



# Mount Abraham Middle/High School Newsletter

February 2008

## MISSION STATEMENT

*The mission of the Mount Abraham Union High School community is to create and maintain a stimulating and respectful environment in which all are engaged, all pursue and promote learning, and all participate as active, responsible citizens.*

### Message from the Principal, Paulette Bogan

Following a suggestion from a school board member, we are combining the Middle School and High School newsletters into one. This will save paper and postage. The democratic schools group continues to meet and plan for a **Mt. Abraham Community Council**. Their goal is to have a ratification vote on the constitution of the council in April and then elections in May for seats on the council. This is a very exciting movement at Mt. Abe to provide more voice to students, parents, staff and community members in decisions on school affairs. Watch for an announcement of the ratification vote date.

Congratulations to the **Mount Abraham Top Gun Cheerleading team of: Kaylee Robison, Vicki Brace, Katy Bean, Kirsten Clark, and Kara George**. Not participating due to a limit of 5 but still an important member of the team was **Stephanie Volk**. Coach Darla Senecal and Assistant Coach Cricket Emmons led their team to first place at the Northern Vermont Athletic League (NVAC) Top Gun Cheerleading Competition. They beat out other schools that have had cheerleading teams for many more years than Mt. Abe!

On February 12th, the Middlebury Midget Hockey Team won the state championship. The midget level is for kids ages 15-18. Mt. Abe students on the team are **Craig Camara, Alex Horn, Evan Olson and Cooper Thompson**. Their teammates attend Vergennes UHS, Middlebury UHS, Otter Valley UHS and one from Ticonderoga HS. The team pulled off an underdog defeat of Pleasant Valley Association. The Middlebury Midget team had lost to this team 4 times throughout the season! For their team of 10 players to defeat this team of 21 players, who have won this championship for the past 3 years, is a remarkable feat!

In the next weeks we will welcome three long-term substitutes. Former Mt. Abe teacher, Mary Benton, will replace special educator Melissa Starr who had a baby on February 12. Megen Krohn will take over Nicki Bergstrom-Noel's English classes beginning on March 3, if not before. (Nicki is due on February 19!) Lisa Ducharme will replace English teacher Josie Jordan on March 31. We send best wishes to all of our new mothers and will offer all of our support to their substitutes!

We certainly have been challenged by the weather this winter! I know that teachers are using Edline to keep in touch with students and announce adjustments in assignments and due dates. I can appreciate how difficult it is for students to adjust to these changes. Don't hesitate to contact the teacher or guidance counselor if you have concerns about your student's academic progress. You will receive progress reports during vacation week.

PARENT-TEACHER CONFERENCES are scheduled for:

**March 13                      5:30-8:00 p.m.**  
**March 14                      8:00-3:30**

Teachers in grade 9 teams will schedule their own conferences. For appointments with other high school teachers, please call Bev Mayer at 453-2333 ext. 1066.

*Please remember to attend your town meeting and to vote on March 4!  
And Spring is just five weeks away!*

## THANK YOU, THANK YOU, THANK YOU!

The following people helped the Mt. Abe PTO raise \$1,200 at Vermont Teddy Bear on Sunday, February 10<sup>th</sup>:

Becky Trombley - Kim Cyr - Andy Kepes - Beth Ekroos - Joe Ekroos  
Elizabeth Schmit - Anna Pierattini - Ashley Pouliot - Jill Fitz-Gerald  
Teri Fitz-Gerald - Ralph Fitz-Gerald - Mary McGuire - Ed McGuire  
Melanie Stultz-Backus - Kevin Hanson - Lauren Parren - MaryJo Mumford  
Phyllis Martin - Jane Low - Alison Pouliot - Sheila Knight - Beth Nelson  
Simone Skerrit - Greg Orvis

### MAUHS NEWSLETTER

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## MESSAGE FROM LEON WHEELER PRINCIPAL, GRADES 7 - 9

“Again did the earth shift.  
Again did the nights grow short,  
And the days long.  
And the people of the earth were glad...”

