

Hopkins Public Schools



# Hopkins Middle School Newsletter

215 Clark Street  
Hopkins, MI 49328  
Ph: 269-793-7407  
Fax: 888-557-7919

“Committed to Quality Education for our Children’s Future”

## Attention parents and students:

The High School NHS (National Honors Society) will be available to help tutor here in the middle school on Tuesdays and Thursdays right after school in the media center. All students are welcome to take advantage of this opportunity from 3:00-4:00. Please arrange for transportation home no later than 4:00.

## Attendance Reminder

When you call the school to leave a message to excuse your child with an illness, we need to know what kind of symptoms they are experiencing. For example; Cold, fever or stomach.

## Photo Retakes

Monday October 21st



See page 4 for an important letter to parents from the counseling Department on “What Parents Should Say as Their Kids Perform”

**Did you know... that you can use box tops to pay toward your child’s yearbook?**

Yearbook last year was \$25. It is very helpful if you can put them in bundles of 50. They

*MUST* be turned in

**no later than October 23rd**

*with your child’s name.*

## Parent/Teacher Conference

Thursday, October 17th

4-8:00pm



### Partners Group

What to get involved?

Come to our next meeting, October 8th at 7:00pm at Middle School

Visit us on the web at  
[www.hpsvikings.org](http://www.hpsvikings.org)

### Help our school by ....

- Saving your Village Market receipts
- Turning in your old printer cartridges and old cell phones for recycling
- Saving your Campbell’s Labels for Education (UPC codes) and turning them into the office.
- Saving your Box Tops for Education
- Scanning your Meijer Community Rewards card every time you shop—applications are available in the office.
- Scanning your Hardings eScrip Community card every time you shop. Cards are available in the HMS office.
- Saving your Dick’s Market receipts
- Using your Target RED card



## How can I help my student succeed in Mrs. Quist's 8<sup>th</sup> Grade English Class?

- Discuss the Current Information Article (CIA): CIA is an assignment given out a few times a month: it is assigned on Monday and collected on Friday. Students are to actively read the article and then write a reflection or complete a vocabulary assignment. You can help your son or daughter by reading the article with them and discussing it (not just "is it done?" but talking about the article. This will help your student write the reflection).
- Encourage 30 minutes of independent reading a day. Students are required to read three books per trimester; in order to meet this goal reading must be done at home. In fact, let your son or daughter catch you reading too!
- Check grades regularly (get your PIN number through the MS office). All 8<sup>th</sup> grade classes are updated and posted on Tuesday morning, including English.
- Designate a quiet place at home for home-work and set homework routines.
- Visit Mrs. Quist's Website to stay on topic class assignments and homework.



Scan with your Smartphone to visit Mrs. Quist's Website or follow the link  
<http://quistsclass.weebly.com>

NEXT STUDENT COUNCIL  
MEETING:  
THURSDAY  
October 3, 2013  
2:50-3:50  
ROOM 1102

Bring a snack  
for yourself  
and come ready  
to work!



**HOPKINS**  
**VOCAL MUSIC**  
**NEWS**

**Hopkins Student Stage Tech Training  
Day Oct. 24<sup>th</sup> from 3:30-6:30pm  
M.S. Cafetorium/Stage  
Students in Grades 8<sup>th</sup>-12<sup>th</sup>**

Free training for students on the basics of using/running Audio, Lighting, and Back Stage equipment. Students that attend and complete this day of training will qualify to help run Tech for any Hopkins Concerts and/or Musical Techie activities for the 2013-2014 season.

### Zumba For Mackinac

Monday & Thursday classes at Hopkins Elementary 3:30-4:30pm

Come join us and have some fun while you are burning calories.

Questions....Call Stephanie Caulder  
615-510-4992

[stephieaalmor@hotmail.com](mailto:stephieaalmor@hotmail.com)

# Sports

## Middle School Soccer

<b>M-9/30</b>	<b>NorthPointe Christain</b>	<b>H</b>	<b>4:30pm</b>
W-10/2	Kelloggsville	A	4:30pm
M-10/7	Godwin Heights	A	4:30pm
W-10/9	Newhall (Blue)	A	4:30pm <b>F-</b>
<b>10/11</b>	<b>Newhall (White)</b>	<b>H</b>	<b>4:30pm</b>
M-10/14	Kent City	A	4:30pm <b>W-</b>
10/16	NorthPointe Chriistain	A	4:30pm

