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MICHAEL E. SMITH  
MIDDLE SCHOOL

# Panther Tales



## FROM THE PRINCIPAL...



Happy Spring Middle School Families!

It is hard to believe that it is already March! The warm weather is on its way, but remember students will need to be prepared to go outside with cold weather gear as the temperature rises. Your student will want to review the school dress code as the seasons and fashions change.

It is important that all students come to school dressed appropriately and ready to learn. Teachers and staff will be monitoring student dress as there have been some concerns about appropriate attire. The School Council discussed this topic at length in our February meeting and reviewed expectations and consequences for not following the dress code and thought a reminder to families would be beneficial. Please be know that on a first offense students will be asked to obtain appropriate attire, the second offense will be a lunch detention, and if a third offense occurs, the student will receive a detention and a parent conference will be requested. This is important as our goal is to make a positive shift. Student and parent support on this policy is important.

March is the start of the MCAS season. Seventh grade will begin with the long composition and all grades, five through eight, will take the reading comprehension test. Please consult the schedule included in this newsletter for testing dates. It is critical that students are present during testing.

For parents and families that drive or carpool students to school, please be sure to drop off and pick up your student(s) in the designated zone in our East Lot. We have a significant number of parents parking in the bus lane and some parents driving into the West Lot which is not intended for this service. South Hadley Fire District #2 has cited this as a serious concern for our building and emphasized the need for the school to remind parents to follow the drop off and pick up procedures.

Though April, May, and June feel a long way off, they will be here before you know it. Enclosed in this newsletter is the Parent Feedback Form for student placement for next year. Please complete the form and have your student submit it to their homeroom teacher or the main office. These forms will be reviewed as students' schedules are created for next year. If you would like to share information to be considered during the placement process, this form is essential.

As always, if you have any questions please do not hesitate to contact the Middle School at 413.538.5074.

Best regards,

Ms. Erica Faginski-Stark

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### IMPORTANT DATES:

**MCAS testing begins Monday, March 23, and continues through Friday, April 9.**

Drug & Alcohol Task Force Meeting in the High School Library, will be held **Wednesday, March 3, at 6:30 P.M.**

Mid-Term reports will be hand-carried home **Thursday, March 11.**

PTO will meet **Thursday, March 4, at 6:45P.M.**

Daylight Savings Time **begins March 14.**

**Monday, March 15,** will be a half-day teacher in-service. Dismissal will be at 11:25 A.M. Lunch will not be served.

School Council meeting will be held **Monday, March 15, at 5:00 P.M.** in the office conference room.

The Book Fair will be held the week of **March 15 – 18, Family Night will be held on Thursday, March 18, at 5:30 PM in the Library.**

The Annual MESMS Science Fair will be held **March 18, at 6:00 P.M.** in the gymnasium

The Principal's Sip-n-Chat will be held **Wednesday, March 24, at 6:00 P.M.** in the Library.

**Schools closed Friday, April 2.**



# MATHEMATICS

Happy March to All Middle School Students & Families,

All of the math teachers are working hard to have all of our students as solid as they can be with the math standards the Department of Education assigns to each grade. There are **many** standards in each grade. We have 180 days to teach dozens of skills and concepts about Number Sense & Operations, Patterns, Relations, & Algebra, Geometry, Measurement, and Data Analysis, Statistics, & Probability. Each teacher is responsible for the standards at his or her grade level, but that relies on students really knowing the skills from all previous grades.



I cannot stress enough, how important it is for every student to practice or review skills from earlier grades. Simply solving addition, subtraction, multiplication, division, fraction, percent, and decimal problems, *without a calculator*, keeps the skills sharp.

I recommend visiting the Department of Education site ([www.doe.mass.edu](http://www.doe.mass.edu)) to try an assortment of questions from prior MCAS mathematics tests. You can select the year and the grade level. Most answers are available on the last page of each test.

