

December Newsletter

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MESSAGE FROM THE PRINCIPAL

As we go into the holiday break, we are more than half way through the second quarter. Please take time over the vacation break to check your student's progress on Powerschool. I would like to thank all the families and community businesses (Hannafords, Intervale Community Farm, Village Market of Waterbury, Shadow Cross Farm, Entenmann's Bakery, Pete's Greens, and Chapin's Orchards) who supported the HMS Food Drive. We were able to deliver food baskets to over 30 families in our community.



Our basketball teams are in full swing and the players would love the community to come cheer them on.

2018-2019 Basketball Schedule									
Date	Day	School	Home	Away	Start Time	A/B	FIRST		
12/11	TU	ADL	GIRLS	BOYS	4:15	A			
12/13	TH	COLCHESTER	BOYS	GIRLS	4:00	B			
12/18	TU	FHTMS	BOYS	GIRLS	4:15	B			
12/20	TH	MILTON	GIRLS	BOYS	4:15	B	GIRLS A TEAM		
1/7	MO	SHELBURNE	GIRLS	BOYS	4:15	A			
1/14	MO	CHARLOTTE	GIRLS	BOYS	4:15				
1/17	TH	EDMUNDS	GIRLS	BOYS	4:00	B			
1/24	TH	CTK	GIRLS	BOYS	4:15	B	BOYS GAMES AT ST. ANTHONY'S		
1/25	FR	WESTFORD	B TEAMS ONLY BOTH @WESTFORD GIRLS 4:00 BOYS 5:00						
1/29	TU	MC	GIRLS	BOYS	4:15	B			
2/5	TU	BRMS	GIRLS	BOYS	4:15	B			
2/7	TH	EMS	GIRLS	BOYS	4:15	A			
2/11	MO	WILLISTON	BOYS	GIRLS	4:15	B			
2/13	WED	WESTFORD	BTEAMS ONLY BOTH @ HUNT GIRLS 4:00 BOYS 5:00						
2/14	TH	ESSEX JAMBOREE	B TEAMS						

Best wishes for a healthy and happy winter break. See you in the new year!

Mattie Scheidt

From the Health Office:

The goal of our Comprehensive Health Education is to provide accurate information to our children so they can make good decisions and lead healthy lives. The best way for this to happen is for parents and teachers to work together.

Dr. Lori Rasha from University Pediatrics will be coming to HMS to present information to your student(s) about HIV/Aids and Sexuality. The information will be presented during their PE/Health class. We are still working on the actual dates but it will likely be after the return to school in January.

This is an opportunity for you to have continued discussions at home. As a parent / guardian, it's important for you to discuss the facts, as well as your own family beliefs and values, with you children.

If you have any questions, please call . If you decide you do not want your child to participate in discussions about this topic, please email or call the nurse.

Catherine Paradiso RN
School Nurse
802-540-0166



Team Solstice News

Visit our team blog for the most up-to-date news: teamsolstice.edublogs.org

Science

In December Solstice scientists have become experts in orbital motion. Students have studied the relationship between mass, gravity and velocity in creating and maintaining orbits. The mechanisms of orbital motion help us understand and explain the orbits of satellites, moons, planets, solar systems, and even galaxies.

In January we will focus in on the motions of the Earth-Sun-Moon system, as we tackle questions such as:

- Why do we have seasons?
- Why do phases of the moon occur in predictable patterns?
- How do eclipses work?

Math

- Our seventh graders have begun to explore proportional relationships through tables and graphs, and we will be expanding this investigation to include tax, tip, discount, and similar figures
- Our eighth graders are working on a big investigation of linear relationships. We have looked at calculating slope and intercepts, writing equations in different forms (slope-intercept, standard, and point-slope), and applying that knowledge to word problems. We even pulled in the Pythagorean Theorem by using it to calculate the distance between two points on a coordinate plane!
- Some of our eighth graders have also chosen to be part of an Algebra Seminar, and are working hard.

Language Arts

- Students finished up writing personal narratives about a challenge they have overcome. They used many of the writing tools we learned so far this year to engage the reader.
- Next up - students will read *Buddha Boy* as a class and look at many social issues faced in our community.
- Are you getting the Friday updates in your email? If not, please let Ms. Sawtell know and she can make sure you are on the list: csawtell@bsdvt.org

Social Studies

For more detail, visit our website [here](#).

