



NMS NEWS

Mrs. Sylvia Murray, Principal
Mr. Troy Sauer Assistant Principal

Winter 2016

Dates to Remember:

February

2/2 PTO Meeting
2/5 Sadie Hawkins Dance
7:00-9:00 MS Café
2/12 School in Session- Make up day
2/15 Teacher In-service- No School
2/18 School Board Meeting

March

3/11 MS Mini-Thon
3/18-3/19 MS Musical 7PM
3/22 PTO Meeting
3/24-3/38 Easter Break

April

4/4 End of 3rd Marking Period



Dear Parents/Guardians,

We are half way through the school year and ending the second marking period! You should expect to see an envelope with your child's report card the week of February 1st.

PSSA testing is quickly approaching. This year, students in all grade levels (6-8) will take an exam in Mathematics and English Language Arts. Additionally, 8th graders will take a Science exam. Please see the calendar below for the specific dates of testing. We ask that you make every effort to have your child in school during these dates. It is also important that children eat breakfast during these days. Remember that breakfast is offered all mornings at the school beginning at 7:30 a.m. Additionally, we will provide a snack and drink prior to the test.

Thus far, the year has gone by quickly with great success. We look forward to working with your children and making the second half just as successful. Thank you for partnering with us as we strive to ensure our school prepares everyone to be intellectually prepared, civically engaged, and personally responsible.

April 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
	3	4	5	6	7	8
10	11 ELA PSSA Testing Window (6-8)	12 ELA PSSA Testing Window (6-8)	13 ELA PSSA Testing Window (6-8)	14 ELA PSSA Testing Window (6-8)	15 ELA PSSA Testing Window (6-8)	16
17	18 Math PSSA Testing Window (6-8)	19 Math PSSA Testing Window (6-8)	20 Math PSSA Testing Window (6-8)	21 Math PSSA Testing Window (6-8)	22 Math PSSA Testing Window (6-8)	23
24	25 Science PSSA Testing Window (8)	26 Science PSSA Testing Window (8)	27 Science PSSA Testing Window (8)	28 Science PSSA Testing Window (8)	29 Science PSSA Testing Window (8)	30

Sylvia Murray
Principal

Troy Sauer
Assistant Principal

NMS Guidance News

The Northern Middle School Counseling Department has met with 8th graders to help them identify their Myers-Briggs Personality Type, and 7th graders to identify their Holland Code. This is part of our career development program to help students identify career areas that potentially fit with who they are. The 8th graders did an online questionnaire and identified a job within a specific cluster. These 16 cluster areas are identified by the U.S. Department of Education. We encourage you to ask your 7th or 8th grader about this activity. This will be linked to our JA in a Day event February 11th. We are looking forward to having Junior Achievement in our building helping the students explore the world of work.

As a K-12 department, we are finalizing out curriculum by the end of this school year. It has been an extensive process, but well worth it. This curriculum will meet the Pennsylvania Department of Education requirements for school counselors under Chapter 339. We are very excited to see the end result as this will greatly impact and benefit all students.

8th graders were given information on 9th grade course selection and what is involved. This process will continue through the next few months. Parents will have an opportunity to hear information at a later date yet to be determined.

This year's PSSA testing windows are as follows:

English Language Arts: April 11-15, 2016

Math: April 18-22, 2016

Science: April 25-29, 2016

Make-ups: May 2-6, 2016

Protected Class Bullying

While all bullying is mean and intentional, some bullying activities implicate state and federal civil rights laws.

If a child/student is bullied because of his/her: race, color, gender, national origin, disability or religion, schools are obligated by law to stop the bullying and take steps to make sure it doesn't happen again.

The Pennsylvania Human Relations Commission (PHRC) and the U.S. Department of Education's Office for Civil Rights (OCR) take protected class bullying very seriously. Both PHRC and OCR provide schools with assistance to address protected class bullying and also provide students who have been bullied and their parents with resources to help them stop the bullying.