## Middle School Volleyball

<b>M 9/30</b>	<b>Kent City MS</b>	<b>H</b>	<b>4:15pm</b>
W 10/02	NorthPointe Christian MS	A	4:15pm
<b>F 10/04</b>	<b>Black River Public School</b>	<b>H</b>	<b>4:15pm</b>
M 10/07	Lee	A	4:15pm
W 10/09	Godwin Heights	A	4:15pm
<b>M 10/14</b>	<b>Kelloggsville</b>	<b>H</b>	<b>4:15pm</b>
W 10/16	Kent City MS	A	4:15pm
<b>M 10/21</b>	<b>NorthPointe Christian MS</b>	<b>H</b>	<b>4:15pm</b>

## Middle School Cross Country

Sa-9/28	Allendale Invitational	A	TBA
Sa 10/05	Portage Invitational	A	TBA
Th 10/10	OK Silver Jamboree	A	5:30pm
	(@Long Lake Park)		

## Reading Essentials

Hopkins Middle School is offering an opportunity for our students to receive reading support as part of their school day without missing any of their core classes. Reading Essentials is a six-week class which builds on the students' interests and strengths to increase their reading skills and also develop their enjoyment of reading.

Students receive one-on-one instruction as well as small group time. Our goal is to make the Reading Essentials Class a fun and safe environment where students can build on their reading skills.

If you are interested in this opportunity for your student, contact Brenda Benedict at school or email her at [brenbene@hpsvikings.org](mailto:brenbene@hpsvikings.org).

## **BABYSITTER TRAINING**

*Ages 11 - 14*

*Where: Wayland Area Emergency Medical Services  
911 S. Main Street, Wayland*

*Day: Saturday*

*Date: October 19, 2013 OR November 23, 2013*

*Time: 9:00 AM - 4:00 PM*

*Instructor: Heather Sidebotham*

*Cost: \$60*

*Learn the basics of child care, safety and safe play, first aid, child development and CPR. Please bring a lunch, a pen or pencil, and a doll or stuffed animal to class.*

*Student's Receive:*

*Babysitter Handbook with CD-Rom*

*Babysitter Certification*

*Babysitter Client Organizer*

*Safety Checklist*

**Registration Forms are available in the office**

**Or**

**Register by mail, phone or in person:**

**Wayland Community Education 435 East Superior**

**Wayland MI 49348**

**Online <http://wayland.revtrack.net>**

**More Infor: 269-792-9153**

## Sixth Grade Camp

**Dates: October 23-25, 2013**

**Cost: \$158.00**

Camp registration packets have been sent home with students. Please return the registration form and code of conduct to your child's advisory teacher. Medication forms for all medications sent to camp must be signed by a doctor and can then be faxed directly to camp. Payments can be made at any time- cash and checks are accepted.

Information on payment plans has also been sent home with sixth grade students. Please

make checks payable to

***Hopkins Public Schools.***



## From the Counseling Department.

In my work at [Growing Leaders](#), we enjoy the privilege of serving numerous NCAA and professional sports teams each year. After meeting with hundreds of coaches and athletes, I noticed an issue kept surfacing in our conversations. Both the student-athlete and the coach were trying to solve the same problem. What was that problem? The parents of the student-athletes.

You may or may not believe this, but even in Division One athletics, parents stay engaged with their child's sport, often at the same level they did through their growing up years. Moms will call coaches and advise them on how to encourage their daughter or son. Dads will call coaches and ask why their kid isn't getting more playing time. Parents will call strength and conditioning coaches and inquire what they're doing about their child's torn ligament. Each of these calls is understandable. After all, no one has more at stake than the parent of a performer. They love their child, they've invested in their child and they want to see a "return on their investment." Some athletes refer to their mom as their P.A. (personal assistant) or their agent. I know a mother who watches her collegiate daughter's gymnastics practice behind the glass, all the while, calling and leaving voicemails for the coach on what should be done for her little girl. I even know sets of parents who moved into a condo across the street from their freshman athlete's university. They didn't want to miss a thing, and they certainly didn't want to neglect to provide direction. I understand this. I am a father of two kids myself.

What we parents may not recognize is the pressure and angst this kind of involvement applies. May I tell you what student-athletes are telling me?

1. I love my mom, but when she does this, I get the feeling she doesn't trust me.
2. My parents are great, but I feel like I have multiple coaches telling me what to do and I get stressed out over it.
3. I'm getting blackballed by my teammates because my mother keeps texting me and my coach, to give suggestions.
4. I feel like I'm never quite good enough; I can never fully please my parents.

### *Moving From Supervisor to Consultant*

According to years of research on athletes, I believe parents have a more productive impact on their kids by making a change in their style. When our kids were younger, we played the role of *supervisor*. We were right there on top of the issues. And we should be—they were young and needed our support. As they age, parents must move to the role of *consultant*. We're still involved, still supportive, but we allow our kids to grow up and self-regulate. When we fail to do this—we can actually stunt their growth. It's a bit like teaching our kids to ride a bike. Remember this process? First, we gave them a tricycle. The three wheels made it almost impossible for them to fall off, and they got used to pedaling a vehicle. Then, they moved to a bicycle. It was bigger and had only two wheels. A little more scary. So we initiated them on that bike with training wheels. That prevented bad accidents. Eventually, however, we took the training wheels off, and our involvement became a tender balance of two ingredients: support and letting go. Did you catch that? Support and letting go.

