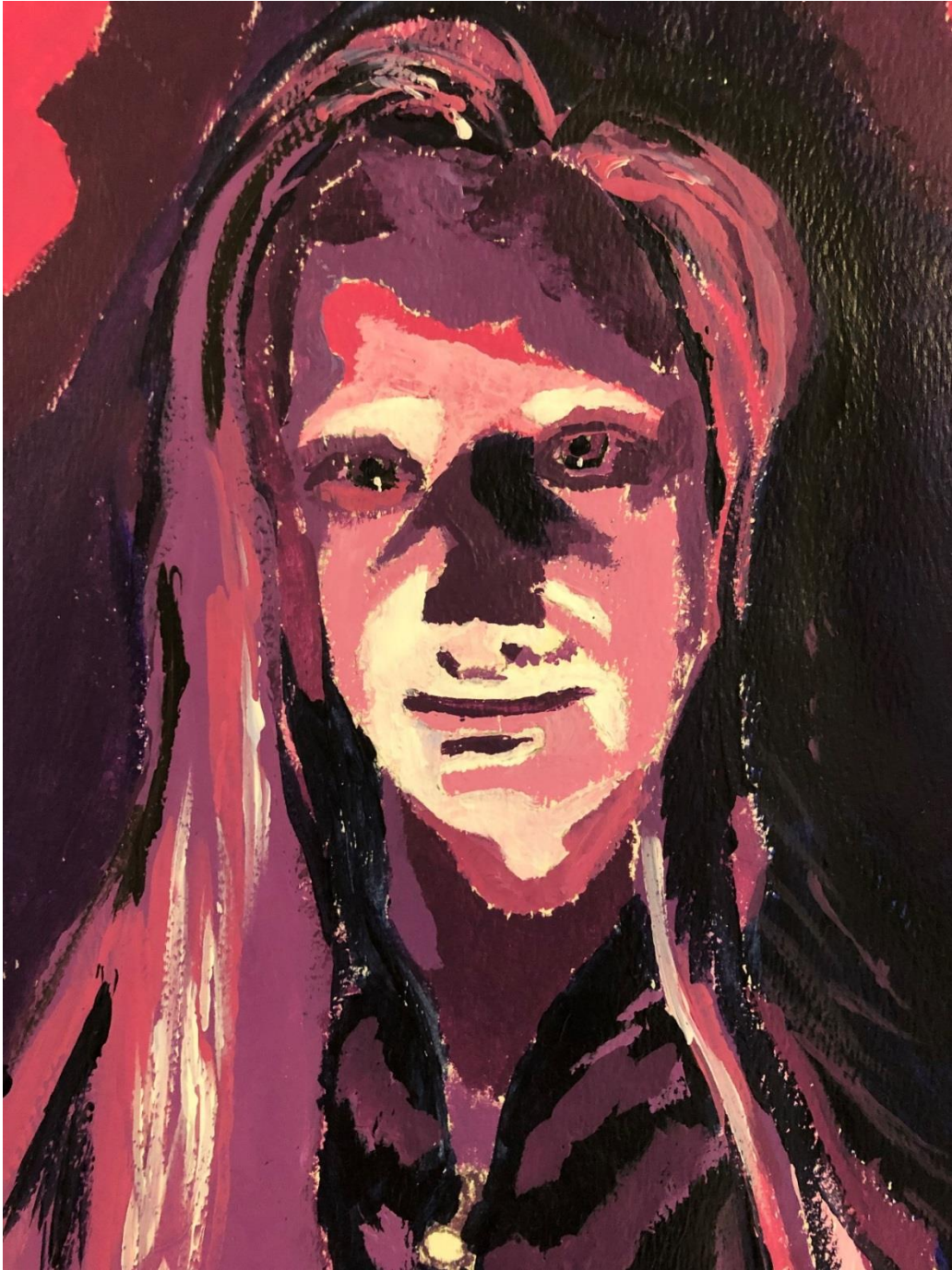


# *The Jottings*

Algonquin Middle School

May 10, 2019



*By Taylor South*

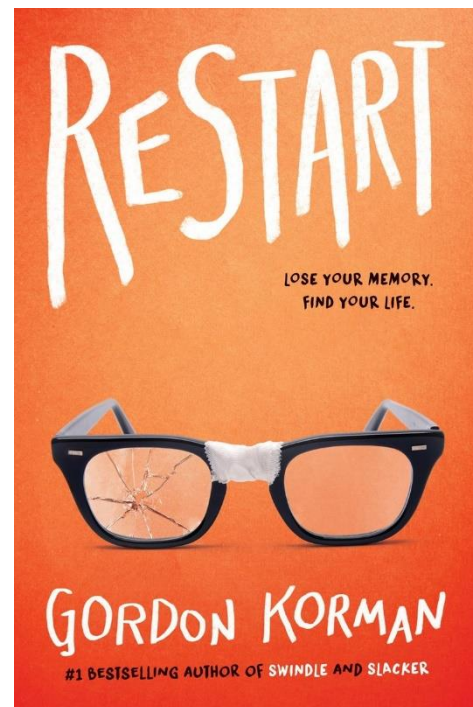
## Principal's Message

### One School, One Book – Spring Edition!

This spring, under the leadership of Ms. Ekstrom, our school Library Media Specialist, and Mrs. Magill, our school Literacy Interventionist, students and staff have been reading the book *Restart* by Gordon Korman.

