

# West Frederick Middle School

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

Phone 240-236-4000

FAX 240-236-4050

May 1, 2009

Issue 2008/9-9

- May 4 PTSA Fundraiser Restaurant Night  
Pizza Blitz 4 - 8 pm and  
Poblano Grill 5 - 8 pm
- May 4 - 8 Teacher Appreciation Week
- May 11 Mon. Last PTSA meeting / Election of new officers
- May 15 Fri. School starts 2 hours late for students**
- May 20 Wed. HSA Algebra Testing 7<sup>th</sup>/8<sup>th</sup> grades
- May 21 Thu. Rita's Italian Ice Fundraiser 12 - 9 pm  
Talent Show 7 - 8:30 pm Gym
- May 22 Fri. Cultural Arts 8:15 am performance  
Chinese Acrobats - 6<sup>th</sup> grade
- May 25 Mon. School Closed / Memorial Day Holiday**
- May 28 Thu. Asian ELL Outreach 5:30-7:30 pm Cafe
- May 29 Fri. 8<sup>th</sup> Grade Dance 6 - 9 pm
- May 30 Sat. Latino Healthy Living Fair at Trinity  
United Methodist Church 10 am - 2 pm
- June**
- Jun 3 Wed. Spring Concert 7 pm Gym
- Jun 5 Fri. Renzulli Trip to NYC
- Jun 11 Thu. 8<sup>th</sup> Grade Celebration 11:30 - 2:30 at  
Baker Park
- Jun 15 Mon. 7<sup>th</sup> Grade Celebration
- Jun 16 Tues. Last Day of School for Students**
- Jun 17 Wed. Last Day of School for Teachers
- Jun 23 Tues. First Day of Summer School

## GREAT NEWS!



**CONGRATULATIONS** to Amy and

Michael Watson on the birth of their new baby girl,  
Reagan Nikel Watson, born at 12:10 a.m. on 4/21/09!  
The whole family is doing beautifully and enjoying their  
new addition!

1

**TEACHER AWARD!** Kudos to our very own Judy Reilly for being named the 2009 History Day Teacher for Frederick County during the History Day competition on April 25th. GREAT JOB JUDY!

## STUDENT Accolades!

Jingyi Huang is to be congratulated because she was one of four instrumental finalists in the Optimist Club Middle School Talent Competition. She did an awesome job on the piano. Way to go Jingyi!

## CAREER CAMP Teaching Tomorrow's Careers Today

Frederick County Career & Technology Center will hold its annual Career Camp. The purpose is to provide students with exposure to both skilled and professional careers so they can make informed decisions regarding their future careers and educational choices. It is open to all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students. Dates are from June 22<sup>nd</sup> thru June 26<sup>th</sup>. Application is available at <http://www.careertech.net/>. For more information call 240-236-8503 or email [robin.brawner@fcps.org](mailto:robin.brawner@fcps.org)

## LOST and FOUND

We have two locations for lost and found - our front office and the box outside Mr. Lippy's office (B-113).



A number of house keys have been turned into the front office. If your child has lost his/her keys, please have them come take a peek.

## CREATIVE ARTS

Students have completed their illuminated letters. The work is currently displayed in the classroom. The x-ray paintings have also been completed. Students are beginning to work on pages for a classroom proverb book, based on the *Proverbs en rimes (Rhyming Proverbs)* book at the Walters Art Museum in Baltimore. If you know any proverbs, please be sure to share! *Suki Kuss*

## KUDOs to Brook Hill United Methodist

**Church** - for delivering a huge basket of school supplies for students in need! We truly appreciate their generosity. Tracey Wedge

## RENZULLI News

Congratulations to our stock market teams for taking first and second place in the western region for the spring session of the game. Students will attend an awards ceremony in Hagerstown on May 11, 2009. First place team members are Monica Dorman, Teresa Dumadag, Hannah Feinberg, Joanna Garcia, and Sarah Schwenger. Second place team players are Junita Jones, Sandra Garcia, Tanisha Lavala, Allison Samick, Siobhan Stewart, and Shiloh Helms. The eighth grade stock market teams will be visiting New York City on Friday, June 5, 2009 where they will tour the city and visit the stock exchange.

Congratulations to sixth grader Kathryn Janisiewicz who participated in the Maryland state competition for National History Day. Kathryn performed a dramatic monologue on the life of Emily Dickinson in front of judges chosen by the Maryland Humanities Council. The event was held on April 25 at the University of Maryland, Baltimore County.

