



THE FALCON CRIER

OCTOBER 2015



In this issue

- School Calendar2
- Community News2
- PTSA News 2/3
- Intramural News4
- Classroom News4
- One World Run..... 4/5
- Falcon Pride Walk 6/7
- Health News8
- Magnet Programs9
- Box Tops Program & Contest 3,11,12
- Office of Drug Control Policy 10
- PTSA Membership..... 13
- School Counseling Corner..... 14

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 have had a fantastic opening to the 2015-2016 school year. The thing that has impressed me the most has been the personalities and character of the many students I have interacted with this year. I have been amazed at the service mentality of the students and their eagerness to help each other and their community. As a History teacher, I always enjoyed reading parables and seeing how they have been used as teaching tool across a multitude of cultures over time. This years' students reminded me of the parable of the pencil.

I do not know who the original author was, but I found this on Larry Broughton's website. Larry is the founder and CEO of Broughton Hotels, but has a wide array of leadership resources out there. Here is what he shares that reminded me of some great advice for our students' as they journey through middle school.

"The Parable of the Pencil"

A long time ago a master pencil maker was preparing to put a very important pencil into this beautiful handcrafted box but before doing so he took the pencil aside to give it some words of encouragement. He said, "Listen pencil, there are five things that you really need to know. If you can remember these five things you're going to become the best darn pencil that you can possi-

bly be. You are going to have a huge impact on the world."

"First," he said, "You'll be able to do lots of great things but only if you allow yourself to be held in someone else's hands." "Second," he said, "Sharpening is going to be very painful but it's vital if you want to become a great pencil." "Third," he said, "Because you have an eraser, you'll be able to correct most of your mistakes but honestly, there are going to be some mistakes that are going to be harder to erase than others. Four, you may or may not look on the outside like you're a great pencil but remember it's what's on the inside that's most important. In fact, it's the inside of you that's the most important of all. Fifth, whatever surface it is that you write on, whether it's soft or hard, rough or not, you've got to leave your mark so just keep on writing."

Quoted from Larry Broughton
<http://yoogozi.com/parable-of-the-pencil/>

We have a great box of pencils here at NHMS this year, and we look forward to writing many things together the remainder of the school year.

Karl Wickman Ed. D.
Principal



OCTOBER CALENDAR



Check out Edline for updates to the calendar.

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

Oct. 5 (Mon)—Intramural Program begins (page 4)

Oct. 7 (Wed) 4:00-6:00 pm—Parent Conferences

Oct. 7 (Wed) 6:00 pm—Magnet Program Presentation at Harford Tech HS

Oct. 8 (Thur) 6:30 pm—PTSA meeting in NHMS Media Center

Oct. 9 (Fri)—Falcon Pride Walk (walkathon) on NHHS track (more information on pages 6 & 7)

Oct. 12 (Mon)—school pictures

Oct. 13 (Tues) 6:00 pm—Magnet Program Presentation at Edgewood HS

Oct. 14 (Wed)—Falcon Pride Walk rain date

Oct. 15 (Thur) & Oct. 16 (Fri)—schools closed for students

Oct. 21 (Wed) 6:00 pm—Magnet Program Presentation at Aberdeen HS

Oct. 22 (Thur)—Office of Drug Control Policy Presentation 6:30 pm at NHMS

Oct. 23 (Fri)—NHMS Sandy Richardson Run

Oct. 26 (Mon)—rain date for NHMS Sandy Richardson Run

Oct. 28 (Wed) 6:30-8:30 pm—NHHS Magnet Program Open House

Oct. 30 (Fri)—1st Quarter Ends

Oct. 30 (Fri)—PTA Reflections Program deadline

Community News

Jarrettsville Volunteer Fire Company Auxiliary is holding a Craft Show on Saturday, December 12th at the Fire House on Rte. 165 in Jarrettsville from 9-12. There will be many local crafters selling homemade items, jewelry, floral arrangements, etc.

Admission is free with plenty of free parking.
Food is available for purchase.

