

September Newsletter

Contents

Principles Letter.....	1
School Counseling Office.....	3
Be Above BTV.....	4
Team Solstice.....	6
Team Phoenix.....	9
Team Oasis.....	10
Middle Years Newsletter.....	11
Fletcher Free Teen Space.....	13



As I walk into HMS on any given morning, I hear our 7th grade band practicing some great tunes from the 70's and students playing basketball in the gym. If I walk a little further down the hall, many students are already busy doing school work in homework club or partaking in activities in the Maker Lab. As we are a learning community, it is important to have the students work on their academics skills as well as their social emotional skills. This year, our main focus in the building is community and climate. The students have been focused on being respectful to others and taking responsibility when they make mistakes. All of our students completed the Digital Citizenship Curriculum, which teaches how to use technology in a safe and responsible way the supports positive school culture. Each week students participate in Tier One Restorative Circles to build relationships, create shared values and guidelines. The goal is to build a caring, intentional, and equitable community with conditions conducive to learning.

During the month of September, our English Language Arts (ELA) teachers have been administering the Scholastic Reading Inventory (SRI). This research based reading assessment measures reading comprehension using authentic text. After all the students are tested, the teachers use the data to create interventions that will best meet the needs of individual students. The teachers will also meet in their Professional Learning Community (PLC) to analyze the data school wide and make decisions on future programming and curriculum. During parent/guardian conferences, your child's ELA teacher will be reviewing your child's SRI score and recommending strategies on how you can work with your child to improve their reading comprehension.

Effective October 9, 2017, all students who wish to ride a GMT bus must have a school issued ID or pay for the bus each time they ride. HMS will provide all students who live at least one mile from school with a school ID with the GMT logo. This will be the student's bus pass. Information about GMT School Tripper routes can be found at <http://ridegmt.com>.

Hunt's phone number still is 802-864-8469 but we no longer have separate numbers for our attendance, guidance, athletic director and nurse. When you dial the main number you will be prompted to press a number of the person or department you are looking for. Each teacher has an extension and mailbox but the phones will not ring into the classroom during the school day. If you need to get a message to your student, the best way to reach them is through their school email that they will be checking at the end of each day.

Please visit our Hunt Middle School website <http://hunt.bsdvt.org/> or Facebook at Lyman C. Hunt Middle School to keep up to date on what is happening at our school.

Our after school programs start October 1st. Gabe Diaz gdiaz@bsdvt.org is our new afterschool director and has been doing a great job developing after school activities that our students will enjoy. Please contact Gabe if you have any questions or concerns regarding the after school program.

There will be a Principal's Coffee on October 12th from 7:30 to 8:15 in the HMS library. Please join us.

News from the School Counseling Office:

Greetings Parents/Guardians and Students and welcome back to a new school year! I am Kathy Stergas, the School Counselor at Hunt. As the School Counselor, I have many different roles. At the start of the year I go in to classrooms to introduce myself and talk with students about Bullying and Harassment. I also am giving students the opportunity to sign up for small groups. The groups meet during the school day. The topics range from Stress and Relaxation, Friendship, and Grief and Loss. Groups give kids the opportunity to get support from their peers in a safe and structured way. Aside from classroom activities and small groups I also meet with students individually. Students can access me in lots of ways - they can stop by my office, leave me a note, ask a teacher to see me, send me an email.

Parents often ask me to check in with their child. I am here to support you as well - parenting middle school kids is fun but also challenging! If you would like to talk with me about your child please reach out! You can reach me at kstergas@bsdvt.org or **802-864-8469 X61005**.

Here are a few questions to ask your child about school that will get you more than a yes or no answer!

What do you wish you could do more of at school?

If you were the teacher tomorrow what would you do differently?

What made you feel happy today?

What was the funniest thing you saw today?

Sometimes adding "tell me" before the questions prevents the "I don't know answer"!

