



## Superintendent's Article

### A Successful Life

By Dennis Paquette, Superintendent

What is success? Success can take on many different definitions. People will have different interpretations of what success really means for them on a personal level. For me success is not easy to explain or define. I wish to live well and laughing often. The idea of living well is a very broad concept. Living well, in my opinion is getting success in my personal life, my social interactions and my professional life. If I achieve all of these three levels of success, I believe that I will have lived well.

To me, personal success is being able to enjoy the little things that life presents. I want to enjoy good books, a great cup of coffee, I want to be able to experience physical exercise and its many benefits... I want to have relationships with people that I care about and care about me. I want my friends to know they can count on me in times of difficulty and that I will have a friend in my corner when I need one. I believe that it is important to recognize that I am not perfect. I have room to grow as a person and therefore must make effort to make improvements in my personal life. If I can achieve these items that are important to me, then I will experience personal success.

I would like to know and feel that I am contributing to society. I want to know that I am making the communities where I spend my time better today than they were yesterday. I would like to share positive and uplifting experiences with others. A part of societal success is also to learn how to treat people well, and I have been blessed to have such great examples that have showed me how to treat

people since I was a little kid. If I can do all of this, I will be able to celebrate social success.

Professional success is not about money or titles for me. It is not about championships or awards won. I will consider that I have reached professional success when I'm able to reach the goals that I have set for myself and our schools. I want to create a culture where young people can grow as the leaders of tomorrow and to develop an atmosphere of positivity and possibility in our schools. When our students graduate from Bangor Public Schools and have feelings of pride and feel that they can go out into the world and build the life they desire, I will have the feeling of great professional success.

I try to laugh a lot, I want to enjoy each day. I want my friends and family to experience laughter and that is very hard to achieve some days, so the definition of success for me is clearly when I had laughed often.

For many people, success is measured by social status and wealth, cars, houses; for others, including myself, success is determined by the amount of happiness I feel each day. We will all experience tough times... days when we are not happy. We need to push through and know that better days will come. Living well and laughing often defines success for me.



## South Walnut Elementary

### "Links" Program makes Connections for Success

Finding a special connection at school and with peers doesn't come easy for every student. At South Walnut Elementary, the school Social Worker, Mrs. Carly Edinger and staff recognize a need to especially help the growing number of students with special needs to find connections, and hence, success.

The "Links" program is a research based program," stated Mrs. Edinger, "that started in Michigan in the early 1990's. But is new to South Walnut Elementary this year." Staff had been searching for a program that would help students with special needs, as well as students without special needs, feel connected to school.

The objective is to increase the socialization

and independence skills for students with special needs by linking them with a peer. Currently we have about 45 "Links" mentoring 4 "peers" on a rotation cycle.

Mrs. Edinger said, "The results we have seen are amazing! Links are confident in what they are doing and look forward to connecting with a peer. Some of these students are forming relationships and becoming friends. "The links have stepped up to the challenge and have shown STAR behavior" said Principal, Mrs. Bitzer.

With the population of students with special needs increasing district-wide, Mrs. Edinger hopes to see the Links Program extend throughout the district.

### Students of the Month

Congratulations to the following students for showing what it takes to be a STAR at South Walnut Elementary! Staying Safe, Taking Pride, Acting Responsibly and Respecting Everyone can take a lot of work! Showing you can do this day in and day out makes you a STAR Student!!



**November**  
**Kindergarten:** Nick Beattie, Mason Hayes, Rachel Loomis, Anahi Barajas  
**First Grade:** William Summerhill, Bella Clemons, Emma Montoya, Nathan Warner  
**Second Grade:** Isabelle Horvath, Victoria Quinones, Shaila Gomez  
**Third Grade:** Trinity Pitcock, Evan Baldwin, Jennifer DeLeon  
**Fourth Grade:** Elizabeth Ogradny, Erlinda Soria, Samara Russell



**December**  
**Kindergarten:** Sebastian Villegas, Bellah Gray, Solexey Calderon, Samantha Ogradny  
**First Grade:** Yarnissia Campbell, Roel Gutierrez, Carson Crandall, Madison Smith  
**Second Grade:** Serenity DeSantiago, Elijah James, Jack Loomis  
**Third Grade:** Maison Arkauskas, Abi Kruger, Melanie Hernandez  
**Fourth Grade:** Thalia Cease, Lily Sanchez, Clint Cagle

## THE BANGOR PROMISE

(or how to get a free college degree through Bangor Public Schools)

It may sound too good to be true, but it is not. In 2013, Bangor Public Schools became the 17<sup>th</sup> school district in the state of Michigan to adopt a program called Early Middle College. Through this program all capable students can attend a local community college (such as Lake Michigan College or Kalamazoo Valley Community College) while attending high school, and by the time they finish high school have earned an associate degree. Bangor Public Schools pays 100% of their tuition. Here's how it works. Beginning freshman year of high school, students begin taking college classes. As students progress through high school and complete their required high school classes, they can take increasingly more college classes at the same time. It is entirely possible for a student to earn a college associate degree by the time they graduate from Bangor Public Schools.

