



# THE FALCON CRIER

JANUARY/FEBRUARY 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*

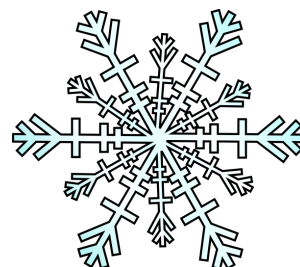
## From the Principal

We made it to mid-January and as of the date I am writing this newsletter we have not had a snow day. What a change from last year when we were in school so rarely in January! I was thinking about snow days and what they must be like in your homes. I am generally here at school on them, but I can imagine that sometimes kids may get a bit of cabin fever on them. So I thought I would share a few ideas of some things you can do with your kids on a snow day. I must acknowledge that Pintrest had much to do with creating this list, but here they are.

- \* Fill some balloons with water and food coloring. Leave them outside to freeze. Once frozen, cut the balloon away and you will have an assortment of giant colorful marbles.
- \* Make some snow ice cream. Mix 4 cups of snow, 1 cup of milk, ¼ cup sugar, and 1 teaspoon of vanilla. Mix it up and eat right away.
- \* Make some simple snow paint by putting food coloring in a spray bottle with water. Head outside and colorize that snowscape.
- \* Do that homework you didn't do the night before because you "just knew" it was going to snow enough to close schools.
- \* Read! Don't have new books? Did

you know The Harford County Public Library has more books available for download to your personal devices than you can imagine.  
[www.hcplonline.org](http://www.hcplonline.org)

- \* Winter is for the birds! When it is snowing the birds have a hard time finding food. Teach your kids how to make this simple birdfeeder and watch the wildlife. Roll a toilet paper or paper towel holder with peanut butter and popcorn or bird seed, and place outside.
- \* Ever heard that no two snowflakes are the same? Prove it! Catch some snowflakes on a dark colored fabric. Pop it in the freezer for 10 minutes and look through a magnifying glass. You will see indeed that no two are alike.
- \* Last but not least: Talk to each other. Middle School children can be tough audiences to have a conversation with at times. Use the time you have together to do some of the fun activities, but talk to your kids while doing them. While having a good time with some fun activities, you just may be able to have a good old catch up session with your pre-teen.



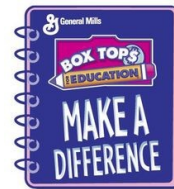
*Karl Wickman Ed.  
Principal*

# JANUARY/FEBRUARY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>JAN 11</b> 	<b>12</b>	<b>13</b>	<b>14</b> PTSA Meeting— 6:30 pm in NHMS Office Conference Room	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> Martin Luther Kim Jr. Day— schools and of- fices closed	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> 2nd Quarter ends	<b>23</b>
<b>24</b>	<b>25</b> 3rd Quarter Begins	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>FEB 1</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> PTSA Meeting— 6:30 pm in NHMS Office Conference Room	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> President's Day—schools and offices closed	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>MAR 1</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

## BOX TOPS FOR EDUCATION

We will be having our next **Box Tops for Education Homeroom Contest** in February. Please continue to save Box Tops for Education. The NHMS PTSA receives 10 cents for every valid Box Top submitted to support NHMS programs. We collected over 6,000 box tops during our October contest.



Information on participating products can be found at [www.boxtops4education.com](http://www.boxtops4education.com). Please contact Paula Mackey at [Paula.Mackey@hcps.org](mailto:Paula.Mackey@hcps.org) if you have any questions.

## MEMBERSHIP

Congratulations to the following homerooms for winning the NHMS PTSA Membership Contest. Each of these homeroom classes brought in the most PTSA memberships in their grade level. Every membership that comes in raises money for important programs for the students and staff here at North Harford Middle School. It's not too late to send in your membership. Some of our best programs are still to come! The membership form is on page 6 of this newsletter.

**I hope you enjoyed your donuts, milk and orange juice!**

**6th Grade: Mrs. Six's homeroom**  
**7th Grade: Mrs. Waggner's homeroom**  
**8th Grade: Mrs. Simon's homeroom**

## STAFF APPRECIATION

Thank you to the many families who donated items or made a cash donation for the "Happy New Year/Good For You Day" this week. The faculty and staff were treated to a healthy assortment of fresh fruits and vegetables, granola bars, homemade breads and muffins and water bottles. You were all so generous and the staff was very surprised and grateful. Thank you!