I also have found some interesting math sites by typing *interactive math sites middle school free* in a Google search. Some of the sites offer tutorials, games, and problems to solve. You might want to give some of them a try:

[www.middleweb.com/CurrMath.html](http://www.middleweb.com/CurrMath.html)

<http://jc-schools.net/tutorials/interact-math.htm>

[www.middleschool.net/curlink/math/mthmain.htm](http://www.middleschool.net/curlink/math/mthmain.htm)

[www.visualmathlearning.com](http://www.visualmathlearning.com)

[www.softschools.com/math/games/](http://www.softschools.com/math/games/)

[www.aplusmath.com](http://www.aplusmath.com)

[www.learn-with-math-games.com/](http://www.learn-with-math-games.com/)

Talk about the math that you do in day to day activities. Have your children figure out 15% or 20% tips for different amounts of money, for example a restaurant bill of \$23.49 or \$46.79. Figure the gas bill if you buy 15 gallons at the current going price. Ask about 150 gallons of heating oil.

There are practical things we calculate for everyday.

*Deborah O'Brien, Mathematics Specialist K - 8*

# ROOM 106 AT A GLANCE

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In Mr.Cullinan's 7/8<sup>th</sup> grade class we continue to make reading our primary focus. With the help of Orton Gillingham leveled concepts students are making academic gains in reading. This year we have three separate grade level AE classes that focus on phonemic awareness, fluency, and comprehension. In math, students are focusing on real life skills including area, perimeter, fractions, percents, and money skills. Knowledge of basic multiplication facts are an essential piece to math and are required for higher level math. Students have been participating in a program called Fast Math which improves rapid recall of math facts.

We are focusing on creating a more technologically based classroom as well. We are hoping to start a classroom initiative that will focus on an "online learning community." Using the website Edmodo we will create a safe and secure online community for students, teachers and parents to speak openly and freely about academics. We are working with a variety of companies to write grants for money that will be donated to our school and classroom. Look for information in the upcoming months for what you can do to help.



## Homework Helpers:

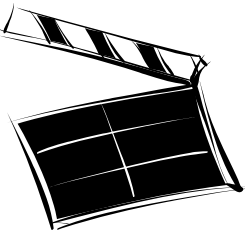
Reading: Students should read for at least 20 to 30 minutes per night at their proper reading level. Reading levels can be given to parents by request at any time. For information on how to find books at their reading level please use this website: <http://home.comcast.net/~ngiansante/>

Vocabulary Websites is a great resource for improving vocabulary. Cartoons, visuals, and audio that make learning vocabulary enjoyable: <http://www.vocabahead.com>

# COMMUNITY TELEVISION WORKSHOP

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## South Hadley Community Television Hosts Short Film Workshops



South Hadley, MA - This spring, South Hadley Community Television will be hosting workshops for middle and high school students to help them produce their own short films. Have your kids come and learn how fun it can be to make movies with their friends! Plus, they'll learn valuable information about how to work with cameras, edit video, and work as a team. Everyone will get a chance to be both behind and in front of the camera, so no acting or filming experience is necessary.

Two month-long workshops will be held, one for middle school students and another for high school students. The workshop for high school students will be Mondays and Thursdays throughout April from 2:30 to 4:30 pm. The workshop for middle school students will be Mondays and Thursdays throughout May from 3:00 to 5:00 pm.

Once both groups have finished their films, there will be a showing of all the projects done by the students at a time and location to be determined later.

To sign up or for more information please contact the Studio Manager, Justin LeTellier by phone at 538-5063 x5 or by email at [shctv15@gmail.com](mailto:shctv15@gmail.com). More information can also be found online at [www.SHCTV15.com](http://www.SHCTV15.com). Sign ups are due by March 23.

