



December 2019 Newsletter

Hanson Middle School

<http://www.whrsd.k12.ma.us>

781-618-7575 – Main Office

781-618-7375 – Absentee Line

The Holiday Season is now in full swing. December vacation is just around the corner. You will be busy visiting friends, attending gatherings or celebrations, shopping and exchanging gifts. To manage your hectic schedule, I encourage you to set realistic goals. Accomplishing just a portion of a smaller list with higher priorities reaps better results in the long run. Times that you spend together with your children talking, sharing thoughts and relaxing are a vital part of all family activities.

Find time each day to have family discussions. Talk about favorite books, memorable stories, and family traditions. Children love to hear tales from your childhood or that of your parents. Even simple, every day occurrences become the foundation of an oral family history to be passed from generation to generation.

If you are fixing any special meals, give your children the opportunity to help you. Let them read the recipe or help with the preparation. Treasure your time together. It is a gift for everyone that is always the right size and price!

If you have any concerns, please feel free to contact us.
Bill Tranter, Principal



Upcoming Events

Friday, December 6 Professional Day Early Release 11:00 am
Dismissal

Tuesday, December 17

Middle School Concert 7:00 pm
At High School

December 21-January 1

Holiday Recess No School

Community Events

School Committee Meeting

Dec. 11, 2019 7:00 p.m.



From Guidance – Ms. Sweeney



Grade 7 and 8 Parents: PCC (Project Contemporary Competitiveness) informational packets and applications are now available in the guidance office. PCC is a residential summer enrichment program which is held at Stonehill College. The program runs for 6 weeks for returning students and either 4 or 6 weeks for new students. Students participate in enrichment classes during the day and recreational and social activities in the evening. Many of our students have participated in past years and have always given great reviews of their experiences. Please visit www.pccasp.org for more information.

Applications are due to Mrs. Sweeney by Friday, January 10th.

On **Friday, December 6th**, 8th grade students who are interested in applying to South Shore Vo-Tech are invited to tour the school. Applications are on-line at www.ssvotech.org (click on “Online Application”) and should be completed by **Friday, January 10th** in order to be considered for the first round of acceptances. Questions about this process can be directed to Mrs. Sweeney at HMS or Mrs. Dow at South Shore Vo-Tech.

On **Thursday, February 13th**, WHRHS counselors and administrators will host a scheduling and curriculum night for parents of current 8th graders. This will be an opportunity to learn more about courses offered at the high school level as well as the process of scheduling courses. The program is directed toward parents.

process



From The Assistant Principal

Afterschool activities were a success this fall. We were able to offer and run two new activities, Ukulele and Folklore and Mythology. Thank you to all students who participated and to all staff members who led activities. We plan to begin another round of afterschool programs shortly after break. Please keep an eye on our website, as offerings will be posted there when determined.

Please mark your calendar for Tuesday, December 17, for the Middle School Winter Concert. The concert will be held in the WHRHS Performing Arts Center at 7:00.

SCHOOL NURSE NEWS



HELP US STOP THE SPREAD OF GERMS



Sometimes it is a tough call as to when your child should stay home, so here are a few guidelines to help you make the decision whether or not you should keep your child home. We realize that many of you work outside the home and it is sometimes difficult to keep your child home, however keeping children at home when they are sick makes a tremendous difference in preventing the spread of illnesses throughout the classroom. If you are called to pick up your child because of illness, he/she must be picked up. Please be sure that we have up to date emergency contact information, so that we have someone who can act on your behalf if we are unable to reach you. Thank you in advance for helping us all stay healthy!

Fever

Fevers are generally signs of infection. Your child's temperature should be less than 100 degrees for 24 hours, without the use of fever reducing medications such as Tylenol or Motrin, before they can return to school. While your child is at home, encourage them to drink plenty of fluids and get rest, which will allow them to recover from their illness.

Stomach Ache, Vomiting, Diarrhea

A child with vomiting and or diarrhea should be kept at home until their symptoms have resolved for approximately 12 hours, and the child has demonstrated they can keep down food and liquid.

Cold Symptoms, Cough, Sore Throat

Your child may attend school if their symptoms are not associated with a fever. They should also be free from significant discomfort from their cold symptoms so they are able to participate in their schoolwork. If your child has symptoms of a persistent cough; thick yellow or green nasal discharge, which lasts longer than a week; or he or she complains of an earache, you may want to consult your doctor for possible treatment. If your child has been diagnosed with strep throat, they may return to school after being on antibiotics for 24 hours to assure that their infection will not be contagious to others.

Red Eye

Red, irritated, itchy eyes with drainage could be caused by a bacterial infection, allergies, or a virus. If the white part of the eye appears red and produces a yellow or green crusty discharge with matted

lashes, your child may have conjunctivitis. Conjunctivitis or “pink eye,” as it is commonly referred, is a contagious infection which needs to be treated by a doctor. Your child may return to school after 24 hours of prescribed treatment.

Please check out the “Health Services” page of the district website for more information regarding more health services information and protocols. You will find this page if you go to the Central Administration tab, then District Departments, then Health Services.



REMINDER - Screenings for hearing, vision, and BMI will begin in December for all 7th grade students and vision screening only for 5th grade students as per DPH regulations. If you **DO NOT** want your child to participate in the screenings, please notify me in writing of this request ASAP. The screening process takes place over the course of the next few months, as I conduct the screenings when I am able to during related arts class time or extension periods. Parent/guardian(s) will be notified in writing only if the student does **NOT** pass the hearing or vision screening. BMI results are available upon request.

Thank You,
Lisa Godbout, M.Ed., BSN, RN
781-618-8761
lisa.godbout@whrsd.org

The Giving Tree

This year Builders Club is partnering with My Brother's Keeper to provide Christmas presents to children whose families are not able to buy them. On our Giving Tree there are ornaments that contain information for a specific child. If your family would like to participate, you can come in and claim a tag from our tree in the main office, purchase a present for that child and return it to us unwrapped with the tag taped on top. With your written permission or email to Mrs. Laferriere at laferriere.leone@whrsd.org, your child may take a name from the tree and bring it home. **Please have all gifts to HMS by December 16.** We appreciate any help you can give. Thank you for helping spread holiday cheer!

Project 351

We are also pleased to announce that Mateo Santalucia will be the Hanson Middle School representative to Project 351. A Project 351 Ambassador is an 8th grade student selected by his or her school for their exemplary ethic of service and demonstration of Project 351 values of humility, compassion, kindness, and generosity of spirit. The selection of quiet leaders and unsung heroes is encouraged. One Ambassador is selected for each town in Massachusetts; larger cities may receive multiple nominations due to population size. Project 351 was convened as a one-day event by Governor Deval Patrick for his 2011 Inauguration. More than 400 eighth graders representing every city and town in the Commonwealth united to serve, develop leadership skills, and discuss issues critical to young people and their communities. The January Launch marks the beginning of the Ambassador's yearlong term of community service, leadership development, and enrichment. On the Martin Luther King Jr. weekend, nominated Ambassadors join over 350 eighth-grade students from the 351 cities and towns of Massachusetts for a day of enrichment, service, and unity with Governor Charlie Baker. This day has added significance as it takes place on Dr. Martin Luther King weekend -- a national holiday that honors Dr. King's legacy of service. Dr. King said, "Everybody can be great, because anyone can serve. Together, Ambassadors embrace and celebrate Dr. King's service mission.

This month HMS is focusing on

SELF MANAGEMENT!

SELF-MANAGEMENT – *The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work towards personal and academic goals.*

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.

