

# OMLA News



## Oregon Middle Level Association September 2002

### Meet the Board

As our year begins, the OMLA Board of Directors has some new faces as well as the folks that have been with us last year. We welcome Kristi Beach back as the secretary. She filled a vacancy last spring and continues this year. Chad Carnes filled our region 3 director position in the spring, also vacated due to board members filling other vacancies as they occurred.

Recently elected were Heitho Reuter, Amy Tiger, and Charlie Wilshire to region director positions. Florence Richey was kind enough to serve as treasurer for another two-year term.

OMLA merged with the OASSA/OESPA Middle Level Committee last year and we gained two appointees from each organization. Chris Brantley and Sue Robertson represent OASSA, and Bob Dais and Glen Martz represent OESPA. We are pleased to have them and have felt the benefit of expanding our board leadership. We also have enjoyed the addition of Susan Kosmala from the Oregon Department of Education.

As for the rest of us...Mike Scott continues on as president for his second year. He has been very active in helping plan the NMSA conference coming up in October. Beth Madison is serving as president-elect and newsletter editor. Sue Hukari, Doug Hislop and Frank Scotto continue as region directors. Representing higher education is Maureen Musser from Willamette University.

We are extremely fortunate to have Pete Lorain by our side in the capacity of executive secretary. Pete volunteers countless hours to help OMLA as we strengthen our organization and create a vision for the future. We also appreciate having Dave Putnam as a tireless member-at-large who not only sits with the board and offers sagely wisdom, but volunteers his time and efforts at our conferences.

OMLA exists under the umbrella of the Confederation of Oregon School Administrators. We are very grateful to be a part of what they do and for the awesome service they provide for us, including membership services, printing, conference assistance, advice and camaraderie.

### Nominate Someone

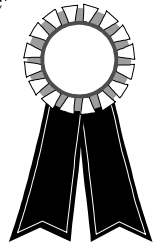
Go ahead, make somebody's day! Each year, OMLA awards the John Pence Award for Service to Middle Level Education and the David Putnam Regional Recognition Award. The awards are given to individuals who exemplify excellence and commitment to middle level education.

Nominees for the Pence Award may be a person or a group and may include school staff or community members that support middle level education. The award is given in honor of John Pence, a middle school teacher and administrator, who served on the OASSA/OESPA Middle Level Committee at the time of his death in 1993.

The David Putnam Award goes to an experienced, excellent middle level teacher. The award may be presented in each of OMLA's seven regions. It is given in honor of David Putnam, a middle level teacher and administrator and one of OMLA's founders and continued supporters.

The nomination forms are in this newsletter. The awards will be presented at the NMSA conference in Portland.

Nominations are due by October 11<sup>th</sup>. We have simplified them to encourage you to nominate deserving educators. Fill them out and send them in now, thanks!



## OMLA

"Together celebrating the uniqueness of the middle level experience through advocacy and professional support."

**From OMLA President Mike Scott:**

## **A Crucial Time for Middle Level Advocacy**

As you begin to make the transition from sunscreen to chalk dust, your thoughts will undoubtedly move towards the educational budgeting crisis that exists within the state of Oregon. During these times of budget cuts, redefining of priorities, and emotional debates, it is crucial that we continue to advocate for our students in the middle.

Advocacy for middle level students can be done in a variety of different ways and on a variety of different levels. Being prepared for an opportunity for advocacy is the first step in communicating the importance of appropriate middle level education. The National Middle School Association and the Oregon Middle Level Association are working to educate the public regarding middle schools, but they can't do it alone. They need your help to create positive perceptions within the community. Here are some ideas that you can use to advocate for our middle level students:

*Be Prepared:* When a friend or community member asks you about your school, be prepared to share two or three positive points.

*Ask for Support:* Often times we run into influential community members, politicians, or other educators that can lend their support to our middle schools. Have specific items in mind which with they can help. Do you have access to a legislator? Make sure that you develop three or four "talking points" that you can share with them. How can they help the schools in your area? Do you run into school board members? Make sure that they know all of the good things that are happening at your school and that it is imperative that the funding that is allocated for middle schools is closely guarded.

