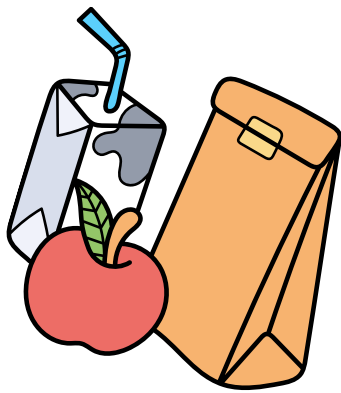
MS MUSICAL 7PM IN THE AUDITORIUM EACH NIGHT

THANKSGIVING HOLIDAY - NO SCHOOL

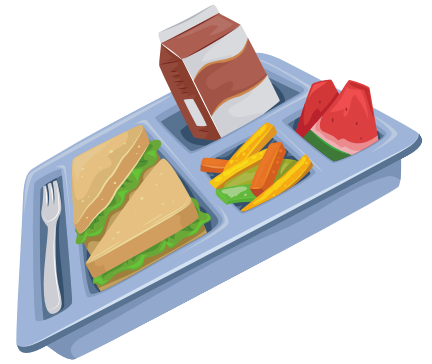
## Upcoming Events

- Nov. 3- BOE Workshop
- Nov. 4- Staff Development Day- No school for students!
- Nov. 10- End of 10 Week Marking Period- Report Cards go home Nov. 18th
- Nov. 11- Veteran's Day- No school
- Nov. 16& 17 Parent/Teacher Conferences Students Dismiss at 10:45
- Nov. 16 Evening Parent/Teacher Conferences 6:30pm
- Nov. 20- All County Band Auditions
- Nov. 23-35 Thanksgiving Holiday

**Lighthouse Pep Rally**  
Tuesday, November 10th will be our very first Lighthouse Pep Rally for the year! Each Grade will have their own assembly where we spotlight student successes and have some fun showing our Tiger Pride!



# LUNCH TIME



## LUNCH

Menu subject to change.

## NOVEMBER 2022

Elementary has choice of main menu, chicken patty or pbj. MS/HS has choice of main menu, chicken

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

Hamburger on a Bun  
Baked Beans  
Asst Fruit  
Milk

Fish Sticks  
Mac and Cheese  
Corn  
Asst Fruit  
Milk

Tacos  
Flour Tortillas  
Corn  
Asst Fruit  
Milk

Turkey and Gravy  
Mashed Potato  
Dinner Roll  
Asst Fruit  
Milk

Grilled Cheese Sandwich  
Tomato Soup  
Broccoli  
Asst Fruit  
Milk

Hamburger on a Bun  
Baked Beans  
Asst Fruit  
Milk

Breakfast Brunch  
Egg and Sausage Sandwich  
Hash Brown Rounds  
Applesauce  
Milk

Pretzel and Cheese  
Carrots  
Asst Fruit  
Milk

$\frac{1}{2}$  Day Pk-8  
Hot Dog in a Bun  
Carrots  
Asst Fruit  
Milk

No School  
Thanksgiving Break

Breakfast Brunch  
Egg and Sausage Sandwich  
Hash Brown Rounds  
Asst Fruit  
Milk