## Contact:

Justin LeTellier, Studio Manager

[shctv15@gmail.com](mailto:shctv15@gmail.com)

(413) 538-5063 x5

# 5TH GRADE NEWS

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There are three exciting field trips for fifth graders to look forward to in the coming months. In March, students will visit the Springfield Science Museum and take part in a combination of organized programming and a scavenger hunt designed to highlight our fifth grade science curriculum. In May, we will travel to Plimoth Plantation in Plymouth, MA. Students will take a tour of the Plantation which includes the 1627 English Village and the Wampanoag Homesite. We will also visit the Jenny Grist Mill and take a walk through the town of Plymouth, stopping at various historic sites including Plymouth Rock and the Mayflower. In June, we will go to Boston to walk the Freedom Trail and learn about the Revolution of America. Usual stops include the State House, the Old North Church, Bunker Hill, The U.S.S. Constitution, and many others.

Be on the lookout in the upcoming weeks for permission slips, details on the drop-off and pick-up times, and information describing the cost and payment plans available. Closer to the date of the trips, we will also be looking for parent chaperones. All three of these trips give the students a hands-on, interactive experience with the curriculum in a way that is invaluable and unforgettable!

# 6TH GRADE HAPPENINGS

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Greetings, from the sixth grade and The Ides of March are upon us and the school year is in full swing. The year seems to be flying by and our subject studies are rolling along.

The Outback team is completing an in-depth study of South American culture with power point presentations and map. They will soon be entering the Dark Continent of Africa. In the meantime, the Amazon team will be working its way through Asia and the extensive diversity of culture found there.



In the sixth grade Science classes, both teams are completing a unit in Physics concerning the topics of energy. The classes will next start traveling into the expanses of space and begin working on many topics in an Astronomy Unit.

In Math classes, both teams are working to finish up a unit on Bits and Pieces which covers topics such as fractions, decimals, percentages. Students have also worked on converting fractions into percents and decimals. They have also looked at the ideas of taxes and tipping in real world application. Both Math classes will be diving into a Geometry Unit next.

In Language Arts, the Outback team has worked on an original book of Haiku using poetic devices. They will also continue work on their personal research papers on the Winter Olympics. The Amazon team will start an Independent nonfiction book reading unit. They will also embark on a Poetry Unit that will bring them up to the end of third quarter.

Lastly, Cape Cod Capers is in its final stages of planning. The excitement is building for the upcoming trips and the students are becoming prepared for this intense three day trip. We would like to remind you that the entire \$200.00 dollar payment or the remainder of the payments should have been received by the sixth grade team by March 1, 2010. Please contact us if you have any questions concerning class work or the Cape Cod Capers trip. Welcome, Spring!

# 7TH GRADE UPDATES

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March is here and spring is in the air! Well, not exactly, but we might encounter a few spring chickens!! Students will be discovering the incubation process of Gallus gallus (Chicken eggs). Towards the end of the month, students will watch as the eggs hatch. This is always an exciting time. Also, be on the lookout for the rivalry of the city-states as the study of Ancient Greece will begin. In social studies, students will also be working on the 9 step paragraph. In ELA the students will continue working on persuasive essays as they gear up for the long composition portion of the MCAS.

Math finds the seventh grade moving toward success with "Moving Straight Ahead". In this unit students will be discovering slope and graphing with lines. Please share with your child some of the ways you might use slope or graphing in your everyday lives or in your jobs. Seeing real life math always makes learning more meaningful.

The MCAS season is fast approaching and the seventh grade will start the English Language Arts Long Composition. Students are working on honing their writing skills in all their classes in breathless anticipation of this event. Practicing these writing skills at home is a great way to prepare for MCAS testing. Make sure your student gets plenty of rest and has a healthy breakfast on the morning of the test. A little energy can make a big difference.

Stay tuned for future announcements regarding the seventh grade field trip to the Bronx Zoo in June. We will need chaperones for this trip. The paperwork for that trip will be coming out soon!



# 8TH GRADE HIGHLIGHTS

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In History, what you're studying depends on whether you're taught thematically or chronologically. Mrs. Speck-Sherson's classes are finishing up the causes of the Civil War. We'll have the test on this after the February vacation. Then we'll start in on the War itself (Chapter 16). Ms. Graves classes are focusing on the War of 1812. In both classes, students have been asked to work very hard on answering questions at all levels of thinking, as outlined by Bloom's taxonomy.