*Recognize Students:* Help your students get noticed in the community by arranging for displays of their work in public places.

*Develop Partnerships:* Start with the parents of your students. Welcome volunteers, communicate expectations, and encourage parent participation.

*Support National Middle Level Efforts:* Join NMSA and OMLA as an individual or institutional member. Get others to join as well. Celebrate the Month of the Young Adolescent including Shadow Day. Go to the NMSA annual conference in October in Portland this fall and plan to attend others in the future. Look for other NMSA conferences and activities to attend for professional development. Access the NMSA website for information on lots of topics.

By increasing the understanding of parents, community members, businesses, opinion leaders and policymakers, they will better recognize the need to support young adolescents and those who educate them. Talk to your friends and make sure they really understand what is going on. You may be surprised at how little those who do not work in education actually know about the state of affairs in Oregon.

Thank you for the great work you do. Best wishes as you begin this new school year.



### **OMLA Officers and Directors**

**President**

Mike Scott, Hillsboro

**President Elect**

Beth Madison, Albany

**Secretary**

Kristi Beach, Neah-Kah-Nie

**Treasurer**

Florence Richey, Lake Oswego

**Executive Secretary**

Pete Lorain

**NMSA Trustee**

Joey Zbylut-Birky

**Region 1 Director**

Sue Hukari, Hood River

**Region 2 Director**

Doug Hislop, LaGrande

**Region 3 Director**

Chad Carnes, Beaverton

**Region 4 Director**

Amy Tiger, Medford

**Region 5 Director**

Charlie Wilshire, Eugene

**Region 6 Director**

Heitho Reuter, Albany

**Region 7 Director**

Frank Scotto, Portland

**Higher Ed Representative**

Maureen Musser, Willamette U.

**ODE Representative**

Susan Kosmala, Salem

**OASSA Representatives**

Chris Brantley, Stayton

Sue Robertson, Beaverton

**OESPA Representatives**

Bob Dais, Hood River

Glen Martz, Bethel

**Member-at-Large**

Dave Putnam



## Classroom Discipline Management: Now Is the Time

Teachers, will your students know when they must raise their hands to speak and when blurting out and chatting are acceptable? Do you have good systems for handing out and in papers so you don't waste time? Are your strategies ready to deal with the helpless handraisers and the students who would love to test your boundaries? Did all of your systems to create great classroom management work last year? If not, now is the time to act!

The first few weeks of school, and especially the first few days, set the tone for what you will live with for the year. It is essential to have a plan to address the many aspects of what happens in the classroom and to be ready with a back-up system of consequences for those who fail to comply. Teaching students to know and follow classroom procedures must be done as soon as the year begins. Don't assume anything, rather teach and reteach them exactly what you expect.

Every class has students who will test the limits to see what the teacher will do. Your reaction the very first time it happens will send a huge message to the rest of the class. Be prepared to make that message the one that will end the behaviors rather than encourage the rest of the class to join in. Kids really do not like it when others disrupt repeatedly. They also do not enjoy a classroom environment where the teacher attempts to manage the class through nagging—a tiresome, unpleasant and ineffective technique.

Make a pact with yourself to call parents this year, both with good news and bad. Ask for help from them as soon as you see problem behaviors emerging. Write a script to follow if you are nervous. Don't blindside parents later on in the year with information that their child is the class clown and disruptive. Let them know

immediately. Call them when you observe good behaviors as well. They love the contact and it can make you feel great.

The first weeks of school for brand new teachers can truly be awesome, but having a plan is essential. If you are a new teacher, seek out support systems within your school and know where to turn when you are having problems. Have a strong management plan in place before the

students walk through the door. Often new teachers are afraid to call on others for assistance because they don't want to look bad. It is much better to seek information and help right away than it is to live with bad behaviors all year.

There are many great books out there on discipline management and motivation. For comprehensive strategies to command a classroom, try Fred Jones' Tools for Teaching. The book gives practical advice and some very effective techniques. You can get information on his books, video series, and workshops at [www.fredjones.com](http://www.fredjones.com).