Pizza  
Green Beans  
Asst Fruit  
Milk

Pizza  
Green Beans  
Asst Fruit  
Milk

$\frac{1}{2}$  Day Pk-8  
Pizza  
Corn  
Asst Fruit  
Milk

24

No School  
Staff Development

No School  
Veteran's Day

Fish Sticks  
Mac and Cheese  
Green Beans  
Asst Fruit  
Milk

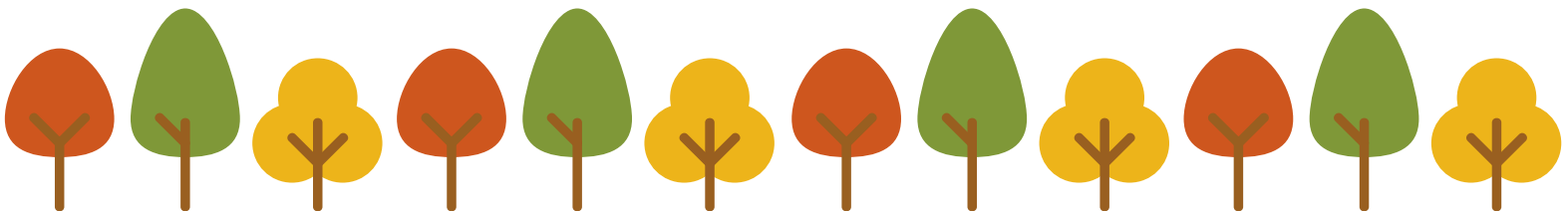
No School  
Thanksgiving Break

Mexico School District is an equal opportunity and employer. If you have any questions concerning the school nutritional program, please contact Brenda Thomas at 315-963-8400 x 5071. Please keep accounts current and prepay for meals.

Free-no charge. Reduced-no charge. Paid- PK-4 \$47.70, 5-12 \$52.20

MY  
SCHOOL  
BUCKS

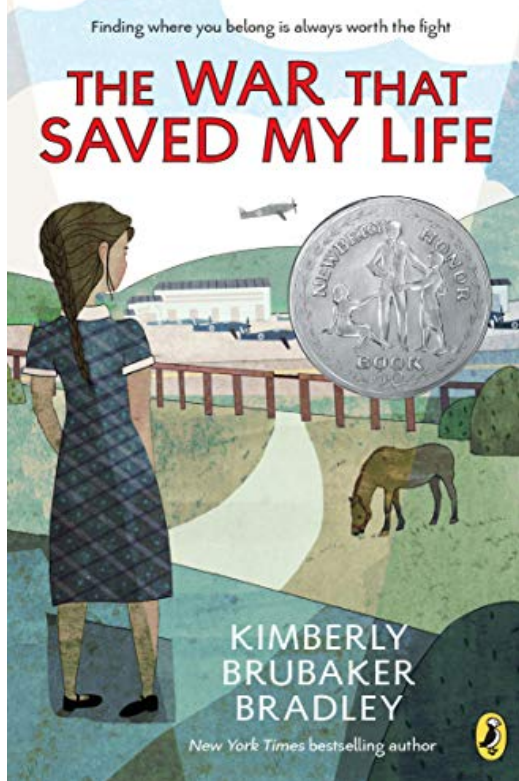
PAY FOR MEALS ONLINE  
MySchoolBucks.com







# Mrs. Julian's November Book picks



## **The War That Saved My Life**

by Kiberly Brubaker Bradley

*\*Newbery Honor book*

*\*Winner of the Schneider Family Book Award*

This #1 New York Times bestseller is an exceptionally moving story of triumph against all odds set during World War II, from the acclaimed author of *Fighting Words*, and for fans of *Fish in a Tree* and *Sarah, Plain and Tall*.

Ten-year-old Ada has never left her one-room apartment. Her mother is too humiliated by Ada's twisted foot to let her outside. So when her little brother Jamie is shipped out of London to escape the war, Ada doesn't waste a minute—she sneaks out to join him.

So begins a new adventure for Ada, and for Susan Smith, the woman who is forced to take the two kids in. As Ada teaches herself to ride a pony, learns to read, and watches for German spies, she begins to trust Susan—and Susan begins to love Ada and Jamie. But in the end, will their bond be enough to hold them together through wartime? Or will Ada and her brother fall back into the cruel hands of their mother?