*Diane Lee Moomey*

Subtle changes are taking place in the world around us, changes that point to the coming of spring even while the snow piles higher and higher. This time of year excites me and fills me with hope. Try as it may, winter will not long be able to hold us in its grasp. Beneath the shroud of snow, in the cold, dark soil, life is stirring and the earth will soon be re-born.

The recent release of the Fall 2007 NECAP results show that Mount Abraham is not seeing the growth we would like to see in any subject area. Of specific concern are our poor results in writing. Responding to the questions this data raises will become a priority in the days, weeks, and months to come.

The middle school reconfiguration for next year has been significantly revised in response to student, staff and community input. A new PowerPoint showing the basic structure was very recently added to our school web site. I encourage you to take a look at it. I also encourage you to come to the March 11 Community Meeting to discuss this structure and its implications for your child's education. This meeting will be held in the large cafeteria from 6:30 – 8:30 PM.

One final note of celebration: Seventh grader Claire Trombley was recently named Vermont's top middle level youth volunteer of the year, and will be representing the state at the Prudential Spirit of Community Awards national conference. This is another bright spot in our school community and a well deserved honor for this fine student. Congratulations, Claire!

With Hope,

Leon Wheeler

## HUGE THANKS TO THE FOLLOWING STUDENTS AND PARENTS!

The following students and parents worked at the Vermont Teddy Bear on Sunday, February 10<sup>th</sup>, to help the Class of 2009. They earned \$1,300!

Jill Huizenga - Sara Taggart - Hannah Miller - Anna Mumford - Amelia Norris - Hannah Faesy - Kerry Cyr  
Heidi Majarian - Clara Hanson - Amy Sleeper - Kaylee Robison - Molly Eaton - Paige Wener - Hillary Knight  
Michael Sundstrom - Ben Jacobs - Peter Orvis - Leslie Taggart - Ann Bove - John Miller  
Melodie Huizenga - Linda Sundstrom - Kim Jacobs - Steven Robison - Cindy Eaton - Nancy Orvis



## HEALTH QUESTION

Do you know?? Look in the next edition of the Newsletter for the answer!

**How many muscles do you exercise every time you smile?**

Last Month's Question & Answer: *How much blood on average, if you live to be roughly into your 70's, does your heart pump?*

Answer: In a life-time, your heart pumps 1 million barrels of blood through your system.



## Other Points of Interest

### Making Change

“Making Change” is a support group for young people who are considering or committed to recovery from substance abuse. If you’ve had enough of the ups and downs, then check it out. Get help for yourself, and give help to somebody else.  
Free and Confidential.

No sign up, just show up. One hour, once a week.  
Why not?

**Every Tuesday, 5-6 p.m. at the Turningpoint Center**  
in the Middlebury Marbleworks across from Flatbread Pizza -  
for more information call Erik Shonstrom at ACT: 388-3910

### Wits End

“Wit’s End” is a confidential Support Group for Parents whose adolescent or young adult is using alcohol, marijuana or other drugs or who want more information.

Every Monday, 7 p.m. at Turningpoint Center  
in the Marbleworks across from Flatbread Pizza -  
for more information call 388-4249

### A Hot Topic on a Chilly Night

Thank you to the parents, students, teachers, and administrators who braved the frigid weather on February 11 to learn more about adolescent and teen substance use! It was an informative evening with a panel of individuals who shared their first hand experiences with alcohol and drug use, addiction, and recovery. Their stories and insights gave us much food for thought.

Two guests in their early twenties talked about how their casual marijuana and alcohol use as middle school students quickly progressed to more and more frequent use of multiple drugs, including prescription medication. Although they told themselves and everyone else that they were “in control” of their use, they now recognize that the substance use was in control of them. It was not until they hit rock bottom – losing important relationships, having legal problems, dropping out of school, and seeing their health deteriorate – that they were able to make the decision to enter recovery.

