

# Horseheads Middle School

**November, 2019**



*The Fall Issue*

## Contact Us!

607-739-6357 • <http://www.horseheadsdistrict.com/HHMS.cfm>

### What's Happening at HMS

**11/1/19**

**Picture Make-up Day**

**11/3/19**

**Daylight Saving Time Ends  
(Turn clocks back 1 hour)**

**11/8/19**

**1st Marking Period Ends**

**11/11/19**

**Veterans Day - No School**

**11/13/19**

**Report Cards &  
Aimsweb Reports Issued**

**11/27-11/29/19**

**Thanksgiving Recess  
No School**

**12/4/19**

**MS Choir - HS Aud.**

**7:30pm**



**VETERAN'S DAY  
NOVEMBER 11**

**Picture Make-up Day Nov. 1**

### ***Make a Difference Day . . . The Raider Way!***

Kudos to all for helping make a difference in our community! Many volunteers worked at Appleridge and Elcor, Jubilee's and Minier's, and prepared "blizzard bags" for Meals on Wheels. Some participated in the Walk to End Alzheimer's at Eldridge Park and others helped beautify local parks.

# School Notes

## Progress Reports / Report Cards

Parents are informed of student progress in two ways. Progress reports are sent home with students at the five-week point of each marking period. A report card is sent home with students at the end of the ten-week marking period. We encourage parents to sign-up for Parent Portal to help keep track of your student's progress between the reporting periods. Don't have Parent Portal? Stop by the Guidance Office with your I.D. and fill out the form.

**Honor Roll** 85.0 cumulative average

**Failing Grade** 64.0 or lower in any course

**Report Cards will be issued November 13.**

## Homework Request

Missed a day? Call the office by **10:00am** and request your student's homework assignments for the day. Materials may be picked up in the main office from **3:15 - 4:00pm**.

## Lost and Found

Lost your lunchbox? Misplaced your math book? Check the Lost and Found! There are blue bins under the table in the Main Office.

## Attendance Auto-call and Email

To keep you updated regarding your child's attendance, the middle school will send you an auto-call and email when your student(s) are absent from school. If a student is absent from first period, a call and email will be generated and delivered in the morning. If the student continues to be absent, another call will be generated and delivered in the evening with all of the periods the student has missed.

## PARENT PORTAL

If you have not already signed up, please visit our Guidance Office. You will be asked to complete a short form and present identification. If you have questions, please call Karen McLain at 739-5601, x4251 or email [kmclain@horseheadsdistrict.com](mailto:kmclain@horseheadsdistrict.com).

Checking your student's grades on Parent Portal? The URL for a computer browser is:

<https://schooltool.horseheadsdistrict.com>

The URL for the mobile app is:

<https://schooltool.horseheadsdistrict.com/sthhweb>



# **SAFE SCHOOLS LINE**

**795-2044 or  
1-800-305-4984**

Report a concern, rumor, bullying  
incident, or any safety issues  
anonymously and confidentially,  
**24 hours a day.**



Daylight Saving Time ends on Sun-  
day, November 3. Turn your clocks  
**BACK** one hour. Sleep in!

## **Character Trait of the Month**

### **Citizenship**

Play by the rules.

Obey laws.

Do your share.

Respect authority.

Stay informed.

Help your school by volunteering.

## **Picture Make-up Day Nov. 1**

### **Important Contact Information**

Safe Schools Hotline - 607-795-2044

Middle School Phone Number - 607-739-6357

Middle School Website - <http://www.horseheadsdistrict.com/HHMS.cfm>

Horseheads District Phone Number - 607-739-5601

Horseheads District Website - <http://www.horseheadsdistrict.com/index.cfm>

Athletic Office Phone Number - 607-739-5601 x4254

Athletic Office Website - <http://www.horseheadsdistrict.com/athletics.cfm>



# MAKE A DIFFERENCE DAY HORSEHEADS!



IF YOU THINK YOU'RE TOO  
SMALL TO MAKE A DIFFERENCE,  
YOU HAVEN'T SPENT A NIGHT  
WITH A MOSQUITO.  
- AFRICAN PROVERB



Horseheads teachers, students and their families, and our community partners came out in force to "make a difference". Raider Pride!





