

THE HKMS HERALD

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Upcoming Events

- 9/1—Opening Day
- 9/1-9/3—Fall Sports Signups (Need a PHYSICAL)
- 9/6—Labor Day—No school
- 9/7—BOE Mtg.—C.O.—7:30pm
- 9/9—Rosh Hashanah—No school
- 9/10—Picture Day
- 9/13—8th grade parent mtg.—DC—6pm
- 9/13—PTO Mtg.—7pm
- 9/13-9/15—Fall Sport Tryouts
- 9/17—Yom Kippur (begins at sundown)
- 9/20—Fall CLUB signups begin
- 9/20—Magazine Drive Assembly during school
- 9/21—BOE Mtg.—HKMS—7:30pm
- 9/29—HKMS Open House Grades 5/6—6:30pm
- 9/30—HKMS Open House Grades 7/8—6:30pm

WELCOME TO THE 2010-2011 SCHOOL YEAR!

Greetings to the Haddam-Killingworth Middle School Community:

We begin the 2010-2011 with great anticipation. This year's theme is "Children Learn what They Live" (*Dorothy Law Norte*). This poem provides a focus for us as we work with our students to foster academic growth and personal development. It is our hope that we can work together as a school community to provide a challenging and safe environment for our children to grow.

We send a special welcome to our new students and their families, including those starting grade 5 and as well as those new to the district. Our staff and PTO will try to make this transition for you seamless. One way we will do that is to email parents several times during the first two months of school. I will send out email bulletins and Mr. English will send out the newsletter at the beginning of each month. We also encourage you to visit our district web site which will include an activity calendar, teacher on-line classrooms, curricular information, a PTO link and important information for your reference.

Finally, as an educator and parent, I ask that you make reading a priority for your child. If your child can read and understand text, then the world is at her fingertips. We will be hosting several parent workshops this year which will focus on reading and what you can do as a parent to keep your child reading. In the meantime, please consider:

- Turning off the computer, cell phone and TV and establish a time for pleasure reading.
- Reading out loud with your children at dinner or before bed. You are never too old to have someone read to you.
- Buy two copies of the same book and pair read, asking each other questions about what you are reading and predicting what will happen next.
- Join or form a book club for parents and children.
- Visit our book fair this fall with your child to talk about favorite authors or see what is now popular on the adolescent best seller list.
- Buying books for gifts for the holidays, birthdays or as reward for a great report card.

We do not want pleasure reading to become a lost art in our culture and as parents, we need to do the modeling at home. Have a wonderful year! ~*Miriam Furey-Wagner, Principal*



Our beautiful school is ready for 2010-2011!

TALK TO YOUR KIDS ABOUT BEHAVIORAL EXPECTATIONS

Please have a talk with your children about behavioral expectations during school. Make sure that they are familiar with our policies and procedures located in their student agendas. Please don't assume that your children understand all of the policies and expectations of proper behavior. Talk with them about keeping their hands to themselves, bullying and harassment, acceptance and patience with peers, bus behavior and work ethic. These talks will properly frame your expectations as well as the school's. If you are the parent of an eighth grade student, please explain to them that they are role models this year and that they will be setting the tone for the school. It's important that these students tow the line and be young men and women that our underclassmen can look up to.

Weblog address:
nenglish.edublogs.org

School Address:
451 Rte. 81
Killingworth, CT 06419

School Web Address:
www.rsd17.org

Phone: 860-663-1241
Fax: 860-663-2071

E-mail:
mwagner@rsd17.org
nenglish@rsd17.org
pmuzzulin@rsd17.org



*"It's not a matter of
can/can't; it's a matter
of will/won't."*

****If you want a copy
of the Herald, you
can download it on
the district website.
Click on the middle
school tab and it will
be located on the
quick links tabs**

WE NEED VOLUNTEERS!

We need parent/senior citizen volunteers to play integral roles in our school. We could use some help in office filing, greeting, lunch and recess supervision, copying, etc. If you have some extra time and would like to donate it to us, please email or call using the contact information above!

ACADEMIC CHALLENGE

Every month we will give you a middle school academic enrichment activity. This activity could be rooted in any of our course offerings. It's for parents and students to work on as a family. We'll provide the answers (if applicable) in the next installment of the Herald, which should come out at the beginning of each month. These activities should be fun to work on with your children at the dinner table.

This Month's Challenge (Mathematics)

Three watermelons and two cantaloupes weigh 32 pounds. Four watermelons and three cantaloupes weigh 44 pounds. All watermelons weigh the same and all cantaloupes weigh the same. What is the weight of two watermelons and one cantaloupe?

HEALTHY LIFESTYLES

Similar to last year, there will be a healthy lifestyles section to the newsletter. This section will be provided in most part, by Ms. Ouellette, our Health teacher. It will include tips and important information about healthful living.

Physical Activity offers children more than just health benefits:

You may have heard of Mrs. Obama's "Let's Move" campaign that was recently launched to help combat childhood obesity and associated health problems. The latest research shows that not only does physical activity offer well known health benefits, but it also helps children learn and perform better in school. Positive correlations have been made between physical activity and improved on-task time, attention, concentration and test scores, just to name a few examples.

Follow this link to learn more about the positive correlations between physical activity and improved performance on school related tasks.

<http://www.aahperd.org/naspe/advocacy/letsmoveinschool/upload/NASPE-AcademicsBrochureFINAL.pdf>

This time of year is a great time to become more physically active. With so many choices from water sports, to hiking, to biking there really is no excuse for being a couch potato! Remember to take the following precautions when exercising in the warm weather:

- Wear light weight, light colored clothing
- Exercise in the morning or early evening when the sun is not at full strength
- If walking or running at dawn or dusk be sure to wear reflective clothing
- Generously re-apply sun-screen every 2 hours
- Hydrate, hydrate, hydrate!

Have a safe, fun and active 2010-2011 school year. I will touch base with you again in the next issue of the Herald.

~Michele Ouellette, HKMS Health and PE

SOME IMPORTANT REMINDERS

A few quick reminders:

1. Make sure you READ the student handbook.
2. Make sure that you check your email consistently.
3. Make sure that you turn in your beginning of the year paperwork PROMPTLY.
4. If your child will be trying out for a fall sport, make sure their PHYSICAL is up to date.
5. Support your PTO!
6. Use your Dismissal Form for any out-of-the-ordinary afternoon transportation needs.
7. Talk to your kids about behavioral expectations.
8. There will be SATURDAY DETENTIONS assigned for poor behavior this year. They will be from 8-11am on Saturday morning. There will be a community service equivalent that can be substituted for it. Stay tuned.
9. Have a GREAT 2010-2011 school year! If you have any questions or concerns, call or email.