**Join us for the next PTSA meeting:  
 Thursday, January 14  
 NHMS Front Office Conference Room  
 6:30 pm**

## 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: Debbie Sullivan

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](mailto:nhmspts@gmail.com) and it will be directed to the appropriate person for follow-up.

## INTRAMURAL NEWS

NHMS Physical Education Intramurals is a highly structured program that emphasizes sportsmanship and skill development through game play.

Intramurals take place after school at 2:15pm and end promptly at 3:30pm. Students must be dressed properly for activity and have participated fully in physical education class in order to be involved in intramurals. At 3:30pm, students will report directly to the front of our school. Children who cannot be picked up promptly at 3:30pm will not be allowed to participate in intramurals.

Our Winter Intramurals will be:

- **Indoor Soccer:** Monday & Wednesday beginning January 11th; and
- **Paddle Sports (Table Tennis and PickleBall):** Tuesdays and Thursdays beginning January 12<sup>th</sup>.

Both programs will consist of 10 sessions.

Students interested in participating are reminded to pick up a permission form in the physical education locker rooms.

Please email our intramural director, Mr. Ron Sadtler, if you have questions: [ronald.sadtler@hcps.org](mailto:ronald.sadtler@hcps.org)

## ST. JUDE MATH-A-THON

The North Harford Middle School community has the opportunity to make a difference in the lives of children. It is time to collect the donations for the St. Jude Children's Research Hospital.

- St. Jude is leading the way the world understands, treats and defeats childhood cancer and other deadly diseases. Families never receive a bill from St. Jude for treatment, travel, housing or food.
- St. Jude has treated children from all 50 states and from around the world and none of these families have had the financial hardships associated with major illnesses.
- Treatments invented at St. Jude have helped push the overall childhood survival rate from 20 percent when the hospital opened

in 1962  
to more  
than  
80%  
today.

- St. Jude has increased the survival rates for acute lymphoblastic leukemia (ALL) from 4 percent before opening in 1962 to 94% today.
- St. Jude is where doctors send their toughest cases, where they create more clinical trials for cancer than any other children's hospital and turn laboratory discoveries into lifesaving treatments that benefit patients – every day.
- The daily operating cost for St. Jude is \$2 million, which is primarily covered by individual contributors, and we can do our part to help.



**MATH-A-THON**

## ILA NEWS

### Congratulations to Mrs. Mullen's ILA December Students of the Month!

*Jordan Tidey*

*N. J. Onyekwere*

*Rachel Burman*

*Zach Jackson*



I have done the math and if every child donates \$5 each, we will be over our goal for the school. Up to date, NHMS falcons have given over \$30,000 to St. Jude Children's Research Hospital. Let's keep up the good work!

Send your donation in today! Your child can give their donations to their math teachers who will be collecting them during the month of January. You can also donate online at [www.mathathon.org](http://www.mathathon.org) and find our school by putting in our information. Donations are tax deductible!

Happy Donating!

*Sharalyn Heinly*  
NHMS Mathematics  
Department Chair  
[Sharalyn.Heinly@hcps.org](mailto:Sharalyn.Heinly@hcps.org)





## Health Services

Mary Nasuta, RN, MS, NCSN, Nurse Coordinator  
ph. 410-588-5361 or [mary.nasuta@hcps.org](mailto:mary.nasuta@hcps.org)

Dear Parent or Guardian,

Your child is being sent home today for influenza (flu) like symptoms. Flu-like illness includes:

- Fever of 100° F ( 37.8 C) or higher AND
- Cough OR Sore Throat

Students with flu-like symptoms must stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. Therefore, your child should not return to school tomorrow.

Check with your healthcare provider or pharmacist for correct, safe use of medications **Warning!** Do **not** give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome

In the CDC publication "Flu- A Guide for Parents", the experts recommend:

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

If you have any additional questions, ask your school nurse and visit [www.cdc.gov/flu](http://www.cdc.gov/flu)

## FROM THE NURSE'S OFFICE

NHMS students may bring cough drops from home for personal use only. Please send no more than 5 cough drops per day in a small zip-lock bag that is labeled with the student's name and a short note indicating your permission to carry them. Cough drops are to be taken only once every two hours. Please remind your student to not use them during PE, band, or chorus. Due to the large number of students with food and dye allergies, please remind them to not share cough drops with any other student. Sending your student with a water bottle is also helpful during cold season.

