

The Dragon's Tale

Hamden Middle School Student & Family Newsletter



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Parents, please do not miss out on this special opportunity for our students. It is not too late to register your child for the Healthy Heroes Program!

HEALTHY HEROES AFTER-SCHOOL PROGRAM

HMS is partnering with Monitor My Health non-profit to provide after-school programming designed to support students with **completing homework**, **learning health education tips**, and **getting exercise**. All students will also **receive healthy and balanced snacks (daily) and meals (weekly)**.

The benefits of the program include improved academic performance, health literacy, and

mental and physical health for both parents and students. **All HMS students are eligible to enroll in this program. We can accommodate 100 participants.**

It will take place on Monday or Tuesday and Friday afternoons between 2:44 p.m.-5:00 p.m. Parents must coordinate transportation for their children; students can be picked up between 5:00 and 5:15 p.m.

Interested? Please complete this registration form.

[Link to Registration Form](#)

(Session Dates: Tuesday, March 14, Friday, March 17, Monday, March 20, Friday, March 24, Tuesday, March 27, Friday, March 31, Monday, April 3, Tuesday, April 11, Friday, April 14, Tuesday, April 25, Friday, April 28, Monday, May 1, Friday, May 5, Tuesday, May 9, Friday, May 12, Monday, May 15, Friday, May 19, Tuesday, May 23, Friday, May 26)

Sponsored by Affiliated with Recognized by Supported by

Healthy Heroes After-School Program

Achieve an optimal level of health and wellbeing
for yourself and your children!

Dates: Mondays or Tuesdays and Fridays
Starts: Tuesday, March 14th
Parent pick up at 5:00 p.m.-5:15 p.m.

Services offered:

- age-appropriate health education
- healthy and balanced meals
- individualized counseling with a Registered Dietitian
- physical activity for parents and students

The benefits of the program include improved academic performance, health literacy, and mental and physical health for both parents and students.

VALUED AT
\$1,500/STUDENT/YEAR

PROVIDED AT
NO COST TO ALL
FAMILIES!

More information:
Amita Singla
203-407-7194
asingla@hamden.org

HMS PTA UPDATES



Paint Night * March 14 * 6-8:30 p.m. * HMS Cafeteria

Parents and students are invited to join us for a family-friendly event hosted by Sheree from Divine Creations. \$10/person [Register here](#) Please register as soon as possible. Parents can also send in a note to Ms. Coogan with a check payable to the HMS PTA. There are limited spots available.

Coin Drive * March 1- 31*

Send in spare change to raise money for End of the Year Activities. Buckets will be located in each team hallway. The winning team earns an Ice Cream Party!



PTA Meeting

Save the date... The PTA will host a meeting on Tuesday, March 28th at 7:00 p.m.

Earth Day Clothing Drive * April 22

Drop off your clothing and small household items during the Earth Day fair at HMS. We make money through your donation to SAVERS.

GRADE 7 STUDENTS PREPARE FOR NEXT YEAR

Seventh grade students are preparing for next year by selecting their Encore classes. Parents are encouraged to watch this video to learn more about the different classes.

<https://www.youtube.com/watch?v=vecCVmnrM2Q&feature=youtu.be> Some notes:

- All students must participate in physical education classes.
- They are also required to take one of the STEM offerings, such as engineering or computer literacy.
- Students who are currently enrolled in Band, Chorus or Orchestra are encouraged to continue next year.
- Interested students who did not take Chorus this year are able to sing with Ms. Rossomando next year.
- Finally, students must be recommended by their art teacher for Art 1.

Parents, please contact Ms. Jessica Coffey with any questions at jcoffey@hamden.org.

GRADE 8 STUDENTS PREPARE FOR HAMDEN HIGH SCHOOL

For the last two weeks, eighth grade students have been exposed to "life after middle school". Please see the below lessons and activities all students have participated in and what the next steps are:

- February 13-16: Counselors delivered a lesson on each team called Hamden High School: Freshman 101. It covered topics such as 9th-grade schedules, credits, transcripts, GPA, high school expectations, etc. Counselors offered essential tips for the transition to high school. Please see the presentation here: [Freshman 101 Class of 2027](#)

- February 21-24: Students worked with their house teachers and team leaders to choose 5 elective classes in order of preference. All students received and reviewed a list of elective classes and descriptions of courses available specifically to 9th-grade students. Teachers spent the following day working with students to enter their electives in the PowerSchool portal. They viewed a video lesson with step-by-step directions on how to do so.
- February 24: All students will receive a hard copy of the Hamden High school Program of Studies. This includes every class available at the high school. It is also available online: [Hamden High Program of Studies](#). This book may help students plan for their future course selections.
- February 24-26: The PowerSchool portal is available for parents and students to review electives and course recommendations.
- February 28-March 3: High school and middle school counselors will meet with every 8th-grade student to finalize course requests. See the below schedule for each team to complete this final process.
 - Team Rocco/House 4 - 3/1/23
 - Team Delucia/House 3 - 3/2/23
 - Team Morello/House 2 - 3/3/23
 - Team Domurad/House 1 - 3/6/23 & 3/7/23

Parents are encouraged to talk with their children to learn more about their experience. Take time to look over your student's elective choices. If you cannot get into the portal do NOT stress. Counselors will be available to help students.

