



THE FALCON CRIER

APRIL 2016



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Dr. Karl E. Wickman
Principal

Mr. Antonnio R. Hockaday
Assistant Principal

Mr. Jeffrey R. Raff
Assistant Principal

Ms. Wendy L. Steo
Assistant Principal

From the Principal

The time is upon us again for our annual North Harford Middle School Faculty Basketball Game. The game is scheduled for April 12 at 7:00 pm and is always a fun event enjoyed by all. As I tend to do with most things, I am always looking for teaching and learning opportunities. I was looking through some quotes from some famous basketball players and coaches and came across some that drew my attention. What attracted me to them was that these quotes about what it takes to be a great basketball player would also make great quotes for what it takes to be a great student.

- ◆ "Good, better, best. Never let it rest. Until your good is better and your better is best." -- Tim Duncan
- ◆ "One man can be a crucial ingredient on a team, but one man cannot make a team." -- Kareem Abdul-Jabbar
- ◆ "Be strong in body, clean in mind, lofty in ideals." -- James Naismith
- ◆ "They say that nobody is perfect. Then they tell you practice makes perfect. I wish they'd make up their minds." -- Wilt Chamberlain
- ◆ "I try to do the right thing at the right time. They may just be little things, but usually they make the difference between winning and losing." --Kareem Abdul-Jabbar
- ◆ "If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my

life." --Isaiah Thomas

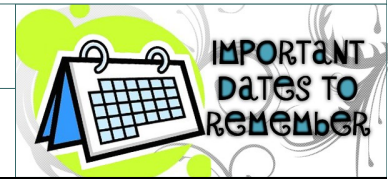
- ◆ "If you think small things don't matter, think of the last game you lost by one point."--Author Unknown
- ◆ "Imagination has a great deal to do with winning." -- Coach K
- ◆ "To me, there are three things we all should do every day. We should do this every day of our lives. Number one is laugh. You should laugh every day. Number two is think. You should spend some time in thought. And number three is, you should have your emotions moved to tears, could be happiness or joy. But think about it. If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special." – Jim Valvano

Hopefully you found something within these quotes to help inspire you as teachers and learners as we move through the final quarter of the year. We look forward to seeing all of you at the game again this year.

*Karl Wickman Ed. D.
Principal, North Harford MS*



APRIL CALENDAR



Check out Edline for updates to the calendar.

You can also email the PTSA at nhmsptsa@gmail.com with any questions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 3rd Quarter Ends	9
10	11 4th Quarter Be- gins Deadline to pur- chase Hershey Park tix!	12 Faculty Basket- ball Game NHMS Gym. 7pm, doors open at 6:30	13	14 PTSA Meeting 6:30 pm NHMS Office Confer- ence Room	15	16
17	18	19	20	21	22	23
24	25	26 Primary Election Day--HCPS schools and offic- es are closed	27	28	29	30
MAY 1	MAY 2 6th grade Hon- ors Assembly 	MAY 3 7th grade Hon- ors Assembly 	MAY 4 8th grade Hon- ors Assembly 	MAY 5	MAY 6	MAY 7
MAY 8 	MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14

PTSA COMMITTEE NEWS

BOX TOPS FOR EDUCATION

Thank you to everyone who supported Box Tops for Education so far this school year. You've helped raise over \$1000 to help support NHMS PTSA programs and activities. Box Tops for Education is a really easy way to support NHMS. Schools can earn up to \$20,000 per year! Every box top counts!

Please continue to save Box Tops throughout the year. Some box tops will expire on June 1, 2016. Please send these to school by the end of May so they can be submitted. We do not receive credit for expired box tops.



EIGHTH GRADE DANCE

The 8th grade dance will be held on Friday, June 3, 2016 in the school gymnasium. The theme is "A Night in Paris!" Permission forms will be coming home soon. If you have questions about the dance or how to help, email Melissa Brode at harleyandme78@gmail.com

FACULTY BASKETBALL GAME

You won't want to miss the Faculty Basketball Game on Tuesday, April 12th in the NHMS Gymnasium. Come watch your teachers and administrators battle on the court! There will be a halftime free throw contest for students—students, you can win prizes! Tickets will be sold during homeroom on April 7th and 8th. Form is on the back page of this newsletter. Email schell.michelle@gmail.com if you have any questions. See you there!

HERSHEY PARK TICKETS

The deadline to purchase discounted tickets is Monday, April 11th. See page 9 for the order form.