Hunt BE Above BTV Students Travel to “The Other Side of Impossible”

This July, adult leaders and student members of the Hunt Middle School after school group BE Above BTV traveled to Smithfield, Rhode Island to attend the Youth to Youth Eastern States Conference. Youth to Youth (Y2Y) conferences bring together teens from across the country who have chosen a drug-free lifestyle. Over 500 middle and high school students attended this year's Y2Y Eastern States Conference. During the four-day conference, students attended educational and interactive workshops about alcohol, tobacco, marijuana, and other drugs; practiced leadership skills; heard from nationally recognized speakers; developed action plans to create positive change in their own communities; and had a TON OF FUN!

“The Other Side of Impossible” was the theme of this year's conference. Teen attendees were asked to set goals outside of their comfort zone and were given opportunities to achieve them while at the conference. Habiba Ibrahim, a BE Above member and Hunt Middle School 8th grader, achieved her goal of “stepping outside of [her] comfort zone and meeting new friends.” She said that “the people at conference were actually really chill. We got really close. I would totally go back again.”

Annemiek Kashindi, a BE Above and Hunt Middle School 8th grader, said the experience taught her “that you really don't need drugs and alcohol.” She added that “it was fun finding new friends who were also learning new things. The food was good too! Overall, it was super fun!”

Tara Rueckert, BE Above BTV adviser, described the powerful impact the conference had on the students who attended. “Our students were given the opportunity to connect with so many other teens who have also committed to a drug-free lifestyle; many of the conference activities were even led by trained teens. This amazing level of peer support was so energizing and empowering for our students. I witnessed them learn so much and experience so much personal growth over four short days.”



Above the Influence BTV and BE Above BTV students pose for a picture in their conference t-shirts.



BE Above BTV member and Hunt Middle School 8th grader Grace Turner stands in front of the Youth to Youth conference stage.

Join **BE Above BTV!**



BE Above takes action and makes positive change!
BE Above projects help teens in the **BTV** community
live free of alcohol, tobacco and other drugs.

Leadership, Advocacy, Field Trips, Fun, & More!

Come to our weekly meetings!

Wednesdays

2:15 - 3:30 pm

Miller Recreation Center

Email BEAboveBTV@gmail.com for more info!



