



Superintendent's Article

It Will Be Over Before You Know It

by *Dennis Paquette, Superintendent*

I have spent almost thirty years coaching high school, middle school and youth sports teams. I have coached varsity wrestling for twenty seven seasons, football for 15 seasons, cross country for eight seasons, track for eleven seasons, plus countless more in baseball, gymnastics and basketball...that is a lot of time in the gym and on the practice fields. Most of the greatest lessons I've learned have come through my involvement in athletics. I have learned how to deal with defeat. I've learned how to set goals, prioritize, over-come disappointment. I've learned how to deal with success and failure. I have learned the value of team work and sacrifice, I have been forced to confront inequity, prejudice, and poor sportsmanship. I've made lifelong friends and had the opportunity to travel all over the world. Sports are great!! I believe that our athletic departments are our number one tool for dealing with at-risk youth and provide valuable opportunities for all students.

I started a new role this fall...parent of high school athletes. That is the hardest job I have ever had. I had to let my boys go...release them to the experience. This is their time, not mine. I have to let them succeed and fail. I have to allow them to learn from mistakes and understand the value of doing things correctly. I have told my boys that just as math and science are requirements in school so is their involvement in athletics. I say this because I believe that they will learn so many life lessons in the arena of competition.

The older I get, the more reflective I become. I spend a lot of time thinking about the impact we have as coaches and parents. As a coach, I have always prided myself on the fact that I am hard on my athletes. I am intolerant of poor effort and I expect proper behavior. We live in a hard world. The real world can be a very cold place, the real world does not care if we don't feel good today or "why" we make mistakes. The real world expects results, not excuses. We have a saying in our wrestling room, "Don't tell me how rough the water is, row the boat home." I want my sons coached by an intolerant man. I want them to learn that it's ok to fail (we learn so much more from failure), but don't make any excuses. I want them to have coaches that will tell them the truth. I have always tried to tell my athletes (no matter what age) the truth about their performance...Win or lose. I try to convey the message that you can always do more to improve. This is what I want for my kids. As parents, we need to remember that we are responsible for the development of our kids. Not every kid gets to be the star of the team. We don't spend time on the practice field or in the practice room with our kids. We don't know what is going on behind the scenes. We don't know who does the extra work after practice or in the summer to get better. We need to support our kid's coaches so that these men and women can do their jobs.

I truly believe that most coaches have the best of intentions. We all love to win. But most coaches understand that winning is only a portion of the desired outcome. Most coaches know that they are responsible for teaching the boys and girls they coach the life lessons that are inherently connected to athletics. Coaching gets harder every year. We regularly see in the media the negative impact that parents with unrealistic expectations can have on coaches and kids. Parents focus on "What is best for my child". Coaches are forced to think, "What is best for the team". Those two thought processes are not always even. When you do have a concern and you feel the need to speak to the coach, give the coach and yourself twenty-four hours before initiating conversation. The coach deserves the time after a game to finish his or her game day responsibilities. Parents need the time to think things through as they pertain to the issue at-hand. The "24 hour rule" will allow for the conversation to be much more productive. Our kids will learn an awful lot by thinking "Team before me." It is helpful if parents can understand that philosophy.

My advice to parents is simple. Release your kids to the experience, support the coaches, allow your kids to fail and learn from their experiences, embrace a coach who is intolerant of mistakes, remember the "24 hour rule" when talking to coaches after a game, keep success in proper perspective and enjoy this time with your kids. It will be over before you know it.

The Value of Reading

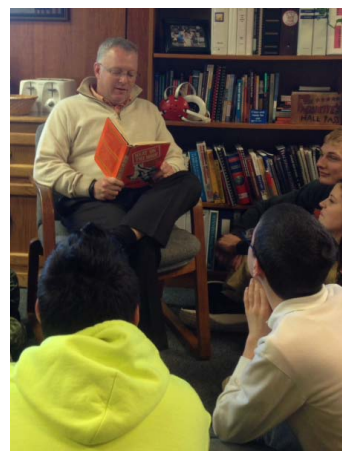
by *Dennis Paquette, Superintendent*

Research shows that there is a strong correlation between reading and academic success. That seems obvious to me now. A student who is a good reader is more likely to do well in school and pass exams than a student who is a weak reader. I became an avid reader in college. A single book changed my life. I had to read a book for a college class, from a list provided by my instructor. I went to the Used Book Store and bought the first book I found on the list. It was not a classic or even a well-known book. I started to read the book that night and could not put it down. I was hooked. I began to read books constantly and I still do to this day. I noticed that the more books I read, the better writer I became. Because of that book list...I became a good student and a lifelong learner. To this day I keep that first book on a shelf in my office.

I have learned that good readers can understand the individual sentences and the organiza-

tional structure of a piece of writing. They can comprehend ideas, follow arguments, and detect implications. Good readers know most of the words in the text already, but they can also determine the meaning of many of the unfamiliar words from the context - failing this, they can use the dictionary effectively to do so. Basically, good readers can pull from the writing what is important for the particular task they are working on. And they can do it quickly! The way to become a good reader...is to read more.