For more information on bullying go to:

Center for Safe Schools: <http://www.safeschools.info/bullying-prevention>

Federal Stopbullying: <http://www.stopbullying.gov/>

Cyberbullying Research Center: <http://cyberbullying.us/>

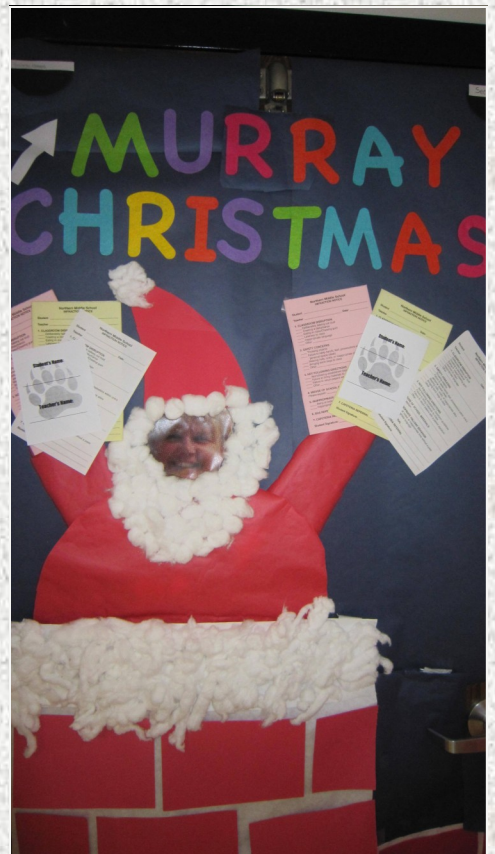
PHRC: <http://www.phrc.state.pa.us>

OCR: <http://www2.ed.gov/about/offices/list/ocr/index.html>

[Article provided by the Center for Safe Schools through the Highmark Foundation](#)

NMS Door Decorating Contest 2014!

Every year in December students are given the opportunity to decorate teachers' doors. This year the students once again did an outstanding job! Below are some examples of their work!



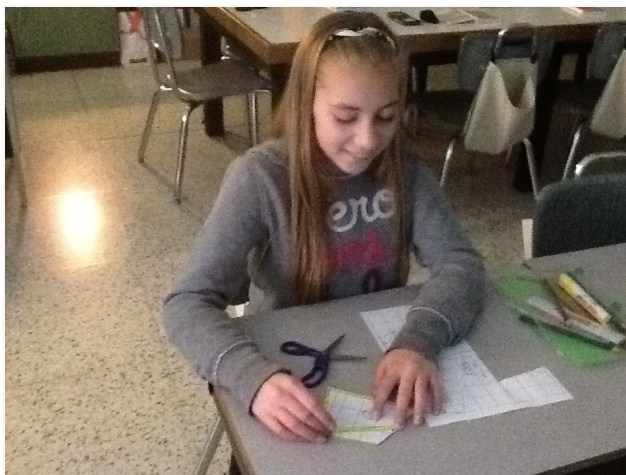
Holiday door decorating!



6th grade Math



Students in math classes have been using formulas to find the area of different geometric shapes. We have used materials from paper to play-doh to help us understand the relationship between the different shapes. Did you know that a trapezoid is really 2 triangles? Next we will be taking a trip on the "Algebra Express" . . . or maybe we'll just use algebraic expressions.



6th Grade News

Science

Students were recently learning about our expanding universe. To illustrate this concept, students used balloons and drew dots or galaxies all over their universe balloon. As the balloon expanded the galaxies grew and moved farther apart.

English

With the start of an exciting new year, English classes are setting up new goals for 2016! The students will be reflecting on these every week until Easter. We are also actively becoming involved with Verbs! Upon completion of the Verb Unit, we will work on Persuading you to nominate your favorite teacher for the Polar Bear Foundation.