### **Information about Emergency School Closings and Delays**

Schools are closed when the weather makes it impossible to have reasonable attendance or when the schools or vehicles would not be able to operate safely. The school day is delayed when inclement weather conditions improve by early morning. Inclement weather may include snow, ice, and freezing temperatures. If the school day is delayed, buses will run and schools will open two hours later than the usual time.

If it is necessary to close or delay schools, the information will be posted on the district's website at [www.horseheadsdistrict.com](http://www.horseheadsdistrict.com), the district's Facebook pages, Twitter and the local television and radio stations. Horseheads schools now uses SchoolMessenger to alert you of school closings or emergencies. Opt-In from your mobile phone: Just send "Y" or "YES" to 67587.



*Our Mission...*

*To ensure that no child in Chemung  
County, ages 1-12, goes without gifts on  
Christmas morning.*



Is there a family you would like to nominate for a visit from the Arctic League? Stop by the Middle School Office for a registration form. Questions? Call the Arctic League at 733-4576. Contact them at [info@arcticleague.com](mailto:info@arcticleague.com) or [facebook.com/arcticleague](https://facebook.com/arcticleague).

## The Arctic League Story — 1



# Middle School Café

"Fueling young minds to do their very best"



## November Highlights:

**Grape Juice Slush**

**Oven-roasted, locally grown Brussel Sprouts**



## Nutrition and Fitness

The winning recipe for a healthy lifestyle includes a combination of both good nutrition and physical activity. Your body needs a variety of nutrient rich foods to grow and prevent illness. And your body also needs to move and exercise every day.

Key things you need to know about leading a healthy lifestyle are:

- Eat a healthy diet that includes fruits, vegetables and whole grain products
- Control portion sizes and never "supersize"
- Get active for at least 60 minutes, five times a week for ages 6-18
- Avoid tobacco and illegal drugs all together

Well-nourished students have higher test scores, increased school attendance, improved concentration, and improved classroom behavior. Students, who are physically fit, sleep better and are better able to handle the physical and emotional challenges that they encounter during the day.



**We're looking for substitute food service helpers.**

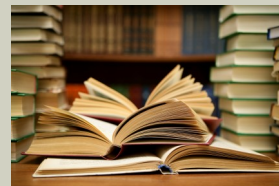
**Applications are available online or at the district office.**

<http://www.gstboces.org/ms/foodservices/newsite/index.cfm?district=horseheads>



## *In the Stacks*

with Librarian Ms. Heidrich



## Help Kids Spot Fake News and Decode Media Messages

With so much media and information coming at us through the television, phones, social media, and more, it's more important than ever for kids to understand the basics of media literacy. When tweens and teens can identify different types of news and media and the methods and meanings behind them, they're on their way to being critical thinkers and smart consumers.

### **Encourage Healthy Skepticism**

Help tweens and teens analyze the messages around them -- from Instagram posts to news headlines -- and question the purpose of the words and images they see. Teach kids how to use fact-checking tools like Snopes and FactCheck.org.

### **Play "Spot the Ad"**

When you see advertising on TV or a billboard, ask tweens and teens to figure out what the ad is selling. Sometimes it's obvious, and sometimes it's not. Help them explore why certain pictures, sounds, and words are used to sell certain products.

### **Explore Different Sides of a Story**

Use real-life examples to help kids understand how

people can view the same situation with totally different perspectives. Sibling conflict can be a great example of how two people can have wildly different opinions about the same event. Talk through controversial subjects and take turns arguing for different sides to help kids understand various viewpoints.

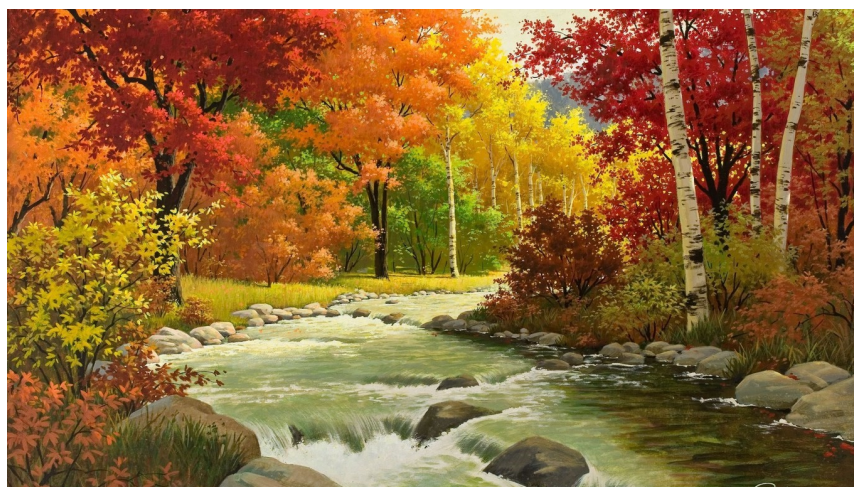
### **Play "Should you Share?"**

Talk through the kind of content you and your tween or teen pass along to friends online. What types of things do you like to share? Do you always check to make sure something is true before you share it? How do emotions factor into your decisions to share things? Have you ever shared something and later found out it wasn't true?

### **Choose a Variety of Sources**

Show tweens and teens how you get news and information from different places, and explain how you make your choices. Ask them where they get their information and what tools they use to decide if something is credible, trustworthy, and fair. Explore a few partisan outlets together and talk about what you both notice. Discuss bias, satire, and clickbait.

<https://www.commonsense.org/education/family-tips/6-12-news-and-media-literacy>





“**W**e encourage all students to develop a *Growth Mindset*. By having a *Growth Mindset*, students can develop the grit necessary to persevere through challenging tasks and view failure as an opportunity for learning.”

- Ron Holloway  
Middle School Principal

## WHAT KIND OF MINDSET DO I HAVE?



### FIXED MINDSET

- I'm either good at it, or I'm not.
- If I fail, I'm no good.
- I don't like to be challenged.
- I feel like feedback is personal.
- If you succeed, I feel threatened.
- I give up if I find something difficult.
- My abilities determine everything.



### GROWTH MINDSET

- I can learn anything I want to.
- I learn from my failures.
- I want to challenge myself.
- I feel like feedback is constructive.
- I am inspired by the success of others.
- I always persevere, even when I'm frustrated.
- My effort and attitude determine everything.

teachstarter

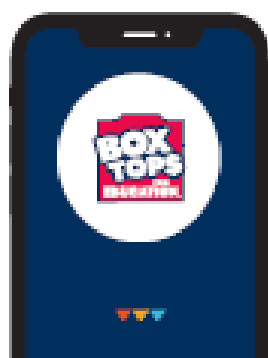
## Grit is...

Perseverance  
and passion  
for long-term  
goals.

- Angela Duckworth  
Prof. of Psychology,  
University of Pennsylvania

NEVER EVER  
**EVER**  
GIVE UP!





# EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR  
THE NEW  
LABEL:

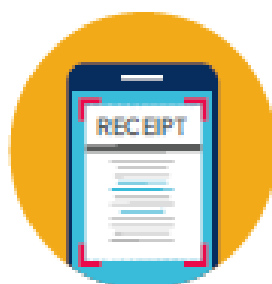


## HERE'S HOW IT WORKS:



### BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



### SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



### EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



## BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. You can still clip these and send them to school. Please make sure each clip has a valid expiration date.



**BUY**  
BOX TOPS  
PRODUCTS



**CUT**  
OUT THE BOX TOP  
FROM EACH PACKAGE



**SEND**  
YOUR BOX TOPS  
TO SCHOOL

SEE PRODUCTS & LEARN MORE ABOUT  
THE BOX TOPS APP AT [BTFE.COM](https://www.btfe.com)

© 2019 BTFE

THE ALL-NEW BOX TOPS IS HERE!  
DOWNLOAD THE APP:







*"October extinguished itself in a rush of howling winds and driving rain and November arrived, cold as frozen iron, with hard frosts every morning and icy drafts that bit at exposed hands and faces."*

*- J.K. Rowling, "The Order of the Phoenix"*

## *Horseheads — Nakagawa* *Sister Cities Exchange*



The Horseheads Sister City Association is delighted to announce the 2020 exchange trip with Nakagawa, Japan. Students in grades 8-11, interested in travel to Japan through the exchange program, can pick up an application packet in the guidance office. Applications are due January 6, 2020.



If you're like most people, you and your student may use multiple digital devices everyday. But what about digital safety?

**DOCTOR DIGITAL** is here to help! *Digital Citizen News*, a publication of BOCES, offers tips and news to help us navigate the digital world. Don't miss an issue! Click on the link below:

[http://  
www.horseheadsdistrict.com/  
digcitnews.cfm](http://www.horseheadsdistrict.com/digcitnews.cfm)

*Reprinted with permission from Digital Citizen News.*





## After the Feast...November 29

- National Day of Listening

Share memories with a loved one!

- National Native American Heritage Day

"I encourage every American to join me in observing Native American Heritage Day ... It is also important for all of us to understand the rich culture, tradition, and history of Native Americans and their status today, and to appreciate the contributions that First Americans have made and will continue to make to our Nation." - *President Barack Obama*

- Black Friday

Set your alarm and get out there early to snag the best bargains!

- Buy Nothing Day

Protest Consumerism! Do something meaningful, like make your gifts

- Flossing Day

For healthier teeth and better breath!

- Maize Day

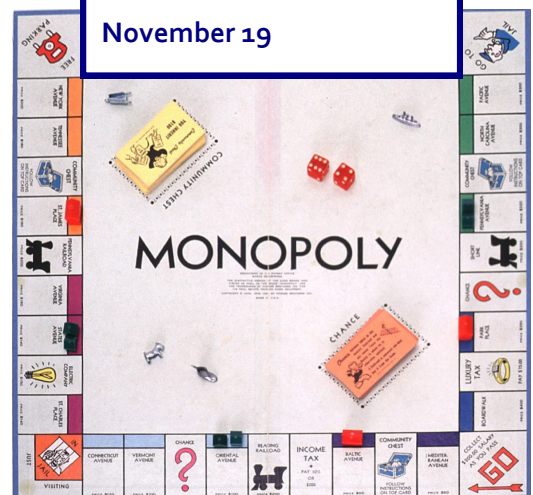
Celebrate *Zea mays* (corn), an ancient grain cultivated for thousands of years, originating in Mexico.



November 13

Play Monopoly Day

November 19



# Building Resiliency in our Kids



Re •sil •ience | \ ri - 'zil - yen(t)s

An ability to recover from or adjust easily to misfortune or change.

Resilience. (n.d.) In *Merriam-Webster's collegiate dictionary*. Retrieved from <http://www.merriam-webster.com/dictionary/resilience>

Creating positive relationships with those around us can help buffer us from the adverse effects of stress. We've all felt stress, which can come in many forms, including illness, anxiety or depression. Our children experience stress too; they may be worried about homework or tests, peer pressure or something they saw on social media. How we deal with stress determines whether or not we build resilience.

How our children cope with stress plays a role in determining their success in school and perhaps even their health. The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study, done from 1995-1997, looked at adverse childhood experiences (ACEs) in relation to later health. Confidential surveys, which asked participants about their childhood experiences and their general health, were studied. Researchers found a correlation between the number of ACEs and health issues. The more ACEs a person had, the greater likelihood that they would have health problems later in life. Most reported at least one ACE. ACEs can include family discord, abuse or neglect, and bullying. Social and economic conditions can have an influence on the number of ACEs a person has, but people across all backgrounds have them.

One of the keys to overcoming arduous situations is to build resilience. There are a number of ways to do this which may prevent any physical or mental health issues down the road. According to *The Highly Effective Teacher.com*, here are some suggestions to build resilience in your student...

- Maintain positive relationships with family, friends or teachers. Having a reliable, safe place to talk about tough subjects is very important.
- Learn to identify their emotions; teach them how to deal with them in a healthy way.
- Meet their basic needs, including basic health care.
- Nurture positive emotions.
- Identify their strengths.
- Give a sense of meaning and purpose.

Learning how to cope with stress at school, like failing a test, peer pressure and worrying about grades, is an opportunity for our students to build resilience. Working with teachers, school counselors and social workers at school can help them overcome stressors they may experience, which will help them cope as they prepare for high school and college.

Together with Horseheads Middle School, our families and our community partners, we will work concurrently to provide the means necessary to build resilience in our students.



## Student Contributions from Ms. Schiefen's Reading Class

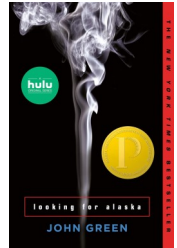
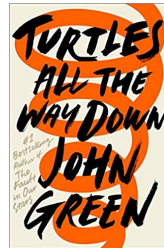
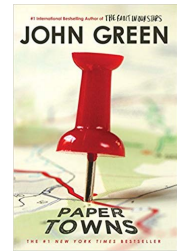
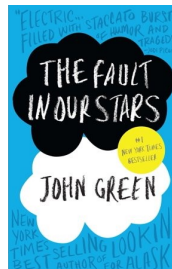


### Author Spotlight: John Green

by Lila Fell

On August 24<sup>th</sup>, 1977 John Green was born in Indianapolis, Indiana. He grew up in Orlando Florida, and Birmingham Alabama. He double majored in English and Social Studies while at Kenyon College in Ohio. Fun fact Greens middle name is Michael. He wrote looking for Alaska in 2005, An abundance of Katherine's in 2006, Paper Town in 2008 with a film in 2015, Will Grayson Will Grayson in 2010, The Fault in our Stars in 2012 with a film in 2014, and Turtles All the Way Down in 2017.

I recommend all these books even though I have only read 2 of them this school year.



### Jerry Rice

by Miles Barnes



Jerry Rice was born on October 13, 1962 in Starkville Mississippi. Jerry rice grew up in the town of Crawford Mississippi. Jerry Rice went to Mississippi State Valley University. Jerry was a threat to any defense he played against. Jerry went to the Pro Bowl 13 times and won the Super Bowl with the 49ers 3 times. Jerry Rice has over 100 NFL records. Jerry Rice played in the NFL for 20 seasons and during that 20-season time span Jerry was on the 49ers, Oakland Raiders and the Seattle Seahawks. Jerry retired in 2004 with the Seattle Seahawks. The majority of Jerry's career was with the 49ers. While Jerry was on the 49ers, he had a struggle to get used to. Jerry had to get used to a new quarterback because Joe Montana retired, and he was right handed. When Joe retired a new quarterback came in and he was left handed. Jerry had to get used to a left-handed quarterback since he played the majority of his career with a right-handed quarterback. Therefore, Jerry Rice is one of the greatest wide receivers to ever play in the NFL.

#### Work Cited:

<https://www.biography.com>

Biography.com Editors. Jerry Rice Biography. The Biography.com website, A&E Television Networks, April 14, 2019,

# Student Contributions from Ms. Schiefen's Reading Class



## NFL Logos

by Brooke Stuart

7



8



9



10



1



2



4



6



5



3



1. Atlanta Falcons
2. Minnesota Vikings
3. New England Patriots
4. New Orleans Saints
5. Dallas Cowboys
6. Miami Dolphins
7. Buffalo Bills
8. Green Bay Packers
9. New York Giants
10. Denver Broncos



## Top Five Highest Paid NFL Players

by Blake Tremaine

Name	Contract Amount	Rank
Russel Wilson	79 million	1
Ben Roethlisberger	46 million	2
Drew Brees	39 million	3
Tom Brady	35 million	4
Nick Foles	32.8 million	5



## Student Contributions from Ms. Schiefen's Reading Class



### Why You Should Buy a Dodge

by Jack West



The first reason you should buy a Dodge is because they're the most dependable truck on the road. The 2019 Dodge Ram's 1500 is 0 to 60 mph in 6.1 seconds it runs 410 lbs. of torque, towing capacity is 6,280 to 7,520 lbs., and the payload is rated 1,212 to 2,302 lbs. and has 395 horsepower. Dodge is durable and has the title for longest lasting truck on the road of 2019. One of the strongest Dodge is a 4<sup>th</sup> generation 2019 Dodge Ram Cummins Turbo Diesel 3500. Dodge was the first company to use a diesel engine in a pickup truck. There are four generations of Dodge trucks. The 1<sup>st</sup> gen Dodge that was made through (1981-1993) the 2<sup>nd</sup> gen (1994-2001) the 3<sup>rd</sup> gen (2002-2009) and the 4<sup>th</sup> gen (2010-to now). The company name Dodge was founded by two men in 1913 named Horace Elsin and John Francis Dodge. These are some reasons why I think Dodge is the best truck out there.

Work Cited: What's In A Name Dodge Edition. <https://www.historicvehicle.org/whats-in-a-name-dodge-edition/> Accessed 9 October 2019

### Top 10 Tips to Survive Middle School

by Lilly Walton



*These are some helpful tips to help middle schoolers. By following these tips Middle School will be a breeze.*

1. Middle School is a lot different from Intermediate School because you have a lot more responsibilities.
2. You also must remember a lot of things like your locker combination.
3. Middle Schoolers need help with organization to prevent them from losing things that could be important.
4. One thing that worries Middle Schoolers is when they think they might be late to class.
5. You always should write down your homework in your agenda because you have a lot of classes to remember the homework for.
6. Always be prepared for class.
7. Walk in the hallway and watch where you are going.
8. Something new to Middle Schoolers is that if you are late more than 3 times you could get detention.
9. Do not ever skip class because you could fail, get into a lot of trouble, or get a call home to your parents.
10. You must do your homework when you get home or later that night, but you should always plan to get it done.



**Work Cited:** Survive and Excel in School with These Top 10 Middle School Tips. <https://www.brighthubeducation.com/> Accessed 4 October 2019

## NOTICE

### **District Dignity Act Coordinator**

The Dignity Act Coordinator (DAC) for the Horseheads Central School District is Caitlin DeFilippo, director of Human Resources. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Caitlin DeFilippo, at One Raider Lane, Horseheads, NY 14845; 607-739-5601 x 4211 or at [cdefilippo@horseheadsdistrict.com](mailto:cdefilippo@horseheadsdistrict.com).

### **Middle School Dignity Act Coordinator**

The Dignity Act Coordinator (DAC) for the Horseheads Middle School is Ron Holloway, building principal. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Mr. Holloway at 950 Sing Sing Rd., Horseheads, NY 14845; 739-6357 x 3640 or at [rholloway@horseheadsdistrict.com](mailto:rholloway@horseheadsdistrict.com).

### **Notice**

The Horseheads Central School District offers educational programs without regard to race, color, national origin, creed, religion, marital status, military status, sex, sexual orientation, age, gender identity, predisposing genetic characteristic, or disability, and provides equal access to applicable groups under the Boy Scouts of America Equal Access Act. Inquiries regarding this policy may be made to Caitlin DeFilippo, Title IX/DASA Coordinator, and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kelly Squires, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601.

This policy of non-discrimination includes access by students to educational programs, counseling services, course offerings, and activities, as well as recruitment and appointment of employees and employment pay, benefits, advancement and/or termination.

## **Horseheads Middle School:**



***Home of the Raider Way***