**Q** How can Bangor Public Schools afford to pay college tuition for students?  
**A** By using the money the State of Michigan gives BPS for each student, we pay their college tuition.  
**Q** Where are the college classes held?  
**A** Bangor Public Schools offers a few college classes right on our high school campus, but most classes are held at the local colleges.  
**Q** Is transportation offered to the colleges?  
**A** For most classes, students will need their own transportation.  
**Q** Can my student play sports in high school and still attend college classes?  
**A** Students can participate in all extra-curricular activities they are eligible for while taking college classes.  
**Q** My child is not a straight A student. Can he or she still take advantage of the BANGOR

**PROMISE?**  
**A** Students who have excellent attendance and do well in high school (or 9<sup>th</sup> graders who have done well in middle school), will likely do well in college classes.  
**Q** Will the college classes my student takes while in high school transfer to a 4 year college or university?  
**A** Yes, local community colleges have agreements with state colleges and universities in Michigan which allow most credits earned at the community college level to transfer.  
**Q** How can I find out more about Early Middle College through Bangor Public Schools?  
**A** Call Mr. Lynn Johnson, the director of our Early Middle College program, at 269-427-6800 ext. 2103 or join us for dinner on our Early Middle College Night on March 29th, 2016 at 5:30 PM in the High School Cafeteria.

## To Mrs. Hoch's 4th Graders at South Walnut Elementary

The Soldiers of the 82<sup>nd</sup> Airborne Division were very excited to receive the boxes of Halloween candy and the wonderful cards that you all sent to us in Iraq. It is always a pleasure to get boxes from back home. We appreciate that you keep us in your thoughts as we serve the United States from overseas. It truly is an honor and a privilege to serve in the US Army with so many wonderful examples of proud American Citizens such as yourselves behind us. Again, thank you for your thoughtfulness and consideration, and good luck with the rest of your school year.

Sergeant Daniel Cook  
 82<sup>nd</sup> Airborne Division  
 United States Army

GO VIKINGS!



**82ND AIRBORNE DIVISION 62**  
**OPERATION INHERENT RESOLVE - BAGHDAD, IRAQ 2016**

## Bangor Middle School Lunchtime at the Middle School.

by Dan Thorbjornsen, Dean of Students

Lunch time at any school can be a nightmare. Besides the great organization required for feeding a large amount of students in a short window of time, lunch is also a time when administrators are torn between giving students the opportunity to relax and socialize in the middle of a long day and the need to maintain order at a time when there could be mass confusion.

At Bangor Middle School, we have three lunch periods that are 23 minutes in length. Besides our cafeteria workers, the cafeteria is monitored by 1 or 2 para-pros and me, the Dean of Students. General rules in the cafeteria are the same general rules used in the hallways:

- Keep hands and feet and other objects to yourself
- Keep voice at conversational level
- Walk at all times
- Follow directions given by any staff member

Our first goal is to get the students through the lunch line and to their tables in a short amount of time so that each student, no matter where they are in line, can eat at a leisurely pace. We have a three line system which allows for good flow as students get their food and then to their seat. Our cafeteria allows the monitors to see the whole area and each monitor behaviors around the room to make sure respectful behavior is displayed. If any student will not comply with requests, they may be sent to our student assistance lab for the remainder of the lunch period.

I believe it to be very important that students get fresh air during their scheduled lunch period and I try very hard to get them outside for approximately 7 minutes each day. There are many middle schools that do not have recess time. Generally, all students are finished eating or near finished with about ten minutes remaining. At that time I get their attention with a hand signal. When all are attentive, I give any quick announcements, remind them to clean their areas, and then to quietly walk outside. The students have playing areas for basketball, soccer, 4-square, as well as a large area for running or other group activities. The recess time is a motivator for good behavior. If a class has been overly unruly, recess time can and has been taken away. Many students take advantage of this outdoor time and are disappointed when they must remain indoors. When recess time is over, the students are asked to return to the cafeteria in an orderly fashion. The bell rings within seconds of their arrival back to the cafeteria. Students are then to be quiet so that each table can be dismissed for their next class.

Having a calmer lunchtime and outdoor time in the middle of the day has helped us reduce the number of discipline reports during that time. Our hopes are that if a visitor walked by the cafeteria at the height of lunch hour, they would be impressed by the order and not think they were mistakenly walking by the local zoo.