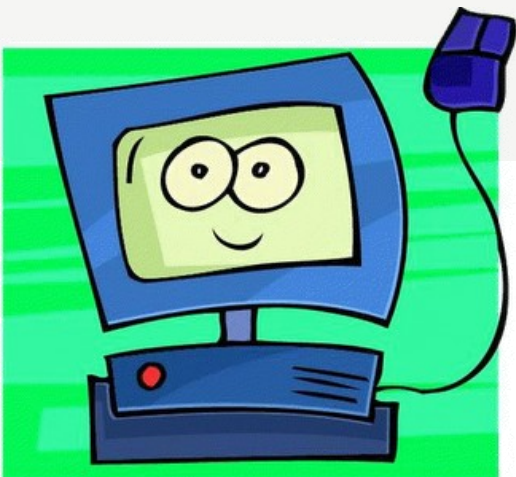
Reading

With more emphasis on text dependent analysis (TDA) questions through fiction/nonfiction literature, the 6th grade students are concentrating during the month of January on many passages involving these skills. We have also learned to analyze nonfiction paragraphs and selections to determine the text structure being used. In February we are starting an exciting new library project utilizing different types of text to differentiate between "author's arguments" called "Make Your Case." Stay tuned for much exciting evidence and the final verdict.....you be the judge!!



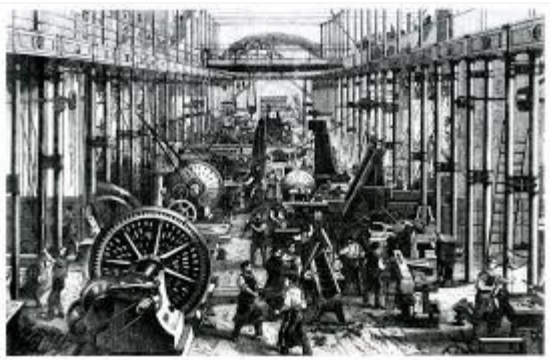
7th GRADE SOCIAL STUDIES

In History class we have integrated technology with history. The students are creating their own information for activities which allows them to improve their technology skills while learning American history. We are wrapping up our unit on the American Revolution. Key people, battles and events are being discussed and the students are at the forefront of what information is gathered. They are creating Google docs, slides, and drawings.



8th Grade Social Studies

Our eighth grade historians spent the last quarter learning about the Industrial Revolution and the progressive era in American history through multi mediums. We looked closely at text, photographs, and videos to discover the pros and cons of each medium. Students learned about the American economy and what made it the right time and place for the booming industry that would define a period of history. They were dazzled with stories of Rockefeller and Carnegie while discovering their lasting legacies. The American Industrial Revolution set the stage for our discussions into the Progressive Era. We examined issues relating to employment, prohibition, working conditions, and societal challenges before examining a current day reform. We learned about the people and their methods in regards to changing our American way of life. As we move forward to Imperialism and start to closely monitor the results of the primaries and caucuses, our students will move towards our studies into World War I and the Great Depression.



8th Grade Science

In science classes, students have completed the unit on Simple Machines. After studying each of the simple machines individually, students were asked to design, draw, and explain a Rube Goldberg machine that used each of the six simple machines at least once. Many creative and innovative ideas were expressed as students worked on these projects. The projects will be displayed in the eighth grade hallway.

The 8th grade science classes are now studying the structure of the atom. What is matter made of? What tiny particles make up the things we see around us every day? What makes an atom of gold different from an atom of mercury? These are some of the questions we will answer as we study protons, neutrons, and electrons. Throughout the unit, students will work in the lab setting to see demonstrations of how atoms and molecules behave. We will find out what happens when electrons take quantum leaps and understand what makes a Fourth of July fireworks display so eye-catching.



NMS CREATIVE STUDIES

Recycling **used Markers** – Did you know you can recycle dried used markers? Crayola is now offering a new program called ColorCycle. Through this initiative, students in K-12 schools across the continental United States and parts of Canada can collect used markers and send them to a conversion facility where they will be transformed into clean-burning fuel. Once we collect the markers, we count them and box them up for shipping, print a shipping label, and off they go! Crayola will pay for the postage as well. So if you have dried-up markers, (including highlighters and dry erase makers) laying around your house, send them with your child into the Middle School. There is a box in the office and in the art room to collect the markers. If you have an questions please email Mrs. Carroll. **Learn more at <http://www.crayola.com/colorcycle>**



6th and 7th Grade Girls will begin Swimming at the High School for 7 classes approx. January 27th. 6th and 7th grade Boys will be completing Fitness Testing during this time. In late February, the 6th and 7th grade Boys will begin Swimming and the Girls will be Fitness Testing. 8th Grade Girls and Boys will be completing their Fitness Testing Unit and CoEd Teambuilding Activities.



