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**Little Known Fact of the Month**

**Did you know...**

Volunteering is good for both the people you help and for YOU!

According to [www.pbskids.org](http://www.pbskids.org), "... when we volunteer our time, money, or talents, we help make our planet a better, happier home where people work together to make life easier for all... People who become volunteers usually lead richer, happier, and more satisfying lives than those who don't volunteer". Sounds like we should all get out there and volunteer today!



# RISE and Shine!

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## Look Who's RISING!

Welcome to Salk 6th graders and welcome back 7th and 8th graders! The RISE program is back, but our 6th graders may be wondering— what is RISE and what are these RISE awards I keep hearing about?



Here's the low-down: Students are recognized each month for demonstrating the components of RISE (Respect/Responsibility, Integrity, Safety, and Empathy). Teachers and staff try to catch students doing the right thing each and every day. We know that there are many "do-gooders" out there, so show us the wonderful things that

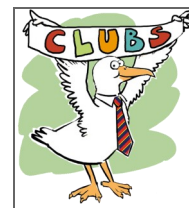
you do for others! RISE recipients receive a variety of perks, in addition to being recognized publicly in the cafeteria and on the RISE Bulletin Board near the Attendance Office.

So how can you receive a RISE award? Start showing your:

- RESPECT/RESPONSIBILITY
- INTEGRITY
- SAFETY
- EMPATHY



Don't forget, for Quarter 1 we focus on RESPECT!



## Story of the Month: Giving Back to Your School Community

The beginning of the school year brings with it the start of many new and exciting clubs here at Salk. Clubs are a wonderful way to get involved, have fun, and meet students who have the same interests as you. Did you know that many of our clubs offer opportunities for students to do something nice for others? It's a great way to give back to your school and your community. Clubs that offer

these opportunities include the Buddies Club, the Builder's Club, Future Teachers of America, G.O./Class Advisors, Junior Leaders, National Junior Honor Society, Peer Tutoring Club and the RISE Club to name a few. For more info on what these clubs are all about and how to join, check out the "Clubs and Activities" link on the Salk website! Get involved today!

# RISE Faculty Member of the Month



September's RISE Faculty Member is  
**MRS. CLINGEN!**

Mrs. Clingen would like to share a quote:  
"Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become your character. Watch your character, for it is your destiny." Author Unknown



## Dear Birdman

Dear Birdman,

I'm in 6th grade and even though I was excited to start school here I still feel a little scared and nervous sometimes. I'm so worried I'm going to be late to class, I'm afraid I'm going to forget my homework, and sometimes I can't open my locker. I also want to make some new friends but don't know how. I feel like I have so many things to worry about- what should I do?

- Mixed Up Feelings About Middle School



Dear Mixed Up,

There is a word for what you're feeling- overwhelmed! And you are not alone! Many (maybe even most) 6th graders have the same worries as you, and so do some of our new students in 7th and 8th grade. First, I suggest talking to your parents or guardians about your feelings. They have a great way of reassuring us! Second, I guarantee that each day will be easier as you get more comfortable at Salk and find the quickest route to your classes, practice opening your locker, and start using your Reminder Binder to write down assignments. As far as making new friends goes- many of the 6th graders are looking to do the same. Try to be friendly and outgoing in class and during lunch and see what happens! Another way to meet people is to join some clubs after school. We have tons of clubs here and they are a fun way to get connected to the school and meet kids who have the same interests. Still have worries? Your teachers, guidance counselors, and social workers are here to help to so talk to them too!

-Birdman



## Have a question for Birdman?

Not sure what to do or who to ask? Stop in Guidance and look for the **big, red Birdman Box** to submit your confidential (private) question related to bullying, RISE, or middle school in general!