Team PHOENIX:

Many 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 have completed both a personal narrative and a gift of communication this month. (The gift of communication can be either a letter or a movie.)

In January students will be interviewing people about moving to a new place and the lessons that change gave their subjects. They will then write these interviews.

Students are reading daily in class and should be reading at home half an hour, five times a week.

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

Social Studies:

Students have been engaged in an introductory inquiry unit in order to develop the skills needed to perform more student-centered inquiries later in the year. We are pursuing the question, "Does it matter how leaders are chosen?" across multiple historical periods and areas of the world.

We continue to use 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 studying rates.
- 8th graders are studying systems of linear equations.
- All students are required to write down their assignments in their assignment notebook each class.
- Help with math assignments is available after school Monday through Thursday in homework club.
- Ms. Gagnon can be reached at agagnon@bsdvt.org

Science

- Phoenix scientists are finishing up their unit on gravity.
- They are working on a design task where they have to design a satellite to send to space. They need to determine the purpose of the satellite and explain how it would orbit the Earth or other planet.
- They have learned about the factors that affect gravity, how satellites orbit planets, and how planets orbit the sun.
- Next, they will have a chance to research about either: lunar phases, seasons, solar eclipses, or lunar eclipses.

- Ms. Cullen can be reached at mcullen@bsdvt.org

PE December Newsletter:

As we near the end of 2018 it is incredible to look back at our accomplishments. This has been a great year for us in the PE Department. Our 6th graders bring a positive energy that is unparalleled. The 7th & 8th graders are engaging and active participants in our daily activities. We began the year with lots of team building and cooperative games, striving to create a climate and culture comprised of respect and cooperation with one another.

We played lots of 9-square, which many of you saw first hand at the open house. Tag games and we just finished a unit of "personal fitness". We rotated through stations working different muscle groups. WE also spent two weeks fitness testing, setting baselines for our students as a beginning point. We will continue to promote activities that will strengthen muscles and build endurance preparing our students for the spring statewide fitness assessment .

As 2019 fast approaches, we are encouraging students to bring a change of clothing for gym class. It is the expectation that all students change. It teaches good hygiene, gives students a chance to change out of wet sweaty clothing and to keep a fresh smell with them all day. (We do provide deodorant if students need some).

As winter is approaching (lots of snow, hopefully, please make sure your student comes prepared. They will need snow pants, coat, hat, and mittens. We will be snow shoeing, or cross country skiing. (provided the weather cooperates with us).

On a side note, the gym is available to students, Monday, Wednesday, and Friday mornings from 7:15-7:45 am for a morning workout, with Ms. Bonoyer and Mrs. St. Pierre.

Looking forward to a great 2019!!!

Wayne Pecor
Leslie St.Pierre

BE Above

BE Above students have had a super busy fall! In October, Annemiek Kashindi and Kayla Tran represented Hunt at the Getting to Y conference in Montpelier. The girls learned how to understand the Youth Risk Behavior Survey results and started planning



for sharing that data with parents and school officials later this school year. In November, Batula Mohamed and Damian Ricciarelli attended the VKAT conference at Lake Morey where they learned about leadership and how tobacco companies advertise in ways that target youth. On November 14th, BE Above hosted Ty Sells, a national speaker, to learn the truth about marijuana. This month, we've been focusing on team building and spent an

afternoon making gingerbread houses together. We are looking forward to more awesome work in the new year! Want to get involved? BE Above meetings are Wednesday afternoons from 2:15-3:30 at the Miller Center.



Tips for healthy modeling this holiday season

Adolescents are less likely to drink if they live in homes where parents have specific rules against drinking at a young age and also drink responsibly themselves.

If you choose to drink, always model responsible alcohol consumption:

- **Never drive after drinking or using drugs and never get in a car with someone who is under the influence.**
- **Never provide alcohol to anyone underage.**
- **Avoid talking about using drugs or alcohol to "unwind" or "help with a stressful or long day." It is important that kids do not get the message that drugs or alcohol are a way to help with stress or difficult emotions.**

Educate yourself about the risks of underage substance use. Share your beliefs and expectations clearly and consistently with your children.