REFLECTIONS

The results of the Maryland PTA Reflections contest are in—Ben Truxel won an Award of Excellence for his Film Production entry! CONGRATULATIONS to all of this year's participants. You can begin your works of art for the 2016-2017 contest now. Next year's theme is: "What is Your Story?" The current year's rules may help you get started. They can be found on Edline in the PTSA folder.

2015-2016 NHMS PTSA Committee Chairpersons

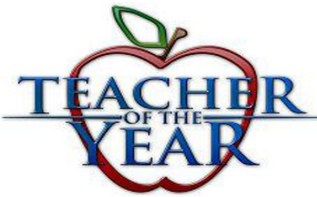
Box Tops/Labels: Paula Mackey
Corporate Rebates: Phil Hopkins
Eighth Grade Activities: Melissa Brode
The Falcon Crier: Michelle Schell
Faculty Basketball Game: Michelle Schell
Falcon Walk: Mark Lazoff & Beth Bearinger
Hershey Park Tickets: Carla Manzo

Membership: Michelle Schell
Reflections: Jennifer Bray
Spirit Wear: Debbie Sullivan & Julie Harvey
Staff Appreciation: Nancy Pappas
Volunteers: Sandra Monaco-Burton
Website/Facebook: Carla Manzo

If you have questions regarding the PTSA, or specific questions for an officer or chairperson, please email nhmspts@gmail.com and it will be directed to the appropriate person for follow-up.

SHARALYN HEINLY NAMED 2016 HCPS TEACHER OF THE YEAR

Congratulations to Mrs. Heinly, NHMS 7th grade math teacher, who was named 2016 HCPS Teacher of the Year on March 16, 2016.



The school community is so proud of Mrs. Heinly and very excited that she will represent all of the terrific teachers here at NHMS and throughout the county!

Use the link below to read the article from the website of The Baltimore Sun. This article also appeared in the Friday, March 18, 2016, edition of The Aegis.

<http://www.baltimoresun.com/news/maryland/harford/abingdon/ph-ag-teacher-of-year-2016-0318-20160316-story.html#nt=oft07a-7gp1>



Mrs. Heinly accepting her award at The Bayou restaurant in Havre de Grace, where the 2016 Teacher of the Year Banquet was held on March 16, 2016.

HEALTH NEWS

IMMUNIZATION REQUIREMENTS

Students entering grades 7 and 8 in school year 2016-2017 must have:

- **One Tdap (Tetanus, diphtheria, pertussis booster)**
- **One Meningitis vaccine (MCV, MCVP4)**

Check with your doctor to see if your child has had these vaccinations. Please do not delay; schedule an appointment to receive these vaccines or get documentation of vaccination as soon as possible. Your child will be excluded from school next year if they are not in compliance with these regulations.

Visit www.hcps.org and click the "health center" button for more information.

**IT'S THE RULE
SHOTS BEFORE SCHOOL**



**We're
Searching for
Volunteers**

“Nobody can do
everything,
but everyone can do
something!”

~Author Unknown

**Please consider being part of the NHMS
PTSA Executive Board or nominating
someone you think would be a great
addition to the team!**

Elections for the 2016-17 school year will be
held in May!

We also have many committee chair positions open!

Please contact Beth Bearinger |
bbearinger99@aol.com with nominations.

FROM THE NURSE'S OFFICE

TEN WAYS TO KEEP YOUR CHILD HEALTHY

Nobody wants to think that schools are unhealthy environments, but the fact is, even the best-run schools provide countless opportunities for your kids to be exposed to everything from the flu virus to head lice. But while you can't send your children to school in a bubble and protect them from everything, you can do things that can help ensure that your kids – and others – stay as healthy as possible during the school year. Here are 10:

1. Make hand-washing a habit--School nurses cite hand-washing as one of the most effective things kids can do to stop the spread of germs from hands to mouth and eyes, as well as from one child to another. Kids as young as kindergarten should know to wash their hands with soap and water – not just a quick rinse under the tap – before and after eating, after going to the bathroom and after blowing their nose, at a minimum. This goes a long way to reducing colds in a school environment.
2. Teach them how to sneeze--Educate your child about how to cough/ sneeze (into the crook of an arm, to prevent the spray of germs into the air) and blow his or her nose (carefully into a tissue that should be immediately discarded -- never a handkerchief that gets re-used).
3. Stay on top of immunizations--Most pediatricians follow a careful schedule of inoculations and immunizations throughout early childhood. Make certain that your child is current on all prescribed shots.
4. Keep sick children at home!--It's surprising how many parents will send their child to school with a cold or fever, thinking they can tough it out. Not only will this delay the child's recovery, it's inconsiderate to other children, parents and teachers in that it needlessly exposes them to the risk of contagion. A day or two at home to recover properly is more than worth the extra catch-up homework that might result.
5. Discourage lunchtime over-sharing--Kids love to trade foods at lunchtime. Discourage your child from drinking from the same water bottles, juice boxes, Thermoses® or milk cartons as other children – explain that that's how viruses and bacteria can spread from one child to another.
6. Keep kids active--It's a sad commentary, but in our laptop and digital-device-ruled world, sometimes kids have to be forced to play outside. Fresh air and physical exercise after school are crucial not just for your child's mental health, but for his or her physical well-being. Exercise boosts immunity!
7. Don't forget sleep--Well-intentioned parents today tend to keep kids so occupied with organized activities that often kids are over-tired. Sure, soccer, ballet, hockey and karate are all wonderful – but your child needs a good night's sleep each and every night to stay healthy. Teachers and school nurses often remark at how exhausted some children seem these days.
8. Don't skip breakfast--Every cliché about it being the most important meal of the day is true. It is fuel for both brain function and the physical demands of school. Good nutrition is crucial to a high-functioning immune system, making breakfast a direct contributor to your child's health in school. And, obviously, with lunchbox meals and after-school snacks, keep it healthy – fruit rather than junk food, low-fat dairy drinks as opposed to sugary soft drinks, etc.
9. Avoid lice--According to estimates from the Centers for Disease Control and Prevention, between 6 million and 12 million infestations of lice happen each year to children between the ages of 3 and 11. Reduce your child's chances of getting lice by warning him or her not to share combs, brushes, scarves or hats.
10. ----Even in the early grades, kids are under a surprising amount of stress. Take time with your kids to find out what's weighing on their mind – and try to reduce their level of anxiety about grades, competition or other issues. Kids can be every bit as victimized by stress – which takes a toll on general health and immunity to disease – as adults can.

The reality is, kids get sick – and then, just as quickly, they get well. But by adhering to the simple guidelines above, you can at least reduce the chances of a serious malady resulting from the many things they're exposed to in school each day.

COMING SOON

OUTDOOR CLASSROOM SPONSORED BY THE NHMS STUDENT GOVERNMENT ASSN.

We are in search of NHMS help.

The NHMS SGA is seeking goods and services from parents of the North Harford community. We are hoping to clear and renovate an outdoor classroom that is located in the back of the school. The area is currently heavily overgrown and is in need of some TLC. We are looking for volunteers and services that can help make this project a reality. We are looking to set up a day in late April or Early May to begin our renovations. Possible needed items and supplies are as follows:

- Volunteers
- Weed Wackers
- Lawn mowers
- Mulch
- Weed Killer
- Garden tools: shovels, gloves etc.
- Trucks and machinery



For additional information please contact Kelly.Taylor@hcps.org or send in the form below to Kelly Taylor.

✂

Name _____

Phone Number _____

Email Address _____



THESE LINKS MAY BE OF INTEREST TO YOU AND CAN ALSO BE FOUND ON www.hcps.org CLICK ON THE ICON TO ACCESS THE LINK.



HCPS CALENDARS

2016 - 2017 School Year			
August	September	October	November
December	January	February	March
April	May	June	July

■ Holiday ■ School Day ■ Professional Development ■ In-School Day ■ Summer Break ■

HCPS Parent Satisfaction Survey
due by 4/8/16



NORTH HARFORD MIDDLE SCHOOL PTSA

To order DISCOUNT tickets for 2016, complete this form with payment and return to Homeroom, ATTN: **Carla Manzo/PTSA** by: **Monday, April 11, 2016**

Please submit with one check payable to: North Harford Middle School PTSA
(Returned checks subject to bank fees)

Contact: Carla Manzo at cpmanzo@verizon.net

PARENT NAME: _____	CELL PHONE: _____
CHILDS NAME: _____	
ADDRESS: _____	CITY: _____
STATE: _____	ZIP: _____
PRIMARY EMAIL: _____	

