



AROUND THE HORN

RAMSEY MIDDLE SCHOOL

MARCH 16, 2016

ANNOUNCEMENTS

Budget Update

Next week you will be receiving a letter sharing updates for the 2016-17 school year. Please look for that letter coming via email.

Spring Athletics

With spring sports getting started please remember that we only release students early for games. Students cannot leave early for practices. Contact your coach if you have any questions.

Spring Break

Spring Break is just a little over a week away and I hope you find time to try something new, spend time connecting with families and enjoy the time away from school. Our last day of school is Thursday, March 24th and we resume on Monday, April 4th.

MCA TESTING

Note from Angie Martin

Last week marked the beginning of MCA testing. Our testing calendar can be found on the Ramsey Home Page. Even though the MCA receives a lot of hype, it is a snapshot of our students' achievement. It is only one measurement.

“A test score is **an estimate rather than an exact measure** of what a person knows and can do. The **items on any test are a sample** from some larger universe of knowledge and skills, and scores for individual students are affected by the particular questions included.” National Academies, 2009 (p. 3)

So, although the MCA is our state's chosen form of measurement and accountability, the learning and accomplishments of our students go beyond a score on a test. It is our job to make the testing environment as stress-free as possible and continue to focus on our mission: **Ramsey Middle School is an innovative, academically challenging environment that empowers each learner to explore possibilities, act with integrity, and create positive change within one's community**

IMPORTANT DATES

March 24th

Last day before spring break

April 4th

School resumes

April 6th

Treats for staff

April 17th

Battle of the Bands

April 21st

All-school Picnic

April 29th

Ramsey Twins Outing

May 16th

Plant sale pick-up

and the world. Through our commitment to high quality teaching, rigorous instruction, strong relationships, and social-emotional learning, we will continue to see positive growth of our students.

To help ease the testing anxiety of our students and staff members, I thought it would be helpful to remind us of some relaxation techniques. Breathing, stretching, and visualization strategies can help students decrease their anxiety and the following physiological changes occur:

- Your heart rate slows down.
- Your breathing becomes slower.
- The blood flow to your brain increases.
- Your metabolism lowers.
- Your blood pressure lowers.
- The levels of nitric oxide in your body increase.

How to Relax Test-Stressed Kids

<http://www.nea.org/home/9380.htm>

PTA NEWS

Become a Parent Leader!

Do your part to make Ramsey the best it can be by filling a parent Leadership Role. Openings for the 2016-2017 school year include PTA Vice President (a two year commitment), PTA Treasurer, Book Fair, Spirit Wear, and Volunteer Coordinator. Contact Heidi Knaus haknaus@yahoo.com with interest or questions.

Plan your Garden with our Spring Plant Sale!

Our annual Spring Plant Sale is under way! This fundraiser makes it easy to do right by Ramsey and your own backyard. Information and order forms were in backpacks this week or can found here: www.tinyurl.com/plantsaleinfo, and www.tinyurl.com/plantsaleorder. Orders due by April 4.

Save the Date!

April 21 will be our first annual All-School Picnic! Students and families are invited to gather for an evening of yard games, pot luck dinner, and community socializing. Bring a dish to share, a picnic blanket, and a yard game, if you have one. In honor of Earth Day, we ask that you bring your own reusable plates, cups, and utensils to cut down on the waste of the event.

Hey Baseball Fans! Ramsey Twins outing:

Mark your calendars for the Ramsey-Lyndale-Burroughs Twins game night! The three schools have reserved tickets in the same section for the Twins game Friday, April 29. Tickets will be \$10 and will be available soon. If you would like to coordinate this event for RMS, please contact Heidi Knaus haknaus@yahoo.com

Battle of the Bands! Save the Date and Band Registration!!!

That's right, the Second Annual Washburn/Ramsey Battle of the Bands is coming soon! Make sure to save Sunday, April 17th, 3:00-7:00 p.m. at the Junction. And do you have a band and like the idea of some healthy competition? Additional event info and band sign-ups are available on our website: [Battle of the Bands - Ramsey Middle School Fundraising](#)

**Battle of the Bands - Ramsey
Middle School Fundraising**

Save the Date! The 2nd Annual Battle of the Bands is scheduled for Sunday, April 17th, 2016

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