Learn more at parent111burlington.org



Parenting in a Digital World

THE BASICS OF RAISING
STRONG DIGITAL CITIZENS

The digital world is constantly evolving with new social media platforms, apps, and devices, and kids are often the first to use them. Keeping up the latest technology can be challenging but even the most digitally phobic among us can still parent successfully in a digital world.

Want to know the best way to protect your kids online? Talk to them. While kids value the opinions of their peers and may tell you your input isn't welcome, on the issues that matter most parents are the #1 influence on their teen's decisions.

Talk Early



As soon as your child starts using a phone, mobile device, or computer - even if it's just to watch a video or play a game on your phone, it's time to talk to them about online behavior and safety. With your child, explore this online safety guide, designed for kids, from the Federal Trade Commission:
bit.ly/HeadsUpFTC

Talk Often



Use everyday opportunities to talk to your teen about being online. Listening and taking their feelings into account will keep conversations productive. Many students access technology to seek healthy support, advice, health information, and understand identity. This article on teen social media safety has some specific, clear language for applying your family's already existing values and structure to online activities, including a straightforward way to talk about sexting and pornography: bit.ly/talkpointssm

Set Clear Expectations



Be clear about your expectations and how they apply in an online context. Communicating your values openly can help your kids make smarter and more thoughtful decisions when they face tricky situations. Be specific about what's off-limits — and what you consider to be unacceptable behavior. Working with your child, create a contract outlining your expectations & clear consequences. Here's an example: bit.ly/agreement4phones.

Keep Learning



Work hard to keep the lines of communication open, even if you learn your kid has done something online that you find inappropriate. Make sure that Internet "incidents" are an opportunity to communicate, reflect, and learn - not a platform for lecture.

Parentin
BURLINGTON

For support raising healthy teens visit parentinburlington.org

Middle Years

Working Together for School Success



Short Stops

Getting the message

Let your tween know you're counting on her to keep you in the loop about school news. During morning announcements, she might jot down reminders ("Ask for a ride to basketball tryouts, Saturday 9 a.m."). Or have her post flyers on the refrigerator where you'll see them.

Mealtime manners

Encourage your child to be polite when he's offered food. If he doesn't like something, he could take a small portion to try—maybe he'll enjoy it after all! If he has a food allergy or eats a vegetarian diet, he can mention it and say, "Thank you anyway."

Turning in assignments

Your middle grader's homework isn't finished until she hands it in. Suggest that she take it out of her backpack as soon as she sits down in each class so it's ready to be collected. Or perhaps she'll keep homework in one folder to carry to every class so she doesn't leave any assignments in her locker.

Worth quoting

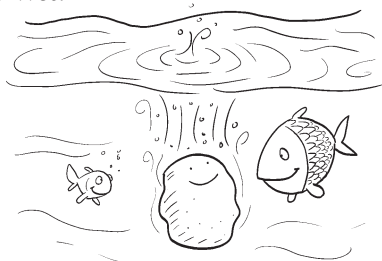
"Happiness often sneaks in through a door you didn't know you left open."

John Barrymore

Just for fun

Q: If you throw a blue rock into the Red Sea, what will it become?

A: Wet!



Growing responsibility

Picture your middle grader as a responsible young adult. How do you help him get there? Consider these ideas for planting the seeds of responsibility now so he'll grow into the dependable person you're trying to raise.

Promote consistency

Sticking to routines makes handling responsibilities a natural part of your tween's day. For instance, if he needs a tablet for school, he might charge it on the kitchen counter every night. Or suggest that he bring his PE uniform home on Fridays so he can wash it.

Pass the "baton"

Imagine you're in a relay race and you're passing the "responsibility baton" to your child. Make the handoff by switching from giving instructions to asking questions. Say he's getting ready for a chorus concert. Instead of telling



him to put on his dress shoes and find his sheet music, try saying, "What do you need to do to get ready?"

Discuss accountability

Experience is an excellent teacher—and it can make your middle grader more responsible. Share an example from your own life ("I forgot about my doctor's appointment, so now I have to pay a no-show fee"). Then, explain what you learned ("I need to put appointments on my calendar right away").

