

# West Frederick Middle School

<http://schools.fcps.org/wfms>

Phone 240-236-4000

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December 5, 2008

Issue 2008/9-4

## December

- Fri. Dec. 5 2-Hour Early Dismissal (1 p.m.)  
 Thu. Dec. 11 Poetry Contest deadline  
 Fri. Dec. 12 Holiday Dance 6 - 8 pm Gym  
 Tues. Dec. 16 Restaurant Night for WFMS at  
 California Tortilla 5 - 9 pm  
 Wed. Dec. 17 WFMS Winter Concert 7 pm  
 Thur. Dec. 18 PTSA Teachers/Staff Breakfast  
 Mon. Dec. 22 Coffee w/Principals 9:30 am Mod C  
 Dec. 24 - Jan 4 Winter Break (no school)

## January

- Jan 1<sup>st</sup>, 2009 - **HAPPY NEW YEAR!**  
 Mon. Jan. 5 Schools Re-open  
 Mon. Jan. 12 PTSA Meeting 6:30 pm Café  
 Mon. Jan. 19 Schools Closed  
 (Martin Luther King Jr.'s Birthday)  
 Tue. Jan. 20 Schools Closed  
 Wed. Jan. 21 Schools Closed for students  
 Mon. Jan. 26 ELL/PTSA Info. Night 6 - 7:30 pm  
 Trinity United Methodist Church  
 Tues - Thur. Jan. 27 - 29 Spring Musical Auditions

## COFFEE WITH THE PRINCIPALS

Daniel Lippy and Denise Flora, the co-principals of West Frederick Middle School, invite you to attend a morning coffee hour to discuss the "State of West Frederick".



There are lots of exciting ideas being generated by our Leadership Team in terms of leadership responsibilities within our program and communication and outreach with our community. We would like to share these ideas with you in a conversational format, not a formal presentation and have the opportunity to hear your ideas and answer any questions you may have. Of course, we can also give updates on construction, too. So plan to join us on: December 22, 2008 at 9:30 a.m. Modular C

## Maryland Measure of Student Technology Literacy

Families:

During December, all 7<sup>th</sup> graders in Maryland public schools will be involved in the administration of the Maryland Measure of Student Technology Literacy. This online measurement (approximately 45-minute in length) will provide data required by the State to report to the Federal Government as part of the *No Child Left Behind Act*.

Information from this measure will help Maryland determine whether or not its students are technology literate. Any information we receive on how your child performed will be sent home this spring. The information will not be placed on student report cards or transcripts.

Thank you for your support. If you have any questions, please feel free to contact the school for further information

Sincerely,  
Daniel Lippy  
Principal



**REMINDER!** All students need 2 locks - one on their school locker & one on their PE locker.

## Parents, Students, and Staff:

I would like to thank everyone who contributed to the Harvest for the Hungry food drive. Our school collected over 900 items of food to donate to the local food bank. Thanks again, to everyone! Ms. Wedge

## NEWS from the Enrichment Teachers

Mrs. Stefanick & Mrs. Reilly 240.236.4085

The next **PoeticPower poetry contest** has a deadline of December 11. **Think!** West Frederick's literary magazine, is accepting student submissions for poetry, short stories, essays, artwork and photography, with an anticipated premier holiday edition debuting before the December holiday break.

**Stockmarket Game** for the fall session is underway and runs for ten weeks. We have 56 teams competing this time. Students meet in teams as an enrichment activity during part of their math class or during lunch. All teams compete against middle schools in Maryland. The **school newspapers** are being written by students as an enrichment opportunity in language arts classes this year. Three editions of the newspaper will be published—one for sixth grade, one for seventh, and one for eighth. The sixth grade edition will premier before the holiday break.



### Box Tops for Education

Another call for Box Tops. We have collected over 1500 box tops, but are well short of our goal of 30,000. Please visit our school website to view a list of Box Top products. Many of them are probably products you already use, but didn't notice the Box Top. Please send in any box tops that you have and give them to Ms. Katzenbarger or Mrs. Garner. Thanks again for helping our school.



### dance DANCE DANCE

The Physical Education Department is sponsoring a dance for West Frederick Middle School students on December 12<sup>th</sup> from 6 p.m. - 8 p.m. We are asking for your help to make this a safe and fun evening. We are accepting donations of food and drink to sell at the concession stand. Please bring in donations one day prior to the dance to the front office. Students with no signatures on their P.B.I.S. card will receive \$1 dollar off the price of a \$5 dollar dance ticket. All students **must** have an ID badge to enter the dance!!

### Yearbook Update:

Parents, our second and final presale for yearbooks runs from 11/17 until 12/5. We are willing to accept any orders through Friday, 12/12, but we can not accept any beyond that date due to deadlines. This is the last opportunity to reserve a copy of the yearbook and the last opportunity to have your student's name/phrase imprinted onto the yearbook. Act now; forms are available from your child's first period teacher. Parents may visit the front office to pick-up and turn-in an order.



