



Monday, January 10, 2022, Issue 18

## JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10B</p> <p><b>After-School Programs Cancelled - No Late Bus</b></p> <p><b>Basketball Games</b> Boys VS. Polson MS (Away) Girls VS. Polson MS (Home)</p> <p>HMS Climate Committee Meeting (2:44-3:44 p.m.)</p>	<p>11A</p> <p>Signs of Suicide Lesson Team Rocco</p> <p><b>After-School Programs Cancelled - No Late Bus</b></p> <p><b>Basketball Practice</b> (2:44-4:44 p.m.)</p> <p>HMS Turnaround Committee Meeting (4:30-5:30 p.m.)</p>	<p>12B</p> <p><b>Rescheduled: Cornell Scott Hill SBHC COVID Vaccination Clinic (Day 2)</b></p> <p><b>After-School Programs Cancelled - No Late Bus</b></p> <p><b>Basketball Practice</b> (2:44-4:44 p.m.)</p>	<p>13A</p> <p><b>After-School Programs</b> Ski Club (2:45-8:00 p.m.)</p> <p><b>Basketball Games</b> Boys VS. Adams (Home) Girls VS. Adams (Away)</p> <p>HMS Staff Meeting (2:44 p.m.-3:44 p.m.)</p>	<p>14B</p>
<p>17</p> <p><b>Martin Luther King, Jr. No School</b></p>	<p>18A</p> <p><b>After-School Programs</b> Jazz Band Mock Trial NJHS Meeting Rainbow Club</p> <p><b>Basketball Practice</b> (2:44-4:44 p.m.)</p>	<p>19B</p> <p>Signs of Suicide Lesson Team Domurad</p> <p><b>After-School Programs</b> Divide &amp; Conquer Math Club GGG School Newspaper</p> <p><b>Basketball Practice</b> (2:44-4:44 p.m.)</p>	<p>20A</p> <p><b>After-School Programs</b> Ski Club (2:45-8:00 p.m.)</p> <p><b>Basketball Games</b> Boys VS. Dodd MS (Away) Girls VS. Dodd MS (Home)</p>	<p>21B</p> <p>End of Marking Period 2</p> <p>HMS Safety Committee (7:00 a.m.-7:45 a.m.)</p>
<p>24A</p> <p><b>After-School Programs</b> Board Games Student Council Yearbook Club</p> <p><b>Basketball Games</b> Boys VS. Amity MS (Home) Girls VS. Amity MS (Away)</p>	<p>25B</p> <p>Signs of Suicide Lesson Team Morello</p> <p><b>After-School Programs</b> Jazz Band Mock Trial Rainbow Club</p> <p><b>Basketball Practice</b> (2:44-4:44 p.m.)</p> <p>HMS Turnaround Committee Meeting (4:30-5:30 p.m.)</p> <p>PTA Meeting (6-7 p.m.)</p>	<p>26A</p> <p><b>After-School Programs</b></p> <p><b>Basketball Games</b> Boys VS. Walsh Intermediate (Home)</p>	<p>27B</p> <p>EARLY DISMISSAL 12:00 p.m.</p> <p>Professional Development (12:45 p.m.-3:45 p.m.)</p> <p><b>Basketball Games</b> Girls VS. Walsh Intermediate (Home)</p>	<p>28A</p>

**REMINDER: HMS STUDENTS CAN ONLY ATTEND A BASKETBALL GAME IF THEY ARE ACCOMPANIED BY A PARENT. ADULT SUPERVISION IS REQUIRED.**

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## **AFTER SCHOOL PROGRAMS**

We are postponing after school programs and late buses this week. Due to staff shortages, our teachers are covering multiple classes during the school day. Therefore, it is challenging to extend the day with office hours and programs. Our plan is to resume after school programming on Tuesday, January 18th.

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## **NEW HAVEN INDEPENDENT ARTICLE**

Nora Grace-Flood, New Haven Independent reporter, visited HMS last week. She talked with Ms. Coogan (School Principal), Ms. Morello (Gr. 8 Social Studies Teacher & Team Leader), GG Pittman (Gr. 8 Student & Student Council President), Ms. Singla (Office Manager), Mr. Tremper (Gr. 7 Social Studies Teacher & Team Leader), and Mr. Xavier (Social Worker). All parents are encouraged to read the attached article. It provides a “window” into your children’s school. Omicron added another challenge, but we are doing our best to take care of our students.

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### **#MASKUP!**

We appreciate our students for properly wearing their masks. We also value our parents and appreciate their ongoing support. We noted a marked improvement with masks last week, and we will continue to remind students of this important safety measure. Our goal is to keep our faculty, staff, and students safe and AT SCHOOL! Daily reminders to wear a mask and to bring extras do make a difference. Keep it up, HMS!

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## **WE LOVE PENCILS!**



Thank you, thank you, thank you! We appreciate the pencil donations from families and students. It may seem like a small thing, but teachers really appreciate the generous act of kindness. Every day, students need access to writing utensils. Please continue to send your children to school with the basic supplies, including pencils and pens.

## **CHROMEBOOKS & CHARGERS**

Please encourage children to charge their school-issued device each night and bring both their charger and computer to school each day.



## FOLLOW HMS ON SOCIAL MEDIA

Please follow us on Instagram at [hms\\_dragons](#). We post daily reminders and recognize our dedicated staff and amazing students. Information is also posted on FaceBook. Search for our Hamden Middle School group. Finally, parents can also check us out on Twitter [@HMSDragons](#). Social media is an excellent communication tool. It is a quick, easy way to stay connected.