Please do not hesitate to reach out to the school counseling team with any questions or concerns. Please consider email vs. phone calls as counselors will be working with students in the media center.

HMS School Counselors

Alison Atkin
Gr. 7 House 5, Gr. 8 House 3
ML, ALsCs, Attendance
203-407-7231
aatin@hamden.org

Andrea Mitchell
Gr. 8 - Houses 1, 2, 4
203-407-7191
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Brooke Stanziale
Gr. 7 - Houses 2, 4, 5
203-407-7209
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HPS VIRTUAL BULLETIN BOARD

<https://www.hamden.org/families/flyers>

We are often asked to share community flyers. Our district has created a virtual bulletin board for parents to visit and check out local news. Please click on the link above to review recent flyers.

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 A3</p> <p>Team DeLucia's Family Night (6:00 p.m.)</p>	<p>7 B3</p> <p>NJHS Interviews</p> <p><u>Afterschool Programs</u> Office Hours Anime Club Dungeons & Dragon Gaming Club Mock Trial Newspaper Club Rainbow Club Student A Team (Gr. 7) Yearbook Club YES Club</p> <p>Aladdin Rehearsal (2:45-4:30 p.m.)</p> <p>Rescheduled School Governance Council Meeting (6:30 p.m.)</p>	<p>8 A4</p> <p>NJHS Interviews</p> <p><u>Afterschool Programs</u> Office Hours Diversity & Equity Club Jazz Band Math Club Student A Team (Gr. 8)</p>	<p>9 B4</p>	<p>10 A5</p> <p>Grade 8 Walter Camp Assembly</p> <p>Aladdin Rehearsal (2:45-4:30 p.m.)</p>
<p>13 B5</p> <p>Early Dismissal (12 PM) Professional Development</p>	<p>14 A6</p> <p>π</p> <p><u>Afterschool Programs</u> Office Hours Anime Club Dungeons & Dragon Mock Trial NJHS Rainbow Club</p> <p>Aladdin Rehearsal (2:45-4:30 p.m.)</p> <p>Healthy Heroes Program (2:44-5:00 p.m.)</p> <p>PTA Sponsored Family Paint Night (6-8:30 p.m.)</p>	<p>15 B6</p> <p>HMS Pi Day Recitation Contest</p> <p><u>Afterschool Programs</u> Office Hours Diversity & Equity Club Jazz Band Math Club Student Council</p>	<p>16 A7</p> <p>Early Dismissal (12 PM) Professional Development</p>	<p>17 B7</p> <p>Aladdin Rehearsal (2:45-4:30 p.m.)</p> <p>Healthy Heroes Program (2:44-5:00 p.m.)</p>
<p>20 A1</p> <p>Team Rocco Field Trip to Eli Whitney Museum</p> <p>Healthy Heroes Program (2:44-5:00 p.m.)</p>	<p>21 B1</p> <p>HMS School Spirit Day Crazy Sock Day in Celebration of Down Syndrome Day</p> <p><u>Afterschool Programs</u> Office Hours Anime Club</p>	<p>22 A2</p> <p><u>Afterschool Programs</u> Office Hours Diversity & Equity Club Jazz Band Math Club STEM Club Student A Team (Gr. 8)</p>	<p>23 B2</p> <p>Gr. 8 Field Trips to HHS Team Morello (AM) Team DeLucia (PM)</p>	<p>24 A3</p> <p>Gr. 8 Field Trips to HHS Team Rocco (AM) Team Domurad (PM)</p> <p>Team DeLucia Field Trip to Highland Bowling</p> <p>Aladdin Rehearsal</p>

	Dungeon & Dragons Newspaper Club NJHS Meeting Student A Team (Gr. 7) YES Club Aladdin Rehearsal (2:45-4:30 p.m.)			(2:45-4:30 p.m.) Healthy Heroes Program (2:44-5:00 p.m.)
27 B3 Early Dismissal (12 PM) Professional Development	28 A4 <u>Afterschool Programs</u> Office Hours Dungeons & Dragons Gaming Club Yearbook Club Aladdin Rehearsal (2:45-4:30 p.m.) Healthy Heroes Program (2:44-5:00 p.m.) School Governance Council Meeting (6:00 p.m.) PTA Meeting (7:00 p.m.)	29 B4 <u>Afterschool Programs</u> Office Hours Diversity & Equity Club Jazz Band Math Club STEM Club Student Council	30 A5 End of the Marking Period	31 B5 Superintendent's Student of the Month NJHS Induction Ceremony (9:00 a.m.) Aladdin Rehearsal (2:45-4:30 p.m.) Healthy Heroes Program (2:44-5:00 p.m.)