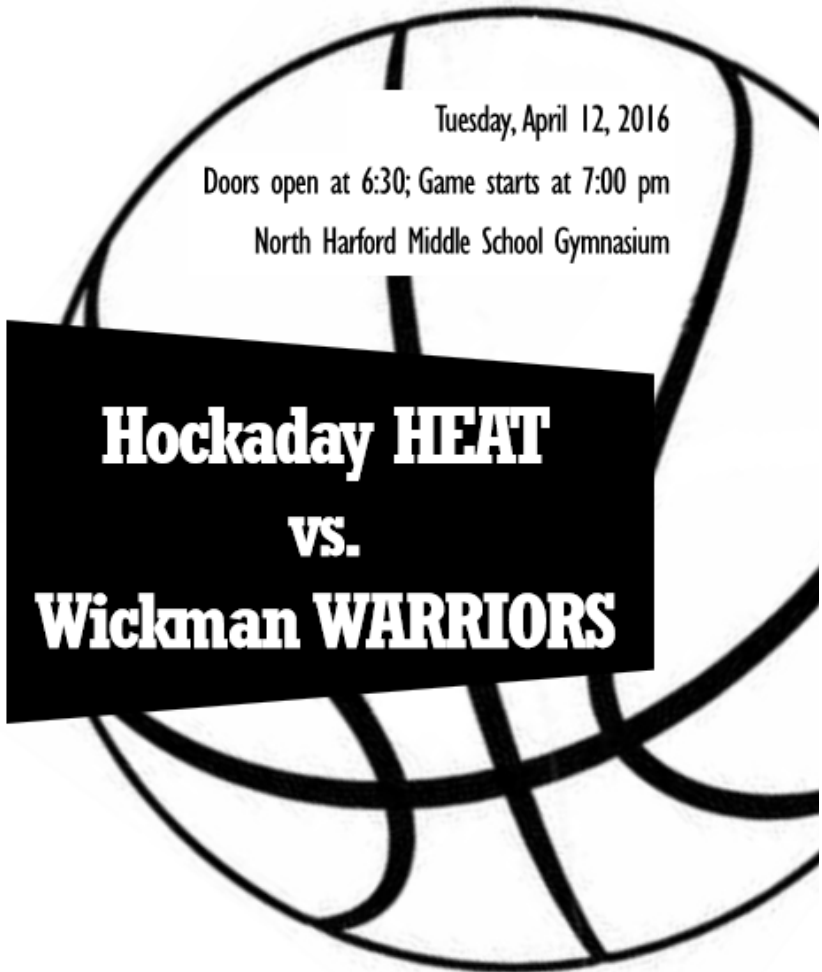
North Harford Middle School PTSA will distribute tickets on/or before the week of **May 18, 2016**.

Quantity	Type	Gate Price	Your Price	Savings	Total
	Regular (9-54) Apr 29-Sept 25, 2016	\$63.80	\$38.50	60%	
	Regular Ages (9-54) Early Season Apr 29-Jul 31	\$63.80	\$37.00	58%	
	Jr./Sr. Ages (3-8) & (55-69)	\$40.80	\$32.00	20%	
	Senior Plus Ages 70+	\$26.80	\$24.00	10%	
	Grand Total				

NHMS Faculty Basketball Game

Come out to see the faculty and staff of North Harford Middle School compete on the court in the always entertaining Faculty Basketball Game. There will be music, a half time free throw competition and raffle too, so hold on to your ticket stub!

Concessions will be available
All proceeds support the NHMS PTSA



Tuesday, April 12, 2016

Doors open at 6:30; Game starts at 7:00 pm
North Harford Middle School Gymnasium

Hockaday HEAT
vs.
Wickman WARRIORS

Get your TICKETS before they're gone!

- \$4 in advance; \$5 at the door (\$20 maximum per family)
- BUY TICKETS during homeroom Thursday and Friday, April 7th and 8th (or SEND IN your form today!)
- If you would like to volunteer or make a donation, follow this link or type it into your browser for our online sign-up:
<http://www.signupgenius.com/go/20F0948AEAB2AA46-2016/>
- Email schell.michelle@gmail.com with any questions



Student Name: _____ Homeroom: _____

Parent Name: _____ Email: _____

INDIVIDUAL PRICING: # tickets _____ x \$4.00 ea. = _____ (ENCLOSED)

OR FAMILY "MAX" PRICING for immediate family members only: # tickets needed _____ (ENCLOSE \$20)who whowho

NO CASH PLEASE. CHECKS PAYABLE TO NHMS PTSA.