Teachers know that there is a strong correlation between reading and vocabulary knowledge. In other words, students who have a large vocabulary are usually good readers. This is not very surprising, since the best way to acquire a large vocabulary is to read extensively, and if you read extensively you are



likely to be or become a good reader!

Reading non-fiction is probably the most important, you learn about facts and events, but fiction will help children develop the reading skills needed for academic achievement. Mark Twain's Adventures of Huckleberry Finn illustrates this point. The main character is a young boy who at the start of the novel shares the pro-slavery views of the state he grew up in. However, as he travels with the runaway slave Jim, he comes to change his views (long after the reader has) and eventually assists Jim. It is a moral tale disguised as a children's adventure story.

Novels, when done well, are about life, and cause us to reflect on the human experience. We can all gain from more reflection. Powerful novels demand that we slow down and

process how we are living our lives.

Fiction broadens our imagination and our sensitivity toward others. Novels can even affect society. The classic novel, Uncle Tom's Cabin helped personalize and simplify slavery to many Americans, provided an international boost to the abolitionist movement, and may literally have helped bring about the Civil War. John Steinbeck's 1939 novel, The Grapes of Wrath, publicized the plight of the people during the great depression. As a result, hearings in Washington were held on the conditions of migrant worker camps in California, and some labor laws were enacted to help these struggling Americans. Both novels increased the empathy of readers for the vulnerable and oppressed.

So if you want your child to be successful at school encourage him or her to read. I look at that first book on my shelf often to remind me how important it was to me. The title of that first book is Meat on the Hoof, by Gary Shaw. Mr. Shaw...you changed my life.

South Walnut Elementary

Holiday Greetings

Christmas is the one time of year when we reach out to far flung friends and family members and try to squeeze in a 'hello, how are you' before the New Year rolls around.

It's the time of year to gather your addresses, organize yourself early, and make a commitment to get those Christmas cards out before Santa comes tumbling down the chimney. In keeping with your traditions and busy schedules don't forget to relax and enjoy your time with family and friends.

The Staff at South Walnut would like to wish all of you a very Merry Christmas and a safe, healthy, New Year!

Christmas Concert

"Fa la la la la" Join South Walnut Elementary on Thursday, December 11th at 6:30 p.m. in the High School gymnasium for a wonderful evening of music being sung by the sweet voices of our students! We will also have our annual "Raffle Basket Project 2014" taking place. Tickets for the raffle will be sold for \$3.00 each or 2 for \$5.00. Don't miss the fun!!

Parent Teacher Conferences

Thank you to our Parents/Guardians who attended Parent Teacher Conferences. Eighty three percent of our students had a parent attend conferences to discuss their child's strengths and challenges, highlighting growth that has occurred over the first nine weeks, and make goals for the remainder of the year. Each student who had someone attend their conference had their name put in a raffle to win a new South Walnut T-Shirt. Pictured below are our "lucky winners!!"

Book Fair

Thank you to everyone that purchased books during our Book Fair! Selling over \$3,000.00 dollars in books will allow us to purchase nearly \$2,500.00 in new books for our library. Keep on Reading!!



Honor Credit Union

Scott McFarland, CEO, of Honor Credit Union and Courtney Waechter, Branch Manager held an assembly for 3rd and 4th grade students to introduce the new "Little Vikings Credit Union." Watch for the GRAND OPENING coming soon in 2015!!



Students of the Month

Kindergarten: Amara Gallegos, Anna Corral, Alexis Wisniewski, Lukas Remington
 First Grade: Brendon Jackson, Devin Sandora, Jack Loomis, Victoria Quinones
 Second Grade: Alejandra Marin-Hernandez, Willie Primer, Abigail Kruger
 Third Grade: Ethan Woger-Burrows, Jesus Diaz, Caleb Burrows
 Fourth Grade: Emma Darling, Izabel Krumrey, Alexandra Martinez-Murillo

Bangor Middle School

Bangor Middle School Honor Roll 1st Marking Period

5th Grade	6th Grade	7th Grade	8th Grade
Aiden Ball	Lucas Artis	Tyler Brenne	Marilyn Carrillo
Elijah Cartagena	Ariana Birkhead	*Andrew Cervantes	Shawn Cox
Christopher Fillmore	Genesis Dixon	Kayla Corzine	Lauryn Crandall
Fillmore	Emilie Fillmore	Julien Farmer	*Grace Gleason
Kailah Foust	Sammy Glidden-Fry	*Grace Ford	Elena Guel
Carter Fowler	*Jasmin Gomez	Jennifer Garcia	Michael Johnson
Alex Gil	*Michael Hardester	Jose Garcia	Cassandra Kimbro
Janet Gomez	Collin Householder	Audrey Hay	Klara Krumrey
Jacob Goodyear	Carter Hull	Sarah Hicks	Jamie Latterner
Alejandra Gutierrez	Lucinda Johnson	Hannah	Victoria London
*Alex Hay	Jaedon Jones	Householder	Marycruz Lopez-Murillo
Thomas Johnson	Keith Kueny	Elizabeth Lopez	Jason McKinney
*Aleena Keh	*Olivia Kuiper	Cruz	Jenny Medina
Leslie Luna	Cameron London	Hunter Lynch	Demetrio
Blanca Nieva	Blanca Martinez	Lisandro Magana	Ivan Mejia
Braxton Noe	Hannah Mellinger	Max McGuire	Anise Montoya
Jady Petersen	*Abby Moench	Hailee Stone	Olivia Price
Nicholas Polk	Rolando Munoz	*Eric Wheeler	Jack Stormont
Christopher Ramirez	Hunter Nichols		Marshall Weber
Joanne Saucedo	Harley Pitcock		Joshua Zordan
Briana Sweeney	Zachary Polk		
Kendra Tait	Leo Puga		
Emily Underwood	Cecelia Salomon		
Samuel Villasenor	Kali Schneider		
*Charles Walantyn	A.J. Stigler		
Christopher Walker			
*Brandyn Wheeler			