Another favorite book to get things going is Harry Wong's The First Days of School. He has a plan for just about everything you can think up. Just type [www.harrywong.com](http://www.harrywong.com) on the Internet for information.

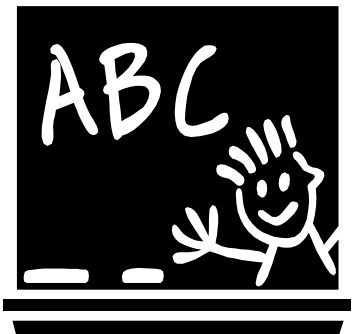
A relatively new book that is also easy to read and has great strategies is S.M.A.R.T. Management for Teaching and Learning by Elizabeth Webber. She outlines SMART behaviors: signals, materials, academic purpose, respect and time. Part two is on classroom management and she finishes with professional management strategies.

Set your expectations high and let your students know all about them. Remember that you and you alone are in charge of that classroom. You can have it any way you want it to be if you use excellent strategies and are very clear and consistent. Good luck and have a fantastic year!

### Starting the Year

- Provide a cognitive map (outline) for the year.
- Define learning.
- Ask students what they want to learn and what types of instructional activities best facilitate their learning.
- Be inviting and help students know you.
- Allow students to interview you.
- Help students become better acquainted.
- Teach judicious discipline concepts and establish behavioral norms.
- Teach key behavioral procedures.
- Develop an approach for how you and students will respond when someone's rights are violated.
- Carefully monitor students' work and homework and provide reteaching opportunities early.
- Involve students in assessing their own effort and learning.
- Involve students in assessing your teaching and their feeling about the class.

From Comprehensive Classroom Management by Vernon F. Jones and Louise S. Jones. Another great book to read!



## Hints for Saving \$\$

So your budget is tight this year? Welcome to the club! Here are some little ways to save money. If you have other ideas, please email them to editor: [beth\\_madison@albany.k12.or.us](mailto:beth_madison@albany.k12.or.us).

1. Reduce your weekly trash pick-up by recycling everything.
2. Save paper that is blank on one side and used on one side and photocopy on it. Use a stamp that says "copy on other side" to mark the used side.
3. Ask businesses to donate used-on-one-side paper to your school.
4. Save and use ream wrap for posters and book covers.
5. Have a school clean-up day and get volunteers to do projects to help the school.
6. Use overhead transparencies and have students use their own lined paper instead of photocopying.
7. Turn off lights, especially in unused areas. Remember that even if your building does not pay your electric bill, your district does.
8. Form school-business partners in your community.
9. Register 50 or more people for the NMSA conference in October and get a greatly reduced rate. Go in with other districts if you have too few registrations. Remember the September 6<sup>th</sup> deadline!
10. Use e-mail to send newsletters to parents both from the administration and from teachers. Cut your hard copy newsletters to four or five per year and communicate electronically frequently. Parents who can access e-mail, and many can, love to receive information in this format.



**"Kids learn 15-50% more when they are having fun."**

-Dr. Richard Ramsey,  
Keynote, Boulder, 2002

## NMSA Professional Development Activities

*Symposium on Middle Level Teacher Education*  
February 7-8, 2003  
Charlotte, North Carolina

*NMSA Urban Conference*  
February 28 - March 2, 2003  
Kansas City, Missouri

*NMSA Webcast:* On your own computer

*NMSA Annual Conference*  
October 31-November 2, 2002 in Portland, Oregon  
November 6-8, 2003 in Atlanta, Georgia



## Something Special

I attended the NMSA Affiliates' Summit in Las Vegas and then the Nuts & Bolts Symposium of Middle Level Education in Boulder this summer. It was a great experience to be with hundreds of middle level educators from 45 different states and eight countries to share and compare.

Middle level students seem to have the same characteristics whether they live in Corvallis, Oregon or Macon, Georgia. They are the same little quirky beings who are emotional and funny and weird and loving and needy and hyper and sensitive and all of those things that we love and that drive us nuts. The keynote speakers had the crowds roaring with laughter as they poked fun because every person in the audience could relate. They also evoked tears as they touched our hearts with their words.