2015-2016 NHMS PTSA Committee Chairpersons

Box Tops/Labels: Paula Mackey

Corporate Rebates: Phil Hopkins

Eighth Grade Activities: Melissa Brode

Environmental: VACANT

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

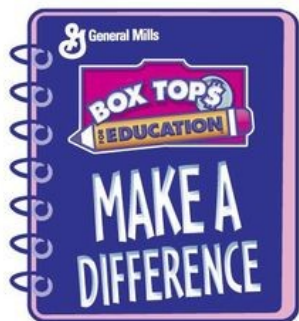
Staff Appreciation: Nancy Pappas & Courtney Westermeyer

Volunteers: Sandra Monaco-Burton

Website/Facebook: VACANT

PTSA COMMITTEE NEWS

BOX TOPS FOR EDUCATION



We are having a **Box Tops for Education Homeroom Contest** from October 5th to the 20th. The NHMS PTSA receives 10 cents for every valid Box Top submitted to support NHMS programs. Last school year we collected over 10,000 box tops during our October contest and we earned almost \$3000.00! Information on participating products can be found at www.boxtops4education.com. Please check dates on Box Tops before turning them in to school, as expired Box Tops cannot be submitted. If you are willing to help with counting and preparing the box tops for submission please contact Paula Mackey at Paula.Mackey@hcps.org.

REFLECTIONS

2015-2016 PTA Reflections Theme: *Let Your Imagination Fly...*

Entry deadline: Friday, October 30, 2015

NOW AVAILABLE... For more information, rules, and entry forms check out the Reflections folder in the PTSA section of NHMS Edline (just scan the QR code)



*Imagination will often carry us to worlds that never were.
But without it we go nowhere.
-Carl Sagan*

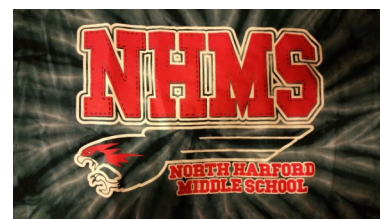


FALCON PRIDE WALKATHON

Our 2nd annual Falcon Pride Walkathon will be held this Friday, October 9th on the NHHS track. If we reach our goal, the PTSA will hold no more fundraisers this year! This is a fun event. See pages 6 & 7 in this newsletter for class walking times and prize information. There's still time to turn in your fundraising packet!

SPIRIT WEAR

It's that time of year again - School Spirit Wear Sale! We'll be running a sale for NHMS hoodies, pants and t-shirts during the month of October. Don't miss out on this opportunity to get your middle school student some good-quality, cool looking spirit wear. Order forms are available in the office and should have come home with your student.



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.

INTRAMURAL NEWS



The NHMS Physical Education Intramurals is a highly structured program that emphasizes sportsmanship as the key element. This is a non-instructional situation that enhances learning 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 Fall Intramural will be Touch Football. This program will take place on Mondays and Wednesdays from October 5th – November 4th.

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

ILA NEWS

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

Zach Jackson

Brianna Gorschboth

Dylan Newsome and

Hailey Deares



ONE WORLD RUN & RUNNING CLUB

PAO's One World Run @ NRC will take place this year at the Norrisville Recreation Complex in White Hall, Maryland. This will be the sixth year to raise money for children in East Africa who have been orphaned by the AIDS crisis. Funding goes directly to the Mission House of Hope which provides food, clothing, health care and education to the children of Kandaria, Kenya. Project AIDS Orphan is a tax exempt pursuant to Internal Revenue Code Section 501©(3) and most donations are tax deductible. Last year's students of team 7A wrote letters to the community to secure the funding for this year's race. We haven't received donations up to this point, but I feel certain that the 5K will be able to take place as usual. In the words of the late Steve Jobs, "Your time is limited, don't waste it living someone else's life. Don't let the noise of other's opinion drown your own

inner voice. Have the courage to follow your heart and intuition."

