

Dear HRMS Families,

This newsletter has information on Common Sense Media, How To Report Bullying, The Weekly Principal's Chat, and The September Middle Years.

Common Sense Media

I love Common Sense Media. My own children understood to check Common Sense before advocating for a movie to watch at home. Common Sense Media is so much more than just movie reviews. It contains information on video games, books, websites, and parenting resources. Please spread the word to other families about this great resource!

<https://www.commonsensemedia.org/>

Reporting Bullying/Incidents at HRMS

Bullying is repeated, unwanted, and aggressive behavior that involves an imbalance of power. People who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Please talk to your kids about the difference between bullying and isolated hurtful events. The middle years are full of misunderstandings, rudeness, and “unfriending”. Recognizing that not all hurtful behavior is bullying is an important step toward addressing the very serious problem of bullying. There are many other types of aggressive behavior that don’t fit the definition of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.

HRMS offers students an online way to report bullying or other concerning incidents beyond the traditional “tell a trusted adult”. Students can go to the HRMS Website and click on the Report Incident/Safety Concern on the Site Shortcuts section of our main webpage

<https://www.hoodriver.k12.or.us/Page/7096>

Weekly Principal's Chat

Please welcome Mr. Campbell, watch a video of one of our teachers landing an F-3 Viking on a moving aircraft carrier, learn about PBIS, celebrate our students, and take a guess at this week's mystery staff member!

[Weekly Principal's Chat](#)

September Middle Years

The Middle Years (attached) is a newsletter focused on parenting and school advice for families of young adolescents. The articles are short and a look at the newsletter is worth your precious time. This month's edition has information on learning with COVID-19, getting organized, middle school: a parent's role, and parenting advice on helping tweens handle disappointment.

I hope your family is safe, well, and adjusting to our new school. Please let me know if you have any questions, concerns, or words of praise for the people or programs of Hood River Middle School. Have a great day!

Brent

Brent M. Emmons, Principal

Hood River Middle School

Attachments:



messages/attachments/5cba31d93c446245f6b202b84d3b081c/Middle_Years_September_2020.pdf (203.0 KB)