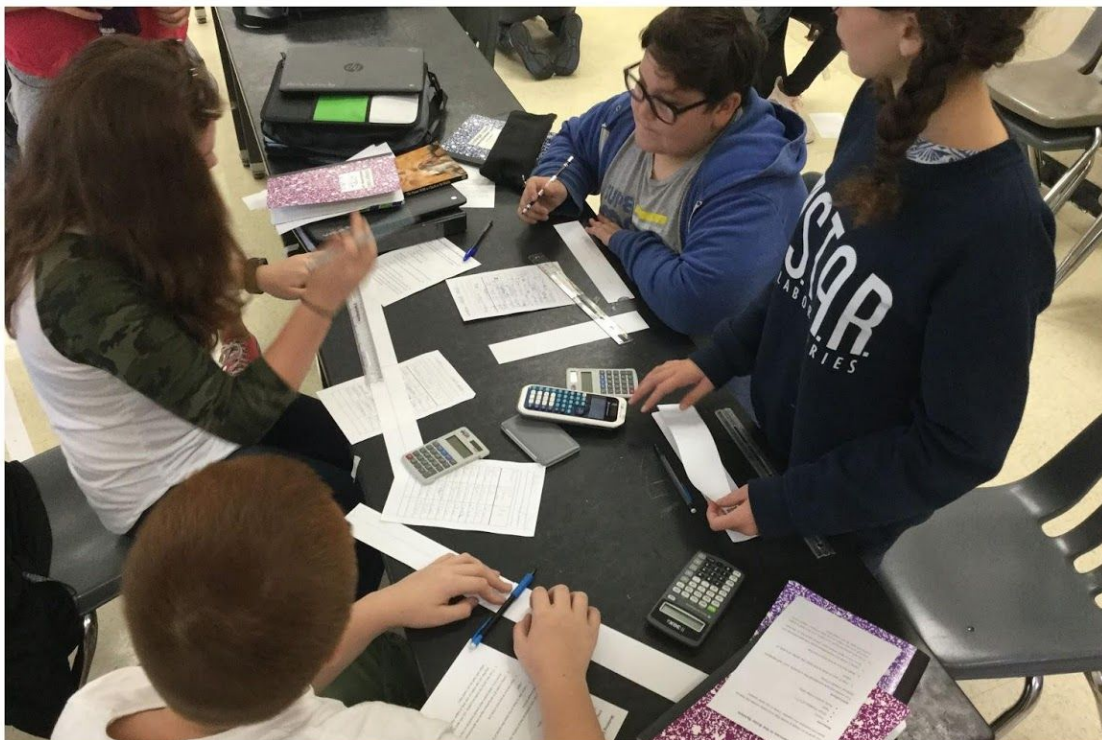
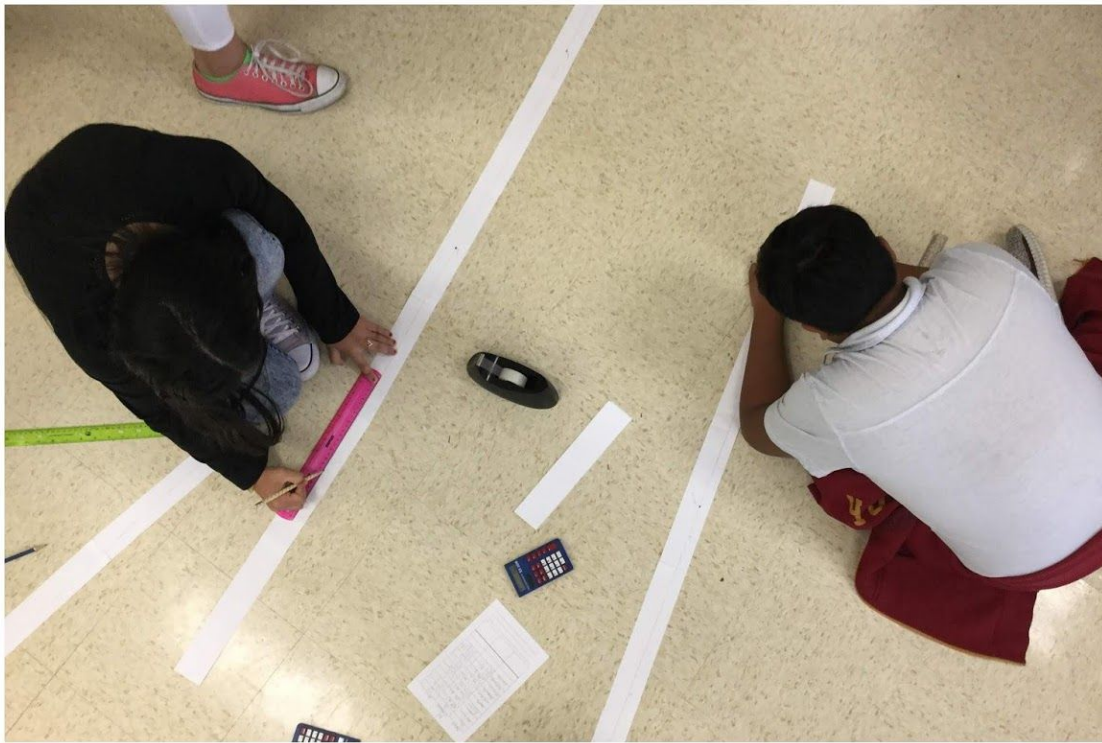
Science

Solstice scientists started the year practicing digital skills and building community through our “Resident Experts” project. Students created posters to communicate a topic of their personal expertise, and then made connections and shared constructive feedback through a digital networking platform.



We have since moved on to our first unit, where Solstice scientists are researching and analyzing data in

order to construct accurate scale models of the solar system. Students are developing and exercising skills in research, scaling large numbers, conversion of units, and precision of measurement.