## Bangor Middle School Kicks Off Cookies for Chromebooks

Starting next month the Middle School will be conducting a fundraiser to raise money for Chromebooks. The Middle School's ultimate goal is to raise enough money to purchase 180 Chromebooks to be used by the students on a daily basis. There will be multiple fundraising opportunities for the students to raise the money. The first opportunity will be starting on February 22nd with the kickoff of our cookie dough sales. On that day, we will also be

rolling out our GoFundMe page. If you would like to support our efforts be on the lookout for these fundraisers coming next month. If you would like to help or donate please contact the Middle School office or Jason Maynard jmaynard@bangorvikings.org. This is a very large endeavor and whatever support you can give would be very much appreciated. Stay tuned for more information to follow.

## January at Bangor Middle School

by Mike Dandron, Principal

At this time, the Middle School has completed their Semester 1 exams. This was a great transition for the teachers and students at BMS. I would like to thank you for making sure your son/daughter was in attendance and doing their best to study for their exams. I have heard many positive remarks about the Middle School preparing themselves for the next step, High School! I would like to thank you for your support thus far as we have reached the half way point of the 2015-2016 school year.

Mr. Thorbjornsen and I have started a new trend in the Middle School this past week. We are referring to this as "Tie Tuesday." We are encouraging all students to join us in wearing ties on Tuesday's for the remainder of the school year. This will help get students involved in an initiative and create a bond amongst some. Thank you for those students that participate!

The Middle School welcomed Meteorologist Christina Anthony on Wednesday, January 20th. Christina Anthony works for Channel 3 news and reported her daily job duties to some Middle School Science classes. The students were very engaged in learning about both Meteorology and Christina's daily routines. It was a pleasure to have Ms. Anthony at BMS and we would like to thank her for providing the opportunity for our students to learn more about her profession.

At Bangor Middle School, it's a wonderful life!



## How Breakfast Can Help Your Child Learn!

It takes a lot of energy for students to concentrate in school. So it's no surprise that kids who go to school without breakfast often lack focus. Studies consistently show that breakfast affects how well children do in school. One Harvard Medical School study looked at how breakfast affected attendance and school performance. They found that children who eat breakfast have: • Better attendance. • Fewer episodes of tardiness. • Higher math scores. • A stronger ability to concentrate.

## Bangor High School Bangor High School Will Host Financial Aid Night

By Wendy Tremblay, Bangor High School Principal

The counseling department is holding their annual FAFSA night at Bangor High School on Monday, February 22nd from 5:30 – 7:30 pm. Lake Michigan College representatives from the Financial Aid Department will be on hand to present important information regarding the entire financial aid process. Following their presentation families will have an opportunity to complete their FAFSA form with financial aid officers available to assist. This is a valuable opportunity to have assistance completing the FAFSA form, as it can be an intimidating task. We urge all senior students and their families to take advantage of attending this event.

Students and parents will need to have several documents with them in order to successfully complete the FAFSA form, below is a list of those documents:

- Must have a working e-mail address (Students and Parents)
- Social Security Card (Students and Parents)
- Driver's License (If any) (Students and Parents)
- W-2 forms (For any earner in the household)
- 2015 Federal Income Tax Return
- 2015 Untaxed income (Social Security, Veterans Benefits, TANF)
- 2015 Bank Statements
- 2015 Business and Investment Mortgage Information (Stocks, Bonds, Business or Farm Records)
- Alien Registration Card (If Any)

Registrations for this event are open now and space is limited for this event. Your child has a registration form, or you can contact the counseling office by e-mail Ms. Shae at smckinnon@bangorvikings.org.

## Reverse Raffle Supports Student Athletes

The 5th Annual Viking Club Reverse Raffle will be held on Saturday, March 12th, at the Beeches Golf Club, 9601 68th Street in South Haven. Join us for a night of fun and prizes. All proceeds benefit the Bangor Viking Club and the Bangor Athletic Department. Tickets are \$65 per person and only 130 tickets will be sold. Your ticket includes entry in the Reverse Raffle drawing for a chance to win \$50, \$75, \$100, \$200, \$375, or \$1500 cash prizes. All you can eat buffet and drinks are included in the cost. You need not be present to win.

For tickets, contact any Bangor Athletic Coach, The Bangor Athletic Department, or call 427-6800, ext. 1100.

Take advantage of this opportunity to support the student athletes and programs.

## Annual Black History Celebration

Mr. Gary Freeman will once again be sponsoring the Black History Program on Friday, February, 12th, at 6:00 pm. Festivities begin with a quiz bowl competition in the high school auditorium where students will be pitted against staff members in a battle of knowledge! Dinner will immediately follow in the high school cafeteria. There is no charge for this evening of entertainment, however, a free will donation would be accepted and applied to next year's celebration.



With today's hectic schedules, there isn't always time to sit down for a long breakfast. So be prepared by keeping a few healthy grab-and-go options. A Granola bar and a piece of fruit will get your child off to a good start. So will a bagel and cream cheese. In a pinch, even a piece of last night's pizza will do!

Source: www.parent-institute.com