December 2019
*December 7 - Parade of Lights
*December 10 - Winter Concert 7 p.m. GJHS
*December 16 - 6th & Jazz Concert 7 p.m. OMMS
*December 19-20 - No school/Pack & Move
*December 23-Jan. 3. - Winter Break

*January 6 - No School Teacher Work Day
*January 7 - No School Teacher Inservice
*January 8 - No School New School MoveDay
*January 15 - Back-to-School Night/New School OMMS Families Only - 5:30-7pm
*January 16 - New School Open House for the Community

A note from the principal . . .

Greetings OMMS Families,

I hope everyone was able to enjoy the added days off for the Thanksgiving Break. Our school has been cleaned from top to bottom thanks to our incredible and dedicated custodial staff! While we took time with family and friends, they stayed at OMMS and disinfected the entire building. Thanks to the crew for all the hard work. Speaking of the custodial crew, we are happy to welcome Deb Salazar as our new Head Custodian at OMMS. She comes to us from Tope Elementary and has years of experience under her belt.

We really have a very short month and it will be fast and furious! Remember, students last day will be December 18th, staff will have a work day on December 19th and a day to pack up on December 20th. We will have a “Back-to-School Night” for OMMS families only at the new building on January 15th at 5:30 - 7 pm. This is only for students and families who currently attend OMMS, there will be an open house for the community on Jan. 16th. Students will return to school at the new building on January 9th!

We will try and take staff and students on tours of the new building during the month of December so they will be somewhat used to it before we start second semester. It is glorious and we are so proud. We can’t wait to get our move on!

Please feel free to reach out if you need anything from us!

Dr. Susan Birdsey
Principal, Orchard Mesa Middle School
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The American Academy of Pediatrics offers some tips to help your family enjoy the best of the holiday season:

- During the busy holiday time, try to keep household routines the same. Stick to your student's usual sleep and mealt ime schedules when you can, which may reduce stress and help your family enjoy the holidays.

- Take care of yourself, both mentally and physically. Children and adolescents are affected by the emotional well-being of their parents and caregivers. Coping with stress successfully can help children learn how to handle stress better, too.

- Make a plan to focus on one thing at a time. Try a few ideas to balance the hustle and bustle of things like shopping, cooking, and family get-togethers during the holidays: Stop and pay attention to what is happening at the moment, focus your attention on one thing about it, and notice how you are feeling at the time. Withhold immediate judgment, and instead be curious about the experience.

- Give to others by making it an annual holiday tradition to share your time and talents with people who have less than you do. For example, if your child is old enough, encourage him or her to join you in volunteering to serve a holiday meal at your local food bank or shelter, or sing at a local nursing home. Help your child write a letter to members of the armed forces stationed abroad who can’t be home with their own family during the holidays.

- Remember that many children and adults experience a sense of loss, sadness or isolation during the holidays. It is important to be sensitive to these feelings and ask for help for you, your children, family members or friends if needed.

- Don't feel pressured to over-spend on gifts. Consider making one or two gifts. Help your child make a gift for a parent, grandparent, or other important adults and friends. Chances are, those gifts will be the most treasured ones and will teach your child many important lessons.

- Most important of all, enjoy the holidays for what they are—time to enjoy with your family. So, be a family, do things together like sledding or playing board games, and spend time visiting with relatives, neighbors and friends.