*Denotes All As

Middle School Student of the Week

On Thursday, November 20, 2014, Bangor Middle School held it's first Student of the Week Breakfast to recognize all of our winners for first marking period. In the past, we recognized students on a monthly basis, but last year it was decided to switch to a weekly recognition to reward more students for the way that they exemplify the best of Bangor Middle School. Weekly recognition gives us the chance to highlight 36 students every nine weeks. At the end of the nine weeks, we hold a special breakfast where family members are invited to come to school and join us in celebrating the accomplishments of our 1st marking period winners. We are very fortunate this year to have the assistance of the Bangor Alumni Association in providing this special event for our students and their families. The Bangor Alumni Foundation approved a grant to help cover the cost of the breakfast for our families, Bangor Middle School would like to thank the Alumni Foundation and their generosity.



Operation Scribble

Operation Scribble is an annual drive to furnish Kalamazoo area hospitals with coloring books, crayons, games, cards and such for children who have long stays in the hospital. The Bangor Middle School 7th and 8th grade boys' basketball teams have participated in this drive for the last 6 years.

On the morning of November 25, 2014, Bangor Middle School basketball Coaches, Dan Thorbjornsen and Angel Rosales, brought representatives of the teams to the Dunkin' Doughnuts on Westnedge to drop off the approximately 600 items that the two teams collected. The team representatives were Joey Hardester, Shawn Cox, Josh Zordan and team manager Samnatha Zordan. Radio station 103.3 hosted a live broadcast at the Dunkin' Doughnuts and the team was mentioned on live radio. Coaches Thorbjornsen and Rosales would like to thank all who helped in the drive and to the team representatives who got out of bed early to make the 6:00 a.m. drive to Kalamazoo to support the Operation Scribble drive.

October is Socktober

The Bangor Middle School Student Council held a special event during the month of October called "Socktober." Socktober was a sock drive to collect new pairs of socks to donate to local people in need. The goal for the sock drive was 100 pairs of socks, but our student council, with the help of some very generous donors, easily surpassed that goal.



Bangor High School

High School Honor Roll

The High School is proud to announce the following students are on the Honor Roll for 1st Marking Period. Students indicated with a "*" received all As for this Marking Period. All of our Honor Roll students will be honored with a special breakfast served by administrators in celebration of their accomplishments. Please congratulate the following students:

9th Grade	10th Grade	11th Grade	12th Grade
Jamie Allen	Joe Alvarado *	Kyrstie Burrows *	Juan Andrade *
Romeo Diaz Deleon	Casey Burrows	Katelyn Byrd	Chelsea Byrd
Karyss Gallegos-Cuevas	Ciarra Capps	Emily Ford *	Breanna Darling
Zackeryiah Gargus	Carson Finch	Michael Harrell	Julianna DeVisser
Nickolis Hoots	Brendalith Garcia	Adan Hernandez	Jacob Freislinger
Madison Kueny *	Matthew Gruber	Edvin Hernandez *	Selena Gallegos
Brittney Lyzenga *	Ashley Hoadley *	Mikayla Lake *	Marilyn Gallegos
Madison McGuire	Janet Ibarra	Israel Llerena	Cameron Gravatt
Harley Miller	Patricia Kelly	Enrique Peterson	Breanna Greiner
Brett Robertson	Lauren Kimbler	Maggie Ring	Nick Hall
Emily Roe	Gisella Lorenzo	Thomas Walantyn	Brittany Hay
Angelina Ross	Anders Mortensen *	Allison Weber	Jared Hescott *
Cesar Tinoco	Jessica Villegas		Faith Johnson
Christine VanNuys	Megan Watkins		Austin Keaton
Gerardo Villanueva			Nick Kish *
Quentin Walantyn			Genna Kyle
Samantha Zordan			Paige Lancaster *

Dates to Remember

Mon.	Dec. 8	School Board Meeting
Mon.	Dec. 8-12	Little Vikings Christmas Shop
Thurs.	Dec. 11	South Walnut Holiday Concert
Mon.	Dec. 22	Winter Break begins
Mon.	Jan. 5	Winter Break ends

