

Linden Avenue Middle School Newsletter

November/December 2010

A MESSAGE FROM MR. CHAIKIN AND DR. ZAHEDI

Dear Parents/Guardians:

Since this is our November/December newsletter, we would like to take this opportunity to wish you a safe and happy holiday season.

As many of you know, Mr. Chaikin is retiring on January 14th. Mr. Marshall, resource room teacher, has been approved by the Board of Education as a part time Dean of Students. His extension is 3261. His duties will include overseeing student conduct as well as building safety. Mr. Marshall is very approachable and we are confident he will do an excellent job.



Our safety team meets on a regular basis. After reviewing evacuation procedures, we have instituted a new procedure for fire drills. Students are now required to line up by grade and homeroom in designated areas. This process allows us to account for every student after attendance has been taken in homeroom. We suggest that you review emergency procedures at home in the case of an unexpected early dismissal.

If your child is out sick from school, they should check their teacher's voicemail/web page, or check with a friend about homework assignments. If they will be out for three days or more, please call Student Services for missed class work.

Our School Messenger email system is up and running. If you haven't already done so, please make sure that the main office has an updated email address. Please contact the main office if you do not have an email address.

All the best!

Steven Chaikin

Katie Zahedi

A MESSAGE FROM OUR NURSE, MRS. DOMKOWSKI

Please send your students' completed 7th grade physical form in to the Health Office as soon as possible. If your child has a physical scheduled with his/her physician, please call the Health Office and notify us of the scheduled date of the physical.

The school physician will do a health appraisal on any 7th grade student who has not handed in a 7th grade physical in January.

Please make sure your child's asthma medication and any other emergency medications are brought to the Health Office along with the appropriate doctor's orders. Parents must bring in the medications—students are never allowed to carry medication to school on the bus for safety reasons.

PROPER PICK UP/DROP OFF PROCEDURE

It is critical that all vehicles entering Linden Avenue Middle School follow posted signs and exit in the appropriate direction. Do not drive around to the main entrance located by the office in the morning. Students should be dropped off by the flagpole. Be sure to pull all the way forward as there are other vehicles behind you. Your child should exit the vehicle as quickly as possible. For the safety of the students and staff, it is extremely important that you drive slowly and do not pass on the right.

If you are picking your child up after 2:45 p.m., please do so by the main entrance by the office as there is no supervision at the flagpole.

ENERGY RESOURCES AND ENVIRONMENTAL ISSUES

Ms. Pierce's 8th grade Honors Earth Science sections are currently studying energy resources and environmental issues. To help practice waste reduction in our daily lives, Period 5 and Period 7 classes had a "Waste Free Lunch" competition to see which class could produce the least amount of waste at lunch. While students were generally familiar with the advantages of recycling or composting lunch wastes, they had not necessarily considered the idea that not using certain materials in the first place, like plastic, was even better for the environment than recycling. Mrs. Budd was the "Eco-judge" and weighed the waste after each class had finished eating. Congratulations to Period 7 class, which produced just under 500 g of waste for 22 students. Period 5 class, despite their efforts, still managed to produce 1500 grams of waste at lunch.



REMINDER TO PARENTS REGARDING AFTER SCHOOL HOURS

A number of students stay after school with their teachers for extra help or for clubs. After they are finished with their sessions or club activities, they report to room 205 to wait for the late bus. Please remind your child that they may only stay in the school after school hours if they are with a teacher or coach. Some students have stayed after school without supervision. Please note that this is not allowed. They may not stay after to wait for sports competitions or other activities in the late afternoon. For safety, please be sure that your child is not making after school plans that have not been discussed with you beforehand.

FITNESS ASSESSMENTS HAVE BEGUN/ FITNESS GRAM TEST

The P.E. Department started the year off with team building activities, as well as football and ultimate ball. They are now beginning their fitness assessments, which is the **Fitness Gram Test**.



The Fitness Gram is a unique measure of health related fitness that is scored by gender, as well as age. Our evaluation assesses each area with the following tests: **Abdominal** strength is tested by a modified curl up test. **Trunk** extensor strength and flexibility are tested with the trunk lift. **Upper body** strength and endurance are tested by the 90 degree push up, and flexibility is tested by using the modified sit and reach and shoulder stretch evaluation. Finally, aerobic capacity is measured by the Pacer test and the 1 mile run. The goal is to be in the "healthy fitness zone." If the student is under the healthy fitness zone, their score will indicate "needs improvement." If over the zone, it will indicate "exceeds." The students are tested in the fall and spring and tracked throughout their careers in the Red Hook School system. Teachers encourage the students to set goals and work towards achieving the "healthy zone" for lifetime wellness!

Students Participate in Conflict Resolution

On September 16th and 17th all 6th grade students participated in Conflict Resolution training. Mr. and Mrs. James Childs, from JaRa Consulting conducted a workshop with each 6th grade team to discuss what conflict is and ways to prevent and resolve such issues. During the sessions, students engaged in discussion and group activities. Please ask your child about his or her experience.

7th and 8th grade Peer Mediators attended an annual training on September 20th. This training was aimed at refreshing mediation skills and building new techniques. With the students' input, many updates have been made to the program to make it more accessible.



LET THERE BE NO
STRIFE BETWEEN THEE
AND ME

PEER MEDIATION

Student Services has a few changes and additions!

The 2010-2011 school year has started off well. If you have any questions about your child's schedule or would like to share information with your child's guidance counselor, please call or email.

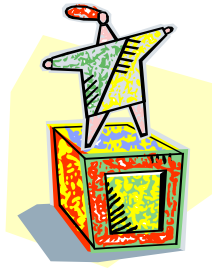
A few changes and additions have occurred in Student Services. After Dr. Maroney's retirement at the end of last year, Ms. Allison is now the Guidance Counselor of the current 8th grade (Class of 2015.) Student Services would also like to welcome Mr. Carney to the department. Mr. Carney comes to us from Manhattan College where he worked as a resident director. He is the Guidance Counselor of the current 6th grade (Class of 2017.) Ms. Brooks, Guidance Counselor, has followed her students (Class of 2016) up to 7th grade. Ms. Schneller continues as our Student Assistance Counselor and Ms. Warren is our School Psychologist. Mrs. Hull is Student Service's secretary.

Mr. Carney	Guidance Counselor for 6th grade	ext. 3267	rcarney@rhcsd.org
Ms. Brooks	Guidance Counselor for 7th grade	ext. 3259	cbrooks@rhcsd.org
Ms. Allison	Guidance Counselor for 8th grade	ext. 3258	nallison@rhcsd.org
Ms. Schneller	Student Assistance Counselor	ext. 3180	lschneller@rhcsd.org
Ms. Warren	School Psychologist	ext. 3274	mwarren@rhcsd.org
Mrs. Hull	Secretary	ext. 3260	jhull@rhcsd.org

BOX TOPS FOR EDUCATION

Student Council is once again collecting Box tops 4 Education.

Please cut all box top logos off the tops of General Mills and Betty Crocker items. The coupon generally has a line at the top that says "Official Coupon." Students may give them to homeroom teachers. The homerooms compete to see who can bring in the most box tops. Student Council members may give box tops to Mrs. Goldhirsch for service points (each top is 1/10 of a point). Likewise, we are collecting Hannaford Helps coupons. Four years ago we raised more Hannaford Dollars than any school in the region. This provided us with a \$1000.00 bonus check!



November and December are Toys 4 Teens months. Please donate new items for teens to enjoy this holiday season. So many people remember to donate to Toys for Tots, but many of the children serviced are teenagers. As we are thankful for all we are blessed with, let us remember those who have less with a small donation. Students who donate will be entered into a raffle for a prize to be given in December. Some gift ideas: books, gloves, jewelry, bath items, make-up, hats, sports equipment, games, and puzzle books. Thank you in advance for your generosity.

Another upcoming project is our annual Project Personal Care. Personal care items such as soaps, shampoos, toothpaste, combs, hair items, make up, deodorants, etc. will be donated to both River Haven and our local food pantry. That drive will begin at Thanksgiving and go on through December.

January will mark the 12th annual Copper Jar contest. Classes will compete to raise money for the NYS Leukemia and Lymphoma Society

LOST AND FOUND AND A SPECIAL REQUEST

Clothing articles and lunch boxes left in the cafeteria will be donated prior to the holiday assembly concerts. Check your missing articles as soon as possible.

LAMS is collecting old backpacks to recycle. Please drop off to Mrs. Partrick

A REMINDER TO ALL STUDENTS, especially those driven in late by parents: After the 5th tardy, you will be required to stay after school and for each time thereafter for the remainder of the school year! Roll, roll, roll out of bed and take the bus as it gets you to school **ON TIME.**

Do your part in the "10% Challenge" by reducing energy consumption district wide!



CYBERBULLYING—PARENT INFO NIGHT

FOR PARENTS ONLY: Tuesday, November 16th from 6:00-7:00 p.m. in the school cafeteria, there will be a presentation to help your teen navigate the internet safely.

Cyberbullying can involve:

1. Sending mean, vulgar, or threatening messages or images
2. Posting sensitive, private information and/or lies about another person
3. Pretending to be someone else in order to make that person look bad
4. Intentionally excluding someone from an online group

Any questions, please contact Lisa Schneller, Student Assistance Counselor (845) 758-2241, x3180 or Chelsey Brooks, Guidance Counselor, x3259



50 YEARS OF TEACHING CELEBRATION



On October 15 at 6 P.M., Linden Avenue Middle School and the Red Hook School district celebrated Miss Strever's 50th year of teaching. 125 people attended the event, with recently retired science teacher Mrs. Tipple flying from South Carolina to New York in her own plane. Mr. Van Ness and

his Jazz Ensemble treated the crowd with jazz favorites. Mr. Fitzmaurice (H.S.) and his video crew filmed the event as well as creating a "Story Court" for people to record their messages to Miss Strever.

Formal accolades opened the evening, with speakers including Red Hook native Assemblyman Marcus Molinaro and State Senator Saland. Mr. Chaikin and Dr. Zahedi spoke next and delighted the crowd with a photo show. Following speakers included: Mr. Finch (Superintendent), Mrs. Kelly Mosher (Board of Education representative, former student, parent of a student, and friend), Mrs. Sturges (Assistant to the Superintendent), Mr. Nick Ascienzo (math department spokesperson and colleague of 39 years), and ninth grade student representative for the PTSA, Allix Coon. The entire math department joined Mr. Ascienzo in presenting a clock to Martha. Open seating dinner was followed by an open mike session that provided old friends and colleagues the floor to share a story or quality about Miss Strever.



Miss Strever's colleagues share in this happy celebration.



MARTHA STREVER

State Senator Saland and Assemblyman Marcus Molinaro congratulate Miss Strever for 50 years of teaching.

We are all very proud of Miss Strever's contributions, superb teaching methods as well as becoming a finalist for NYS Teacher of the Year.