## TALENT SHOW !!

The Stop Wasting Start Giving club will host a school wide talent show on May 21, 2009 from 7:00-8:30. Sign up forms are in the cafeteria. Get your acts together for the rehearsal on May 11, 2009 from 3:15-5 pm in room 128 (be sure you have a ride home). There will also be one dress rehearsal on May 18, 2009 from 3:15-5 pm. Please plan to participate, any and all school appropriate acts accepted. Proceeds from the talent show will be donated to the three charities the SWSG Club is sponsoring this term - Children's Hospital, DC, Frederick Area Soup Kitchen and Oprah Winfrey's Angle Network. Be sure to stop by Rita's on the night of the show for the WFMS Scoop Night where all proceeds will be donated to our school. See Mrs. Williamson with questions 240-236-4090.

## Grade 8 Year End Celebration Picnic!

Where: Baker Park  
When: Thursday, June 11<sup>th</sup>, 11:30 am - 2:30 pm  
Students will enjoy games, crafts, and just hanging out with friends. Parent volunteers and donations are desperately needed. Letters were sent home with each eighth grader on Monday, March 30, 2009 asking for volunteers and donations. We have received very few responses to date. Parents, in order to have a fun day and safe event we need you to donate snacks as well as your time.

**Please note:** Permission slips have not been sent home as yet. Students earn the privilege to attend this event by consistently following the WFMS hallway behavior expectations (IWALK). Please direct questions or comments to Mrs. Gillett Palmer, 240-236-4005.

## Grade 7 Year End Celebration

Monday, June 15<sup>th</sup>, 2009. Dessert/snack donations needed and Parent volunteers are very welcome. If you would like to help, please contact Mrs. White 240-236-4019.

## Grade 6 Year End Celebration

Information will be forthcoming!

## YEARBOOK NEWS

In an effort to accommodate as many students as possible, the Yearbook Committee has decided to do one last pre-sale. Yearbooks are NOW on sale, the cost is \$29 per book. Personalizations are **not** available. Order forms are available from all teachers and the front office. Yearbooks will be distributed on Friday, June 12<sup>th</sup> so that students will have plenty of opportunities to get signatures and autographs from friends, classmates, and staff. Don't wait and HOPE to purchase a yearbook, pre-order now and **KNOW** that you will receive your own copy.

## Notes from the Front Office Staff:

If you are coming to the school to pick up your child for an appointment, PLEASE send them in with a note with the time they will be picked up. It will save time getting your child to the office to be signed out as well as cutting down the interruptions to the classrooms. Thanks for your cooperation.

## STUDENT SERVICE LEARNING HOURS

All Student Service Learning hours for this year should be turned in to Mrs. Boyd NO LATER THAN FRIDAY, MAY 29<sup>th</sup>. No hours turned in after that date will be applied to this school year. Thanks.

## PERFORMANCE NOTES:

If you missed "Willy Wonka Jr." you missed a **great show**. Our students worked hard and were definitely the brightest stars in the sky on April 2 and April 3.

A HUGE THANK YOU to all the parents who helped out during this show! I assure you the show would not have gone on with out them: Cindy and Tom D'Aquino,

Maribeth Visco, Kelley Ebel, Cindi Hindman, Sue Weeks, Jen Lynch, Jackie Kracher, Lynn Wood, Valerie Dorman, Lynn Sweeney, Kathleen McDermott, Lisa Algazi, Linda Pruce, Loree Sichelstiel, Karen Kennedy, Neil Donnelly, Larry Lindner, and every parent who may not be mentioned here who may have helped with snacks, rides to and from rehearsals and most importantly graciously gave your support to this show and our students. Another *Special Thanks to Bayla Cohen, Corey Mullen, Sophie Sincevich and Jack Sincevich for coming back from FHS to help with this production.*

I also want you to know that Duet with Music helped a great deal with our sound system and Par Lights Theatre Co. helped out with our lighting for this show. Both places have earned my trust and I encourage you to support their businesses.

WFMS's final performance for the year is coming up on June 3rd at 7:00 pm in our gym... our Spring Concert featuring our bands and our 7th grade chorus. The show is free... sure hope to see you there. *Chris Stefanizzi*

### **Health Tip: Motivating Kids to be Active**

LifeWork Strategies, an affiliated company of Adventist HealthCare, Shady Grove Adventist Hospital and Washington Adventist Hospital, is proud to bring you this Health Tip.