There is truly something special about being devoted to middle level education. I heard it from person after person...a deep and sincere love for the young adolescent. We not only love these kids, but we find them funny and endearing. They may drive us crazy but they also make us laugh and give us endless stories to tell.

If you have never been to a middle-level conference, the NMSA conference in Portland is an excellent opportunity. See you there!

## Fun Beginners

Make your students feel welcome, safe and informed that first week of school by trying a few special things:

1. Have staff go out and greet students and ask them if they know what bus they will ride home on.
2. Form a line of staff down the driveway or street and "wave out" students as they leave that first day. Middle school kids love to wave. Do this the day before breaks too.
3. Buy ice cream bars for students for the end of the first day of school.
4. Have an assembly or other activities to teach conduct and deliver an anti-bullying message.
5. Have staff wear name tags and school logo clothing.
6. Post which classes are held in each room right by the doors so students know where to go.

## Call for Presentations

Have you ever wanted to make a professional presentation to fellow educators? If so, send a proposal to NMSA to be considered as a speaker at the annual conference in Atlanta on November 6-8, 2003. They are seeking a variety of topics, and who knows? Maybe yours will interest them. The deadline to submit a proposal is December 2. The website is [www.nmsa.org](http://www.nmsa.org). Good luck!

# **Ideas for Celebrating Red Ribbon Week**

## **The Commitment to be Drug Free**

### **October 23-31, 2002**

#### ***Celebrate Theme Days***

Theme days are a great way to involve every student throughout Red Ribbon Week. Each day, let students dress up according to the day's theme. Team Day, Red Day, Put a Cap on Drugs Days are possibilities.

#### ***Deck The Halls***

Have a ball and decorate the hall. Give all students one or two class periods one day to hang red ribbons, posters, banners, balloons, and bows.

#### ***Put The Message To Music***

Hold a schoolwide song contest. Award the best anti-drug songwriter from each grade level or class. Have the winners present their songs in person or on video for other classes.

#### ***Rally For A Drug-Free Town***

Kick off the week with a Red Ribbon Rally. Invite your town mayor and other public officials, youth groups such as Boy and Girl Scouts, drug prevention partners and the school community. Ask the mayor to read a town proclamation about Red Ribbon Week. Arrange for high school bands to play and hand out red treats.

#### ***Take A Stand***

Announce a Patriotic Day with the theme, "United We Stand For A Drug Free Land." Tell everyone to wear red, white, and blue clothing and accessories. Put up "United We Stand for a Drug-Free Land" banner and balloons. Have all students write down three things they can do to take a stand for a drug-free land. Select an entry from each grade level each day and read it over the announcements.



#### ***Fallen Stars***

Talk with students about how drugs, alcohol, and tobacco have ruined the lives of many talented people, such as musicians, actors, and athletes. Have students research a celebrity discussed in class, and write his or her brief bio and cause of death on an index card.

#### ***The Sky's The Limit***

Announce an essay, poetry or art contest on "Reaching for the Sky, Not Drugs" or some other topic. Read winning essays or poetry to the students in an all-school assembly.

#### ***An Apple A Day***

Have a "Red Apple Day" to tie in good health with living a drug-free life. At the start of the day or at lunchtime, give each student an apple and a "Drug Free The Healthy Way To Be" bookmark.

#### ***Shut Out Drugs***

Use classroom doors for displaying drug-free messages. Have each class or grade level decorate their door with a different anti-drug theme. Ask volunteers to judge the doors.

#### ***A Day At The Beach***

Play on the slogan, "Too Cool to Do Drugs" by having a beach theme day. Hang a huge sun on the wall and have each student tape up a picture of sunglasses they colored and signed, next to a sign that reads, "We're Too Cool to Do Drugs!" Students can then sit on the "beach" as they watch an anti-drug video or performer.

#### ***"Bee" Drug Free***

Stage a "Drugs Spell T-R-O-U-B-L-E" schoolwide spelling bee. Quiz participants on drug-related vocabulary words such as: medicine, tobacco, alcohol, marijuana, illegal and dangerous.