News from Band Land...

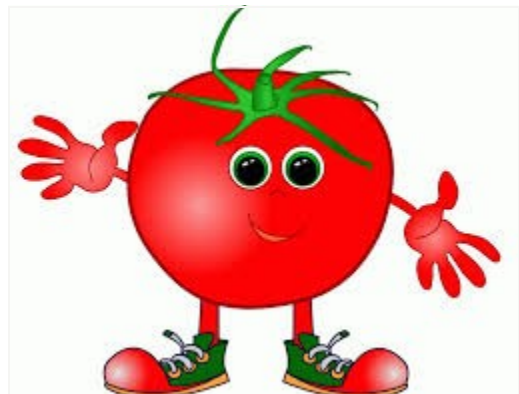
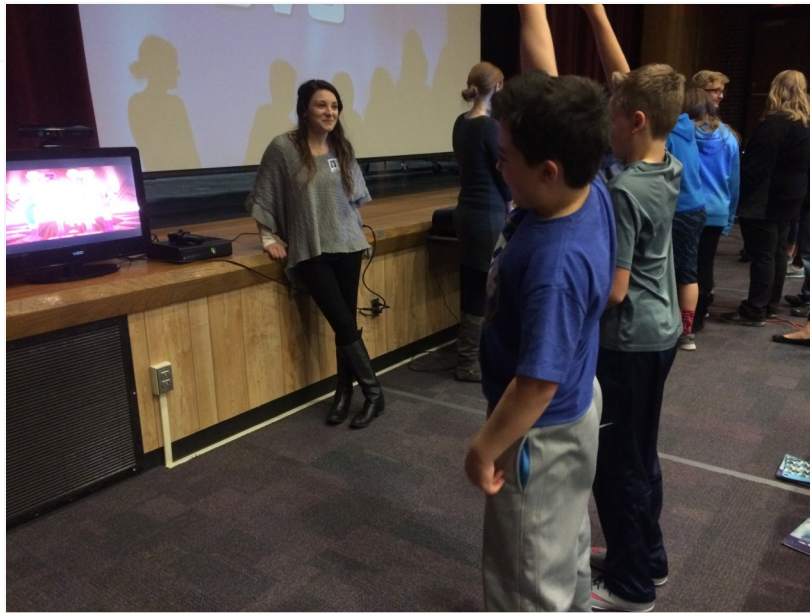
On Tuesday, December 8th the Northern Middle school bands presented their annual holiday concert in the high school auditorium. This performance featured music by the 6th grade band, the 7th and 8th grade band, and a combined number that featured all 140 middle school musicians.