Any questions, please call me at 410.638.3658 or email at [marcia.whitmire@hcps.org](mailto:marcia.whitmire@hcps.org).

Wishing you and your family a safe and healthy winter season.

Thanks,  
Marcia Whitmire, R.N.

### 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, MCV4)**

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](http://www.hcps.org) and click the "health center" button for more information.

# North Harford Middle School PTSA Membership Form 2015/2016



Parents, staff, students and friends of North Harford Middle School, we invite you to join the PTSA today!  
Your support is necessary to enhance the programs, experiences and environment for all at NHMS.

<b>MEMBER NAME/CODE</b>	<b>ADDRESS</b>	<b>EMAIL/PHONE</b>
1. _____ Circle Code ( P T S A )	_____	_____
2. _____ Circle Code ( P T S A )	_____	_____
3. _____ Circle Code ( P T S A )	_____	_____
4. _____ Circle Code ( P T S A )	_____	_____

CODES: **P** = parent, **T** = teacher/staff, **S** = student, **A** = all other friends of NHMS

Student Name is required. Membership cards will be sent home with this student:

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Please check here if you DO NOT want to be included on the PTSA e-mail list. We will email the Falcon Crier news-letter each month, as well as news flashes periodically which we feel may interest you. You may opt out at any time.

## **DUES**

Memberships are \$10.00 per individual, with a maximum cost of \$30.00 per family:

Individual:                    # \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Family:                                    \$ 30.00 = \$ \_\_\_\_\_ (# family members \_\_\_\_\_)

Additional Tax-Deductible Donation (write in amount): \$ \_\_\_\_\_

Total Dues and Donation:                                    \$ \_\_\_\_\_

***Thank you for your Membership and/or donation!***

## **VOLUNTEERING**

There are so many great things happening at NHMS and it wouldn't be possible without help from our members!  
Please select the volunteer opportunities with which you would like to be involved:

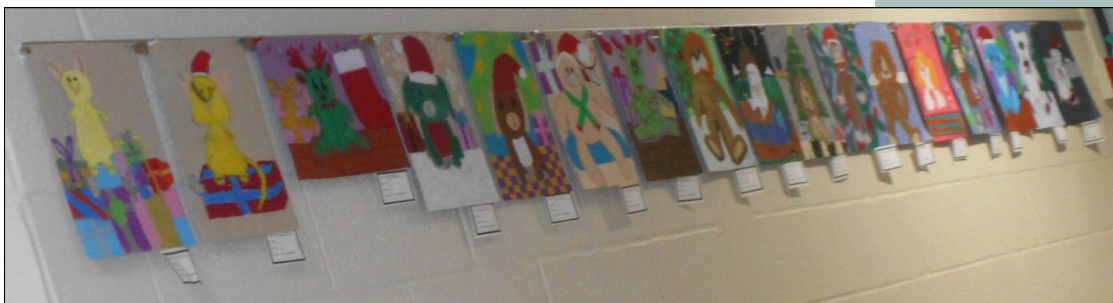
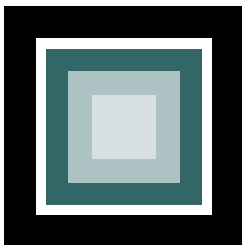
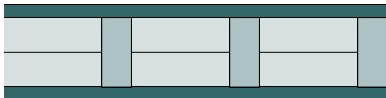
- Help with PTSA events
- Hospitality Help (donating food/drink items for staff appreciation days)
- Please contact me to help as needs arise (name & email/phone: \_\_\_\_\_)

## **CONTACT US**

- If you have questions about your NHMS PTSA membership, please contact Michelle Schell at [schell.michelle@gmail.com](mailto:schell.michelle@gmail.com)
- If you have general questions for the NHMS PTSA, please contact Kim Hackett, NHMS PTSA President, at [nhmsptsa@gmail.com](mailto:nhmsptsa@gmail.com)



# NEWS FROM THE ART DEPARTMENT



Mrs. Terzigni-Cox's students have been working with Ms. Whitney's classes this year on interdisciplinary, cultural art projects. We have learned about: Dia de los Muertos, Advent calendar, St. Nicholas Day. We have also made cards for Veteran's Day and intend to work on something for the Spring. Art students are continually showing off their developing skills through the art exhibits the art department displays throughout the year.