PAO's OWR@NRC will take place on **21 November 2015 at the Norrisville Rec Complex**. Packet pick-up for preregistered participants and same-day registration will begin at 8. A stretching and warm-up activity will begin at 8:30 for those interested participants. Registration will close at 8:50 and the race will begin at 9:00 AM, with a kid's fun run to follow at 10:00 AM for the area's younger runners. The race will be timed and awards will be given to the first three finishers in 7 age categories, as well as to the largest youth group involved and overall winner for the male and female divisions. The Falcon Flying Feet Running Club at NHMS won the award for the largest youth group



for 2014. Please see another page in this newsletter for the registration form for this year's race.

You can contact the site's race director at sharalyn.heinly@hcps.org to register, answer questions, accept donations, or volunteer.

The Falcon Flying Feet Running Club will begin after school sessions on 30 September for anyone in grades 6-8 who are interested in running, jogging, or walking to improve health and fitness. We will meet after school until 3:20 on Wednesdays and Fridays until 20 November. Please have your child listen carefully to the morning announcements as more information regarding the permission slips and the running club will be forthcoming.

Happy Running!
Sharalyn



one date. one time.
seven continents.
one world.

November 21, 2015 9:00 AM @Norrisville Rec Complex

Mail registration to 5110 Buttermilk Road Pylesville, MD 21132.

Early Bird Registration

8:00 ~ Packet Pick-Up and

\$30 before 27 Oct

Same Day Registration

Registration \$35 before 16 Nov

8:30 ~ Warm-Up Session

Same Day registration \$40

9:00 ~ OWR 5 K begins

Kids' run: \$20

10:00 ~Kids' Fun Run (<1 mile)

Name (Last, First): _____

Address: _____

Youth Group name _____

City: _____

State: _____

Zip: _____

Phone: _____

Email: _____

Age on Race Day (Required) _____

Sex: Male Female

For more info, please contact Sharalyn Heinly at sharalyn.heinly@hcps.org

Payment: Cash Check (payable to Project AIDS Orphan)

Adult T-Shirt Size: S M L XL XXL

Child T-Shirt Size: S M L

WAIVER: I, for my heirs, executors and myself, do hereby release all race sponsors and contributors from any and all liability resulting in injury or death from my participation in this event. I understand the implication of competing in the event and certify that I am physically prepared to cover this distance.

Signed _____

Date: _____

Parent / Guardian if under 18



FALCON PRIDE WALK

The PTSA's Falcon Pride Walk will be held Friday (10/9) at the High School track. Class times and prize information is listed below and more details are on the back of this page. It's not too late to send in your pledge envelope. Send it in right away so your child will still be eligible to win prizes! We are looking forward to another successful Walk-a-thon this year and would like to thank you for all of your support.

NHMS FALCON PRIDE WALK Walk-A-Thon Fundraising Event



PRIZES HAVE BEEN ANNOUNCED!

Grand Prize: GoPRO



TICKET REWARDS

1 ticket \$1-\$24.99
4 tickets Collection of \$25
6 tickets Collection of \$50
8 tickets Collection of \$75
10 tickets Collection of \$100

& Tickets will be awarded for a CHANCE to **WIN** these AMAZING Prizes

- *DR. DRE BEATS EARBUDS
- *BEST BUY GIFT CARD
- *BOSE BLUETOOTH SPEAKER
- *PANDORA BRACELET
- *ITUNES GIFT CARDS

Ticket distribution and drawing will take place the week after the Falcon Pride Walk!

And more...

- ~ Prizes will be awarded to the class with the most school spirit, and the highest earning class!
- ~ Kona Ice will be there serving a refreshing treat- 1 size for \$2
- ~ If you are interested in volunteering contact Mark @ marklazoff@verizon.net
- ~ Stay Informed



@North Harford Middle School PTSA

Falcon Pride Walk Schedule- Friday, Oct. 9th

(Donation envelopes due Thursday, Oct. 8th)

7:35-9:15am	ALL 6 th Graders
9:15 - 10:55am	ALL 7 th Graders
10:55 - 11:23am	LUNCH BREAK
11:23am - 1:05pm	All 8 th Graders

WIN *Fabulous* PRIZES

when you raise money for the **2015 Falcon Pride Walk** on Friday, Oct. 9!
Packets are due Thursday, October 8th!

