



2024-2025

KNIGHT NEWS

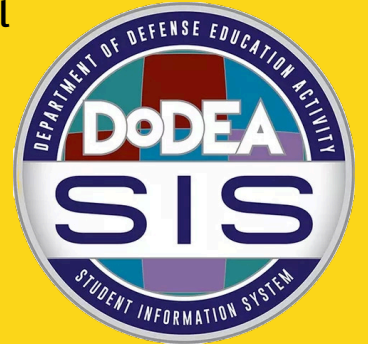
5 MAR - 18 MAR 2025; VOL 8.1

RE-REGISTRATION FOR THE 2025-2026 SCHOOL YEAR

It's time to complete the re-registration process for the upcoming 2025-2026 school year! ALL parents must submit a re-registration to confirm whether their student will remain in DoDEA or transfer to a new location.

Re-registration is currently LIVE.

To complete re-registration, log into the [DoDEA Student Information System \(DSIS\) Family Portal](#) and complete for each of your students enrolled in a Dodea school. If your student is returning, this is also a great opportunity to update important information such as emergency contacts, sponsor employment status, and student health details.



Don't delay—secure your student's enrollment today!

ATTENDANCE

IF YOUR STUDENT WILL BE ABSENT, PLEASE NOTIFY KMS BY CALLING THE FRONT OFFICE OR EMAILING THE ATTENDANCE BOX AT

KAISERSLAUTERNMS.ATTENDANCE@DODEA.EDU

KMS
SCHOOL HOURS
**
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Front Office Hours

Monday - Friday
0800-1600

School Day Hours

0815- 1500 M, T, W, F
0915- 1500 TH

Important Dates

March 6th

NJHS Induction @ 5p

March 26th

Last Day of Quarter 3

March 27th

Teacher Work Day- No School For Students

March 28th- April 4th

Spring Break

April 7th

Begin 4th Quarter

April 28th

CCR PD Training Day- No School For Students



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IMPORTANT LINKS

[KMS HOMEPAGE](#)

[ASPEN FAMILY PORTAL](#)

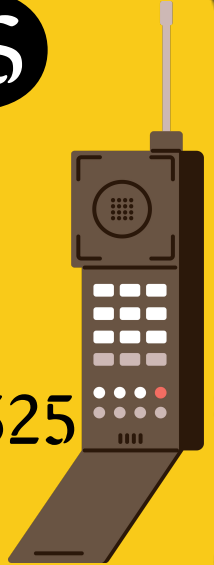
[LINQ](#)

CONTACT US

FRONT OFFICE

DSN: 545-1325

CIV: 0611-143-545-1325



Future 6TH GRADE Parents



Join us for a casual and informative gathering to learn more about middle school! Enjoy coffee and treats while engaging in meaningful conversations about what to expect in 6th grade. Feel free to bring your own beverage—coffee is optional, but great discussions are guaranteed!

March 17th at 1630 in the 1032 Gym



KMS KEY OF EXCELLENCE

Balance

MARCH

Live your best life. Be mindful of self and others while focusing on what's meaningful and important in your life. Inner happiness and fulfillment come when your mind, body, and emotions are nurtured by the choices you make

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Hello & Welcome



Coffee
with
KMS Admin

*Enjoy our coffee and treats, or
feel free to bring your own.
Coffee NOT required to enjoy
some Middle School conversation!*

Quarter 3

Jan. 28th @ 0900
Feb. 12 @ 1530
Feb. 25 @ 0900
March 17 @ 0900

Quarter 4

April 9 @ 1530
April 21 @ 0900
May 12 @ 0900
May 28 @ 1530

YEARBOOKS

ORDER NOW!!

ORDER ONLINE AT
JOSTENYEARBOOK.COM OR
STUDENTS MAY PAY IN CASH
TO MS. LANG (RM J7)

KMS BLOG

READ ALL THE LATEST
NEWS AND OPINIONS
WRITTEN ALL BY OUR
VERY OWN KMS
KNIGHTS



Be Sure To Follow &
Like Us On Facebook

Friendly Reminder



STUDENTS ARE NOT
PERMITTED TO USE
THEIR CELL PHONES
DURING THE SCHOOL
DAY. IF YOU NEED TO
GET A MESSAGE TO
YOUR CHILD, PLEASE
CONTACT THE FRONT

OFFICE FOR
ASSISTANCE.



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**NATIONAL
JUNIOR
HONOR
SOCIETY**

**National Junior Honor Society will host their
Induction & Celebration Ceremony on**

Thursday, March 6, 2025, at 5:00 PM

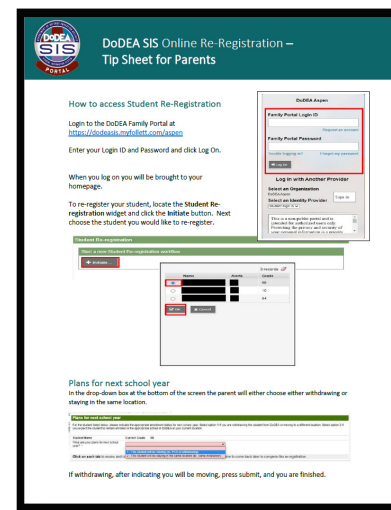
**Students who were inducted last year and new
inductees are encouraged to attend.**

JOKES TO TELL YOUR MIDDLE SCHOOLER

**WHY ISN'T THERE A
CLOCK IN THE
LIBRARY??
BECAUSE IT "TOCKS"
TOO MUCH!!**



TENGO'S TechTips



**Need Help With Online Re-Registration?
Click Ms. Tengco's Tip Sheet For Tips On
How To Complete Re-Registration**

It's
**POP POP
Friday**

07 March



KMS DRAMA CLUB PRESENTS

Waking *Sleeping*

Beauty A Fairy's Tale

Roz Mihalko, Donna Swift

Friday, March 14th 7pm

Saturday, March 15th 1pm

Kaiserslautern Middle School

Bldg. 1032





2024-2025

KMS PTSA

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WARNING!

MAY CONTAIN



FUN



JOIN PTSA



SCAN NOW

SCAN To Sign Up For

POP POP Fridays



Thanks to the incredible success of our fundraiser, every student will receive a **FREE PopPop** on **Friday, March 14th!**

Thank you for your support!

MINDFULMINUTE

Hi! It's Ms. Higa, your Adolescent Support and Counseling Services Counselor. Over the past several weeks, students have been telling me how tired they've been. While there are many reasons to this, here are some tips to provide support:



Tips for Improving Sleep

Get regular. One of the best ways to train one's body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.

Avoid caffeine before bed. It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, etc.) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.

Sleep rituals. You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.

Use a sleep diary. This can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. If your teen is getting the recommended 8-9 hours regularly and still sleepy, follow up with a physician.

Move your body! Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!

Eat healthy. A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.

What Can Parents Do to Help?

- Parents play a vital role in helping their child get the sleep that they need. Pay close attention to how your he/she sleeps, acts, and feels. They will give you signs that show they are not getting enough sleep.
- Help your child make wise choices about their time. Check up on their schoolwork load. Help them balance the demands of school, work, clubs and sports, family, and friends. Decide what is most important and help him or her choose what may need to be eliminated.
- Help your child have a proper view of sleep. Sleep is not something to fight off or try to avoid. Sleep greatly benefits those who make it a priority. They feel more alert and have more energy. They think more clearly and make better decisions. They will be happier and enjoy life more. There are simply too many benefits of good sleep for your child to miss them.

"Teens who sleep an average of six hours per night are also three times more likely to suffer from depression."—Journal of Youth and Adolescence