Two parents of teens who had followed similar paths from casual use to “rock bottom” talked about the warning signs they ignored, such as heavy cologne and Visine use, late hours, isolating themselves from the family, missing medication from the medicine cabinet, being unable to rouse their child in the morning, loss of weight and poor hygiene or physical appearance, slipping

grades, and even usual signs at home such as bent spoons, missing baking soda or scouring pads, charred residue on items, empty pen cartridges or unbent paper clips. They stressed the importance of keeping communication lines open at all times, and the importance of talking about substance use issues EARLY and OFTEN – before the spiral of harmful use has a chance to begin. They also stressed that substance abuse and addiction are not moral issues or questions of will power. These parents never anticipated that their responsible, active, strong teens would end up in jail for trafficking narcotics. They urged other parents to trust their gut instincts about any concerns they have and to talk openly about alcohol and drug use with their children, with other parents, and with community support people.

A discussion of prevention included the importance of keeping communication open about substance use, building opportunities for alternative activities for young people, decreasing the cultural and media pressure to use, and providing the opportunity for students to talk with an adult about their own use or concerns without the risk of getting in trouble.

Please take the time to have a discussion at home about alcohol and drug use. The most recent Youth Risk Behavior Survey indicates that 55% of students in Vermont report that they have used marijuana by the end of high school, and 80% report having

used alcohol by the end of high school. With these numbers, it is clear that communities cannot sweep the issue under the carpet and that conversations about drug and alcohol use are extremely important to have at home, at school, and in the community. Sharing your thoughts and values, discussing information, and talking about current issues with your middle or high school student can make a difference.

Thank you to the young adults and parents from the Turningpoint Center of Middlebury who shared their experiences, to Wanda Bouvier, Barb Cochran and the students who baked cookies for all to enjoy, and to the students and adults who attended the event.

If you would like more information on this important issue, there are a number of resources available to you. At school, parents and students may contact the School Nurse, School Counselors, Health Teachers, or Student Assistance Professional for more information or referrals. Community resources include private counselors, the Counseling Service of Addison County, the Turningpoint Center in Middlebury, and Families Anonymous.

Online information can be found at sites such as:

[theantidrug.com](http://theantidrug.com)  
[NCADI.samhsa.gov](http://NCADI.samhsa.gov)  
[healthvermont.org](http://healthvermont.org)

Submitted by Sharon Koller  
Student Assistance Professional  
453-2333, ext. 2016

## Other Points of Interest



### Attention Semester 2, 2007-2008, Driver Education students and parents!

There will be a program Informational Meeting on February 20<sup>th</sup> at 6:00 p.m. in the Large Cafeteria at Mount Abraham Union High School.

The goal of the meeting is to introduce the state and school standards. One of the standards is for new drivers to drive with their parents, GDL 2000. During the meeting the guidebook, Partnership for Driver Excellence: Student, Parent, Teacher will be introduced so that you can begin completing the required driving activities.

If you have any questions contact Kevin Masse, Driver Education Teacher, at 453-2333 x 2078 or [kmasse@anesu.org](mailto:kmasse@anesu.org).

## PTO NEWS

**NEXT MEETING** – The PTO meets regularly on the 2<sup>nd</sup> Monday of each month at 7:00 in the Mt. Abe Library. I will send out notices via e-mail. If you would like to receive an e-mail notice, please feel free to call or e-mail me with your contact information. The next meeting will on Monday, March 10<sup>th</sup>, 2008.

***THANK YOU - To all the volunteers who helped at the Vermont Teddy Bear fund raiser. It was a great success, and we thank you for all of your support. This is the single biggest fund raiser that we do, and your participation was wonderful.... Fun too! Thanks to all the teachers who also supported us!!***

**BOTTLES AND CANS** – Don't forget the Mt. Abe PTO when redeeming your bottles and cans at the Bristol Beverage Center. This is an easy way to make a donation to us. Just take your receipt to the desk, and ask them to record the amount on our page.