In Language Arts, in the upcoming weeks, students will be employing both curiosity and critical thinking skills as they delve into the world of research. This process will include: developing questions, using various resources to find information, compiling relevant facts, and properly documenting the sources of information.

The Science teachers are excited to have the Fourth Annual Eighth Grade Science Fair March 18th here at MESMS, in the school's gym. Doors will open at 5PM. Awards will be presented at 6PM. There will be over 180 exhibited. Come see the way students have applied the Scientific Method problems with their own world of discovery.

In French students are learning how to discuss family relationships and how to describe family members, including age, physical and personality traits.

In Spanish students are learning how to discuss their daily schedules- to talk about where they go and what they do during the week and weekends.

In Math, Pi Day is March 14th (3/14) - Pi is the ratio of the circumference of a circle to its diameter, approximately 3.14. This means that the diameter of every circle can be wrapped around the circumference (perimeter) of a circle almost 3 and 1/4 times!. It is an irrational number (one of the first our student's ever study) which means it is a value that doesn't terminate and doesn't repeat. Computers have found Pi to thousands of decimal places and have yet to find a pattern. In class, students will be exploring circles, their circumference and area formulas, the number Pi itself, and maybe eating some pie, too!



# PTO NEWS

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The PTO will open the school store for the first time after vacation. Students will be able to shop for school supplies and fun trinkets during their lunch period. We will open the school store for 2 or 3 days each month. Students will be notified a few days prior to the store opening. If you would like to help us run the store, please contact Debbie Mendes at [mendesally1@msn.com](mailto:mendesally1@msn.com).

Please watch for more info on a Vendor fair the PTO will host on May 22nd from 10-4. We will be asking for vendors soon too. This fair will be open to the public and advertised in local papers.

Funds raised at this event will help the MESMS PTO fund field trips, supplies and other events in the school.

Please join us at our March PTO meeting. We meet in the school café on March 4th, 6:30. We will be looking to fill a few slots on the PTO board in the fall.

Students are welcome to come and share their event ideas or suggestions with us too.

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## SHOEBOX COLLECTION

Ms. Sargent is collecting shoeboxes to use in the organization of classroom libraries and the Book Room. Any size shoebox is appreciated and can be dropped off in a box located in the main office. Thanks for helping us organize our books and we look forward to your donation of the shoeboxes!





# NURSE'S NOTES



Happy St. Patrick's Day and Happy Spring!



By now 6<sup>th</sup> grade parents should be busy scheduling physicals and shot appointments for their students. If your student's physical is after the first day of school, due to insurance reasons, you still need to have his/her shots updated and on file in the nurse's office **BEFORE the first day of 7<sup>th</sup> grade.** What you will need to do is call your pediatrician NOW and get a nursing appointment for the shots only. Please do not wait until this summer to call for these appointments because they fill up fast, and if you call in June or July you will have trouble getting your child in before school starts. You need not wait until this summer to hand in copies of the shot records and physicals ---hand them in ASAP and remember, the physical must be no more than ONE YEAR (**to the day**) prior to the first day of school 2010. This is part of the Massachusetts state law requirements for entry into 7<sup>th</sup> grade. If you have any questions please feel free to call me at school during normal school hours at 413-538-05074. If you would like to have your doctor FAX your child's records

the FAX # is 413-538-5003.

Just a gentle reminder---students are not allowed to carry medication on their person or take medication in school without a doctor's order (this is not the pharmacy label and receipt). I have forms in my office for your doctor or they can write the order on their own paperwork but it must include the name of the medication, the dose, the frequency, the route and time to be given and the reason for giving it. Be sure the medication you provide me with can be given in the dose the doctor orders (for example 500 mg of Tylenol can not be give if you bring me 325 mg tablets, and by law I am not allowed to adjust the dose on a doctor's order because "that's what I give my child at home.") Be sure you clarify what you are asking for with the doctor **BEFORE** he/she writes the order. Thank you!

Finally, please continue to encourage good hand washing and coughing/sneezing etiquette among your children. It is a good habit to get into always, and not just during flu outbreaks (although seasonal flu has been known to extend as late as May according to the CDC!). We continue to have them wash their hands prior to meals and would appreciate you encouraging them to do the same. As always, I appreciate all of your support while we do our best on this end to keep your children healthy and in class!!!

Elizabeth C. Winfield, RN, BSN, NCSN

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No person shall be excluded from or discriminated against in admission to a public school of any town, or in obtaining the advantages, privileges and courses of study of such public school on account of race, color, sex, religion, national origin, or sexual orientation.

If you feel you may need special accommodations or assistance as a result of a handicapping condition or limited English proficiency, please call Dr. Joyce Butler, Pupil Personnel Service Director, at the South Hadley School Department, 116 Main Street at 413-538-5072 (hearing impaired fax 413-532-6284) and notify us of your special need. Si usted necesita alguna adaptacion o asistencia especial debido a algun tipo de minusvalia, por favor llame al telefono 413-538-5072 (fax para personas con deficiencias auditivas 413-532-6284) y notifiquenos cuales son sus necesidades especificas.

# RECREATION DEPARTMENT SCHEDULE

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**Baseball/Softball/Tee Ball Registrations:** Registrations for grades K-9 baseball, softball and tee ball will begin Tuesday, February 16 and close Friday, March 26. Teams are broken down by age group and/or gender. There are a variety of divisions available and information will be available at the time of registration or on the department's website.

**Youth Lacrosse Registrations (grade 3-8):** Lacrosse registrations for boys and girls in grades 3-8 closed Friday, January 29. Openings remain in most divisions and will be closed once a team is filled with the maximum amount of players. The season begins in late March and runs into June. The cost to play is \$70 and may involve additional fundraising requirements. More information will be available in late December on the Department's website.

**Youth Lacrosse Registration (grade K-2):** Registration for the K-2 lacrosse program close Friday, March 26. K-2 lacrosse meets once per week and the kids will learn the basics of the sport by participating in various drills. Children are allowed to play lacrosse and baseball/softball in this age group. The cost to play is \$15 which includes a team tee shirt and lacrosse ball.



**Little Chefs Club:** The South Hadley Recreation Department once again is proud to offer *Little Chefs*. This is a food preparation program that allows children to prepare meals that they cook at home with their families. This class will provide the students with a better understanding of nutrition, skills and memories to last a lifetime, builds reading comprehension by following recipes, provides a feeling of self pride and increased self esteem and finally gives them a chance of have fun!!! The cost is \$80 per child and includes full instruction, a *Little Chefs* apron, recipe book and all of the materials and supplies needed during the class. Classes will be held after school on Tuesday afternoons beginning March 9 running through April 13 from 3-4pm in the Mosier School cafeteria. The class size is limited so register early.

**Blue Jays/Red Sox Bus Trip to Toronto:** Join the Recreation Department on their annual road trip to see the Boston Red Sox play the Toronto Blue Jays in Toronto. The trip leaves from South Hadley on Friday, July 9 and returns on Monday, July 12 and includes three baseball games, stay at the Fairmont Royal York and motor coach transportation. A passport is required. Visit the website or contact the office for additional information. Enrollment is extremely limited so register early!

## **Red Sox – Fenway Park Trips 2010**

The Recreation Department is proud to offer bus trips to Fenway Park. Tickets are sold on a first come, first paid basis and are currently available for the game on May 27. Tickets to the August 23 game will go on sale March 17. Checks should be made payable to the *South Hadley Recreation Department*.

### **Thursday, May 27:** Boston Red Sox vs. Kansas City Royals

Game time is 7:10pm.

Right field box section #88

Cost is \$85 per residents/\$90 per non-residents.

Bus departs at 3:30pm from South Hadley High School.

### **Monday, August 23:** Boston Red Sox vs. Seattle Mariners

Game time is 7:10pm.

Tickets in bleachers #40: Cost is \$65 per residents/\$70 for non-residents.

Tickets in RF 91 Box: Cost is \$85 per residents/\$90 for non-residents.

Bus departs at 3:30pm from South Hadley High School.

### **Winter/Spring Session II:** February 23-April 8, 2010 (14 classes).

**When:** Tuesday and Thursday nights.

**Where:** Michael E. Smith Middle School.

**Time:** 7:30 – 8:30pm

**Aquacise:** This one hour low impact water exercise class combines a variety of programs to promote cardiovascular fitness, improved flexibility and strength training in a low impact environment. Excellent for all fitness levels from the beginner to the advanced swimmer. The instructor is Carol Kelliher. Participants may register at the first class. **cost:** \$70 for residents and \$75 for non residents. Registration for one night is permitted for ½ the fee.

### **Winter/Spring Session II:** February 23-April 8, 2010 (14 classes).

**When:** Tuesday and Thursday nights.

**Where:** Michael E. Smith Middle School.

**Time:** 7:30 – 8:30pm

**Cost:** \$70 for residents and \$75 for non residents. Registration for one night is permitted for ½ the fee.

**Fitness Classes taught by Certified Group Fitness Instructor and Personal Trainer Tanya Ryan: [www.tanyagetsyoufit.com](http://www.tanyagetsyoufit.com)**

**Total Body Blast:** **Total Body Blast** is an exciting adult fitness program combining weight training, interval training and even some cardio kickboxing. This total body workout will challenge all major muscle groups by using cardio, strength, endurance, power and flexibility.

**March Session:** 10 total classes.

- **When:** Wednesday nights from 6-7pm and Saturday mornings from 9-10am in February. First class is Wednesday, March 3 and the last class is Saturday, April 3.

- **Where:** South Hadley Town Hall Auditorium.

**Cost:** \$50 for residents/\$55 for non-residents.

**Zumba:** Join our newest class, ZUMBA® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**March Session:**

**When:** Tuesday nights starting March 2<sup>nd</sup> from 6-7pm (March 2, 9, 16, 23 and 30).

**Where:** Town Hall Auditorium

**Cost:** \$25 for residents/ \$30 for non-residents.

**Cardio-Kickboxing:** Cardio-Kickboxing is a cardiovascular workout using kicks, punches, combinations and rope jumping to elevate heart rate and strengthen all major muscle groups. This is a great cardio workout that will burn tons of calories. You will not be working on bags here, so no need to bring gloves. Just bring yourself and water!

**March Session:** 10 total classes.

**When:** Monday nights from 6-7pm and Saturday mornings from 10-11am. Classes start Monday, March 1 and run to Saturday, April 3.

**Where:** Town Hall Auditorium

**Cost:** \$50 for residents/\$55 for non-residents

**Registration Hours/Information:**

8:30am – 4:30pm Monday through Friday in the Town Hall Recreation Office and

Selected Monday evenings from 6 – 8:30pm.

Online registration is available for certain youth sport activities.

For our adult fitness classes, registration is accepted at the class; however, each class has a limited enrollment that is first come, first served.

**Recreation Department Contact Information:**

Phone number: 538-5039

Email: [recreation@southhadley.org](mailto:recreation@southhadley.org).

Website: [www.southhadleyrecreation.org](http://www.southhadleyrecreation.org)







# OUR BOOK FAIR IS COMING!

**When:** **March 16-18, 2010**  
**Family Night:** **Thurs. March 18<sup>th</sup> 5:30p.m.-8:00p.m.**  
**Book Fair Homepage** <http://bookfairs.scholastic.com/homepage/mesms>

**Parents!** Sign up to volunteer today!  
We need help with set up helping kids select books, cashier, or help pack up (Friday, March 19<sup>th</sup> –1:00p.m.).