The percentage of overweight kids has more than doubled over the past 30 years. Although many factors contribute to this epidemic, it is a fact that kids are becoming more sedentary. In other words, children are less active than they used to be. The American Academy of Pediatrics says the average child watches about three hours of television per day, not including time spent on other types of electronic media.

**Exercise provides numerous benefits for children.** For kids, exercise means playing and being physically active. Children who get regular exercise sleep better, have a more positive outlook on life, and develop strong muscles and bones. In addition, exercise helps kids maintain a healthy weight and decreases their risk of developing type 2 diabetes. Studies also suggest that healthy, physically active students are more likely to be academically motivated, alert, and successful. Furthermore, physical competence tends to boost self-esteem at every age.

**Every child needs exercise.** Parents can help to ensure that their children are getting the recommended amount of daily exercise. According to dietary guidelines from the U.S. Department of Agriculture, all children two years and older should exercise almost every day. According to the National Association for Sport and Physical Education, the current daily activity recommendations for kids are: one and one-half hours for toddlers, two hours for preschoolers, and at least one hour for school-aged children. There are no specific requirements for infants.

### **The following are tips on how to get kids motivated to exercise:**

- Choosing the right activity for a child's age is extremely important. If we force children to participate in activities that they do not enjoy, they may get bored and frustrated. In order for children to have an interest in fitness, it must be FUN!
- Kids need parents to provide them with opportunities to be active. Gather some sporting equipment and take your kids to the park. Play catch. Involve the entire family.
- Aerobic activities increase cardio-respiratory fitness. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of fun aerobic activities.
- Play games such as red light-green light or red rover. If you don't know the rules, make them up; kids won't know the difference as long as they are having fun!
- Involve kids in muscle-strengthening activities. This can be unstructured and part of activities, such as playing on playground equipment, climbing trees, or playing tug-of-war.
- Organize your next party around an activity, offering bowling, rock climbing or roller skating.
- On weekends, put your kids in charge of picking the activity for the day. Allowing kids to choose physical activities will make it more fun for them.
- When rewarding your kids, give the gift of activity-new athletic gear or an afternoon at a special park.

Remember that all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise. Be active yourself and support your child's interest. If you encourage physical activity early in a child's life, your child will come to regard physical activity as a normal part of their everyday routine.

## PTSA Corner

### PTSA Meeting Calendar

Our last meeting will be held **May 11 at 7 pm in Modular C**. We'll meet to finalize business for the PTSA and **elect the new officers for next year's PTSA**. The slate of officers to be presented is: President Kim Williams, VP Orzeen Parker, Treasurer Debbie Schwenger, Secretary Cindy D'Aquino. Other interested persons for these offices can be presented the night of election.

### Upcoming Events

The PTSA is holding a **fundraiser at "two restaurants/one night" on Monday, May 4<sup>th</sup>**. **Pizza Blitz** is from 4-8 pm carry out and dine-in. **Poblano Grill** is from 5-9 pm for dine-in **ONLY**. Both restaurants, located at 2060 Yellow Springs Road, will donate 10% of sales for those who **mention WFMS**. So if you're headed home from work and don't have time to cook, or are running from one sports event to another, stop by for a quick dinner. The PTSA is holding a fundraiser at **Rita's Italian Ice** on **Thursday, May 21<sup>st</sup>** from noon till 9pm. 20% of WFMS receipts will be given to the school. As a special treat at some times during our fundraiser, school principals and teachers will be "scooping the icee's." **Fliers will be sent home** a few days prior to the event and **must be brought to Rita's for us to get credit**. Bring the whole family to Rita's for a special treat and help raise some money for end of the school year activities.

The PTSA is proud to present our last **Cultural Arts Program** for the 6<sup>th</sup> grade students, the **Fabulous Chinese Acrobats - May 22nd, 8:15 a.m., WFMS gymnasium**. Our 7<sup>th</sup> and 8<sup>th</sup> grade students enjoyed their cultural arts programs last month.