**SWEATSHIRT AND TEE SHIRT SALES** – The PTO is selling sweatshirts, tee shirts, hats, and other items with the Mt. Abe name or logo on them. Look for us at sporting events, or give me a call to purchase items. We are looking for parent volunteers to help us sell shirts. If you have a few hours of time to donate to us, please give me a call.

**SHAWS RECEIPTS** – The PTO is collecting Shaws grocery receipts. Please give them to the office, and they will place them in the PTO mailbox.

**NEAT REPEATS** - The PTO would like to thank all of the generous contributors to our organization who have made donations to Neat Repeats in Middlebury. We still are encouraging people to remember us as you take your clean, seasonally appropriate, used clothing to their shop. Please just ask that the sale proceeds be sent to the Mt. Abe PTO. We have received regular income from these charitable donations, and we thank all of those who have contributed on our behalf in the past.

**UMBRELLAS ARE IN** – We will be selling them at sporting events and other school activities. Please give me a call if you would like to purchase one and are unable to find us at events.



If you missed the information regarding the **BOX TOPS FOR EDUCATION**, here it is again: The Mt. Abe middle school is collecting Box Tops for Education from the General Mills Products. **Each middle school TA is competing every quarter for a Pizza party, ice cream party or other types of rewards, for collecting the most box tops.** We would appreciate **everyone** saving them for us, and sending them to school with your children, or sending them into the office for distribution to the middle school. If you have not done this fundraiser before, it is really simple; you clip the HOT PINK COLORED COUPON on the label or end of the box of participating products, and we send the coupons in. For each coupon, we get 10¢. Even a little bit can add up. You can find these coupons on products such as Cheerios, Pillsbury items, Cottonelle Toilet Tissue, and many other paper products. We only need the small symbol that is pink and shows the expiration date. Clipping the box top/coupon cleanly helps to eliminate extra work for our coordinator, Jill DeVoe who graciously volunteered. Thank you Jill! Look for details regarding a crew challenge for who will collect the most box tops!

### **WHERE DOES OUR MONEY GO?**

Enrichment grants. In the spring and the fall each year, \$1000 of PTO funds are available to the Mt. Abe staff through enrichment grants applications. Funds are awarded to finance events such as trips, speakers or programs that are not funded through the normal budgetary process. Thanks, and we hope to see you at our next meeting. Please don't hesitate to contact me if you have questions comments.

Phyllis Martin, 453-2516 or e-mail me  
[phyllis@vermontgreentree.com](mailto:phyllis@vermontgreentree.com)

# MT. ABRAHAM UNION HIGH SCHOOL

## School Counseling Program

Please do not hesitate to contact your School Counselor if you have any questions. Feel free to visit the School Counseling website at <http://www.mtabe.k12.vt.us//Kamman/GuidanceIndex.htm> or call us at 453-8646.

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### REMINDER!

- ◆ If your son or daughter in grade 12 is thinking about any kind of post-secondary education, and they have not been meeting regularly with their school counselor, now is the time to encourage them to do so. Counselors also welcome student-parent meetings. Please call 453-8646 if you'd like to set one up or if you have any other questions.

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### High School Juniors, Sophomores & Parents

**VSAC College Pathways '08** is a fun informative day of college planning workshops and more! It's all FREE -- but workshop space is limited, so register early to get your top choices. Guest speaker will be RUSTY DeWEES . To register go to [www.vsac.org](http://www.vsac.org), or call 800-798-8722. Brochures are available in the Counseling Office. College Pathways are on Saturday from 8:30 a.m. - 3:30 p.m. at the following dates and locations:

March 15 - St. Michael's College  
March 29 - Castleton State College  
April 12 - Lyndon State College

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### Parents of Mt. Abraham Juniors

For the last month, we have been inviting your students to come to the guidance office and begin a discussion about college planning. Some of the topics we are covering include college selection, testing, the admissions process, and information resources available to college bound juniors. In order to bring you into the loop, we have planned an evening presentation for all parents of students who are considering higher education as an option beyond high school. Whether you and your student have it all figured out, or whether you have no idea of where to begin, we think you will find this evening informative! Please plan on joining us on **Wednesday March 26, 2008, at 7 p.m.** in the Large Cafeteria. If you have any questions, please call the school counseling office at 453-8646.

