



HORAGE MANN MIDDLE SCHOOL NEWSLETTER

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IMPORTANCE OF EXECUTIVE SKILLS

"Executive skills are those skills that allow us to organize our behavior over time. Through the use of these skills we can plan and organize activities, sustain attention and persist to complete a task. They help manage emotions and monitor our thoughts in order to work more efficiently and effectively."

Executive skills are critical if children are to become strong, independent adults with problem solving abilities.

THREE OF THE SKILLS INCLUDE:

Planning—Creating a roadmap to reach a goal or complete a task. Making decisions about what's important to focus on and what is not.

Organization—The ability to arrange or place things according to a system.

Time Management—The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines. It also involves a sense that time is important.

We need your help in reinforcing these skills at home. Please:

- Help your child plan out his study block for the week—around all outside activities (sports, dance, scouts, etc.)
- Encourage your child to use a calendar to note:
 - due dates for projects
 - major tests

- Encourage your child to break down projects so that she doesn't leave them until the last minute.
- Make sure your child builds in time each day to organize his materials (weeding out old papers, filing papers in the appropriate color-coded folders, etc.)
- Encourage your child to organize his materials each night before going to bed, so that he is organized and ready in the morning.
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While many young adults have a great deal of knowledge as they enter the workforce, many do not possess the executive skills necessary for success. Together we can insure they have skills necessary for productive and fulfilling lives.

Resource: Executive Skills in Children and Adolescents by Dawson and Guare

GREAT OPPORTUNITIES FROM THE YMCA

PHYSICAL ACTIVITY CLUB—for students ages 7-14. A 12-week session with a focus on fitness and nutrition. One adult must accompany the child. Included is a FREE Y membership for the family—Cost just \$30.00.

MIND THE BODY—for girls—with a focus on Body Image and Self-Esteem—on Mondays from 7:00-8:15—Just \$5.00 a session. Come weekly or just when you want!!!

INTERNATIONAL WALK TO SCHOOL DAY IS ON WEDNESDAY, OCTOBER 7—please encourage your child to walk to school.

For more information contact the Franklin YMCA at 508-528-8708.

LET'S BE HONEST—Would you like some assistance in communicating your values and having conversations with your preadolescents about sex and sexuality—see the attached flyer about an important presentation to be held here on OCTOBER 8.

SPACE CAMP—Mr. "Spaceman" Schlieffe, grade 7 teacher is planning a summer excursion to the U.S. Space and Rocket Center in Houston, Texas. The Space Academy is a once in a lifetime opportunity for kids—Please contact Mr. Schlieffe at Horace Mann Middle School, if you would like more information!!!

DESTINATION IMAGINATION:

The national challenge is there—we must provide opportunities for our children to grow into problem solvers and creators!!! Please see the attached flyer about the DI program.

BROCHURES AND FLYERS:

A new way of disseminating information has been established by the Office of the Superintendent. All approved brochures, notices and flyers will be posted on a web site—a link to the sites will be featured prominently on the district web site, school based web sites and in our monthly newsletter—**THE LINK IS TITLED—NEWS YOU CAN USE** and the link is:

<http://www.franklin.ma.us/auto/schools/FPS/flyer/default.htm>

Non profit groups who would like information to be posted for web site publishing should contact the Office of the Superintendent at 508-553-4819.

TARGET'S "TAKE CHARGE OF EDUCATION" PROGRAM:

If you have a REDcard Target will donate 1% of your purchases at Target and Target.com to Horace Mann. If you have a Target Visa card they will donate 1/2%. At Target.com click on Community then click on the Take Charge of Education program and designate Horace Mann as your school. For more information call the Target Education Hotline at 1-800-316-6142.



SEPAC (SPECIAL EDUCATION PARENT ADVISORY COUNCIL):

The next Special Education Parent Advisory Council (SEPAC) meeting will be Wednesday, October 14, 2009 at 7PM in the 3rd floor conference room of the Franklin Municipal Building. The topic will be Sibling Support. Our speaker will be clinical psychologist, Linda Helmig Bram, PhD. This workshop offers parents suggestions for helping siblings of special needs child(ren) manage the additional challenges they face. The good news is that there are many things families can do to foster positive relationships between siblings and enhance the growth and development of the non-affected sibling(s). Participants are welcome to bring examples/questions for group discussion. Older siblings are invited to attend as well and share their experiences and insight.

NOVEMBER 13TH FUNDRAISER: Friday, November 13th Franklin SEPAC will be hosting a Fundraiser: "An Evening of Comedy" Hosted by NESN's Paul Fitzy Fitzgerald

Doubletree Hotel, 11 Beaver Street, Milford, MA

Doors open at 6:30, show at 8:00

Appetizers, raffles, silent auction, and take your photo with ALL THREE New England Patriot's Superbowl Rings

Tickets are \$30 and will be on sale at SEPAC meetings. Visit www.neautismbenefits.com/store for more info, and to purchase tickets. Or contact Sarah Montani at FranklinSEPAC@gmail.com

Please visit our website www.franklin.ma.us/SEPAC to see the full details on dates/speakers/topics and to sign up for our monthly newsletter.

NOTES FROM THE OFFICE:

If your child is absent from school and we do not hear from you, we assume your child was sent to school, but never arrived. The amount of time we spend trying to track down students is inordinate—PLEASE HELP US by always calling in to our attendance line by 8:00 A.M.—508-541-6230 then dial 1—on any day when your child is not going to be in attendance.

Please understand with a student population of over 530 students, we do not interrupt classes and call students down to the main office if they forget homework, clothes for physical education, etc. There is no problem if students drop by the main office (between classes) to pick up things they may have forgotten (should you wish to drop them off).

If you are planning to have your child dismissed during the day, please send in a note to the office specifying the time for dismissal. We will give your child a permission slip to leave class and be ready and waiting for your arrival, and we will avoid spending huge amounts of time tracking students throughout the building.

Also, if you need to get a message to your child during the day, please call us before lunchtime, if at all possible, so that we could send the message to your child in the cafeteria.

We try to protect valuable instructional time and avoid interruptions for teachers and students. Thank you for understanding!

ATTENDANCE POLICY - Just a reminder of the middle school's attendance policy - **A STUDENT WHO IS ABSENT FOR MORE THAN SEVEN DAYS IN A TRIMESTER** will fail for that term, unless documentation from a physician is provided. A parent note or phone call is not documentation.

CONTACT INFORMATION:

If your contact information changes (home phone, work phone, email address) please notify the office at 508-541-6230 so that we can update our records.

If you have moved please notify the office of your new address.

Upcoming events:

October 8	PCC meeting—9:00 a.m.
October 8	Let's Be Honest—7:00—8:30 P.M.—Thomas D. Mercer Auditorium at Horace Mann Middle School
October 12	Columbus Day—No School
October 16	Progress Reports are issued
October 21	Panther Pride Night at FHS for current eighth graders and their parents!
October 23	Picture Retake Day
October 26	Professional Development Day—dismissal at 10:40 a.m.
October 29	Eighth graders visit Tri County for the day.
November 3	Full Day Professional Development—No school for students
November 11	Veterans Day—No School for students