## **Wishtree**

by Katherine Applegate

*An Amazon Top 20 Children's Books of 2017*

*The New York Times–bestselling story of kindness, friendship, and hope.*

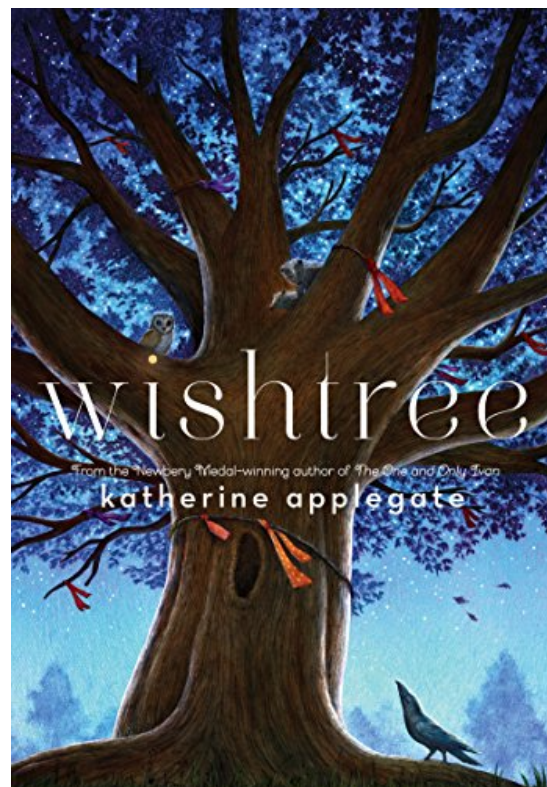
Trees can't tell jokes, but they can certainly tell stories. . . .

Red is an oak tree who is many rings old. Red is the neighborhood "wishtree"—people write their wishes on pieces of cloth and tie them to Red's branches. Along with a crow named Bongo and other animals who seek refuge in Red's hollows, this wishtree watches over the neighborhood.

You might say Red has seen it all.

Until a new family moves in. Not everyone is welcoming, and Red's experience as a wishtree is more important than ever.

Funny, deep, warm, and nuanced, this is Katherine Applegate at her very best—writing from the heart, and from a completely unexpected point of view.





# THE Wellness CORNER

## NOVEMBER IS LUNG CANCER AWARENESS MONTH



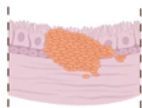
While current and former smokers are at a higher risk of getting lung cancer, you do not have to have a history of smoking to receive a diagnosis.<sup>1</sup>

# 442

EVERY DAY

Every day, 422 Americans die of lung cancer, making it the leading cause of cancer death.<sup>2</sup>

small cell



non-small cell



There are two main types of lung cancer:

- small cell lung cancer
- non-small cell lung cancer, which is more common.<sup>3</sup>



Lung cancer symptoms usually do not appear until the cancer has spread to other parts of the body.<sup>3</sup>

### SOURCES:

1. American Cancer Society
2. Go2Foundation for Lung Cancer
3. American Lung Association

cure

LUNG CANCER  
AWARENESS

## LUNG CANCER PREVENTION



Don't smoke



Avoid secondhand smoke



Limit your intake of alcohol



Eat a diet full of fruits and vegetables



Exercise most days of the week



Lower exposure to radon gas  
(test your home for radon)



Avoid carcinogens at work



Stock | #327021944



Preventions do not completely eliminate the possibility of cancer, they are factors that reduce this risk.



NOVEMBER • LUNG CANCER AWARENESS MONTH



# Thanksgiving

F L F P E I P N I K P M U P L H J I O Q  
 A G D C Z S L S J N H Q V I H O N X M H  
 P O N Z Z B U L E I P N A C E P H O C N  
 S B B I K J V E A A R Z K D M P H A W E  
 C U S I F A G V Z B R R E N N I D I K U  
 E G E Z I F B J R A T Z F K P L N Q S B  
 L I O D C B U L I A Q O W A K G I R L Z  
 Z B T C N H R T Y U Y S O C J R N M C Y  
 H H A C R F P B S V U W C F Q I A E R G  
 C L T D O M Y E K R U T M O S M K Z N I  
 E F O N C I H B R Z Y W M K E S K W G X  
 Z U P B D R G E X F T I A Z I H J S B Z  
 K R W L L W B T S L S S Y C R P I F X O  
 I C O B X M Y L I M A F F Q R A L J K N  
 D Z Y T E G U K R Z E Y L U E R A S O C  
 A U T V D P C N J M F J O A B A A G I Q  
 E B O U L U F K N A H T W N N D I X M P  
 W N E J K P D U G H L S E E A E J H I X  
 A Q S X K U O Z W A P A R W R K Z G J L  
 A P Y O F L T F R Q M S U U C M Z P S K

NOVEMBER  
 HAM  
 POTATOES  
 THANKFUL  
 DINNER  
 FEAST

TURKEY  
 PUMPKINPIE  
 PECANPIE  
 MAYFLOWER  
 FAMILY  
 PARADE

STUFFING  
 CRANBERRIES  
 PILGRIMS  
 CORN  
 FOOTBALL