### PERFORMANCE NOTES:

A reminder that our WINTER CONCERT will be on Wednesday, December 17th beginning at 7:00 pm. The concert is free and will showcase our band program as well as our choral program. Hope to see you there.

Monday, December 15th beginning at 5:00 pm, our STARS after school group and our choral ensembles will be caroling around our school community. We are caroling as a fundraiser to support the FREDERICK AREA FOOD BANKS. Look for permission slips to come home. Chaperones are welcome. Come out and join us!

Auditions for our spring musical will be held on January 27, 28 and 29. Mark your calendars. More information will follow. *Chris Stefanizzi*



### THE MATH CORNER

Let your children help in the kitchen during the holidays! It's a great way to spend some extra time with them ... and it can help with math skills. Let your children half or double a recipe. The extra work with measurement and fractions will not only produce a tasty treat ... it will add to your children's success in math.

### SUPPORT Educational Technology in Maryland Schools

Are we preparing students for the 21<sup>st</sup> Century workplace? Are your child's classroom and school up to date with technology? The MD State Dept. of Education joins school systems nationwide in asking these important questions. Your answers can make a big difference in school technology resources.

PLEASE complete the NETDay Speakup Survey: <http://www.netdayspeakup.org/Speakup2008> before December 19th, 2008.

### Big Brothers Big Sisters of Frederick County

Everyone needs a friend. Would your child benefit from a friend, a caring adult, who can be a positive influence in their life, and support their educational and emotional growth? Big Brothers Big Sisters can help. Their organization matches children with volunteer adult role models who share similar interests, and don't mind being a kid again. These volunteers must participate in several background checks, home visits, additional screening and final approval from YOU, before they can be matched with your child. Big Brothers Big Sisters has served Frederick County for over 30 years, and studies have shown that children matched with adult role models are less likely to use drugs and alcohol, as well as show an increased interest in school. One Big Brother Big Sisters program works with children who have an incarcerated parent. If you would like to learn more about the additional programs they have to offer, visit them on the web at [www.bbbsfrederick.org](http://www.bbbsfrederick.org). For information about the Mentoring Plus see Ms. Wedge or your guidance counselor.

### Stop Wasting and Start Giving Club

Our club members will be volunteering at the Days End Horse Rescue Farm on Saturday, December 6th. Be sure your student/group member dresses for the weather and the work. We will be mucking stalls, painting fences, grooming horses and other light maintenance needs at the farm's discretion. All permission slips are due to Mrs. Williamson no later than Tuesday, December 2, 2008. The SWSG club has raised \$240 by selling baked goods. The Make A Wish Foundation, Help Africa and CEPIA (in Costa Rica) have each been sent a check in the amount of \$80. These agencies were selected by club members as agencies they want to help. Keep up the good work!!! Mrs. Leslie Williamson

### WFMS Students Attend National Young Leaders State Conference

Lounging around the house playing video games and instant-messaging friends, or hanging out at the local mall *wasn't* how three WFMS students spent a long weekend last month. Sixth graders *Kathryn Janisiewicz* and *Amber Joglar*, along with seventh grader *Harrison Draper*, spent their time learning the core skills of leadership in Washington, D.C., at the National Young Leaders State Conference (NYLSC).

Why did these students spend their free time learning challenging skills? For Kathryn and Amber, it was because their fifth grade physical education teacher (Jaclyn Jacobsen from Whittier elementary school) nominated them. Kathryn suspects that Ms. Jacobsen thought her competitive spirit could use a boost, and that the leaders' conference might do the trick. Ms. Jacobsen also nominated Amber. At the conference center in Washington, the girls roomed together.

Harrison's cousin had attended the conference and recommended it to him, and with the nomination from West Frederick social studies teacher Glenn Wishner he, too, was off to Washington. Students who show leadership potential are nominated by teachers, and must maintain a high grade point average and outstanding citizenship at school and in the community.

At the NYLSC, students learn the "eight core leadership power tools:" communication, conflict resolution, decision making, goal setting, group dynamics, leadership techniques, project management and self awareness. This is pretty heady stuff for middle school students, but they thought it was fun. Students were grouped into teams of about 20 students learn and practice the skills in interactive workshops.

The most important lessons learned? For Amber, it was discovering how to be more confident while giving presentations, and getting over the nervousness of standing in front of a group to get her point across. For Harrison, it was knowing how to show more respect to adults and peers alike. And for Kathryn, it was learning the skills of active listening.

Since their return to school and home, all three students notice that people are responding to them differently. Harrison claims that, since he's showing more respect to his peers, they are responding with more respect to him too.

Kathryn says, "After learning about active listening, I can tell when people are *actually* listening to me, or when they're just pretending to. And my parents are treating me differently because I'm listening more to them. They don't have to repeat things nearly as much!"

And of course there was the fun of the experience—living in a dorm, eating good food, going on field trips around Washington, and meeting kids from all over the country. Of course, they're staying in touch by e-mail now. Overall, the students recommend the experience to anyone who is nominated to attend. "It was a very warm place," said Amber, "and a very good experience."

For Kathryn, who agrees, concludes with this wish: "I want to go back in June." FYI: The next NYLSC conference will be held in June, 2009. Information: [www.nylsc.org](http://www.nylsc.org)

## **PINNACLE GRADES ONLINE**

FCPS provides Pinnacle Grades Online service to parents/guardians of children in grades 6-12. All Pinnacle Grades Online passwords remain the same as last year and cannot be changed. However, ALL email addresses registered last year in Pinnacle Grades Online were deleted to eliminate many addresses no longer valid (especially with the Adelphia to Comcast change). To get EMAIL from Pinnacle Grades Online, you **MUST** register your email address for the new school year at <http://grades.fcps.org>

If you have questions, please contact our school. It can take a few weeks for your changes to be processed.

**The YMCA Edge Program** is a great opportunity for middle school youth after school and is also free of charge to all who join.

**Why should my child join?:** We provide a safe and enriching environment for students, along with including character building activities, team building, mentoring, recreational games, arts and much more!!! Grant Funding allows us to provide this opportunity at no cost to participants and their families for daily activities.

**How it works:** WFMS participants will be picked up from West Frederick Middle School everyday and bused to the main YMCA on Market Street. Students should meet the YMCA bus at the steps by the gym before the bus departs at 3:10 p.m. and will not make return trips for students who miss the bus. The program will operate out of the YMCA activity room and will remain open until 6:30 pm. Parents are to pick up at the YMCA and sign their child out everyday.

**Sign me up:** To sign your child up, obtain a registration packet from the YMCA and complete it. Then turn it in to the front desk staff at the YMCA.

Raya Mills - Co-Director 240-674-5448  
Marqus Dawson - Co-Director 925-917-1102

Lowest Gas Prices ... website ... bookmark the following site so you can save some of that hard earned money.

<http://www.fredericknewspost.com/sections/local/gasPrices.htm>

## **WFMS PTSA CORNER**

### **PTSA Meeting Calendar**

January 12, 6:30 pm meeting followed by a 7 pm parent program, WFMS cafeteria  
February 9, 7 pm  
March 9, 7 pm  
April 20, 7 pm  
May 11, 7 pm

### **Parent Programs**

The PTSA will hold another **parent program on Monday, January 12, from 7-8:30 pm** in the cafeteria. Our program will focus on ways in which parents can more effectively save money for their child's college education. This informational seminar will be brought to us by the **College Savings Plans of Maryland**. The PTSA will hold a **business meeting at 6:30 pm** prior to the seminar. For more information on this or any future parent programs, contact WFMS PTSA president Jana Sheffer at [jsheffer@en-netservices.com](mailto:jsheffer@en-netservices.com).

### **PTSA Fundraising Update**

Thanks to everyone that has donated to, joined, or bought spirit wear from the PTSA.

Family Giving:	\$3,496
Spirit Wear:	\$249
<b>Total Money Collected:</b>	<b>\$3,745</b>

We are about halfway to our goal of \$7,500. A donation allows you a 100% tax-deduction while the PTSA can earn enough for all planned activities to move forward. Mail your donation (Payable to *WFMS PTSA*) to: **WFMS PTSA \* 515 W. Patrick St. \* Frederick, MD 21701**

### **Make Money for WFMS While Holiday Shopping**

A great way to earn money for the WFMS PTSA is through your grocery store saver cards. The school receives a percentage of the money that you normally spend. Since we'll all be spending more this time of year, why not give WFMS an edge without dipping into your own pocket. To sign up go to the following web sites:

Safeway: [www.escrip.com](http://www.escrip.com)

Giant Eagle (Apples for Students): [www.gianteagle.com](http://www.gianteagle.com)

Target: [www.target.com](http://www.target.com)

Giant (A+ Bonus Bucks): [www.giantfood.com](http://www.giantfood.com)

Bloom (Shopping is a Breeze): [www.shopbloom.com](http://www.shopbloom.com)

If you have any questions, contact Karen Fishburn at 301-698-8709

### ATTENTION DIRECT TV CUSTOMERS

If you (or a friend or relative) are a Direct TV Customer, call them at 1-888-388-4724 and give them the WFMS account # A1283. They will donate \$50 to our school. That's all you have to do - **just make one phone call and our school receives money - no strings attached!** If you are a **NEW or returning customer**, they'll donate **\$100** - It's that simple!

### PTSA Membership Update

We currently have 111 members. Thank you to everyone who has joined. Our membership is open to all parents, teachers, students and even extended family members, so consider joining the PTSA for \$5. WFMS keeps \$1 and the rest supports the PTSA at the county and state level.

### Upcoming Events

**Mark Your Calendar -- Restaurant Night for WFMS** - Need a place to eat while out there holiday shopping? Come to **California Tortilla on Tuesday, December 16, from 5-9 pm**. WFMS makes 25% off of all sales for parties that **give the cashier our password - which is "West Frederick Middle School."** So come out and support our school!

**Holiday Theater Treat --** Come support **Frederick High School Theater** and enjoy a family holiday classic. FHS presents "**It's a Wonderful Life**", Dec. 12th and 13th & Dec. 19th and 20th at 7:30 pm, at FHS.

**WFMS Cultural Arts Programs --** PTSA is pleased to announce the Cultural Arts events schedule for 2008-2009. We extend our appreciation to our WFMS staff members, Ginny Hines and Dottie Wood, who helped our PTSA chair person, Claudia Nealley, schedule the events. These programs are **paid for with the Family Giving Donations** and are terrific opportunities for our students.

8<sup>th</sup> Grade -- **Shakespeare Alive**, April 1, 8:15 a.m. in the gymnasium (Workshops to follow through Enrichment Specialists)

7<sup>th</sup> Grade -- **Step Afrika** (yes, with a K), April 14, 8:15 a.m. in the gymnasium

6<sup>th</sup> Grade -- **Fabulous Chinese Acrobats**, May 26, 8:15 a.m. in the gymnasium

PTSA would like to have some parents help on the day of the programs. The work is easy. Mostly you have the opportunity to see the show. If you're interested in helping, please contact Claudia Nealley at 301-662-9576.

**Next PTSA meeting - Monday, January 12, at 6:30 pm** in the cafeteria. This is just prior to our parent informational seminar on ways to save for your child's college education. So come join us!

### Volunteers Needed

The PTSA will be hosting a **holiday breakfast for the teachers and staff** at WFMS on Thursday, December 18. Please contact Lindsey Biber at [Lindseybiber@comcast.net](mailto:Lindseybiber@comcast.net) or DeeAnn Chamblee at [dchamblee@comcast.net](mailto:dchamblee@comcast.net) if you can help out with this event.

The WFMS ELL Outreach Coordinator, Lisa Gadra, is looking for volunteers who might assist in the ELL program. Specifically, she needs help in a **small group/tutoring setting in the content areas of math, reading and social studies**. She could also use **volunteers fluent in Spanish, French or Vietnamese**. If you are interested, please contact her at 240-236-4037 or [lisa.gadra@fcps.org](mailto:lisa.gadra@fcps.org).





## News from the Health Room

### *Nutrition*

Without good nutrition, we are unlikely to feel our best. As the holidays approach it is important to make health food choices to keep us ready to celebrate with friends and family. Healthy eating provides increased energy levels, overall good body function, weight management and a reduced risk of illness and disease.

A few tips to remember:

1. **Moderation-** Regulate and try to reduce fat, sugar, caffeine and salt intake. Go ahead and sample, but don't go overboard on those holiday treats!
2. **Variety-** Eating a variety of foods from different food groups means you're likely to get necessary nutrients. Try something new!
3. **Increased Fiber-** by eating plant foods, (fruits, veggies and grains).
4. **Eat smaller, more frequent meals-** this helps battle fatigue and mood swings.

So be aware of your food choices this holiday season to look and feel your very best!

## Message From The School Nurse

During the school year it may be necessary for your child to take prescription or nonprescription medications during the school day. These medications may need to be given daily or on an as needed basis. In order for this to happen **you are required** to follow the **FCPS Medication Administration Policy**. If medication is needed at school, **you must have a Physician's Medication Authorization for Prescription and Nonprescription Medication** form completed. This form would need to be completed by **both** parent and physician. The medication needs to be in the original container and/or properly labeled prescription bottle. The medication label must match the physician's order form and be current. **NO MEDICATION WILL BE**

**GIVEN IN SCHOOL WITHOUT THE COMPLETED FORM AND PROPER LABELING. An adult must transport any medications to and from school.** Antibiotic administration is discouraged as physicians can accommodate proper dosing times around the school day. The first full day's dosage of ANY new medication must be given at home. If your child requires an **EPIPEN** at school there is a separate form that is required.



All of the appropriate forms can be obtained from the health room or by going to <http://www.fcps.org/dept/health/index.htm> and clicking on the form you need. For further questions, you may contact the health room at (240) 236-4059.

Students carrying over the counter medications, inhalers, without the proper forms in the health room are subject to disciplinary actions per FCPS medication policies.