Heath Happenings

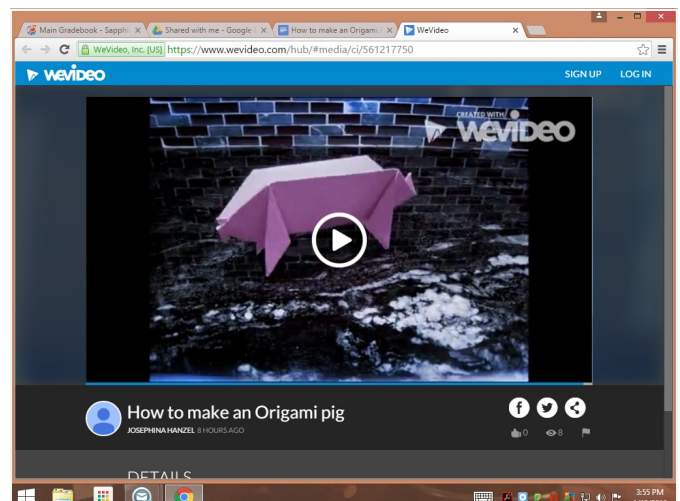
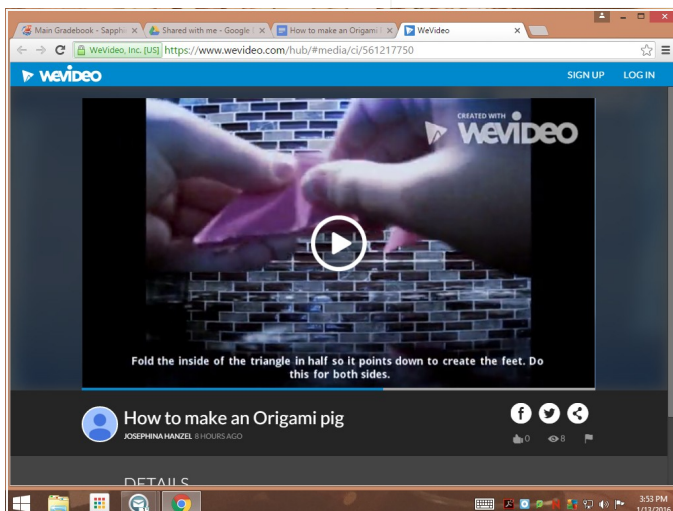
Nurse Educators from Geisinger Health Services have been providing NMS health students with popular health-related topics to discuss such as caffeine, nutrition, and disease in addition to fun activities that get the students moving. On Wednesday, January 13th, all NMS health students participated in 1 of 2 presentations and/or activities such as, "Germ City" in which students were able to walk through a large tunnel with special lighting to reveal current germs on their hands followed by proper hand-washing techniques. Or they watched a presentation on the harmful effects of caffeine, fats, and sugars followed by activities such as calculating body mass index, Wii Fit and Just Dance.

Students pictured left to right participating in Wii Just Dance: Colin Brennan and Riley Miller.



How to make an Origami pig

We are rounding out our marking period in 7th and 8th grades with our video creation project. Students learned the steps to creating a video from coming up with the idea, storyboarding, videotaping and taking still pictures to create a stop motion piece in their video, to editing their video and finally presenting them. The topic was "How to..." and students would pick what they wanted to show us how to do.



Art Works

Art Works

The Middle School Art Club is in the process of making clay soup bowls for the Central Pennsylvania Food Bank's 23rd Annual Soup and a Bowl event. The food bank holds a fundraiser luncheon annually and those in attendance receive a handmade soup bowl for their donation to the Food Bank. To date the art club has made about 20 soup bowls. The students will finish making the bowls and paint them once the bowls have been fired in the kiln. The luncheon will be held at the Radisson Hotel Harrisburg in Camp Hill on **Monday, March 14, 2016**.