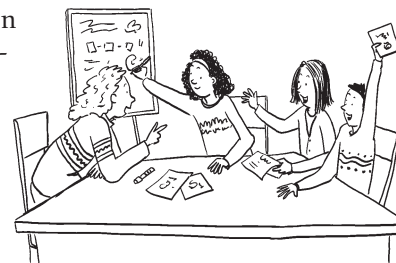
Brainstorm for project success

Your tween may have heard the expression "Two heads are better than one." That's especially true when it comes to brainstorming! Share these tips she can use the next time she works on a group project.

■ **Get organized.** Decide what the group will accomplish (say, picking a topic for a class presentation). Review the assignment guidelines, and appoint one person to record ideas.

■ **Consider all possibilities.** Encourage your middle grader to call out any idea that comes to mind, even if she's not sure it'll work. An off-topic or half-formed suggestion may lead others to think of ideas that *will* work.

■ **Read and evaluate.** At the end of the brainstorming session, look over all the contributions. Think of ways to combine or tweak everyone's favorites.



Writing is fun!

Motivate your tween to write more often with these activities. She'll practice using parts of speech and descriptive language.

Make up Mad Libs. Your middle grader could create a silly story by leaving blanks for you to fill in. Encourage her to think carefully about where to put blanks and label each with the part of speech needed (noun, verb, adjective). For example, will



she leave out a noun so you can choose the character? ("I looked up to see a giant _____ walking down the street.") Or will she pick the character and let you supply an adjective to describe it? ("There was a _____ wildebeest on the loose.")

Write shape poetry. Can your

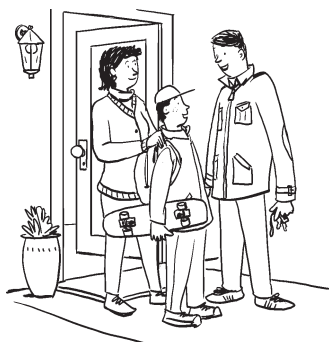
child write a poem in the shape of her topic? With *concrete poetry*, she'll do just that. First, have her select an object to write about, such as an apple, and think about what it brings

to mind (baking apple pies with Grandma, visiting an apple orchard). She should draw an outline of an apple in pencil, write lines of poetry in pen to fit the shape, and erase the outline. 🍏

**Parent
to
Parent**

Peaceful co-parenting

After our divorce, my ex-wife and I used a co-parenting app to communicate because talking in person was awkward.



When I mentioned the app to my counselor, he suggested that it would be good for our son, Aiden, to see his parents getting along—in person.

I realized he was right, so lately I've started going to my ex-wife's door to pick up Aiden rather than waiting in the car. I caught my son smiling when he saw me talking to his mother about how he's doing in school and about our plans for the weekend.

We still use the app, but it's getting easier to set aside our emotions for Aiden's sake. He's realizing that we can work together even though we have our differences. 🍏

Q

Avoid the gossip scene

Q I recently heard my daughter talking with her friends about a rumor that's going around at school. How can I encourage her not to gossip?

A First, talk to your daughter when her friends aren't around. You could suggest that she always assume rumors are false. Point out that people who start or share them often don't even know if they're true. They may gossip because they want attention or to get revenge, for example.

Then, have your tween think about how the person being talked about would feel if he overheard the gossip. Instead of staying silent, your middle grader might speak up and say, "That sounds like a rumor." She should also avoid spreading the rumor.

Finally, explain that sharing rumors can cause friends not to trust her. After all, if they know she's willing to gossip, they may wonder if she'll gossip about them one day, too. 🍏



Creative tweens

Ever wonder what happened to your singing, doodling, spontaneous child? He's still there! Since middle graders are usually more self-conscious, they might need a little coaxing to express their creativity. Try these strategies.

1. Put an inexpensive art easel and supplies (drawing paper, paints, brushes, markers, colored pencils) in a corner of your home. When you're not looking, your tween may



decide to sketch a pet, paint a sunset, or try his hand at abstract art.

2. Put your middle grader in charge of making signs on the computer or on poster board for family members' birthdays. He can download pictures specific to the person (favorite food or movie star) and write a clever greeting. *Example:* "Happy birthday from the whole bunch" with a picture of bananas. 🍌

OUR PURPOSE

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

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