This is a highly engaging story of a troubled middle school boy, Chase, who makes a dangerous decision to jump off a roof of a home and ends up with amnesia. When Chase wakes from a coma he realizes that he previously was not making the best decisions he could have in his relationships with family and friends, his school work or his plans for the future. Chase then works hard to start a new direction with his life.

Please consider asking your child about our One School, One Book program, what they think about *Restart* and what connections they see between this novel and our school's Warrior Way principles.



### Grade 8 Recognition Day: Tuesday, June 25 – 8:30am

On behalf of the faculty of Algonquin Middle School, we are pleased to announce that our Grade 8 Recognition Day Assembly will take place on Tuesday, June 25<sup>th</sup> at 8:30am in the AMS New Gym. At this assembly, each eighth grade student will be recognized as we finish the year and they prepare to move on to high school.

**Parents and guardians are invited to attend the Grade 8 Recognition Day Assembly, however, seating is limited. As such, we encourage parents and guardians to not bring additional family members to this event.**

From time to time, we will get questions about holding our Recognition Day event in a location that would allow families to bring as many guests as they would like. Unfortunately the only way for the school to be able to do that would be to hold the event at a rented facility off campus, which presents financial and logistical challenges. Thank you for your understanding.

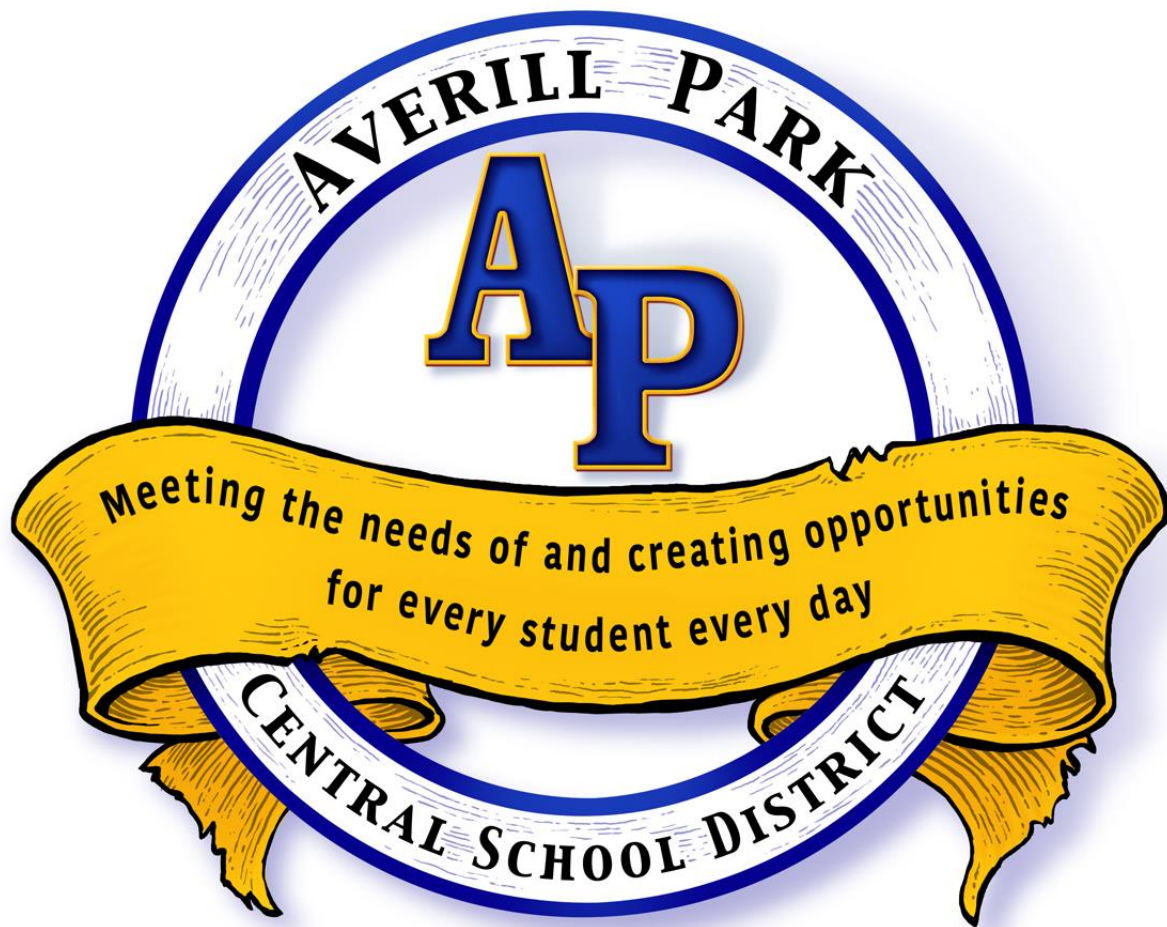
### Spring Concerts

Our Spring Concerts will get under way shortly. The Grade 6 Concert will take place on Thursday, May 30<sup>th</sup> at 7pm in the AMS Auditorium. Grades 7 & 8 will be performing on Tuesday, June 4<sup>th</sup> at 7pm in the AMS Auditorium. We hope that you can come out and enjoy the outstanding sounds of our middle level music program and see the tremendous growth students have made in their performance abilities throughout this school year.