Hope to see you there!

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### Reminder!

The SAT/ACT Prep Course will be offered again this spring, depending on student interest. It is necessary to have at least 15 students signed up and paid (\$40 ahead of time) in the counseling office, in order to offer the course. The planned dates for the course are Wednesday evenings, March 12 through April 16, and students must sign up and pay the fee by March 7.

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#### SAT Program Test Dates

Test Date	Regular Registration Deadline	Late Registration Deadline
May 3, 2008	April 1, 2008	April 10, 2008
June 7, 2008	May 6, 2008	May 15, 2008

Register online at [www.collegeboard.com](http://www.collegeboard.com)  
School Code: 460065

#### ACT Program Test Dates

Test Date	Regular Registration Deadline	Late Registration Deadline
April 12, 2008	March 7, 2008	March 21, 2008
June 14, 2008	May 9, 2008	May 23, 2008

Register online at [www.actstudent.org](http://www.actstudent.org)  
School Code: 460065

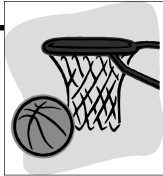
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# SPORTS

**MAUHS ATHLETICS**

*Jeff and Mary Stetson, Athletic Directors*



## **Athletic Department**



Parents and friends can access the up-to-date schedule for any Mount Abraham event by going to the following web site: [www.viewmyschedule.com](http://www.viewmyschedule.com). This shows all the Mount Abraham events, and you can even sign up to be e-mailed any changes in the schedule free of charge.



## **Athletic Department News 2008- Important Dates**

### ***High School Spring Informational Meeting:***

Tuesday, March 4, 2008 - 6:00 p.m. - Large cafeteria

For: All students (grades 9-12) and their parents who are interested in participating in a spring sport.

### ***Middle School Spring Informational Meeting:***

Wednesday, March 20, 2008 - 3:00 p.m. - Large cafeteria

### ***High School Winter Sports Reception***

Tuesday, March 18, 2008 - 7:00 p.m. - Auditorium

For: All students (grades 9-12) and their parents who participated in a winter sport.

## **Family Swim - 2008**



The Mt. Abraham Boys Soccer Program is sponsoring the Mt. Abraham Family Swims. The swims are scheduled for Thursday evenings 7:00- 8:30. The cost is \$5.00 per family or \$2.00 for individuals. The swims take place on the following dates.

February 21<sup>st</sup> & 28<sup>th</sup>  
March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>  
April 4<sup>th</sup>, 11<sup>th</sup>

If school is canceled due to a weather event, swims will also be canceled. If you have questions about swims you may contact Mike Corey at 453-2333 ext. 2082 or e-mail at [mcorey@anesu.org](mailto:mcorey@anesu.org).

## **Sportsmanship at Games**

Mount Abraham Union High School promotes good sportsmanship among athletes and fans. Our athletes are expected to model good sportsmanship and represent Mount Abraham with class. We expect our fans to support our teams in a positive manner. Even though athletic contests may become emotional, please remember that yelling negative comments at the players, coaches, or officials does more harm than good. We ask that you keep the spirit of competition in mind and keep yourself under control. Therefore, as fans, represent our school and community with the dignity that you expect from the officials, coaches and teams.

After our home basketball games there is a lot of trash left behind in the bleachers. ***Please refrain from bringing food and drink into the gym***, and make sure that all trash is picked up. There are also recycling containers to make sure we recycle soda/juice cans and water bottles.

# Mount Abraham Middle School



## ORION CREW NEWS



**Mike Ferland**  
mferland@anesu.org

**Mary McGuire**  
mmcguire@anesu.org

**Betsy Rippner**  
brippner@anesu.org

**Jamie Brigante**  
jbrigante@anesu.org

The Orion Crew hosted a guest speaker as part of our unit of study about Helen Keller. Marti Woodman is an accounting instructor at UVM who became blind after a surgical procedure six years ago. She shared with us her stories of healing and learning to live despite being totally blind. Her sense of humor and determination inspired us. Following are some excerpts from a few of the thank you letters students have written.