Follow our class on Twitter! @SolsticeScience

Math

- Our seventh graders are investigating operations with positive and negative numbers- adding, subtracting, multiplying, and dividing- and will be applying that knowledge to solving equations and word problems.
- Our eighth graders are reviewing how to solve algebraic equations and applying that knowledge to solving word problems dealing with angle relationships. We will then move on to discussing how to apply equation-solving techniques to proportions containing algebraic expressions.
- Some of our eighth graders have also chosen to be part of an Algebra Seminar, and are off to a good start.

Language Arts

- Students wrote stories using six words. They then worked on writing 100 word memoirs. Throughout this, we worked on showing and not telling our stories, as well as using descriptive language.
- We are reading short stories by contemporary authors that show what growing up is like for kids these days. Stories deal with various issues, such as divorce, death, identity, peer relationships, race, ability and other challenges teens face.
- We are going to the Flynn Theater on October 25 to see Ping Chong and Company - Muslim voices. This will showcase five young Muslim individuals and what growing up was like for them.
- We are working towards writing our own personal narrative about growing up.
- We are reading 150 minutes a week, thirty minutes a night. Look for those reading logs!

Social Studies

Social Studies classes began the year by sharpening their persuasive skills. They completed research on the geography of the U.S. and debated which region was the most diverse from a physical, cultural and economic standpoint. Shout out to California and the Pacific Northwest, two of the more popular regions! Students then completed topographical maps of the U.S. and were quizzed on the major physical features of the nation. As the year progresses, we will study U.S. history from the colonial era to reconstruction as well as Civics. We will also working on a variety of academic skills including persuasive writing, research, note taking, test preparation, and content area reading strategies. For more detail, visit our website [here](#).

Team PHOENIX:

Much of our team and class updates can be found at our team Twitter feed (<https://twitter.com/PhoenixLearns>) and team blog (www.hmsteamphoenix.blogspot.com). Please visit them and be sure to sign up/follow for updates. We welcome your feedback as we seek to make these tools as helpful as possible for you all.

Language Arts:

Students in September took their initial Scholastic Reading Inventory test. They will be receiving their scores soon.

Students wrote Six Word Memoirs and 100 Word Memoirs.

During October, we will begin studying short stories and poems about growing up. Students will then be writing a personal narrative.

The major homework in language arts is reading. Please ask your student to share his/her/their reading record so you can sign for them after they read at home.

Ms. Hickey can be reached at lhickey@bsdvt.org.

Social Studies:

We kicked off the year by supporting students with learning the digital citizenship curriculum so that they would be better prepared for the rights and responsibilities that come along with their Chromebooks. As this is a U.S. History year in social studies, we are starting by asking, "How did the first humans arrive on this continent?" This will lead to a discussion of the first Americans and indigenous peoples of our country.

This year, we will be relying heavily on Google Classroom for assignment tracking and information about class. Please have your child show you this tool.

Ms. Fabri can be reached at jfabri@bsdvt.org.

Mathematics:

- 7th graders are learning the skills to develop good student habits.
- 7th graders are studying rational numbers.
- 8th graders are starting a big algebra unit and have been working on solving very complex equations that require the use of all their 7th grade math skills.

- Ms. Gagnon is available to help with math or administer retake assessments at 3:15 every day except Wednesday.
- On Wednesdays, Mr. Van Buren is available to assist with math in afterschool homework help from 2 to 4:30.
- Ms. Gagnon can be reached at agagnon@bsdvt.org

Science: Phoenix scientists have blasted off into space.

- They have been learning about the different planets in our solar system.
- They will be researching the size of the planets and their distances from the sun in order to make a scale model of our solar system.
- They have also been reviewing the metric system.
- Ms. Cullen can be reached at mcullen@bsdvt.org

Team Oasis:

Team Oasis has joined Twitter!

If you'd like to keep up with the goings-ons of Team Oasis, you can do so 280 characters at a time. Follow along here at <https://twitter.com/HmsOasis>. This fall, in addition to updates about what we're learning or doing on the team, we'll be sharing some of our six word memoirs from language arts. This is a new practice for us, so if there are things you'd like to see, feel free to drop us a note at jmoore@bsdvt.org. See you among the hashtags.

Middle Years

Working Together for School Success



Short Stops

Connect after school

Your middle grader may not feel like talking the minute he gets home from school. Try simply saying, "Hi, I hope your day went well!" and giving him time to relax. Later, you might ask about a class or an assignment, such as what he did in art or how his history presentation went.

A load off your back

Carrying a heavy backpack can strain muscles and cause shoulder, neck, and back pain. Let your tween weigh herself and then her backpack to make sure it's no more than 10–20 percent of her body weight. Also, she should carry the bag over both shoulders so the weight is evenly distributed.

Guess my number

This fun family game stretches your child's logical thinking skills. Take turns choosing a number between 1 and 100. Have everyone else ask yes or no questions ("Is it odd?" "Is it more than 60?") until someone figures out the correct number. Then, that person picks a new range (say, between 475 and 600) and a new secret number.

Worth quoting

"Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success." William J. H. Boetcker

Just for fun

Q: Who is strong enough to move a castle?

A: A chess player!



A+ organizing strategies

As the school year gets under way, your middle grader will be calmer and more confident if she knows she's on top of things. Strategies like these can help her get organized.

Create "command centers"

Encourage your tween to keep school-related materials in specific places so she'll always know where they are. She could store homework supplies on a kitchen shelf or in a box on her bedroom desk. Have her choose a spot near the front door for items like her backpack, musical instrument, and gym shoes so they'll be ready to go when she is.

Use "5-minute wonders"

Suggest these habits that take only a few minutes. Before leaving school each day, she can scan her planner to check dates and deadlines for tests, assignments, and forms. That way, she'll know which books and papers to take home. At home, she could quickly leaf through her folders and notebooks, then



file what she needs and throw away what she doesn't.

Keep an estimate log

Knowing how long tasks actually take will give your tween an edge when organizing her time. Suggest that she time herself completing different types of schoolwork, such as doing research for a report or reviewing Spanish vocabulary. She could write the times in her planner and refer to them later to help her budget accurately in the future. 👍

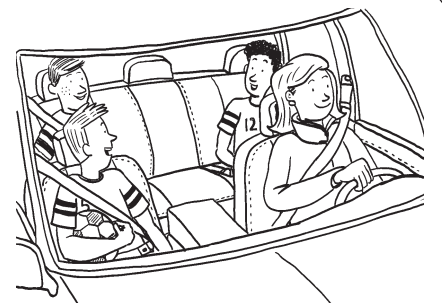
Part of the group

Joining an extracurricular activity gives your child a productive—and fun—way to spend his free time. Try these ideas.

■ **Find a good fit.** Suggest that your middle grader listen to morning announcements or check the school website for a list of activities. He can ask the coach or advisor for more details about ones he's interested in.

■ **Arrange transportation.** Set up a carpool with other parents. Or have him find out whether there's a late bus he can ride and get the schedule.

■ **Show interest.** If he joins a sports team, cheer him on at games or meets. Or if he's in the science club, ask him to tell you about an experiment he enjoyed. 👍



Homework: Smooth sailing

In middle school, your tween is the captain of the ship when it comes to handling homework. He can sail smoothly with these tips.

Discuss expectations. Encourage your child to think about what he expects of himself. He might say he will turn in assignments when they're due and get in the habit of looking over math problems to be sure he didn't



make careless mistakes. Also, let him know what you expect when it comes to homework. Consider writing down your expectations, such as doing his best and turning assignments in when they're due.

Step back. Have your middle grader decide when to do homework, whether it's after school or after dinner. When it's time for him to start, be matter-of-fact.

You could say, "Looks like it's time to do homework. Let me know if you need anything." Then, allow him to work independently. This shows him you have confidence in his abilities and encourages him to take responsibility for his own work. 👍

What is "vaping"?

The good news: Fewer middle schoolers are smoking cigarettes. The bad news: More tweens are vaping, or using electronic cigarettes. Here's what you need to know.

What it is:

Electronic devices are used to inhale vapor that usually contains nicotine. Vaping appeals to kids because it comes in flavors like cotton candy or bubble gum. The devices are often small and easy to hide—some even look like flash drives and can be plugged into laptops to charge.



Why it's dangerous: Nicotine is addictive, and it harms growing brains and lungs. And the verdict is still out on what additional damage the chemicals could cause.

What you can do: Don't allow any type of smoking, and let your child know the consequences if she breaks this rule. Also, be on the lookout for signs of vaping, such as giant clouds of vapor or unexplained odors. And search for images of e-cigarettes online so you'll know what they look like. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Parent to Parent

Encourage initiative

I mentioned to my neighbor Jeanne what helpful kids she has, since I often see them getting the mail or working in their yard. Jeanne said they do a lot without being asked, so I wanted to know her secret to raising children who take initiative!

Jeanne explained that when her youngest started middle school, she went back to work and had less time to do things around the house. So she taught her kids that rather than waiting for her to change the trash bag or start the dishwasher, they needed to handle those things themselves. Eventually, they got used to taking on bigger roles in the household.

I decided to take a page from Jeanne's book and have my daughter start doing her laundry and packing her snack. After the first few days, I stopped reminding her—and when she didn't have clean clothes or a snack, she learned to remind herself. She may not offer to do the gardening overnight, but at least I'm sending the right message! 👍



Q & A

In school every day

Q Last year, my son asked to stay home when he was tired or "needed a break." I know he has a lot to do—should I let him stay home occasionally?

A One of the best ways to help your child have a successful year is to make sure he attends school every day from start to finish.

Start the year by reading the attendance policy in the school handbook together. That way, you'll both be on the same page about what counts as

an acceptable reason for missing school, such as illness or a family emergency.

Then if he asks for a "day off," explain that learning is his job. To keep up with new material and participate in class, he has to be there. You can let him know that his days off come during winter break and spring break. Regular attendance at school now will create a habit that he'll continue throughout his school years—and one day, on the job. 👍



OCTOBER

3 Makerspace

Calling all makers! Drop by the library to make stuff with art supplies, circuits, and more!

Ages 10+

Wednesday October 3, 2-3:30pm

7 Anime Club

Anime, manga, crafts, cosplay and more! Join us for the brand new FFL Teen Anime Club!

Ages 13+

Sunday October 7, 2-3pm

10 Makerspace

Calling all makers! Drop by the library to make stuff with art supplies, circuits, and more!

Ages 10+

Wednesday October 10, 2-3:30pm

14 Teen Book Club

October's selection is the GMBA winner, *City of Saints & Thieves*. Get a copy of the book at the Front Desk and join the discussion on October 14th!

Ages 13+

Sunday October 14, 2-3pm

17 Makerspace

Calling all makers! Drop by the library to make stuff with art supplies, circuits, and more!

Ages 10+

Wednesday October 17, 2-3:30pm



21 Anime Day

An entire day just for anime! Check out a movie screening, make kawaii (cute) crafts, and learn about Japanese culture! Wear a costume and get a prize!

Ages 13+

Sunday October 21, 12-3pm

24 Makerspace

Calling all makers! Drop by the library to make stuff with art supplies, circuits, and more!

Ages 10+

Wednesday October 24, 2-3:30pm

28 TAC (Teen Advisory Council)

Have a say in what programs we offer, help plan events, and do fun stuff!

Ages 13+

Sunday October 28, 2-3pm

31 Makerspace

Calling all makers! Drop by the library to make stuff with art supplies, circuits, and more!

Ages 10+

Wednesday October 31, 2-3:30pm



Abby Wanserski, Tween/Teen Librarian
fletcherfree.org/teens
802.540.2546

OCTOBER

SUN

MON

TUE

WED

THU

FRI

SAT

	1	2	3 Makerspace 2-3:30	4	5	6
7 Anime Club 2-3pm	8	9	10 Makerspace 2-3:30	11	12	13
14 Book Club 2-3pm	15	16	17 Makerspace 2-3:30	18	19	20
21 Anime Day 12-3pm	22	23	24 Makerspace 2-3:30	25	26	27
28 TAC 2-3pm	29	30	31 Makerspace 2-3:30			