#### ***Paint The Town Red***

At the beginning of Red Ribbon Week, have students and staff members decorate your school's neighborhood with red signs, banners, and bows. Dress up trees, vehicles, bus stops, fences. Ask nearby shops to display red merchandise in their windows and hang a banner such as "Reach for the Stars, Not Drugs."

#### ***Show Off Your Best***

Inspire students to "Be the Best You Can Be Drug-Free" by coming in one day dressed in their nicest clothes. Then have a "Best Dressed" contest. Give winners "Too Cool To Do Drugs" T-shirts. Take a picture of the winners as a memento.

**Need to order stuff for Red Ribbon Week?**  
**[www.positivepromotions.com](http://www.positivepromotions.com)**

## Month of the Young Adolescent: Start Planning

October is the Month of the Young Adolescent, an annual national collaborative effort of education, health, and youth-oriented organizations. Initiated by National Middle School Association (NMSA), Month of the Young Adolescent brings together a wide range of organizations to focus on the needs of this important age range, ages 10- 15.

### Four key messages will be promoted throughout the month of October:

1. The importance of parents being knowledgeable about young adolescents and being actively involved in their lives;
2. The understanding that healthy bodies plus healthy minds equal healthy young adolescents;
3. The realization that the education young adolescents experience during this formative period of life will, in large measure, determine the future for all citizens; and
4. The knowledge that every young adolescent should have the opportunity to pursue his or her dreams and aspirations, and post-secondary education should be a possibility for all.

### Shadow Day, Thursday, October 17, 2002

Shadow Day is an important part of Month of the Young Adolescent. It is a time to invite opinion leaders to your school to shadow adults or students. These key communicators may include state legislators, the mayor or city council members, business leaders, the president of the Chamber of Commerce, a newspaper editor or reporter, an influential parent leader, the state superintendent of schools, and other influential community members.

The key is finding people who influence others and have open minds. You want to expose them to what middle school is really about. Don't assume they know or that their perceptions are accurate.

There is a huge amount of information on the NMSA website to help you prepare for Shadow Day if you decide to have one. Getting people outside the education system to understand what really goes on is important, especially in Oregon.

### Ways communities and schools can get involved:

1. Celebrate the Month of the Young Adolescent with a kick-off party
2. Plan weekly activities for parents and students such as a carnival night, an open house, a math game night, a read night or a crafts night
3. Have local places of worship hold informational services concerning the importance of adolescents in the community
4. Encourage local businesses to have an open house and share information concerning future career opportunities suggest that local community organizations offer open recreation times ask local medical facilities to offer free health screenings for young adolescents and their families
5. Provide informational nights at the local school, highlighting the diverse needs of young adolescents
6. Work with young adolescents to create a community garden
7. Organize a mentor program for young adolescents in your community
8. Visit, tutor or volunteer at your local middle school
9. Learn to celebrate all of the good things that young adolescents can bring to your community
10. Urge your community to proclaim October as the Month of the Young Adolescent



*Brought to you from the NMSA website*



**For more information on Month of the Young Adolescent, visit the NMSA website at [www.nmsa.org](http://www.nmsa.org)**

# NMSA

# CONFERENCE

**October 31-November 2, 2002**

**Have you ever been to an event where you got to hang out with thousands of other middle level educators?? It's a blast!!**

**This only happens in Oregon once in a decade!**

- ◆ Get encouragement and challenges from those involved in education the youth of today
- ◆ Listen to keynote speakers Bertice Berry and Jonathon Kozol
- ◆ Enjoy hands-on learning that you can take back to school on Monday morning
- ◆ Take advantage of networking opportunities with peers across the country and around the globe
- ◆ Choose from hundreds of education sessions including these topics:
  - ◆ Responsive Curriculum and Instruction to Meet High Standards
  - ◆ Listening to, Understanding, and Responding to Young Adolescents
  - ◆ Young Adolescents, Appropriate Assessment, and High Standards
  - ◆ Quality Teachers and Teaching
  - ◆ Safe and Healthy Schools
  - ◆ Community Involvement in the Education of All Children
  - ◆ Diverse School Community
  - ◆ Effective Leadership
  - ◆ School Improvement