"Thank you for coming in to speak with us. I was amazed to hear how you manage to get around in Burlington, even on the snowy sidewalks." "I had a totally different picture of how blind people live. I thought they were probably not very enthusiastic about life. But now that I've read your poem and seen you, I see that if we have a positive attitude and are willing to work hard, we can overcome obstacles. Thank you for coming!" "I learned so many things that I had not thought about before." "Seeing you and how able a person you are made me realize that people who are blind can do the same things as people who are sighted, just sometimes in a different way." "You really made me think that most people that can see take their eyes for granted and that we should appreciate being able to see every day."



## NOVA CREW NEWS



**Cindy Brisson**  
cbrisson@anesu.org

**Brent Crum**  
bcrum@anesu.org

**Carla Mayo**  
cmayo@anesu.org

**Bob Russell**  
brussell@anesu.org

To kick off the second half of the school year, the NOVA Crew has collaboratively decided to make improved writing the number one goal for each student. We started out by developing a writing guide that is like a road map for students to follow during all writing activities. Next, a rubric was created so all teachers, students and parents can understand what good writing looks like and what should be included in a sandwich paragraph. (You can print off copies of these on the Mt. Abe web site under Nova Crew.) Then, base line data was collected. As a crew, we wanted to see where each child was, when it came to an unguided writing prompt. The prompt that was used on the English mid-term exam is the one that was used for the base line data. It posed a question that all students were able to comfortably answer, since it was on the novel that we had just finished. The team then took all of the student paragraphs and evaluated them based on the criteria in the rubric. We did this individually at first, and then compared our answers so we all felt comfortable that we were assessing writing in a similar fashion. Adjustments were made to the rubric so that it would fit in all teachers' classes and be easier to understand.

Mr. Crum then sat down with each student individually and had a writing conference where strengths and weaknesses were discussed. From this conversation, the students came up with two writing goals that they think will have the biggest impact on improving their own writing. Some writing goals were as simple as, I will indent all of my paragraphs; while others talked about using more transition words. Some students got very specific and stated that they wanted to go beyond simple sentences and incorporate complex sentences in their paragraphs. A big congratulations goes out to all of the students who worked hard on developing these goals. Teachers have already started to use the writing guide and rubric as a part of their every day instruction. If you would like to take part in helping your student become a better writer, check out The Writing Guide and Rubric on the web site. If your child is doing a homework assignment, ask them to use these resources. Encourage your child to proofread his or her own work and then check it over yourself. Offer one to three revisions, based on the language of the Rubric and Guide. Thank you for supporting your child and the Nova Crew as we work together to make Nova Writers OUTSTANDING!



## POLARIS CREW NEWS

**Emily Beattie**  
ebeattie@anesu.org

**Gabe Hamilton**  
ghamilton@anesu.org

**Chris Nezin**  
cnezin@anesu.org

**Nancy Standley**  
nstandley@anesu.org



The Polaris Crew Ancient history students just wrapped up our unit on Ancient China with a field trip to Chef Leu's House in Shelburne. We all enjoyed the food and had a great time! We are now beginning to study Ancient Greece, focusing on the origins of democracy.



In English, we are wrapping up our unit on the Holocaust and The Diary of Anne Frank. We were honored to have local pediatrician Dr. Jack Mayer come into our crew to talk about Irena Sendler, a Polish social worker in the Warsaw ghetto who smuggled out and saved countless Jewish children during WWII.



Connected Math classes are just completing a unit on two-dimensional geometry and after February break will begin working with 3-D geometry. We've used a variety of hands-on models to focus on the basic concepts of perimeter and area for 4-sided, 3-sided, and irregular figures and circles. There are no real grades yet, but students have taken several short quizzes to check their progress in using and remembering how to find areas and perimeters. There will be a final test before break that you will see on their Edline accounts.