**Students!** Make a wish list online and bring it to the Book Fair to make your purchases!

**Teachers!** **KIDS AS AUTHORS!**  
Your students could become nationally published authors. Learn more about this program on the Fair homepage.

**One for Books** Through One for Books, for each dollar raised, Scholastic Book Fairs will donate a book to a worthy cause!

**Classroom Wish List** Parents--contribute books to your student's classroom library!  
Three easy steps:  
Choose a book title from the Teacher's Wish List located at the Fair.  
Purchase the book.  
A book plate with your family name will be placed inside the book and delivered to the teacher.



## **Schedule:**

<b>Mon. March 15<sup>th</sup></b>	<b>Student/Teacher Preview</b>
<b>Tues. March 16<sup>th</sup></b>	<b>Student Shopping Day</b>
<b>Wed. March 17<sup>th</sup></b>	<b>Student Shopping Day</b>
<b>Thurs. March 18<sup>th</sup></b>	<b>Student Shopping Day/Family Night</b>
<b>Fri. March 19<sup>th</sup></b>	<b>Make-up Shopping Day 8-10a.m.</b>

## **Payment Methods:**

- \* **Cash**
- \* **Check (payable to M.E.S.M.S)**



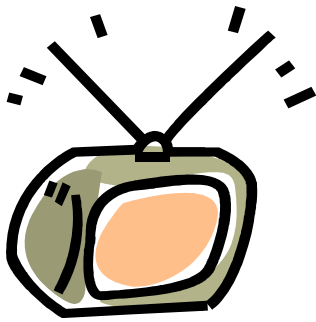
## **Contact Information:**

**Ms. Catherine Sargent**  
**csargent@shschools.com**

**(413) 538-5074 ext. 6682**







## 5-“2”-1-Almost None

### Helpful Ways to Reduce Your Child’s Screen Time

This month we’re focusing on the “2” of 5-2-1-Almost None. Too much TV has been linked to lower reading scores and attention problems. Here are a few simple tips to help your children reduce their screen time (TV, computer & video game time) to less than 2 hours a day and increase physical activity in order to maintain a healthy weight.

**Talk to your family.** Explain to your children that it's important to sit less and move more to stay at a healthy weight.

**Set limits on screen time.** Set a house rule (and enforce it!) that your children may spend no more than two hours a day on screen time.

**Minimize the influence of TV in the home.** Keep the TV out of the bedroom. Kids who have TVs in their room tend to spend almost 1 1/2 hours more TV watching a day!

**Tune into dinner, not the TV.** Do not watch dinner during mealtimes. Instead, focus on eating together as a family.

**Set a good example.** You need to be a good role model and also limit your screen time. Instead of watching TV or surfing the Internet, spend time with your family doing something fun and active.

**Make screen time, active time.** Stretch, do yoga, lift hand weights while watching TV; challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during commercial breaks, or switch to an exercise video during commercials.

As always, the South Hadley Wellness Committee’s hope is to aid in preventing health complications associated with unhealthy practices. Let’s work together to raise healthier children. We welcome any input or feedback on these issues. Feel free to contact any of the committee members.

For a free handbook with food, activity, and screen time tips go to <http://wecan.nhlbi.gov> or call 1-866-35-wecan.

# PARENT RESPONSE FORM STUDENT PLACEMENT 2010-2011

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**PLEASE RETURN TO THE MIDDLE SCHOOL ADMINISTRATIVE OFFICE, NO LATER THAN: IMMEDIATE REPLY**

We believe that it our responsibility to create communities for learning where stable, close, and mutually respectful relationships with adults and peers are fundamental. The Middle School staff will consider every aspect of your child's academic, social, and emotional well-being in placing your child in next year's classes. We value parent input and have designed a Middle School form to facilitate communication from parents. *Please do not request specific teachers*, but rather reflect on how you view your child as a learner.