## PREPARING FOR COLD TEMPERATURES

We are expecting very cold temperatures tonight, Monday evening. In response, Hamden Public Schools will increase heat by running it throughout the evening. We are still expecting some areas in HMS to be cooler than desired. **Students should come prepared by dressing in layers for tomorrow.**

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## MORNING ARRIVAL - DROPPING YOUR CHILDREN OFF AT HMS

Parents, your voices have been heard. We understand the morning drop off is creating a sense of frustration. It is definitely **not** the way we want to start the day. Please help by reading and adhering to the following guidelines:

- The doors open at 7:45 a.m. Members of the HMS team report outside to welcome students and assist with drop off at this time.
- If you choose to come early, please pull up to the stop sign. This extra step allows more parents to enter the parking lot and exit Dixwell Avenue.
- Students are welcome to stand under the portico and wait for doors to open at 7:45 a.m.
- It is sometimes best to wait until 7:45 a.m. to come to school, especially if you do not want your child to stand outside. The traffic begins to move at 7:45 a.m.
- Be organized so your child can quickly exit the car on the right-hand side of the car.
- Homeroom ends at 8:10 a.m. Students who arrive later are marked tardy for the school day.

In addition, every child is assigned a bus. If you would like your child to try taking the bus, please contact Amita Singla at [asingla@hamden.org](mailto:asingla@hamden.org) or 203-407-7194. Please continue to be kind to other parents who are dropping off their children, as well as staff who are trying to help.

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## HMS PTA UPDATES

### Postponed QU Hockey Game (1/7/22)

Parents who purchased tickets for the HMS Family Night at QU Hockey, should visit this [website](#) to see when the game will be rescheduled. When the PTA gets additional information, they will share updates in future newsletters.

### PTA Meeting (1/25/22)

**6:00-7:00 p.m.**

[Zoom Link](#)

The PTA Executive Board is planning a meeting chock full of important information. Ms. Jessica Tresselt, school counselor, will share information regarding the SOS, Signs of Suicide training. In addition, Mr. Dan Levy will share updates on COVID protocols in schools. Our PTA meetings are an easy way for parents to connect with others and stay informed. Please join us!

## SIGNS OF SUICIDE

Members of the PPS team are ready to meet with students and share information regarding the suicide prevention program, SOS Signs of Suicide. All students will have an opportunity to participate over the next few months. Parents may be interested in learning more information about this training. Please click on this link to view the [Parent Training Video](#). This 30-minute webinar provides an overview for middle school parents, and it outlines risk factors and warning signs of depression and suicide. Parents will learn how to ACT (Acknowledge, Care, and Tell) if they are concerned about a young person in their lives. We understand suicide can be a sensitive topic, and we will continue to keep parents informed. Suicide is preventable, and our goal is to equip students with knowledge and necessary skills.

The first Signs of Suicide lesson will be presented to eighth grade students in House 2, Team Rocco tomorrow, Tuesday, January 11, 2022. **Parents who do not want their child to participate in the Signs of Suicide Lesson should communicate their wishes to Michelle Coogan at [mcoogan@hamden.org](mailto:mcoogan@hamden.org).**

It's important to **ACT** if your child is showing concerning signs.

**A**cknowledge that you're seeing signs of suicide in your child.

- Major changes in behavior
- Sounding really down or helpless
- Talking about suicide
- Sleeping more or less
- Increased anger or agitation
- Withdrawal from family or friends

**C**are. Show your child that you care. You can show your care by being a good listener and asking questions.

- Tell me more about it.
- I'm here for you.
- It's OK to feel this way.
- There is help available.

**T**ell a professional. If you're having concerns about your child **reach out** to their pediatrician or school counselor. Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better. You can also call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)** or Text **'ACT'** to the Crisis Text Line: **741741** for free, 24/7 support. If you are worried about your child's safety right now, call 911.

**Help is always available.** If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**.

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SOS SIGNS OF SUICIDE

Es importante **ACTUAR** si sus hijos están exhibiendo síntomas preocupantes.

**Reconozca** que está observando señales de suicidio en sus hijos.

- Cambios significantes en el comportamiento como
- Parecer muy deprimido o desamparado
- Hablar acerca del suicidio
- Dormir más o dormir menos
- Aumentar la irritación o agitación
- Distanciarse de la familia o amigos

**Demuestre** a sus hijos que usted se preocupa. Puede demostrar su preocupación escuchando y haciendo preguntas.

- Explíqueme más acerca de esto
- Estoy aquí para ayudarlo
- Está bien sentirse así
- Hay ayuda disponible

**Hable con un profesional.** Si tiene preocupaciones acerca de sus hijos, **comuníquese** con su pediatra o consejero escolar. La mayoría de las personas que piensan en el suicidio están luchando con una condición de salud mental como la depresión. Con ayuda profesional, las personas empiezan a sentirse mucho mejor. También puede llamar the **National Suicide Prevention Lifeline: 1-800-237-TALK (8255)** o envíe un mensaje de Texto **'ACT'** al the Crisis Text Line: **741741** gratis, apoyo 24 horas del día, 7 días de la semana. Si está preocupado por la seguridad de sus hijos en este momento, llame al 911.

**Siempre hay ayuda disponible.** Si necesita alguien con quien hablar, comuníquese por estos medios. Póngase en contacto con the Crisis Text Line enviando un mensaje de texto al **ACT** to **741741**. Comuníquese con the **National Suicide Prevention Lifeline** **1-800-273-TALK (8255)**.

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SOS SIGNS OF SUICIDE