## ANNOUNCING THE NATIONAL JUNIOR HONOR SOCIETY

We are proud to announce that North Harford Middle school is now an official sponsor of a chapter of the National Junior Honor Society. To be eligible for membership students must demonstrate scholarship by having a cumulative GPA of at least 3.7 on a 4.0 scale. They must also show evidence of leadership, citizenship, character and service and be willing to commit to both school wide and individual service projects. Students are eligible to apply after they have been in middle school for a minimum of one semester. Applications will be reviewed in March and letters of acceptance will be sent out in early May. New members will be inducted at the end of May and will start their NJHS activities in September of the following year. Students who are not selected can use the year to gain leadership, service and citizenship experience and may reapply the next year.

While academic achievement is important, students need much more to be successful in all their future endeavors. Being a member of the NJHS benefits students by giving them an opportunity to serve their schools and community and to develop character and leadership skills. They can also begin to build a portfolio of achievements that can be featured on applications for colleges and careers. Candidate application forms will be available in the guidance office starting in February.

This is a wonderful opportunity for the students at NHMS. Additional questions can be emailed to Ms. Cronauer at ([dawn.cronauer@hcps.org](mailto:dawn.cronauer@hcps.org)).



## Board of Education FY17 Budget Public Input Sessions

Wednesday, January 6 at 6:00 p.m.  
Board Room, A.A. Roberty Building  
*Work Session followed by Public Input*

Monday, January 11 at 6:00 p.m.  
Board Room, A.A. Roberty Building  
*Work Session followed by Public Input and Board Meeting*

Wednesday, January 13 at 12:00 Noon  
Board Room, A.A. Roberty Building  
*Public Input*

Wednesday, January 13 at 6:00 p.m.  
Media Center, Aberdeen High School  
*Public Input*

Tuesday, January 19 at 6:00 p.m.  
Epicenter in Edgewood  
*Public Input*

Thursday, January 21 at 6:00 p.m.  
Board Room, A.A. Roberty Building  
*Work Session followed by Public Input*

Monday, January 25 at 6:30 p.m.  
Board Room, A.A. Roberty Building  
*Board Business meeting - Board votes on budget*

# School Counseling Corner

January 2016

Happy New Year, Students and Families! We hope you had a wonderful holiday with your closest friends and family. We are looking forward to helping our students' blossom as the Spring months arrive. Please feel free to contact us with any questions or concerns via phone or email. Our policy is to return your message within 48 hours.



Please remember to check the School Counseling section of Edline frequently for updates, announcements, and helpful resources.

## Thank You!

The faculty and staff of NHMS would like to thank all of our generous parents and friends who have supported "The Giving Tree." We have collected over \$1290 in gift cards from local grocers/gas stations, etc... to give to Mason Dixon Community Services.

We also would like to thank our parents and students for their support of "The Empty Stocking Fund." Our students and families brought in unwrapped new toys that will be given to needy children in Harford County.

## Setting clear expectations for your middle schooler is key!

Don't make your middle schooler guess what you expect from him/her. Spell it out! **Be Precise:** "Clean the basement" may mean different things to your child. Be exact and give details when giving directions. **Give a Time Frame:** Attach a very specific time frame or chores or homework time. "I need you to complete the first 10 problems of your math homework by 5:15 pm." Leave them with a clock to monitor their progress. **Get his/her input:** Your preteen/teenager isn't a little kid anymore. Whenever possible, let your child give input when it comes to house rules and expectations. **Trust him/her:** Respect your child by assuming he/she will do what they're told. If they fall short again and again, you may need to supervise them more closely. But if they do well? Honor them with some breathing room. **Offer Praise:** Make sure he/she knows when they're doing a great job!



Email:

6th Grade: [Peggyjo.Teague@hcps.org](mailto:Peggyjo.Teague@hcps.org)

7th Grade: [Laura.Grace@hcps.org](mailto:Laura.Grace@hcps.org)

8th Grade: [Patricia.Schlough@hcps.org](mailto:Patricia.Schlough@hcps.org)