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**PRESENT GRADE:** \_\_\_\_\_ **PRESENT TEACHER:** \_\_\_\_\_

1. What are your goals for your child for the upcoming school year?

2. What do you feel are your child's educational strengths, interests, significant personal attributes, and personal accomplishment?

3. Is there special emphasis you feel might be particularly helpful to your child next year? (check all that apply)

NEEDS ENCOURAGEMENT

NEEDS TO DEVELOP INDEPENDENCE

NEEDS HELP IN GETTING ALONG WITH OTHER CHILDREN

NEEDS HELP IN ORGANIZATION

CREATIVE ACTIVITIES

NEEDS A HIGHLY DISCIPLINED APPROACH

OTHER: \_\_\_\_\_

4. Is there any other information you would like to share with us?

## *Notes from the Student Assistance Guidance Counselor*

Karen Walsh Pio

I have been pointing out to the 8<sup>th</sup> Graders in classes over the past week that they are about 3 months away from making the leap to the High School. As you parents well know, by the time school lets out for the summer, their identification will be as a "Freshman" .....I don't think I've ever heard a student say that they are a "former 8<sup>th</sup> grader!" And each class in the Middle School will surge ahead, reminding us all of how quickly it goes. Of course, the students don't see that and they are eager to push forward. It's a hard job for us to keep up with them.

One of the things which is coming up soon for them is course selection at the High School. We will be presenting relevant information to them at the end of February. The High School Principal, Dan Smith and the Director of Guidance, Jane Rathbun will address the 8<sup>th</sup> Grade students with background information about the High School experience. A number of High School Peer Leaders will come to talk more individually with the students about different types of courses and what it really means to make the most out of your High School years. Students will have a chance to ask about a number of day-to-day issues and hear the range of wonderful opportunities our High School offers. This is the first step in their transition out of the Middle School. They will be asked to register for a course of studies by completing a form and bringing it home to you.

Please be watching for this paper to arrive~ as their Guidance Counselor I would like you to review their course selections and approve of them. It helps to start the students off in a positive way if they are entering classes at the High School which are best suited to them. As in-coming Freshmen they don't have to choose more than one or two electives, but the level of academic challenge in the traditional required subjects is also of importance to their success.

As always, I welcome you to call me in the Guidance Office with any questions or to ask for a personal meeting if I can help you out. After all, it's what "guidance" is all about!

Find me at the Middle School on Tuesdays through Fridays; on Mondays I am at the High School. Feel welcome to call or e-mail me: 538-5074 or [kwalshpio@shschools.com](mailto:kwalshpio@shschools.com)

### ***DRUG AND ALCOHOL TASK FORCE***

*Next Meeting: March 3<sup>rd</sup> 2010*

*High School Library at 6:30*

*Please feel welcome to come & observe or join in!*

*Our mission is to support our adolescents in making healthy drug& alcohol-free choices*









# PARENT RESPONSE FORM STUDENT PLACEMENT 2010-2011

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**PLEASE RETURN TO THE MIDDLE SCHOOL ADMINISTRATIVE OFFICE, NO LATER THAN: IMMEDIATE REPLY**

We believe that it our responsibility to create communities for learning where stable, close, and mutually respectful relationships with adults and peers are fundamental. The Middle School staff will consider every aspect of your child's academic, social, and emotional well-being in placing your child in next year's classes. We value parent input and have designed a Middle School form to facilitate communication from parents. *Please do not request specific teachers*, but rather reflect on how you view your child as a learner.

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**PRESENT GRADE:** \_\_\_\_\_ **PRESENT TEACHER:** \_\_\_\_\_

1. What are your goals for your child for the upcoming school year?

2. What do you feel are your child's educational strengths, interests, significant personal attributes, and personal accomplishment?

3. Is there special emphasis you feel might be particularly helpful to your child next year? (check all that apply)

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OTHER: \_\_\_\_\_

4. Is there any other information you would like to share with us?