As always, please be in touch if we can be of any assistance as we finish another outstanding school year here at Algonquin.

Sincerely,  
Rob Messia, Principal

The Grade 8 Recognition Day Assembly will be held on  
Tuesday, June 25 at 8:30am in the New Gymnasium



### **Grade 8 Families: High School Orientation**

In late summer, the Averill Park High School will hold a locker night program so incoming freshmen may receive their schedules and lockers and familiarize themselves with the high school building. More information about this event will be shared by the high school administration. Thank you.



6<sup>th</sup> Grade

## WARRIOR WALL

Congratulations to our February and March Wall of Fame recipients. Students in 6<sup>th</sup> grade are chosen by teachers for evidence of excellent character, including citizenship, trustworthiness, and respect for others, responsibility, fairness, caring, and, in particular, an outstanding contribution to our community.

Our 6<sup>th</sup> grade February AMS Warriors are:

Kayleigh Ahern

Liam Fitch

Hailie Lucier

Ayla Morse

Jasmine Scribner

Tyler Bushey

Declan Flanigan

Sophie Miller

Jacob Phelps

Lillian Wohlleber

Our 6<sup>th</sup> grade March AMS Warriors are:

Olivia Durocher

Tanner Lettko

Jill McKinney

Emma Padalino

Chava Theill

Lauren Laferriere

Nicholas Lubas

Kiah Morey

Austin Rouleau

Tucker Whitbeck



## From the Nurse's Desk

**Parents and Guardians – Please stop by the nurse's office to pick up medications and EPI pens by June 24, 2019. Anything left will be disposed of by 2:30pm on June 24, 2019.**



### Seventh Grade Physicals and Meningitis Vaccination:

A reminder that New York State Education Law requires a medical exam be on file for all **SEVENTH** grade students. A private physician provides the extra benefit of not only consulting with the parent at the time of the exam on their child's growth and development, but also provides needed immunizations and follow-up care. Please find the physical form enclosed with your child's end of the year report card.

**The seventh grade physical is due by October 31, 2019**

**All 7<sup>th</sup> grade students must have the Tdap immunization and the Meningococcal vaccination by the time they turn 11.** If your child is not 11 when school starts they will need to be immunized when they turn 11 years old. If your child is 10 years old, they are eligible for the Boostrix Tdap immunization.

The ACIP recommendations for meningococcal vaccine are:

- A single dose of vaccine against meningococcal serogroups A, C, W-135, and Y (MenACWY vaccine; brand names Menactra® or Menveo®) should be administered to all adolescents at age 11 or 12 years. This is a 7<sup>th</sup> grade requirement.

### Sixth Grade Tdap requirement:

All incoming 6<sup>th</sup> grade students are required to have the Tdap immunization. Please provide documentation of this immunization. The Tdap immunization comes in 2 forms, Boostrix which is given to student's age 10 years old or Adacel which is provided to students who are 11 years old. Your student needs to be immunized with the Tdap immunization by or on their 11<sup>th</sup> birthday.

**Proof of immunization from the immunizing physician or the Department of Health is required.**

### Athletics/Sports:

If your student is trying out for a sport, they need a current sport physical and to register on Family ID. All sports physicals need to be into the health office by August 5, 2019. If you have questions please call or email. Please plan ahead and make your student's doctor's appointment for over the summer, Doctors schedules fill up quickly. Please scan to me or fax the completed physical to [lanouea@apcsd.org](mailto:lanouea@apcsd.org) or fax to 518-674-8426 or 518-674-0671. No photos of physicals will be accepted.

Information regarding Family ID will be sent via email over the summer, keep checking for it.

**CHILD HEALTH PLUS**—free or low-cost health insurance for New York State children!

If your child is under the age of 19, not eligible for Medicaid, and has limited or no health insurance, look into Child Health Plus! *New York State helps pay the cost.* The plan covers:

Inpatient hospital care	Outpatient surgery
Physical exams, well-child and immunizations	Emergency care
Diagnosis and treatment of illness or injury	Short-term therapeutic services
X-rays and lab tests	Outpatient treatment for alcoholism
Prescription drugs	Substance abuse and mental health

*Choose a health plan near you!*

*No cost or low cost!*

To learn more about Child Care Plus, call 1-800-698-4KID (1-800-698-4543).

If you have any questions or concerns, please do not hesitate to email me over the summer at [lanouea@apcsd.org](mailto:lanouea@apcsd.org) I will be checking email periodically. If you need to fax any information over the summer please use the main fax number which is 518-674-8426 or 518-674-0671.