Integrated Math students recently completed their first unit of the semester on angles, measurement, the Pythagorean Theorem, and trigonometric ratios. We have just started what will be a long and challenging unit on linear equations and inequalities. This unit will require a lot of practice time outside of class in addition to the short formal homework assignments. Please encourage your student to come in after school as soon as they don't understand something or are unable to completely work problems out on their own. I am available after school most days except Wednesdays, and there is also someone in Homework Club who can help with Integrated Math.



In science we are wrapping up our study of fluids, and students should now know a few tricks as they apply the scientific principles described by famous scientists like Bernoulli, Archimedes, and Pascal. They are poised to fly their hot air balloons as soon as weather permits, and we will be moving into our next unit of study relating to Energy Resources.

In addition to viewing grades, science students and their parents/guardians can now use Edline to view daily homework and even download many assignments, check out helpful science links, and keep organized with a calendar of assignments. Check out this great new resource!



**Kurt Broderson**

kbroderson@anesu.org

## AURORA CREW NEWS

**Cathy DiMarco**

cdimarco@anesu.org

**Michelle Pierpont**

mpierpont@anesu.org

**Barb Simoes**

bsimoes@anesu.org



In light of the new newsletter format, we are keeping our Aurora crew news to a minimum. In social studies, students have been involved in a simulation about ancient Mesopotamia. Students have been placed in groups, representing ancient tribes such as the Hittites, and must complete tasks to gain food, land and power. In math, students have been interviewing their parents and creating career posters. We've been impressed by the number of parents who have been interviewed! In science and language arts, we are creating an electronic magazine about the ocean biome. Students are researching an animal that lives in the ocean, as well as an environmental problem that affects that animal. They will use a program called Hyperstudio to link text, photos, videos and animation together in a sort of 21st century magazine. Check out our crew website for more details and examples: [www.mtabe.k12.vt.us/middleschool/aurora/languagearts/OceansProject.html](http://www.mtabe.k12.vt.us/middleschool/aurora/languagearts/OceansProject.html).

# Middle School - Other Points of Interest

## REMINDER!

The *grade 8 to grade 9 transition meeting* for parents of 8<sup>th</sup> graders will be held at 7 p.m. on Thursday, March 6. The purpose of the meeting is to inform parents about ninth grade programs and opportunities and to explain the course selection and scheduling process.

## STARs

~ Haley Krampetz & Tony Sawyer ~

Ten Middle School students have recently been trained to take action responsibly! The STARs (Students Taking Action Responsibly) group meets once a week every Thursday after school. We meet in Ms. Bodell's room (2011) from 3:00-3:45. The reason we meet is to discuss and plan improvements and safety in our school and community. We have plans to make the world a better place (at least in small ways!). If you want to join the group, come to a meeting or let Ms. Bushey or Ms. Bodell know that you would like to help.

## Middle School Challenge

In February, all eighth graders will be invited to participate in the Middle School Challenge Project. This is a project that students take on in addition to their regular coursework. The Middle School Challenge allows students an opportunity for self-exploration, discovery of individual strengths, links to the community, and career awareness. With the support of an advisor and expertise of a community mentor, students select an area of interest and create a plan for activities which link to the Vermont Standards of: inquiry, career awareness, creative expression, community service, and risk taking. Students are expected to meet regularly with an advisor, maintain a journal to document activities, and create a presentation to be shared at a completion celebration in May. Last year twenty students participated in the challenge. Topics included: calligraphy, architecture, athletic training, vegan cooking and sign language to name a few. Students enthusiastically presented their projects at a celebration with family, friends, mentors, and advisors. It was a thrill to see students share the results of work and effort.

A presentation will be made at each crew's Town Meeting, and an in-school informational meeting will be held for students interested in the project. An evening informational meeting for parents will be on Wednesday, March 5<sup>th</sup> at 6:30 in the library. Please call Amanda Bodell 453-2333 ext.2011 if you have any questions.

