



THE FALCON CRIER

In this issue

MARCH 2018



- Calendar.....2
- PTSA Committee News
.....3
- Hershey Park4
- Character Education5
- NJHS6
- Box Tops Program7
- Flu Information8



From the Principal

Keeping Us Fed...

And a Whole Lot More!!

March 5-9 is recognized as National School Breakfast Week. I wanted to take this opportunity to recognize our cafeteria staff not just for School Breakfast Week, but for all they do. Each year, the staff creates a festive week with games, fun activities and more during the school breakfast week. They go above and beyond to create an excitement about visiting the cafeteria for breakfast. In addition the staff is always planning activities and programs that promote good nutrition and positive choices for our students.

From the manager to the cooks to the servers and the dishwashers, the staff in our cafeteria works hard to provide the students with a positive experience every single day. For this I wanted to say thank you to them and recognize their hard work.

In case you didn't know:

You can monitor, view and fund your student's lunch accounts at your convenience at MY School Bucks. Visit www.myschoolbucks.com

Remember it is never too late to submit a meal benefit application for free or reduced price meals for those who qualify. For an application go to www.hcps.org, or contact food and nutrition at 410-638-4078.

Sincerely,

Karl Wickman Ed. D.



MARK YOUR CALENDAR!!

8th Grade Dance—"Starry Night"

May 18 from 6-9:00pm

Band Concert

May 24

NHMS PTSA meetings

March 6

April 10

May 1

June 4

Meetings start 6:30 pm

Location: NHMS Conference Room

Dr. Karl E. Wickman
Principal

Mr. Antonnio R. Hockaday
Assistant Principal

Ms. Christine I. Kelly
Assistant Principal

Mr. Jeffrey R. Raff
Assistant Principal

2017-2018 PTSA

Executive Board:

President: Carla Manzo

Vice President: Sandra Monaco-Burton

Secretary: Lisa Pfeiffer

Treasurer: Christy Collins

MARCH CALENDAR

Check out Edline for updates to the calendar.

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

MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5-9:00pm Family Fun Night Jarrettsville Creamery	2	3
4	5	6 6:30pm PTSA Meeting NHMS Conference Room	7	8	9	10
11	12	13	14	15	16 HersheyPark ticket order Deadline	17
18	19	20	21	22	23 Spirit Wear Order Deadline	24
25	26	27	28 Schools Closed	29 Schools Closed	30 Schools Closed	31

PTSA COMMITTEE NEWS

BOX TOPS HOMEROOM COMPETITION!!!

Keep collecting. Look at page 7! Your efforts truly make an impact! The numbers don't lie!!!



STAFF APPRECIATION WEEK!

Staff Appreciation Week will be held May 7-11. We are in need of volunteers to help plan the festivities and be on site each day. If you are able to plan or help out any day that week, please email us at: nhmspts@gmail.com

CALLING ALL VOLUNTEERS!

The North Harford Middle School PTSA Nominating Committee will soon be looking for officers and committee chairpersons for the 2018-2019 school year. Please consider chairing a committee or running for a position on the board. This isn't like elementary school where a position takes over your life. This is a kinder, gentler PTSA experience and there are always lots of volunteers to help. Come to our next meeting and see for yourself!

FACULTY BASKETBALL GAME!!

The faculty basketball game will take place on April 5 at 7:00 pm in the middle school gym (doors open at 6:30). Dr. Wickman's "Dream Team" will once gain take on Mr. Hockaday's "Alley-Oops"! Tickets will go on sale later this month--fliers with details will be coming home.

2017-2018 NHMS PTSA Committee Chairpersons

Box Tops/Labels: Paula Mackey

Corporate Rebates: VACANT

Eighth Grade Activities: Tesha Wright, Ora Cummings, Lisa Pfeiffer

Seventh Grade Activities: Christy Collins, Lisa Pfeiffer

Sixth Grade Activities: Heather Miller, Ora Cummings

The Falcon Crier: Andrew Collins

Faculty Basketball Game: Laura Coyne

Falcon Walk: Karen Bowser, Ora Cummings

Hershey Park Tickets: Julie Harvey

Membership: Lisa Pfeiffer

Reflections: VACANT

Spirit Wear: Julie Harvey

Staff Appreciation: Tesha Wright

Volunteers: Lisa Pfeiffer

Facebook/Publicity: Sandra Monaco-Burton

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.



2018 ORDER FORM

NORTH HARFORD MIDDLE SCHOOL PTSA

DISCOUNT tickets for 2018 VALID April 27th thru September 30th ONE day pass included in your admission ticket

- More than 70 rides and attractions including 14 coasters and ALL-NEW Breakers Edge Water Coaster and Whitecap Racer at The Boardwalk At Hersheypark
- The Boardwalk at Hersheypark open MAY 26th thru Sept. 3rd 2018
- FREE admission to ZooAmerica when entering from Hersheypark Award winning LIVE entertainment

To order DISCOUNT tickets for 2018 (valid summer season) complete this form with payment and return to HOMEROOM or OFFICE ATTN: JULIE HARVEY/HERSHEY PARK by: MARCH 16th, 2018

PLEASE SUBMIT WITH ONE CHECK PAYABLE TO: NORTH HARFORD MIDDLE SCHOOL PTSA

(RETURN CHECKS SUBJECT TO BANK FEES)

CONTACT: JULIE HARVEY AT: crazytown@zoominternet.net

PARENT NAME: _____ CELL# _____

CHILDS NAME: _____ HOMEROOM TEACHER & CLASSROOM _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PRIMARY E-MAIL _____

Our NHMS PTSA will distribute tickets on/or before the week of MAY 1st 2018

ADD-ON DISCOUNT MEAL TICKETS Reg \$12.99 get \$1.00 off pre-order Valid at select food locations Includes an entrée, one side, and a choice of a Large fountain beverage or Regular hot beverage

ALL-AGE ADMISSION (AGES 3+)

GATE RATE \$67.80 YOUR COST \$31.95 you save \$35.85

ADMISSION TICKET _____ x \$31.95 = \$ _____

DISCOUNT MEAL TICKET _____ X \$11.99 = \$ _____

TOTAL: \$ _____

NHMS Character Education

Falcon Focus

A student that has the Character of a Falcon displays:

Citizenship

Benevolence

Stewardship

Self-Respect

Scholarship

Habits of Highly Effective Students at NHMS

Be Proactive – YOU are IN CHARGE of YOU.

Begin with the End in Mind – Know what you want before you do it.

Put First Things FIRST – Do the important things FIRST.

Think Win-Win – Find ways that everyone can benefit.

Seek first to understand then to be understood – Listen FIRST, then talk.

Synergize – Work Together to do Better.

Sharpen the Saw – Take care of yourself.

Find Your Voice – Use your talents to make a positive dif-

What's happening with the National Junior Honor Society?



The National Junior Honor Society is well into its year. We have been very active within our school community.

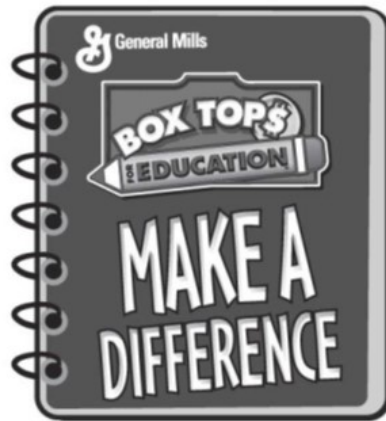
“You’re not just helping a student, your helping yourself.” This quote was spoken by one of our members, Marissa Potts. The topic Marissa is referring to would be tutoring. The National Junior Honor Society is in the process of tutoring students during the morning. According to our members, it feels rewarding to help the other students. From my experience and from our members’ information, the students like getting help from their peers. Another one of our members, Annika Peterson, stated that “It’s humbling to know that your helping someone.”

Some of our eighth-grade members are now participating in Harford County’s Teen Court. Some members have said that “Teen Court was scary, although it gets better and less frightening as you keep going.” Not only is Teen Court fun, it is very interesting. As part of the jury, you get to help choose the consequences for the minor who is on trial. It is hoped that these consequences will make a difference in their life. Grace Herron had stated, “Participating in Teen Court also serves as an eye opener on how our judicial branch works.” The rest of the jury seems to be very understanding of the other members. Participating in Teen Court is a great opportunity given to us.

The National Junior Honor Society is also involved in sponsoring a lightless lunch once a month. Lightless lunch saves energy and helps the environment. Each lightless lunch features a speech with energy saving facts.

Lastly, we are in the process of recruiting new members. To recruit new members, we are currently making posters to encourage our peers to submit their applications. In addition to the posters, we are writing speeches that will be read to the applicants during homeroom. These speeches include information on what we have accomplished in the Honor Society and why they should go through the process of applying.

The National Junior Honor Society is looking forward to continuing their successful year.



Box Tops for Education February Homeroom Competition

Thanks to the 23 homerooms that participated in the competition by turning in Box Tops. Approximately 3600 Box Tops were collected, which will earn the NHMS PTSA \$360 to use towards activities and programs for our students. The total earned this year from Box Tops for Education is almost \$1300. Over the past five years NHMS has earned over \$7700, with lifetime earnings of \$20,000! Every Box Top helps, and they really do add up!

The homerooms that submitted the most Box Tops were:

1st Place - Mrs. Nejad's 8th Grade Homeroom

2nd Place - Mrs. Jester's 6th Grade Homeroom

3rd Place - Mrs. Wagners 7th Grade Homeroom

Keep saving Box Tops! We will have another homeroom competition in the fall.

General Information about the Disease

What is influenza (flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year.

It is estimated that every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications;
- 20,000 of those hospitalized are children younger than 5 years of age; and
- a range of 3,000 to 49,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious flu complications.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

What are the symptoms of the flu?

- Symptoms of flu include:
- dry cough
 - Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults
 - fever (usually high)
 - sore throat
 - headache
 - runny or stuffy nose
 - extreme tiredness
 - muscle aches

Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza.

How long is a person with flu virus contagious?

The period when an infected person is contagious depends on the age and health of the person. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Children or teenagers with flu-like symptoms should NOT take aspirin.

How can you tell the difference between a cold and the flu?

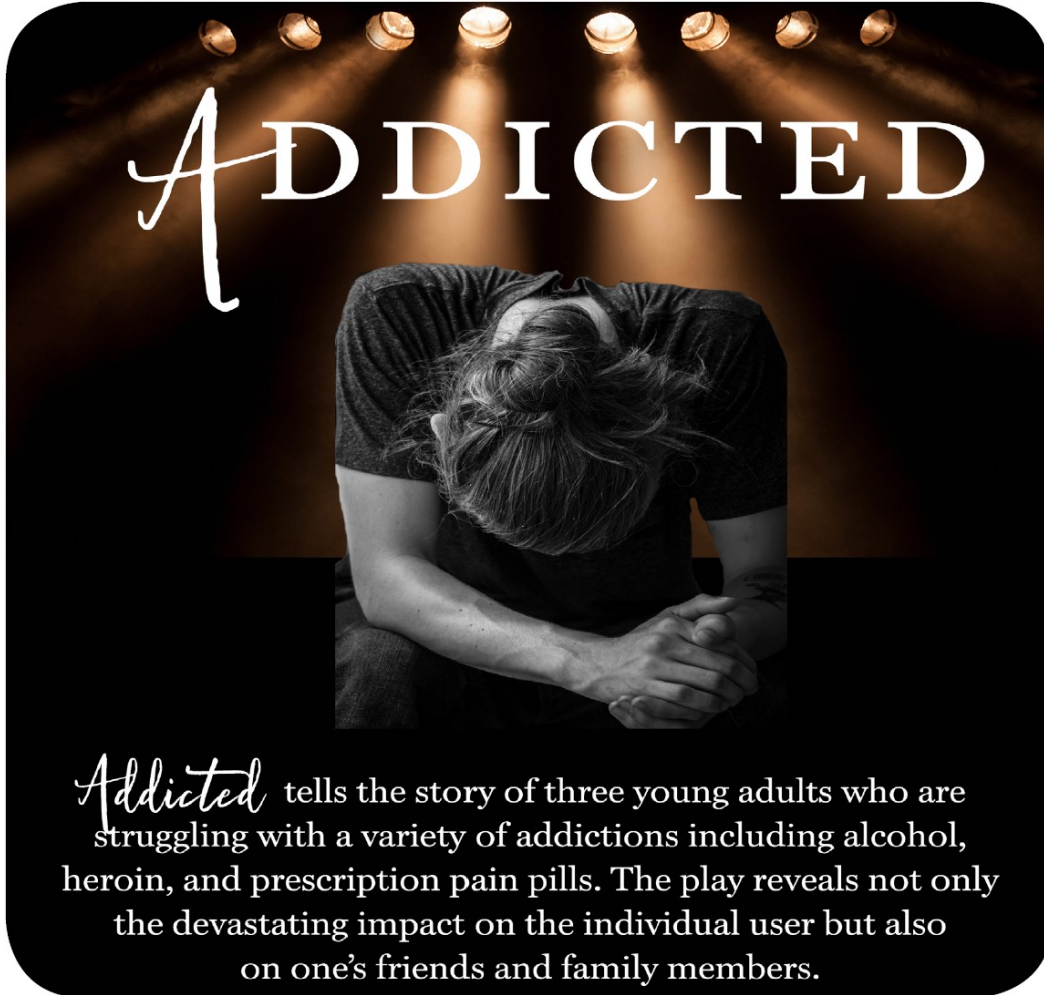
Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

What can I do to protect myself against the flu?

CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine protects against the main flu viruses that research indicates will cause the most illness during the flu season. (Three or four viruses, depending on which vaccine you get.) The vaccine can protect you from getting sick from these viruses or it can make your illness milder if you get a different flu virus.

Harford County Office of Drug Control Policy Presents

An original play written and directed by Christle Henzel, M.S.L.C.P.C.



Admission is FREE

North Harford High School
 Thursday & Friday
 March 1 & 2 at 7:00 p.m.
 211 Pylesville Rd., Pylesville

Mt Zion Church
 Saturday
 March 10 at 7:00 p.m.
 1643 E Churchville Road, Bel Air

The John Carroll School
 Friday
 March 23 at 7:00 p.m.
 703 Churchville Rd, Bel Air

*Performed by students and alumni of the North Harford High School
Drama Club and community members*

For more information about the performance visit www.addictedtheplay.org

*This subject matter is geared towards high school students and adults and may not be appropriate for children under 13. Parental discretion is advised.



BARRY GLASSMAN
Harford County Executive

AMBER SHRODES
Director, Community Services



Office of Drug Control Policy
 Harford County Department of Community Services
www.harfordcountymd.gov/services/drugcontrol
 410.638.3333



**NORTH HARFORD MIDDLE SCHOOL
SPIRIT WEAR ONLINE STORE
NOW OPEN!**

NEW ITEMS ON SALE NOW WITH GREAT SPRING & SUMMER COLORS. EVERYTHING FROM TEE SHIRTS, SWEATS, RAZORBACK TANKS, AND NOW ON SALE LEGGINGS!

WE STILL OFFER ITEMS FROM UNDER ARMOUR SHIRTS, TANKS, AND SHORTS WITH YOUR FAVORITE SCHOOL LOGO.

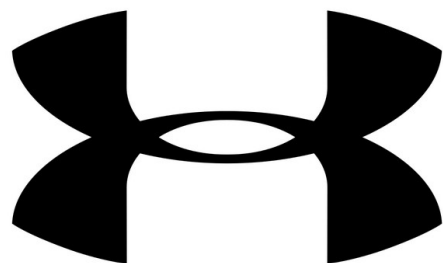
CHECK OUT DISPLAY IN SCHOOL LOBBY AND ON PTSA FACEBOOK PAGE.

DO NOT MISS OUT ONLINE STORE
OPEN THRU FRIDAY, MARCH 23RD.

SHOW YOUR SCHOOL SPIRIT!!

GO TO:

<http://northharfordmiddleschool.itemorder.com>



UNDER ARMOUR