**Register NOW. Don't miss deadlines.**

Web: [www.nmsa.org](http://www.nmsa.org) (credit card)

Fax: 949-475-1765 (credit card and purchase order only)

Call them for a registration form: 1-800-528-NMSA



[www.nmsa.org/annualconf2002/index.htm](http://www.nmsa.org/annualconf2002/index.htm)



**Confederation of Oregon  
School Administrators**

707 13th Street SE, Suite 100  
Salem, OR 97301-4035  
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www.omla.org

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**RENEW  
or JOIN  
NOW!**

**Forms are inside.**

**Make a Difference Day...  
October 26, 2002  
What will YOUR school do?**

Look around your community. Are people hungry, homeless or ill? Are parks or neighborhoods dirty or neglected? No matter where you live, there's a need nearby. On Saturday, Oct. 26, 2002, the next Make A Difference Day, millions of Americans are expected to roll up their sleeves to help others. You can act alone or enlist your friends, family and co-workers. Thousands of people across the community can band together. Middle school students LOVE to help. Consider what great project you can do, then go out and do it and submit your application for recognition to USA Weekend Magazine.

In 2000, a group of over a hundred middle school students in the Greater Albany Public Schools district were honored by USA Weekend Magazine's contest as a state winner for their volunteerism when they joined together through Albany's Promise to help with community service projects for the elderly that day. The kids had fun and got a lot done.

You can get information on Make a Difference Day from this website:

**[www.makeadifferenceday.com](http://www.makeadifferenceday.com)**









2002-2003

# Membership Application

Individual or Institutional

## Oregon Middle Level Association

"Together, celebrating the uniqueness of the middle level experience through advocacy and professional support"

Date: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Title: \_\_\_\_\_

School: \_\_\_\_\_ District: \_\_\_\_\_

County: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Membership Year:** July 1, 2002 through June 30, 2003

### Membership Type:

\_\_\_\_\_ Regular: \$35

\_\_\_\_\_ Full-Time Student, \$20

\_\_\_\_\_ Institutional: \$125, includes five members:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

### All Memberships Include:

- Newsletter and conference brochures
- Reduced conference fees and discount book prices
- Regional activities, conferences and networking
- Influence in Oregon middle level education through cooperation with COSA, TSPC, ODE, Middle Level Consortium, and Northwest Affiliates Partnership
- Influence in National Middle School Association through Western Region Trustee

**Please make check payable to COSA/OMLA and send with this form to:**

OMLA, 707 13th St. SE, Suite 100, Salem, OR 97301-4035

Phone: (503) 581-3141

Fax: (503) 581-9840

Website: [www.cosa.k12.or.us](http://www.cosa.k12.or.us)



**Teaming Up!**  
**Twice the Opportunity...**  
**Twice the Service...**  
**Dual Membership has its Advantages**  
**Oregon Middle Level Association**  
**and National Middle School Association**

Oregon Middle Level Association and National Middle School Association are dedicated to improving the educational experiences of young adolescents by providing vision, knowledge, and resources to all who serve them in order to develop healthy, productive, and ethical citizens.

**Dual Individual Membership Application**

Name:  Mr.  Mrs.  Dr. \_\_\_\_\_

School: \_\_\_\_\_

Title: \_\_\_\_\_

Mailing Address:  Home  Work

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

TEL: (work): ( ) \_\_\_\_\_ (home): ( ) \_\_\_\_\_

(FAX): ( ) \_\_\_\_\_

e-mail: \_\_\_\_\_

May we share your name with other organizations requesting the NMSA mailing list?  Yes  No

**OMLA Membership Year:** July 1, 2002 through June 30, 2003  
**NMSA Membership Year:** One calendar year from the time you join

**Dual Membership--\$89**

**Type of Payment**, Please check one:

Purchase order (must accompany this form)  Check (payable to NMSA)

VISA  MasterCard

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Mail payment to:** National Middle School Association  
 4151 Executive Parkway, Suite 300  
 Westerville, OH 43081