Student Awards for November

6th Grade Student of the Month

Rebekah Wiley 6P

Omar Zia 6P

Hope Wenger 6W

Forrest Dohner 6W

Jaden Hepner 6W

7th Grade Student of the Month

Cecilia Knox 7P

Nathan Phipps 7P

Makenna Landis 7W

Ben Daggs 7W

8th Grade Student of the Month

Allison French 8P

Noah Spencer 8P

Marlee Starliper 8W

Zach Brnich 8W



January Awards

Student of the Month

6P

McKenna Felmlee

Wesley Lerew

6W

Hannah Speiser

Brandon Rice

7P

Taylor Snyder

Ian Hall

7W

Kristen Cassar

Aidan Lusk

8P

Kateri Grice

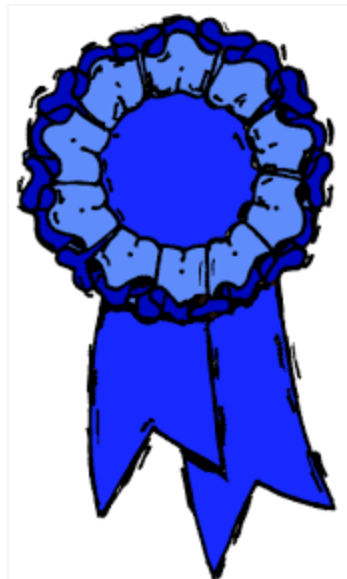
Tyler Yohn

8W

Allison Reyner

Nathan Cherok

Earning 5 or more PAWS– Kelly Thomas Zach Wasbers





Nurse Notes

Parents of all **6th grade** students are reminded that Pennsylvania state law mandates that a physical examination be completed during the 2015-2016 school year. Please complete all private exams and return them to the nurse before May 1, 2016. Physical forms may be obtained by accessing the middle school web page and going to the school nurse's section. There have been some changes in the mandates regarding immunizations required for seventh grade next year. Please refer to the vaccination flier below from the Department of Health.

7th grade students are reminded that they need to have a dental examination in order to comply with state mandates. Please have your dentist sign the form and return it to the school nurse by May 1, 2016. This form may also be accessed by going to the middle school web page and opening the school nurse's section.

ALL GRADES: Mobile Dentist

On February 29^h, 2016, the Mobile Dentists will be coming to the Middle School. If you would like more information on this service, please contact your school nurse. You may also go to their website at www.mobiledentists.com.

7th Grade: Per state law, all students must be properly immunized by 5/1/16 in order to attend school. Please note changes below to 7th grade requirements.

Missing immunization updates are sent home in each report card.

If you are unsure of your child's immunization status, please contact your health care provider or school nurse.

If your child is missing required immunizations, in the month of March you will receive a Global Connect phone message followed by a letter.

Attention Parents/Guardians

DON'T WAIT -----VACCINATE NOW
FOR ATTENDANCE IN **ALL GRADES in 2015-2016 children**
need the following:



- 4 doses of tetanus*
(1 dose on or after the 4th birth-day)
- 4 doses of diphtheria*
(1 dose on or after the 4th birth-day)
- 3 doses of polio
- 2 doses of measles**
- 2 doses of mumps**
- 1 dose of rubella (German measles)
**
- 3 doses of hepatitis B

*Usually given as DTP or DTaP or DT

Children **ATTENDING 7th grade in 2015/2016 need the following:**

1 dose of tetanus, diphtheria, acellular pertussis (Tdap) if 5 years has elapsed since last tetanus immunization)

1 dose of meningococcal conjugate vaccine (MCV)

These requirements allow for medical reasons and religious beliefs.

If your child is exempt from immunizations,

He/she may be removed from school during an outbreak.

Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization).
Contact your health care provider or 1-877 PA HEALTH for more information





FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions under "How Serious is the Flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women because research shows that this gives some protection to the baby both while the woman is pregnant and for a few months after the baby is born.

A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

Is there a medicine to treat the flu?

Antiviral drugs can treat flu illness. They can make people feel better and get better sooner and may prevent serious flu complications, like pneumonia, for example, that can lead to hospitalization and even death. These drugs are different from antibiotics, but they also need to be prescribed by a doctor. They work best when started during the first 2 days of illness. It's very important that antiviral drugs be used early to treat the flu in people who are very sick (for example people who are in the hospital) or people who are at greater risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

This includes:

- ▶ Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- ▶ Stay away from people who are sick.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- ▶ Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- ▶ Throw tissues and other disposable items used by sick persons in your household in the trash.

These everyday steps are a good way to reduce your chances of getting all sorts of illnesses, but a yearly flu vaccine is always the best way to specifically prevent the flu.

What should I use for hand washing?

Washing hands with soap and water (for as long as it takes to sing the “Happy Birthday” song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

IF YOUR CHILD IS SICK**What can I do if my child gets sick?****Talk to your doctor early if you are worried about your child's illness.**

If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 years (and especially younger than 2 years) or of any age with a long term health condition (like asthma, a neurological condition, or diabetes, for example) and develops flu-like symptoms, they are at risk for serious complications from the flu. Ask a doctor if your child should be examined.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get very sick from the flu.

Call for emergency care or take your child to a doctor right away if your child of any age has any of the warning or emergency signs below:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

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For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO