



# HORACE MANN MIDDLE SCHOOL NEWSLETTER

VOLUME 6, ISSUE 6

JANUARY, 2010

## THE DANGERS OF TECHNOLOGY

Social Networking for our kids is wonderful and here to stay! But the dark side to the powerful, addictive pull of texting, instant messaging, etc. is the toll it is taking on student sleep and work habits.

### STUDENTS NEED AT LEAST NINE HOURS OF SLEEP.

\*SLEEP DEPRIVATION IS BECOMING A HUGE PROBLEM as children are on cell phones and computers often until well into the night. Researchers have noted the results: "headaches, impaired concentration, weakened immune systems, crankiness, increased use of nicotine or caffeine and hyperactive behavior" (Dr. Myrza Perez, pediatric pulmonologist).

There are no phones ringing to disturb other family members—texting is silent, but no less dangerous (when done in excess). We are so careful to monitor our kids' lives to keep them healthy and safe, but this silent danger is slipping under the radar.

We know that school age children and adolescents need at least nine hours of sleep a night. But in a national survey conducted in 2006, only 20 percent of American teens said they get nine hours of sleep a night. Cell phones are not the only culprits, Perez warns. Video games and computers contribute to students staying up all night.

\*Make sure children PARK their cell phones with you before going to sleep at night, do not allow TVs or computers in bedrooms. The temptations are too great.

### STUDENTS NEED FOCUSED ATTENTION ON THEIR STUDIES.

What is becoming increasingly obvious is that students are rushing to "finish" work to get to their social networking. Once students know that no matter what they need to stay with the study block for the full time they will be less likely to rush.

\*During their study block time—ask them to surrender their cell phones, make sure computer use is in a public place (not in their rooms during the study block time). It is too tempting.

**HOLD STUDENTS TO THE FULL TIME**—minimum one hour for sixth graders

one and a half hours for seventh graders

one and a half to two hours for eighth graders

Students should be writing with precision and quality in complete sentences, using proper grammar and spelling. Not racing to get something on paper to complete the requirements.

Time should be spent reviewing notes, organizing materials, daily study for foreign language.

**PLEASE—DO NOT TEXT YOUR CHILD DURING SCHOOL HOURS, REMIND STUDENTS THEY SHOULD NOT BE DISMISSING THEMSELVES FROM SCHOOL** by texting parents to come get them.

A student will be dismissed for illness by the school nurse. Should you wish to have your child dismissed, please send in a note with your child, come in to the school (show identification if necessary), sign out and dismiss your child in this way.

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## **COMMENDATIONS FOR FRANKLIN HIGH SCHOOL:**

Not only is Franklin High School excelling in sports (and adding a Swim Team), the academic program is soaring under the leadership of Mr. Peter Light. Recent commendations by the Commission on Public Secondary Schools cite:

- \*The establishment of a new writing center
- \*The restructuring of the position of librarian into a writing, research and media literacy teacher
- \*The establishment of an Arts Academy
- \*Significant upgrades in technology, including SMART boards, wireless access throughout the building, on-line courses for students through Virtual High School
- \*New science courses and Advanced Placement and Honors Calculus

Other areas for commendation included:

- \*Renovations to the main office and guidance suite
- \*Authorization from MSBA to conduct a feasibility study to address facilities issues—to be completed this year

**CONGRATULATIONS TO:**

The Horace Mann BrainStorms, our FIRST Lego League team, which competed on December 5th in the Quincy Qualifier. We have two teams representing HMMS. Our students were powerful competitors in this robotics challenge event!!! Congratulations to:

And a special thank you to Mark Brady and the Franklin Education Foundation whose support has been invaluable.

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**NEEDED—MORE LEGOS:**

Our Friday afternoon Lego Club (not to be confused with our FIRST Lego League team, is in desperate need for more legos. We welcome all donations. Mr. Chandler Creedon hosts a group of up to fifty students each Friday afternoon. The projects are elaborate and thoughtful—The more legos, the better—Thank you!!

We have let numerous classrooms borrow from our Lego supply to build class projects. Any legos, mixed matched singles, kits—anything—would be welcome.

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**KEEP SAVING YOUR YARD SALE ITEMS:**

To be held on the Saturday before Mother's Day (May 8). Contact Lisa Piana if you are interested in being part of the committee—Piana@verizon.net

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**STOP AND SHOP A+ BONUS BUCKS:**

Stop and Shop has offered us the opportunity to earn cash for our school simply by having parents, staff, and friends register their cards for the A+ Bonus Bucks Program.

All you have to do is:

Log on to [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) to register online

OR

Dial 1-877-275-2758 to register your card over the phone

Please be sure to register your card to benefit Horace Mann Middle School using ID#07095

We thank you!!

## **SHAWS COMMUNITY REWARDS:**

Likewise, Shaw's has allowed us to participate in their Community Rewards Program.

If you shop at any Shaw's or Star Market in Massachusetts on Tuesday, Wednesday or Thursday and use your Reward Card, Shaw's will contribute 1% of you eligible purchases to Horace Mann.

To register for the program:

Go to **www.shaws.com**

Click on **Community Rewards**

Click on the **Shoppers Login or Register with your Shaw's Rewards Card** link

Once you've logged in, click **Sign Me Up**

Use your Shaw's Rewards Card to sign up for the program

Enter 49001023670 as the Community Rewards identification number

Once again, we thank you for helping to fund enrichment programs for your children.

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## **TRI-COUNTY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL:**

Tri-County update for 8th graders: Due to a snafu in their postage metering machine, Tri-County is being delayed in sending out their applications and viewbooks to all 8th grade students. If you do not receive an application by Friday, January 15th you may download a copy (two pages) from their website: [www.tri-county.tc](http://www.tri-county.tc) or obtain one from Mr. Chin. Complete the front page of your application and then give it to Mr. Chin.

## Upcoming events:

- |                   |  |
|-------------------|--|
| <b>January 8</b>  | HMMS Middle School Drama Club presents “Cybermare” - 7:00 p.m. in the Thomas Mercer Auditorium |
| <b>January 11</b> | Early Release Day for Professional Development —dismissal at 10:40                             |
| <b>January 14</b> | PCC meeting—9:00 a.m.—All parents are welcome!   |
| <b>January 15</b> | Concert, 9:00 a.m., Grade 6, 7 & 8 Band and Jazz Band  |
| <b>January 18</b> | Observance of Martin Luther King’s Birthday—no school  |
| <b>January 19</b> | Full Day for Professional Development —no school for students                                  |
| <b>January 22</b> | Band Concert Snow Date   |

## NEWS YOU CAN USE:

[WWW.FRANKLIN.MA.US/AUTO/SCHOOLS/FPS/FLYER/DEFAULT.HTM](http://WWW.FRANKLIN.MA.US/AUTO/SCHOOLS/FPS/FLYER/DEFAULT.HTM)

Please see flyers and announcements for Franklin Public School children and their families on this website.

# Franklin Middle & High, January 2010

*Middle Lunch Price: \$2.50, High School Lunch Price \$2.75*

This facility operated in accordance with US Dept of Agriculture policy, which prohibits discrimination on the basis of race, sex, age, handicap, religion or national origin. Any person who believes he or she has been discriminated against in a USDA-related activity should write to: Food and Nutrition Service, Park Center Dr, Alexandria, VA 22301

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> <b>Barbequed Ribs</b> <b>On Bun</b> Oven Fries Fruit, Milk	<b>5</b> <b>Chicken Patty</b> <b>On Bun</b> Lettuce, Tomato Oven Fries Fruit, Milk	<b>6</b> <b>Chicken Nuggets</b> Mashed Potatoes Green Peas Wheat Bread Fruit, Milk	<b>7</b> <b>Deli</b> <b>Bar</b>	<b>8</b> <b>Assorted Pizza</b> Garden Salad Fruit, Milk
<b>11</b> <b>Half-Day</b> <b>No Lunch Served</b>	<b>12</b> <b>Meatball Sub</b> Garden Salad Fruit, Milk	<b>13</b> <b>Chicken Nuggets</b> Mashed Potatoes Carrots Wheat Bread Fruit, Milk	<b>14</b> <b>Chicken Caesar</b> <b>Pocket</b> Oven Fries Fruit, Milk	<b>15</b> <b>Assorted Pizza</b> Garden Salad Fruit, Milk
<b>18</b> <b>No School</b> <b>M. L. King Day</b>	<b>19</b> <b>No School</b> <b>Professional</b> <b>Development</b>	<b>20</b> <b>Chicken Nuggets</b> Mashed Potatoes Green Peas Wheat Bread Fruit, Milk	<b>21</b> <b>Deli</b> <b>Bar</b>	<b>22</b> <b>Assorted Pizza</b> Garden Salad Fruit, Milk
<b>25</b> <b>Roasted Chicken</b> FHS: Baked Potato Middle: Oven Fries All: Carrots Fruit, Milk	<b>26</b> <b>Spaghetti</b> <b>With Meatballs</b> Green Beans French Bread Fruit, Milk	<b>27</b> <b>Chicken Nuggets</b> Mashed Potatoes Carrots Wheat Bread Fruit, Milk	<b>28</b> <b>Tacos</b> Lettuce & Tomato Corn & Rice Fruit, Milk	<b>29</b> <b>Assorted Pizza</b> Garden Salad Fruit, Milk

Also Daily: Middle: \$2.50 – assorted sandwiches, hamburgers, pizza

High: \$2.75 – sandwiches, burgers, pizza, soup, salad bar. Vegetarian options available daily at all schools.

Lunch may be purchased daily or paid in advance. Visit [www.MyNutrikids.com](http://www.MyNutrikids.com), or make checks payable to “Franklin School Lunch Program.”

Applications for Free or Reduced Price Lunch are available from your school’s secretary.

Food Stamp Info: 1-800-645-3333 WIC Nutrition Services 1-800-WIC-1007

## PCC NEWSLETTER JANUARY 2010

The remaining PCC meetings for the year are as follows. All meetings begin at 9:00 a.m.

January 14th  
Feb. 11th  
March 11th  
April 8th  
May 13th  
June 10th

**Don't forget to register your supermarket rewards cards online. Each purchase you make earns cash for HMMS:**

Stop & Shop A+ Rewards  
[www.stopandshop.com](http://www.stopandshop.com)  
click on "our stores"  
click on "A+"  
ID # 07095

Shaw's Community Rewards  
[www.shaws.com](http://www.shaws.com)  
click on "community rewards"  
ID# 49001023670

### **Carpool Help Needed**

If you have a child who stays after school for clubs and activities, and would be willing to give another student a ride home, please contact Maureen Roy ([maurroy@aol.com](mailto:maurroy@aol.com)) with the day(s) you are available. Right now, we have a need on Thursdays. As you might be aware, there is no late bus this year, which precludes some students from participating in after school activities. Any help you could provide would be greatly appreciated.

Keep sending those **GM Box Tops** in! The advisor group that collects the most box tops will win a pizza party. **The deadline for the next submission is February 12, 2010!**

Also, remember to send in **Used Ink Cartridges**. We earn rewards from Staples which we use to purchase PCC supplies.

### **Horace Mann MS Spirit Wear**

The next order for Horace Mann spirit wear will be placed in early February. Orders should be submitted by February 2nd. Order forms can be picked up in the school office.