

# West Frederick Middle School

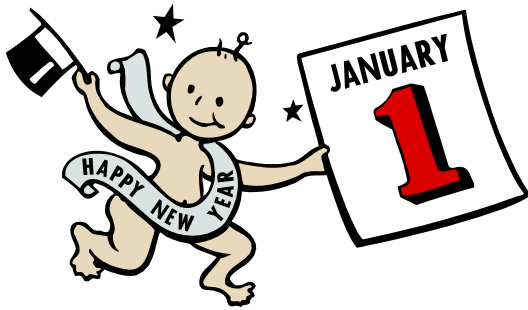
<http://schools.fcps.org/wfms>

Phone 240-236-4000

FAX 240-236-4050

January 9, 2009

Issue 2008/9-5



## January

- Mon. Jan. 12 PTSA Meeting 6:30 pm Caf 
- Tues. Jan. 13 5 - 9 pm California Tortilla WFMS  
Restaurant Night
- Tues. Jan. 13 6 pm First All County Choral Rehearsal  
at Monocacy Middle
- Thur. Jan. 15 3:05 - 4 pm First STARS meeting
- Mon. Jan. 19 Schools Closed  
(Martin Luther King Jr.'s Birthday)
- Tue. Jan. 20 Schools Closed
- Wed. Jan. 21 Schools Closed for students
- Thur. Jan. 22 - Term 3 begins (2<sup>nd</sup> Semester)
- Mon. Jan. 26 ELL/PTSA Info. Night 6 - 7:30 pm  
Trinity United Methodist Church
- Tues - Thur. Jan. 27 - 29 Spring Musical Auditions

## February

- Feb. 6 Fri. Student Club Sponsored Dance 3 - 5 pm  
GYM (Cost \$5 & Student IDs required)
- Feb. 9 Mon. PTSA meeting 7 pm Caf 
- Feb. 14 Sat. TJHS 7 pm All County Concert
- Feb. 25 Wed. Choral Adjudication



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

## KLEENEX Request !!

The sixth grade team is in need of Kleenex tissues. If you would like to donate a box or two, please bring them to your first period teacher. Thank you. Leslie A. Williamson



## Box Tops for Education

We wanted to give you an update on our progress. We turned in \$154.00 dollars worth of box tops. We are still aiming for our goal of \$3,000.00! We had to discard over 350 box tops because they were expired. Please send in box tops with your student. Thanks for continuing to support our school. Kelly Katzenbarger & Shelly Garner

## Performance Notes:

Happy New Year! Welcome back to 2009 as we kick off a busy spring season in the Performing Arts Program at WFMS.

*Mark these dates on your calendars:*

January 13 6:00 pm First All County Choral  
Rehearsal at Monocacy Middle

January 15 3:05 - 4:00 pm First STARS meeting

January 27, 28, 29 Starting at 3:10 pm - finished.

*Auditions for "Willy Wonka and the  
Chocolate Factory"*

February 14 All County Concert 7:00 pm TJHS

February 25 Choral Adjudication

April 2 and 3 Spring Musical: Willy Wonka and the  
Chocolate Factory 7:00 pm GYM

Congratulations to all those who participated in the Winter Concert. The STUDENTS performed a great concert and the PARENTS performed a great sing-a-long. We look forward to seeing you for our Spring Concert on June 3rd beginning at 7:00 pm in our gym.

Students who are in THEATRE ARTS>>>> It's that time of year! Remember that after the semester break(January 22) you are to bring a new one subject spiral note book to use for the remainder of the year. *Chris Stefanizzi*

**THANK YOUs / KUDOS to Terrace Lanes and Rita's Italian Ice Shop \*** Thank you to Terrace Lanes for donating free bowling and shoes and to Rita's Italian Ice for donating Italian ice's to Leslie Williamson's students as an incentive for completing their winter break math packets. It's great to have community support to reward our students for jobs well done!

**Stop Wasting and Start Giving Club** will sponsor a **DANCE after school on February 6, 2008 from 3:00 - 5:00 pm in the GYM. Student IDs are required. Admission will be \$5** and all proceeds will go to the three charities the club is helping. Any extra donations will be welcomed. Please plan to stay after school and dance and have some fun with friends! Questions about the club, please contact [leslie.williamson@fcps.org](mailto:leslie.williamson@fcps.org)

### **Renzulli News**

Congratulations to two West Frederick Middle School teams that won the fall version of the Stockmarket Game. First place middle school in the state of Maryland goes to the team of Nelson Romero and Michael Romeka. Second place middle school in the state goes to the team of Leah Dorrian, Natalie Ahearn, Ali McMahan and Cathlynn Joglar. Both teams will attend an awards banquet at Towson University in May. The next session of the game begins January 26. Students may form teams and participate at lunch time. If you have any questions contact Ms. Stefanick at 240-236-4085.

Ms. Reilly would like to remind students who are doing a National History Day project that the **Frederick History Day has been moved up to February 7, 2009** so you may have to pick up your pace to get them finished. Please call with any questions: 240-236-4085.

### **THE MATH CORNER**

With the winter temperatures changing daily, it's a good time for reviewing integers with your child.



Integers include negative whole numbers, zero, and positive whole numbers. As the temperature dips below zero, negative numbers are used and as the temperature rises above zero, positive numbers are used.

### **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.

### **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

**The Spires Lacrosse Club is recruiting players for the 2009 Spring season.** Open registration is Jan. 12 - Feb. 1, 2009. Register ONLINE at [www.spireslacrosse.org](http://www.spireslacrosse.org) for Boys and Girls grades 2 thru 8. For information call 240-367-4644.

### Volunteers Needed

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).

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>



### News from the Health Room *Nutrition*

With out 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.

## 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 (potential parent meeting on high school magnet programs)  
 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.

The PTSA will work with the ELL (English Language Learner) program to bring a parent meeting to the Hispanic Community of WFMS. On **Monday, January 26, from 5:30-7:30 pm at Trinity United Methodist Church**, an event will be held to discuss ways to increase student success through parent and family involvement. A flyer with more information will be coming out shortly.

### PTSA Fundraising Update

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

Family Giving:	\$3,536
Spirit Wear:	\$249
<b>Total Money Collected:</b>	<b>\$3,785</b>

We are finally halfway to our goal of \$7,500! Remember, a 100% tax-deductible donation allows the PTSA to move forward with all planned activities this winter/spring. Mail your donation (Payable to *WFMS PTSA*) to: **WFMS PTSA \* 515 W. Patrick St. \* Frederick, MD 21701**

### Make Money For WFMS While 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 all have to eat, 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 113 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

**Rescheduled Restaurant Night for WFMS –** This time of year, it's cold and dark outside and you might be spending more time inside. Treat yourself to a night out away from the kitchen while raising money for WFMS. Come to **California Tortilla on Tuesday, January 13, 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 – plus have a wonderful meal! So **mark your calendars** now and hope to see all of you there!

**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 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).

### A Big Thanks!

A big thank you to **Lindsey Biber and DeeAnn Chamblee and all the volunteers** who provided a wonderful **holiday breakfast for the teachers and staff**. It was very much appreciated!

A big thanks goes to **Janiele Huffer and all the volunteers** (students and parents) who helped make the WFMS spirit sign for the **fence decorating contest** at the FHS homecoming game. The sign was judged by the FHS Student Government Association and received an Honorable Mention Award in addition to a \$60 donation to the WFMS PTSA, which in turn will be used for cultural arts programs. Way to go Janiele and her enthusiastic artists!