Amanda Bodell

**CONGRATULATIONS** to *Claire Trombley*, named as one of Vermont's top two youth volunteers by The Prudential Spirit of Community Awards, a nationwide program honoring young people for outstanding acts of volunteerism. The program is conducted by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP). With this award Claire has won \$1000, an engraved silver medallion and an all-expense-paid trip to Washington D.C. in early May where she will join other honorees for national recognition events.

## Parent Interactive Workshops

by Kathy Bushey, Middle School Counselor

"Positive Approaches to Behaviors that Challenge" is the focus of four remaining parent workshops being sponsored by Portals to Learning and Ron Rubin in Middlebury. The topics in the future are:

March 7: Understanding the Motivations of Behavior: The Circle of Courage

April 2: Anger Management: How Parents Can Help Their Children

May 2: Bullying: What it is and What Parents Can Do

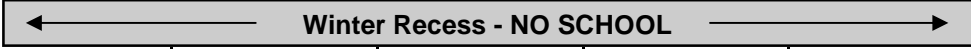
May 30: De-escalating a Behavioral Crisis: Strategies for Parents

Contact Ron Rubin at rlrubin@verizon.net

## Polaris and Orion Students Explore Interests and Careers

Eighth graders had the opportunity to spend a class period with VSAC Outreach worker, Carrie Harlow, who helped them to start the process of thinking about possible educational and career goals. Students took an interest inventory called The Career Game. After it was completed, each student ended up with two top categories that could lead them to look toward careers that might match their interests. Ask your child to share his/her colors with you. Are you a red, an orange or a green? What about a blue or a purple? What careers did your colors suggest to you? Have them show you their Career Game and Red Hot Jobs booklets and the jobs that could match their interests. Students now know that to find a job or career that will be satisfying, they will need to match their abilities, their values, their interests and their personalities. This look at their interests was just one step toward finding a career that matches all four. The students also know that they will soon be choosing classes for high school and that good planning in high school will open the opportunities they will need to pursue and attain their goals.

# FEBRUARY - 2008

SUN	MON	TUE	WED	THU	FRI	SAT
17	18	19 School Board Meeting 7 p.m. - Library	20	21 Family Swim 7-8:30	22	23
24	25 Open Swim 9-11 a.m.	26 Annual Meeting 7 p.m. - Library Open Swim 9-11 a.m.	27 Open Swim 9-11 a.m.	28 Family Swim 7-8:30 Open Swim 9-11 a.m.	29 Open Swim 9-11 a.m.	March 1
						

# MARCH - 2008

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4 <b>Town Meeting Day!</b> HS - Spring Sports Informational 6-7 p.m. - Lg. Caf.	5 MS Challenge Parent Meeting - Library 6:30-7 p.m. HS - National Honor Society Induction Auditorium 7-9 p.m.	6 8-9 Transition Night - Lg. Caf. 7-8:30 p.m.	7 MS - Activity Night 7-9 p.m.	8
9	10 PTO Meeting Library 7-8:30 p.m.	11 MS Configuration Meeting Lg. Caf. 6:30-8:30 p.m. School Board Meeting 7 p.m. - Library	12 MS/HS Pops Concert - Gym 6:30-10 p.m.	13 MS/HS Parent-Teacher Conferences 5:30-8 p.m. Community Computer Class - Computer Lab 4:30-5:30 p.m.	14 MS/HS Parent-Teacher Conferences 8-3:30 p.m.	15
16	17	18 HS - Winter Sports Reception Aud. 7-9 p.m.	19	20 MS - Spring Sports Informational 3 p.m. - Lg. Caf. Community Computer Class - Computer Lab 4:30-5:30 p.m.	21 HS - Honor Society Dance Gym - 8-10 p.m.	22
23	24	25 School Board Meeting 7 p.m. - Library	26 Junior Parent Informational Meeting Lg. Caf. 7-8:30	27	28	29
30	31					