GRAND PRIZE



The student who raises the most money in the school will receive a **GoPro Hero** camera/camcorder.



TICKETS WILL BE AWARDED FOR A CHANCE TO WIN:

<p>Beats urBeats In-Ear Headphones</p>	<p>\$100 Best Buy Gift Card</p>	<p>Bose SoundLink Bluetooth Speaker</p>	<p>\$25 iTunes Gift Card</p>
<p>Four \$25 iTunes gift cards will be awarded</p>			

HOW TO WIN TICKETS...AND MORE TICKETS!

IF YOU RAISE THIS AMOUNT:	YOU WILL RECEIVE:
\$1—\$24.99	1 TICKET
\$25	4 TICKETS
\$50	6 TICKETS
\$75	8 TICKETS
\$100	10 TICKETS

1. Tickets will be given out the week after the Falcon Pride Walk.
2. You will choose which prize(s) you would like a chance to win.
3. We will hold a raffle for each prize to determine the winner!

MORE WAYS TO WIN AND HAVE FUN!!!

Prizes will also be awarded to:



and to the class which raises the most money



The Kona Ice truck will be at the **Falcon Pride Walk** on **Friday, Oct. 9th** serving a refreshing treat—one size Kona Ice for \$2.

FROM THE NURSE'S OFFICE

INFLUENZA Q&A



What is influenza (flu)? It is a contagious respiratory illness caused by influenza viruses. It is estimated that 5%-20% of the US population gets the flu each year; more than 200,000 people are hospitalized from flu complications—20,000 of these are younger than 5 years of age; and a range of 3,000-49,000 people die each year from the flu. Some people, such as older people, young children, and those with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk.



How does the flu spread? The viruses are 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. Or, a person might also get the virus by touching a surface or object that has the virus on it, and then touching their mouth, eyes or nose.



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



How long is a person contagious? This depends on the age and health of the person. You may be able to pass the flu on to someone else before you know you are sick, as well as while you are sick; from 1 day before symptoms develop to 5 –7 days after becoming sick.



What is the difference between a cold and the flu? They are both respiratory illnesses but they are caused by different viruses. Colds are usually milder than the flu and are more likely to have a runny or stuffy nose. Colds generally don't result in serious health problems, such as pneumonia, bacterial infections or hospitalizations. Children or teenagers with flu-like symptoms should NOT take aspirin. 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.

** It can be difficult or even impossible to tell the difference between the two viruses based on symptoms alone. Special tests may be helpful if done within the first few days of illness, to tell if a person has the flu.*



What can I do to protect myself? The CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. There are many different flu viruses and the flu vaccine can protect you from the main viruses (three or four depending on which vaccine you get). It can protect you from getting sick or it can make your illness milder if you get a different flu virus.

**IMMUNIZATION****REQUIREMENTS**

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

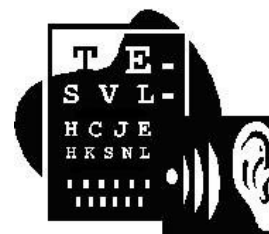
- **One Tdap (Tetanus, diphtheria, pertussis booster)**
- **One Meningitis vaccine (MCV, MCVP4)**

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.

Vision and Hearing Screening

Vision and hearing screening for 8th graders run from September through December. If parents have any questions, please call me at 410.638.3658—Marcia Whitmire, RN



Magnet Programs

Parent & Student Video/Informational Meetings

An introductory look at all magnet programs in one presentation.

Date	School & Location	Time
Tuesday, September 29, 2015	North Harford High School - Auditorium	6:00 – 7:30 p.m.
Wednesday, October 7, 2015	Harford Technical High School – Auditorium	6:00 – 7:30 p.m.
Tuesday, October 13, 2015	Edgewood High School - Auditorium	6:00 – 7:30 p.m.
Wednesday, October 21, 2015	Aberdeen High School - Auditorium	6:00 – 7:30 p.m.

Open House for Parents & Students

Open House events provide a one-time opportunity for parents and prospective students to gain in-depth, comprehensive, and first-hand information for a specific magnet program.

Magnet Program	Date	Time	School
Natural Resources and Agricultural Sciences	Wednesday October 28, 2015	6:30 – 8:30 p.m.	North Harford High
Science and Mathematics Academy	Thursday, November 5, 2015	6:30 – 8:30 p.m.	Aberdeen High
Harford Technical High School	Tuesday, November 10, 2015	5:30 – 8:00 p.m.	Harford Technical High
Global Studies and International Baccalaureate	Thursday, November 12, 2015	6:30 – 8:30 p.m.	Edgewood High

Magnet Programs online application will be available as of Wednesday, October 21, 2015.

Science and Mathematics Academy at Aberdeen High School



The Science and Mathematics Academy program provides students with the opportunity to experience challenging coursework in science, mathematics, and technology with an emphasis on research and real world application.



Harford Technical High School

Harford Technical High School provides state-of-the-art facilities, with a rigorous curriculum offered by staff who create a challenging learning environment for all students. Faculty and staff strive to integrate academic and technical fields so that all studies are meaningful and rewarding for all students.



Global Studies Program / International Baccalaureate Diploma Programme at Edgewood High School

The *Global Studies Program (GSP)* at Edgewood High School provides a rigorous course of study for academically able and motivated students starting in the 9th grade, and serves as a preparatory program for the *International Baccalaureate Diploma Programme (IB)* in grades 11 and 12.



Natural Resources and Agricultural Science Magnet Program at North Harford High School

The Natural Resources and Agricultural Sciences Magnet (NRAS) is composed of three clusters focusing on Large Animal / Equine Sciences, Plant Sciences, or Natural Resources Sciences. Programs provide students with the opportunity to experience challenging course work and experience science and technology with emphasis on career development and real world application. The Harford County Agricultural Economic Advisory Board, the University of Maryland, Harford Community College, and Harford County Public Schools has partnered to develop a program where each cluster will provide students with the quality background knowledge, and skills necessary for continued education or to gain entry into their work based field of choice.

More information can be found online at <http://www.hcps.org/Schools/MagnetPrograms/Default.aspx>

Talk to your **KIDS** before **HEROIN** DOES

Students, their parents and concerned community members are invited to learn about drug related issues and ways to **keep your family safe**

All presentations start at 6:30 p.m.

September 30th: Patterson Mill Middle/High School

October 7th: Fallston Middle School

October 13th: Aberdeen Middle School

October 22nd: North Harford Middle School

October 28th: Edgewood Middle School

November 5th: Southampton Middle School

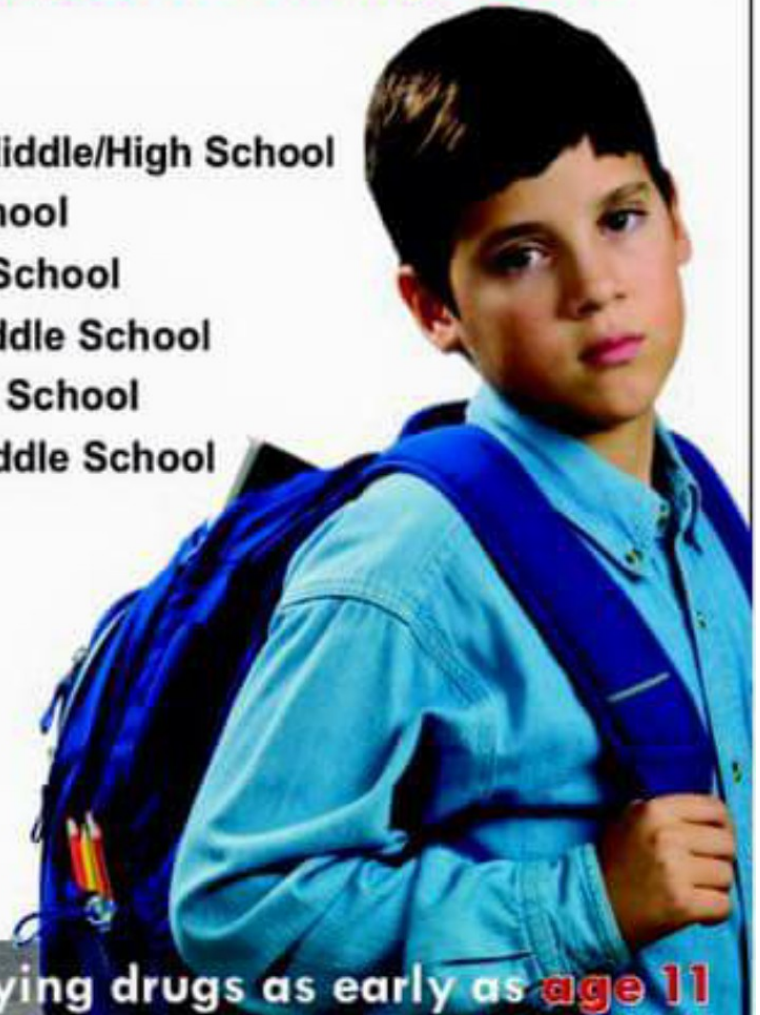
Presented in partnership with:



Harford County
Council of PTAs
every child, one voice



Public Health
Prevention • Primary • Practice
Harford County
Health Department



Harford County kids are trying drugs as early as **age 11**



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





CLIPPING IS EASY! FIND BOX TOPS ON HUNDREDS OF PRODUCTS YOU KNOW AND LOVE

RECORTA BOX TOPS Y RECAUDA DINERO PARA TU ESCUELA!

It's easy to find Box Tops. In fact, you may have some in your home right now. Clip Box Tops from your favorite products and turn them into your school today! Box Tops are each worth 10¢ and they add up fast!

Encontrar Box Tops es fácil. De hecho, tal vez tengas algunos en tu casa en este momento. Recorta Box Tops de cientos de tus productos favoritos. Cada cupón de Box Tops tiene un valor de 10¢ para tu escuela y esas cantidades se suman rápido!

BAKING & BAKEWARE

HORNEADO Y PRODUCTOS PARA HORNEAR



- Betty Crocker™ Baking & Cake Mixes
- Betty Crocker™ Brownies & Dessert Mixes
- Betty Crocker™ Complete Pancake
- Betty Crocker™ Create 'n' Bake Cookies
- Betty Crocker™ Frosting
- Betty Crocker™ FUN da-Middles
- Betty Crocker™ Gluten Free Mixes
- Betty Crocker™ Muffin & Cookie Mixes
- Betty Crocker™ Pizza Crust Mix
- Bisquick™
- Fiber One™ Mixes
- Reynolds® Genuine Parchment Paper
- Reynolds® Non-Stick Baking Pans
- Reynolds® Staybright Baking Cups

FOOD STORAGE

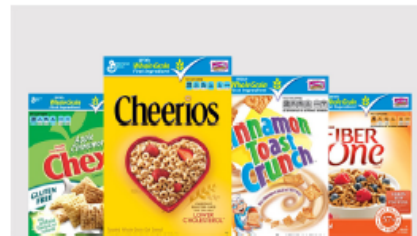
CONTENEDORES PARA ALIMENTOS



- Ziploc® brand Big Bags XL (4 ct.)
- Ziploc® brand Freezer Bags
- Ziploc® brand Smart Snap Containers
- Ziploc® brand Storage Bags
- Ziploc® brand Twist 'n Loc® Containers
- Ziploc® brand VersaGlass® Containers
- Ziploc® brand Vacuum Freezer System
- Ziploc® brand Zip 'n Steam™ Bags

CEREAL

CEREALES



- Basic 4™
- Cascadian Farm™
- Cascadian Farm™ Protein Granola
- Cheerios™
- Chex™
- Cinnamon Toast Crunch™
- Cocoa Puffs™
- Cookie Crisp™
- Fiber One™
- French Toast Crunch™
- Gluten Free Chex™ Oatmeal
- Golden Grahams™
- Honey Nut Clusters™
- Kix™
- Lucky Charms™
- Nature Valley™ Protein Crunchy Granola
- Oatmeal Crisp™
- Raisin Nut Bran
- Reese's Puffs®
- Total™
- Trix™
- Wheaties™

SCHOOL & OFFICE SUPPLIES

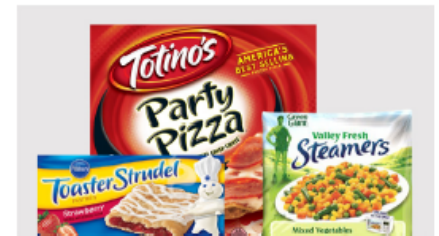
ARTÍCULOS PARA ESCUELA Y OFICINA



- Boise Polaris® Paper

FROZEN

CONGELADOS



- Green Giant™ Vegetables
 - Green Giant™ Seasoned Steamers™
 - Green Giant™ Just for One™
 - Green Giant™ Family Size Frozen Vegetables
 - Green Giant™ Valley Fresh Steamers
- Pillsbury™ Breakfast
 - Pillsbury™ Grand! Biscuit Sandwiches
 - Pillsbury™ Pancakes
 - Pillsbury™ Toaster Scrambles™
 - Pillsbury™ Toaster Strudel™
- Totino's™ Party Pizza® & Pizza Rolls® Snacks

PAPER PRODUCTS

PRODUCTOS DE PAPEL



- Kleenex® Facial Tissues
 - Kleenex® Mainline flats (160 ct., 195 ct., 230 ct. and multipacks)
 - Kleenex® Ultra Multipacks
 - Kleenex® Anti-Viral
- Scott® Bath Tissue
- Scott® Paper Towels
- Scott Naturals™ Flushable Cleansing Cloths

SEND IN YOUR BOX TOPS! Homeroom Contest runs from 10/5-10/20

SNACKS & JUICES BOCADILLOS



- Betty Crocker™ Fruit Flavored Snacks
- Bugles™
- Cascadian Farm™ Granola Bars
- Cereal Treat Bars
- Cheerios™ Snack Mix
- Chex Mix™
- Fiber One™
 - o Bars
 - o Brownies
 - o Cookies
 - o Streusel
- Food Should Taste Good™
 - o Food Should Taste Good™ Tortilla & Kettle Cooked Chips
- Gardetto's™ Snacks
- LARABAR™ (multipacks)
 - o ALT™
 - o über™
 - o LARABAR™
- Larabar™ RENOLA Grain Free Granola
- Mott's® Applesauce products
- Mott's® Juice
- Mott's® Medleys Fruit Flavored Snacks
- Nature Valley™ Bars
- Nature Valley™ Granola Bites
- Nature Valley™ Protein Soft Baked Granola Bites
- Pillsbury™ Baguette Chips
- Ocean Spray® Fruit Flavored Snacks

TABLEWARE MANTELERÍA



- Hefty® Deluxe™ Plates and Platters
- Hefty® Easy Grip® Cups
- Hefty® Everyday™ Cups
- Hefty® Everyday™ Soak Proof Plates and Bowls
- Hefty® Printed Cups
- Hefty® Style Plates
- Kleenex® Dinner Napkins (50 ct.)

REFRIGERATED & DAIRY REFRIGERADOS Y LÁCTEOS



- Alpine Lace® Pre-Sliced Deli Cheese
- Kozy Shack® Pudding
- Land O'Lakes® Cheese Products
 - o Chunk Cheese varieties
 - o Pre-Sliced Deli Cheese
- Land O'Lakes® Fresh Buttery Taste® Spread (Sticks and tubs)
- Land O'Lakes® Margarine (Sticks and Tub) s
- Land O'Lakes® Sauté Express® Sauté Starter
- Land O'Lakes® Stick Butter or Spreadable Butter Products
- Pillsbury™ Crescents
- Pillsbury™ Grands! Biscuits
- Pillsbury™ Pizza Crust
- Pillsbury™ Melts
- Pillsbury™ Cookies
 - o Ready to Bake™
 - o Refrigerated
- Pillsbury™ Cinnamon Rolls
- Pillsbury™ Pancake Batter
- Yoplait®
 - o Yoplait® Go-GURT® and Simply... Go-GURT®
 - o Yoplait® Light & Original Fridge Packs (8 ct.)
 - o Yoplait® Kids Multipack
 - o Yoplait® Trix Multipack

PRODUCE FRUTAS Y VERDURAS



- Green Giant™ Fresh Vegetables
- Green Giant™ Fresh Fruit
- Green Giant™ Fresh Herbs

MEALS & SIDES COMIDAS Y GUARNICIONES



- Betty Crocker™ Bowl Appetit
- Betty Crocker™ Hamburger, Chicken & Tuna Helpers
- Betty Crocker™ Helper Complete Meals
- Betty Crocker™ Specialty Potatoes & Potato Buds
- Betty Crocker™ Suddenly Salad
- Green Giant™ Canned Vegetables
- Green Giant™ Veggie Blend-Ins
- Old El Paso™ Bold Stand n' Stuff Shells
- Old El Paso™ Dinner Kits
- Old El Paso™ Rice & Beans
- Old El Paso™ Shells & Seasonings
- Old El Paso™ Soft Tortilla Taco Boats
- Old El Paso™ Stand n' Stuff Shells
- Progresso™ Panko
- Progresso™ Bread Crumb Mixers™
- Progresso™ Soup
- Progresso™ Broth

WASTE BAGS BOLSAS DE BASURA



- Hefty® Blackout Tall Kitchen Drawstring Bags
- Hefty® Cinch Sak Large Trash Bags and Lawn & Leaf Bags
- Hefty® Easy Flaps® Tall Kitchen Bags and Large Trash Bags
- Hefty® OdorBlock® Tall Kitchen Drawstring Bags
- Hefty® Renew® Tall Kitchen Bags and Trash Bags
- Hefty® SteelSak® Trash Bags
- Hefty® Twist Tie Tall Kitchen Bags and Trash and Lawn & Leaf Bags
- Hefty® Ultimate
- Hefty® Ultra Flex® Trash Bags

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SEND IN YOUR BOX TOPS! Homeroom Contest runs from 10/5-10/20

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.

MEMBER NAME/CODE	ADDRESS	EMAIL/PHONE
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
- If you have general questions for the NHMS PTSA, please contact Kim Hackett, NHMS PTSA President, at nhmsptsa@gmail.com

School Counseling Corner

October 2015



Upcoming Events

College and Career Fair

10/14/15

6:00-8:30pm

Harford Community College

APGFCU Arena

More than 120 colleges and universities represented

Share four tools to help your student stay organized

Responsibility for staying top of several classes as well as extracurricular activities is a big challenge in middle school.

To make organization easier for your child, give them these tools:

1. **Sticky notes.** Have your child place small sticky notes on the spines of books and binders that he should bring home for homework.
2. **To-do lists.** Have your child write down everything he needs to complete for the following day, week, etc.
3. **Planners.** Your child should write all assignment due dates and test dates in their planner. Remind them to check it often.
4. **Schedules.** Show your child how to make and follow a schedule every day.

Carve out time for you and your middle schooler.

She may not admit it, but your child needs to be with you. It's not just important for your relationship- it's critical for her development. You and your child need at least two kinds of time. One is the time you spend day to day. Another is what is called *quality time*- a chance for you and your child to be together, focusing on each other, without distractions. Some parents and kids find this time at meals or just before bed. If those times don't work for you, try these ideas:

- Take your child on weekend errands, at least an hour a weekend. End the errands with a stop for ice cream or another small treat.
- Walk or run together one evening a week after work and school.
- Take your child to school once a week, or pick her up from school if your schedule allows.
- Plan Sunday lunch together on Saturday and then cook it together every Sunday.

School Counselors

6th Grade: Peggyjo.Teague@hcps.org

7th Grade: Laura.Grace@hcps.org

8th Grade: Patricia.Schlough@hcps.org

Important NHMS Dates:

October 9: PTSA Walk-a-Thon

October 23: Sandy Richardson Run

October 30: First Quarter Ends

Edline Updated