Have a healthy, safe, summer.

**Averill Park Central School District**  
**Authorization for Administration of Medication for Grades K - 12**

**A. To be completed by the parent or guardian:**

I request that my child \_\_\_\_\_ DOB \_\_\_\_\_, attending \_\_\_\_\_, receive the medication as prescribed below by our licensed health care prescriber. The medication is to be furnished by me in the properly labeled original container from the pharmacy. I understand that the school nurse will administer the medication or an adult will supervise my child taking his/her own medication.

Signature (Parent or Guardian): \_\_\_\_\_ Date: \_\_\_\_\_  
Telephone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

**B. To be completed by the licensed health care prescriber:**

Name of student: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_  
Name of Medication: \_\_\_\_\_  
Prescribed Dosage, \_\_\_\_\_ Frequency: \_\_\_\_\_  
Route of Administration: \_\_\_\_\_  
Time to be taken during School Hours: \_\_\_\_\_  
Duration of Treatment: \_\_\_\_\_  
Possible Side Effects and Adverse Reactions: \_\_\_\_\_  
Other Recommendation: \_\_\_\_\_  
Name of Licensed Prescriber and Title (please print): \_\_\_\_\_  
Prescriber's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Phone: \_\_\_\_\_

**Health Care Provider Permission for Independent Use and Carry during school and after school events**

I attest that this student has demonstrated to me that they can self-administer the medication(s) listed below safely and effectively, and may carry and use this medication (with a delivery device if needed) independently at any school/school sponsored activity with no supervision by school staff. This order applies to the medications checked below:

This student is diagnosed with:

- Allergy and requires Epinephrine Auto-injector
- Asthma or respiratory condition and requires Inhaled Respiratory Rescue Medication
- Diabetes and requires Insulin/Glucagon/Diabetes Supplies
- \_\_\_\_\_ which requires rapid administration of \_\_\_\_\_  
(State Diagnosis) (Medication)

Name) \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent Permission for student self-administration of medication:**

I agree that my child can use their medication effectively and may carry and use this medication independently at any school/school sponsored activity with no supervision by school staff.

I assume the responsibility for monitoring my student on a daily basis to ensure that he/she is carrying and administering the medication responsibly and as prescribed. I understand that being able to carry and self-administer medication is a privilege and if my student is found to have abused that privilege, they will not be allowed to self-administer.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM  
TO BE COMPLETED IN ENTIRETY BY PRIVATE HEALTH CARE PROVIDER OR SCHOOL MEDICAL DIRECTOR**

**Note:** NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special education (CPSE).

**STUDENT INFORMATION**

Name:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	DOB:
School:	Grade:	Exam Date:

**HEALTH HISTORY**

Allergies <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Food <input type="checkbox"/> Insects <input type="checkbox"/> Latex <input type="checkbox"/> Medication	<input type="checkbox"/> Anaphylaxis Care Plan Attached <input type="checkbox"/> Environmental
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Asthma <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Intermittent <input type="checkbox"/> Persistent <input type="checkbox"/> Other: _____	<input type="checkbox"/> Asthma Care Plan Attached
---	---	--

Seizures <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Type: _____	<input type="checkbox"/> Seizure Care Plan Attached Date of last seizure: _____
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Diabetes <input type="checkbox"/> No <input type="checkbox"/> Yes, indicate type	<input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> HbA1c results: _____ Date Drawn: _____	<input type="checkbox"/> Diabetes Medical Mgmt. Plan Attached
---	---	---

**Risk Factors for Diabetes or Pre-Diabetes:**  
Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother; and/or pre-diabetes.

BMI \_\_\_\_\_ kg/m<sup>2</sup> Percentile (Weight Status Category):  <5<sup>th</sup>  5<sup>th</sup> - 49<sup>th</sup>  50<sup>th</sup> - 84<sup>th</sup>  85<sup>th</sup> - 94<sup>th</sup>  95<sup>th</sup> - 98<sup>th</sup>  99<sup>th</sup> and >

Hyperlipidemia:  No  Yes      Hypertension:  No  Yes

**PHYSICAL EXAMINATION/ASSESSMENT**

Height:	Weight:	BP:	Pulse:	Respirations:
<b>TESTS</b>	<b>Positive</b>	<b>Negative</b>	<b>Date</b>	<b>Other Pertinent Medical Concerns</b>
PPD/ PRN	<input type="checkbox"/>	<input type="checkbox"/>		One Functioning: <input type="checkbox"/> Eye <input type="checkbox"/> Kidney <input type="checkbox"/> Testicle
Sickle Cell Screen/PRN	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/> Concussion – Last Occurrence: _____
Lead Level Required Grades Pre- K & K			<b>Date</b>	<input type="checkbox"/> Mental Health: _____
<input type="checkbox"/> Test Done <input type="checkbox"/> Lead Elevated $\geq 10$ $\mu\text{g/dL}$				<input type="checkbox"/> Other: _____