The PTSA is sponsoring a "**Summer Options Fair**" for **WFMS's Asian Community** on **Thursday, May 28, from 5:30-7:30** in the **WFMS cafeteria**. Information about summer activities for kids as well as dinner and door prizes will be provided. The PTSA is also co-sponsoring a "**Healthy Living Fair**" for **WFMS's Latino Community** on **Saturday, May 30, from 10 - 2 pm** at **Trinity United Methodist Church**. Information about healthy living will be provided along with breakfast, door prizes, and grocery and clothing give-away. Both of these programs are provided by the PTA Council's Debbie Bostian Family and Community Involvement Grant which was awarded to the WFMS PTSA last December.

### Volunteers Needed

The PTSA will provide a **luncheon on Tuesday, May 5, for the teachers and staff** during next week's Teacher/Staff Appreciation Week. If you're interested in helping with this event, please contact Lindsey Biber at [lindseybiber@comcast.net](mailto:lindseybiber@comcast.net).

Preparations are beginning for the "**End of the Year Grade Parties**." Stay tuned for more information about your child's specific grade party details. Parent volunteers are always needed for chaperoning, providing food, drinks, etc.... The PTSA will provide some funding for each grade's event.

### Thanks!

Thanks to the parents who **donated snacks/drinks and chaperoned the school dance** on April 24.



# Family and School Partnership

## Summer Resources for Youth

West Frederick Middle School  
Cafeteria  
515 West Patrick Street  
Frederick, MD 21701

Thursday, May 28, 2009  
5:30 pm – 7:30 pm

Sponsored by:  
WFMS PTSA, Life and  
Discovery, and the  
ELL Department of  
FCPS

Interpreters  
Provided

Gifts  
and  
Food!

BRING THE  
ENTIRE  
FAMILY!

Resource  
Tables

INFORMATION ON  
HOW PARENTS CAN  
HELP THEIR  
CHILDREN SUCCEED



For more information: Elizabeth Chung @ 301-694-6838  
Lisa Gadra @ 240- 236-4037

***Tear off and return to your 1<sup>st</sup> Period Teacher by Friday, May 15<sup>th</sup>***

Child's complete name: \_\_\_\_\_

Yes, we will attend. Number of people: \_\_\_\_\_.

No, we will not attend.

**\*\*Students who turn in this form by May 15<sup>th</sup> will have a chance to win a \$10 Gift Certificate to WalMart.**

Sponsored by: West Frederick Middle School-PTSA, Life and Discovery and the English Language Learner  
Department of Frederick County Public Schools



# Celebrating Healthy Living:

## Resources for Families and Children

**BRING THE  
ENTIRE  
FAMILY!**

**Trinity United Methodist Church  
705 W. Patrick Street  
Frederick, Md.  
Saturday, May 30, 2009  
10:00 am – 2:00 pm**

**Guest Speaker:  
Dr. Menocal  
at 11:00**

**Interpreters  
Provided**

**Resource  
Tables**

**INFORMATION ON  
HOW PARENTS CAN  
HELP THEIR  
CHILDREN SUCCEED**

**Free  
Clothes**



**Great Food and Door Prizes too.**

**For more information contacts: Pastor Milly Rivera @ 301 305-4400  
Centro Hispano de Frederick @ 240 215-9852**

**Sponsored by: West Frederick Middle School-PTSA, Trinity United Methodist Church, Families Plus!,  
English Language Learner Department of Frederick County Public Schools,  
and Centro Hispano de Frederick, Inc.**



# Celebrando una **Vida Sana:**

## Recursos para las Familias y los Niños

**¡TRAIGAN A  
TODA LA  
FAMILIA!**

Trinity United Methodist Church  
705 W. Patrick Street  
Frederick, Md.  
Sábado, 30 de mayo 2009  
10:00 am – 2:00 pm

**Orador Invitado:  
Dr. Menocal  
a las 11:00**

**Mesas de  
Recursos**

**INFORMACION ACERCA  
DE COMO PUEDEN LOS  
PADRES AYUDAR A SUS  
HIJOS E HIJAS A TENER  
UN BUEN EXITO**

**Habrà  
Intérpretes**

**Ropas  
Gratis**



Buena Comida y también Premios.

Para mayor información, llamen al Pastor Milly Rivera @ 301 305-4400  
Centro Hispano de Frederick @ 240 215-9852

Patrocinado por: West Frederick Middle School-PTSA, Trinity United Methodist Church, Families Plus!, Departamento de Estudiantes del Idioma Inglés (ELL) de las Escuelas Públicas del Condado de Frederick, y el Centro Hispano de Frederick, Inc.