System Review and Exam Entirely Normal

Check Any Assessment Boxes Outside Normal Limits And Note Below Under Abnormalities

<input type="checkbox"/> HEENT	<input type="checkbox"/> Lymph nodes	<input type="checkbox"/> Abdomen	<input type="checkbox"/> Extremities	<input type="checkbox"/> Speech
<input type="checkbox"/> Dental	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Back/Spine	<input type="checkbox"/> Skin	<input type="checkbox"/> Social Emotional
<input type="checkbox"/> Neck	<input type="checkbox"/> Lungs	<input type="checkbox"/> Genitourinary	<input type="checkbox"/> Neurological	<input type="checkbox"/> Musculoskeletal

<input type="checkbox"/> Assessment/Abnormalities Noted/Recommendations:	Diagnoses/Problems (list)	ICD-10 Code
	_____	_____
	_____	_____
	_____	_____

Additional Information Attached

## SUMMER LOAN IS COMING!

Did you know your child can check out books from the AMS Library and keep them all summer? It's a unique program the AMS Library provides called Summer Loan. Students can take up to 10 books. If you'd like your child to participate, you need to fill out a permission slip in this Jottings. Summer Loan permission slips are due on Thursday, May 23rd. For more information, see the permission slip in this newsletter. Summer Loan permission slips can also be found in the library. If you have any questions, please contact Mrs. Ekstrom. [ekstromr@apcsd.org](mailto:ekstromr@apcsd.org)

# SUMMER LOAN

## AMS LIBRARY 2019

Dear Parent/Guardian,

We are again this year offering our students the opportunity to borrow library books on summer loan.

Your child may borrow as many as *ten* books for summer loan. Picking out books will take place during Access May 31<sup>st</sup>, June 3<sup>rd</sup> and 4<sup>th</sup>. The books may be taken home June 20th (grade 6) and June 21st (grades 7 & 8). These books must be returned during the first week of school in September.

**Eighth grade students who will be attending Averill Park High School in September may return the books to the high school library.**

The form below should be filled out, signed, and returned to the library by **Thursday, May 23rd**. Additional forms are available in the library.

We hope you will encourage your child to take advantage of our summer program, find a safe place to keep the books, and make reading a part of the fun of summer vacation.

### **TO SELECT BOOKS YOU WILL NEED:**

- 1) A **DOUBLED** grocery bag. Books are heavy!
- 2) Your name and homeroom in large letters at the **BOTTOM** of the bag with a black marker.

Sincerely,

Mrs. Rebecca Ekstrom  
Library Media Specialist



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TO: ALGONQUIN LIBRARY MEDIA CENTER - SUMMER LOAN PROGRAM

DATE: \_\_\_\_\_ My child, \_\_\_\_\_  
(name)

may borrow \_\_\_\_\_ books. I understand that books borrowed must be returned the first week  
(number)

of school in September. I assume full responsibility for lost or damaged books.

Homeroom \_\_\_\_\_ Signed \_\_\_\_\_  
(Parent or Guardian)

Rev. AMS Library 4/19



## ALGONQUIN PARENT ORGANIZATION

### UPCOMING EVENTS AND WHAT WE HAVE BEEN UP TO:

#### Past Events:

**March 4<sup>th</sup> at 7:00 pm** was the last APO meeting for the year was held on March 4<sup>th</sup> at 7:00 pm in the Library meeting room at Algonquin.

Thank you to all who attended.

**April 9 - April 15<sup>th</sup> Algonquin Book Fair:** (buy one – get one free). This event was a great success. Students and faculty had the opportunity to purchase books during lunch periods. Thank you to Denise Nero and all who volunteered their time to make it a success

#### Upcoming Events:

**May 21** - 5<sup>th</sup> Grade parent night. Parents of 5<sup>th</sup> graders will tour the school from 6:30-7:30pm.

**Algonquin APO Fundraiser-** APO “WARRIORS” GEAR - SPRING SALE

Looking for “Warrior” Gear for the spring? Check out the APO apparel sale Orders are due by May 14th. Click on the following link for more information. Thank you for supporting the APO with this apparel sale.

[https://drive.google.com/file/d/1U-bCyOUZhOzYYs8\\_cR5fxKrYuJhI8vfR/view?usp=sharing](https://drive.google.com/file/d/1U-bCyOUZhOzYYs8_cR5fxKrYuJhI8vfR/view?usp=sharing)

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#### **PARENT HELP NEEDED - APO FAREWELL DANCE PLANNING**

Please consider attending an informational meeting on May 15th at 7pm for the planning committee for the Grade 8 Farewell Dance. Any parents in Grades 6-8 are more than welcome to join this group to help make the Farewell Dance memorable for our students. Thank you, Liz Brophy, Farewell Dance Committee Chair

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**June 7<sup>th</sup> - Grade 8 Farewell Dance 7:00pm-9:00pm. Parents in any grade are needed to chaperone this event. We will need 6<sup>th</sup> and 7<sup>th</sup> grade parents to help with set up and get ideas for their children in the years to come.** Many hands make light work. 8<sup>th</sup> grade parents are invited to be on the planning committee. We need help planning, decorating, and cleaning up after. If you can help, please email Liz Brophy at lbrophy78@gmail.com. If interested in helping please attend the **Committee Meeting May 15<sup>th</sup> at 7 pm**. This event will be held in the AMS cafeteria. This dance is not a semi-formal, and students should dress as if going to a nice restaurant. Tickets will be available for purchase by *eighth grade students only* during lunch periods. All refreshments will be provided by the APO and parents, free of charge. A sign up for items to be donated and help will be sent out closer to the event date.

**June 25<sup>th</sup> - 8<sup>th</sup> Grade Recognition** – After the ceremony, parents and 8<sup>th</sup> graders are welcome to gather in the gym for some snacks and beverages. It’s a great time to take some photos with friends.

### **French Club – 8<sup>th</sup> Grade**

Eighth Grade French club members are traveling to Quebec City, Quebec, Canada for three days. They will be gone from May 24-26. They will have an awesome opportunity to visit a foreign culture and try using some of their language skills they have been perfecting the past 2½ years. They will visit Old Quebec, a copper museum, Ste. Anne de Beaupré basilica, Montmorency Waterfalls and many historical sites relative to our own history. Wish them Bon Voyage! And thanks to the teacher chaperones for giving up their entire weekend.

### **Eighth Grade Proficiency Testing (Speaking Test)**

Eighth grade students are beginning the oral component of their foreign language exam. They will meet with their teacher for a private oral exam two separate times. Please remind your student not to miss these two very important meetings. Each one is worth 10% of their Proficiency exam grade. Just a reminder, when your child passes this exam, they receive one high school LOTE (Languages other than English) credit, which is a NYS requirement for graduation. Please contact your child's teacher if you have questions about this very important assessment.

### **French Club – 7<sup>th</sup> Grade**

Seventh Grade French club is going to Montreal, Quebec, Canada for a day trip on Friday, May 10. They have an incredible opportunity to visit a foreign culture and tried using some of their language skills they have been learning the past 1½ years. They're exploring many different venues, including the Olympic Stadium from the 1976 Olympics, a park at the top of the city and the Old Port area. For many, it will be the first time out of the country. And "merci" to the teachers traveling with us!

## MAY/JUNE Calendar

May 1 & 2	NYS Math Assessment	
May 3 & 6	NYS Math Assessment Make Up Days	
May 9	Earth Science Entrance Exam	
May 9	Richtol's Read All Day	
May 10	Grade 7 Montreal Trip	
May 11	NYSSMA Solo Festival	
May 13	<b>Board of Education Meeting-High School</b>	<b>6:30pm</b>
May 14	Grade 6 – Pre-Algebra Entrance Aptitude Test	7:00am-8:15am
May 15	Grade Panoramic Photo	
May 15	Global 9 Honors Exam	7:45am & 2:45pm
May 15	Grade 6 – Pre-Algebra Entrance Aptitude Test	2:35pm- 3:45pm
May 17	Spanish 8 NYC Trip	
May 21	5 <sup>th</sup> Grade Parents Night	6:30pm-7:30pm
May 21	<b>BUDGET VOTE &amp; SCHOOL BOARD ELECTION-APHS</b> Auxiliary Gym	7:00am-9:00pm
May 22	Grade 5 Concert	10:00am-10:45am
May 24-26	Grade 8 Quebec City Trip	
May 27	<b>Memorial Day – No School</b>	
May 28	Grade 7 Jiminy Peak - Team 3 (Rain date May 31)	
May 29	Grade 7 Jiminy Peak - Team 4 (Rain date May 31)	
May 30	Grade 6 Concert	7:00pm
May 30	NYS Science Performance Test Grade 8	
May 31	NYS Science Performance Grade 8 Make Up	
May 31	Grade 5 Mixer at AMS	6:00pm-8:00pm

## JUNE Calendar

June 3	Grade 8 NYS Science Written Assessment	
June 4	NYS Science Written Assessment Grade 8 - Make Up	
June 4	7 & 8 Grade Concert- AMS	7:00pm-8:30pm
June 7	Grade 8 Farewell Dance	7:00pm-9:00pm
<b>June 10</b>	<b>Board of Education High School-LGI</b>	<b>6:30pm</b>
June 18	Grade 8 Rehearsal, APHS Tour, Grade 8 Picnic	
June 19	Common Core Algebra Regents	1:15pm
June 20	Physical Settings/Earth Science Regents	1:15pm
June 21	Common Core Geometry Regents	9:15am
June 21	Grades 6 & 8 Social Studies Exam	
June 21	Grade 7 LOTE Exam	
June 24	Grade 6 Science Exam	
June 24	Grade 7 Social Studies Exam	
June 24	Grade 8 LOTE Proficiency	
June 24	Last Day of School – 10:55 a.m. Dismissal	
June 25	Grade 8 Recognition Day Assembly	8:30am

## **PUBLIC NOTIFICATION**

The Averill Park Central School District's Board of Education, its officers and employees shall not discriminate on the basis of age, color, religion, creed, disability, marital status, veteran status, national origin, race, gender, genetic predisposition, carrier status, sexual orientation in its educational programs, services or activities. A complete copy of the grievance procedures regarding discrimination may be obtained in any of the school offices.

Sharon Lawrence, Compliance Officer

District Office

[146 Gettle Road](#), ST1

Averill Park, NY 12018

In compliance with Section 504 (of the Rehabilitation Act of 1973) Averill Park offers assistance to students, parents (for school-related purposes pertaining to their child) and staff qualifying as having a disabling condition as defined under Section 504.

For further information or to make a referral for such assistance, you may contact:

Kathryn Dorgan, Section 504 Coordinator

[146 Gettle Road](#), ST1

Averill Park, NY 12018

# Middle Years

Working together for school success

## Short Stops

### Road trip rescue kit

Taking a long trip this summer with your family? Pack a "trip kit" for each child. Include a snack, pens and word puzzles, a favorite magazine, and small hobby items. Save the kits until midway, and pass them out as boredom busters.

### Interesting inventions

What's an "ornithopter"? Help your middle grader find out by visiting "What in the World Is That?" at [http://memory.loc.gov/ammem/ndlp/edu/features/science/learn\\_more.html](http://memory.loc.gov/ammem/ndlp/edu/features/science/learn_more.html). The site is full of fun information about inventions, from submarines to carpet cleaners.

### Blues clues

Depression in children can be caused by a variety of factors, including stress, substance abuse, or chronic illnesses such as hypothyroidism. If you suspect that your middle grader is depressed, schedule a checkup with his pediatrician. Discovering the cause is the first step toward a solution.

### Worth quoting

"Laughter is the closest distance between two people." *Victor Borge*

### Just for fun

**Q:** Why did the donut go to the dentist?

**A:** It needed a chocolate filling!



## Excited to learn

During the school week, children often complain of being tired or bored. But once the weekend arrives, their complaints vanish at the thought of free time and plans with friends.

How can you help your middle grader be as enthusiastic about learning? Consider the following suggestions.

### Be the student

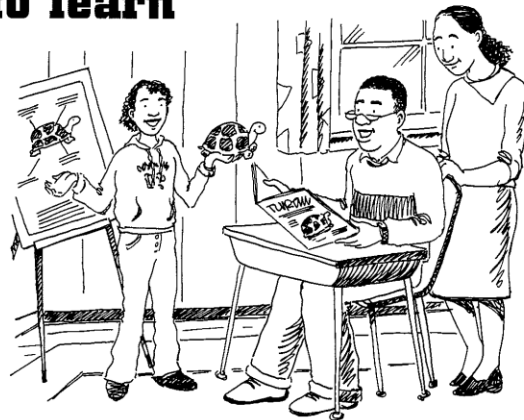
Sometimes the best way to learn is by teaching others. Ask your middle grader to explain something she learned during the day. Most kids will enjoy playing the role of teacher for a change. You'll give learning a new appeal for your child, plus her "lesson" will help you gauge how she's doing in class.

### Show interest

Increase your middle grader's excitement by noticing his work. Ask about new assignments or how a project is progressing. When he gets a good grade, hang the paper where everyone can see it. Or send pictures of his science project to relatives. Applauding your youngster's work is likely to encourage a stronger effort.

### Share knowledge

Talk about your child's studies. You might mention something interesting that you know about a topic she's studying. *Example:* "Did you know that NASA uses math computations to design the space shuttle?" Sharing facts and connecting your middle grader's knowledge to the real world can make learning more intriguing. 👍



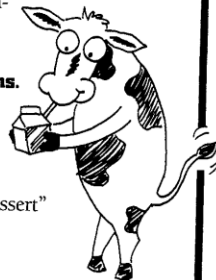
## Memory magic

Does your youngster have trouble remembering facts for tests? Share these memory techniques with him.

■ **Create sentences.** To recall the names of the four oceans, think, "I am a person." The first letter of each word represents the first letter of the major oceans (Indian, Arctic, Atlantic, and Pacific). A funny statement like "Lucky cows drink milk" can remind you of the ascending order of roman numerals (LCDM).

■ **Recite rhymes.** "Thirty days hath September, April, June, and November," can help you remember which months have 30 days.

■ **Make associations.** As a clue that "desert" is spelled with one "s" and "dessert" with two, the double "s" in "dessert" could represent "so sweet." 👍



Averill Park had a great experience at Sean's Run this year which was held on Sunday, April 28 at Chatham High School.

15 students participated. We had a great showing with great times being posted for the Battle of the Belt Competitions and both races.

Algonquin placed first in the Battle of the Belts competition. The team consisted of: Greg Effman, Owen Perala, Sam Bonesteel, and Tyler Michaels.

The High School Battle of the Belt team placed third. The team consisted of: Nancy Mainville, Silvio D'Arcangelis, Audrey Rafferty, and Aerianna Kristel.

Students from Algonquin finishing within the top 100 runners in the 5K race were: Owen Perala (25 minutes), Kaiden Goddard-Hathaway (:25:01), Sam Bonesteel (:25:01), Tyler Michaels (:25:02), Greg Effman (:25:17), Marissa Bertos (:30:52), and Jacob Crupi (:31:54).

At the high school, we had 2 medal winners. Serenity Thomas came in 2<sup>nd</sup> place for her division with a time of :24:26 and Noah Bonesteel came in 1<sup>st</sup> place for his division with a time of :18:07.

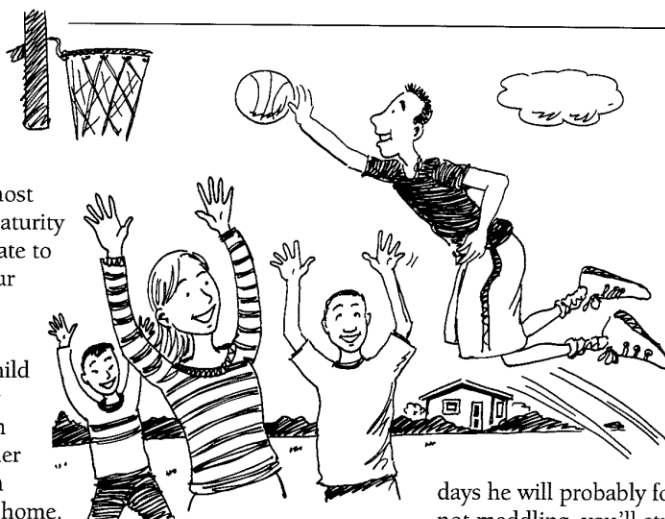
Our Algonquin team also had a winner in the Meghan's Mile Race. Delaney Padelsky earned a 2<sup>nd</sup> place metal for her division with a time of :14:21.

Also, Madeline Messia, age 5, won second place in the race for her division with a time of :13:04.

Our combined Averill Park team consisted of:

Marissa Bertos, Sam Bonesteel, Jacob Crupi, Greg Effman, Kaiden Goddard-Hathaway, Tyler Michaels, Delaney Padelsky, Owen Perala, Silvio D Arcangelis, Aerianna Kristel, Nancy Mainville, Kit Orologio, Audrey Rafferty, Serenity Thomas and Lauren Wicks.

# Managing the middle years



A middle grader's world changes almost daily. His mind, body, and emotional maturity are developing quickly, and he's desperate to flex his independence. You can help your youngster through these trying times. Here's how:

▲ Provide plenty of chances for your child to be with his friends. Suggest that they play basketball at the park, or take them to see a movie. Giving your middle grader opportunities to be independent—with limits—can cut down on frustration at home.

▲ If your youngster confides in you, treat her action as a sign of trust, and keep what she tells you

private. She just might continue confiding in you—an important key to success during the middle years.

▲ Offer advice if your child asks for it, but avoid fixing every problem. A snub by a classmate may seem like a major event, but in a couple of

days he will probably forget all about it. By not meddling, you'll strengthen your middle grader's sense of independence. 👍



## Help for shyness

Shyness in young children is normal and often thought of as cute. But shyness in older kids can keep them from doing things they want or need to do.

Here are some tips to encourage shy middle graders:

● Is your youngster worried that someone will make fun of him or that he'll make a mistake? Shyness in children can result from fear or anxiety. Spend time talking with your middle grader about his feelings.

● Let your child know that it might take her a little longer to get used to new situations. Reassure her that once she does, she'll probably feel more comfortable interacting with others.

● Shyness can affect a child's self-confidence. Challenge your middle grader to tell you one positive thing about himself each day. *Example:* "I'm really good at skateboarding." 👍



## Q & A Count on consequences

**Q** My middle grader either oversleeps or dawdles almost every morning before school. How can I make him understand that getting up and out the door on time is important?

**A** Letting your child face the consequences of his actions is often the most effective way to change his behavior. That's because consequences are based in reality.

Rather than nagging your child to get ready, let him experience the results. If he misses the bus and arrives late at school, he will receive a tardy. Several tardies could result in an unexcused absence or detention, and he will have to make up missed class work. Remind your son that his late arrival also disrupts the entire classroom, impacting his fellow students' learning time.

Your middle grader will soon learn that getting up on time is his responsibility, not yours, and that his choices have results. 👍



## Parent to Parent Peer-pressure pointers

Last week a neighbor called and said my daughter Jen and some of her friends were throwing eggs at cars. When Jen got home, I asked her what happened. She said she hid in the bushes on a dare and threw some eggs. "We didn't hit anybody," she added.

I explained that she could have caused an accident and hurt someone. I asked her how she would feel if someone egged her while she was riding her bike to school. Jen hung her head. "Sorry, Dad," she

muttered. Then, she admitted that she had felt pressured when her friends dared her to do it.

I told my daughter that it's not cool to go along with her friends when they ask her to do something wrong—it's foolish. We talked about ways she could have stood up to them. Jen promised to use her head and think twice before going along with the crowd next time. 👍



**O U R P U R P O S E**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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