### *What We Should Say When Our Kids Perform*

The most liberating words parents can speak to their student-athletes are quite simple. Based on psychological research, the three healthiest statements moms and dads can make as they perform are:

#### Before the Competition:

1. Have fun.
2. Play hard.
3. I love you.

#### Six Simple Words...

#### After the competition:

1. Did you have fun?
2. I'm proud of you.
3. I love you.

For years, I wondered what the student-athlete would say about this issue. After decades of work with athletes, Bruce E. Brown and Rob Miller found out. They suggest six simple words parents can express that produce the most positive results in their performing children. After interacting with students, they report:

College athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response: "I love to watch you play."

That's it. Those six words. How interesting. How liberating to the parent. How empowering to the student-athlete. No pressure. No correction. No judgment. (That's the coach's job). Just pure love of their child using their gift in competition.

When I learned this, I reflected on the years my own kids competed in sports, recitals, theatrical plays, and practices. Far too often, I wanted to play a role that added more stress to their life. Instead, I now realize—I just need to love them. And to love watching them play. From a parent's view—this is the best way to cultivate an emotionally healthy kid.

See more at: <http://growingleaders.com/blog/what-parents-should-say-as-their-kids-perform/#sthash.opBMm4JN.dpuf>

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## HMS Contact Information

### ADMINISTRATION:

Ken Szczepanski, *Principal*  
 Scott Stockwell, *CQO 6/7*  
 Crook, Todd, *Counselor*  
 Jocelyn Wright Newman, *Counselor*  
 Jan Lodenstein, *Secretary*

### EXT:

3509  
 3507  
 3508  
 3510  
 3500

### STAFF:

Aleman, Kathleen  
 Arndt, Ronna  
 Barry, Joseph  
 Byville, Suzanne  
 Crook, Todd  
 Francis, Cody  
 Francomb, Christopher  
 Hazen, Rick  
 Haverdink, Melissa  
 Bub Brainard  
 Johnston, Jennifer  
 Marckini Katelyn  
 Oaster, Jacob  
 Orme, Timothy  
 Pitsch, Judy  
 Quist, Carrie  
 Reszka, Richard  
 Rose, Lindsay  
 Rynsburger, T.J.  
 Smith, Julie  
 Snoeyink, Susan  
 Stein, Karen  
 VerMerris, Steve  
 Weible, Alexis  
 Weick, Pat  
 Williams, Jessica

### EXT:

3002  
 3550  
 3001  
 3103  
 3009  
 3592  
 3114  
 2117  
 3006  
 3540  
 3552  
 3552  
 3109  
 3106  
 3562  
 3104  
 3007  
 3105  
 3003  
 3005  
 3009  
 6541  
 3008  
 3102  
 3004  
 3129



## Important Dates to Remember:

Oct. 8	Partners Meeting 7:00pm Hopkins MS
Oct. 11	Data Day, no school for students
Oct. 14	Fall break, No school
Oct. 17	Parent/Teachers Conference 4-8:00pm
Oct. 21	Photo Retakes
Nov. 5	Partners Meeting 7:00pm Hopkins MS
Nov, 12	Vocal Music Boosters Spaghetti Dinner HS 5-6:45pm
Nov.12	MS/HS Choir/Art Showcase Concert MS 7:00pm
Nov. 19	1st Trimester Ends
Nov. 20	Data Day, No School for Students
Nov. 28 & 29	Thanksgiving Break
Dec. 3	Partners Meeting 7:00pm Hopkins MS
Dec. 23-Jan.3	Christmas Break
Jan. 7	Partners Meeting 7:00pm Hopkins MS
Jan. 23	Parent/Teacher Conference 4-7:00pm

## IMPORTANT INFORMATION

### ATTENDANCE

Please call the Middle School office within 24 hours of your students absence. You may leave a message on our voicemail system day or night. When reporting illness, please inform Secretary of what type of symptoms your child is experiencing.

Fever, sore throat, ect. If your child is absent 2 days or more, you may request homework. If absent only 1 day, homework can be picked up from their Teacher the next day.

### PHONE CALLS

Telephones in the office are to be used for **illness and emergencies only**. Thank you for your cooperation.

### IMMUNIZATIONS

Please report all immunizations that your child has had so we can keep our school records up to date. All new students and all 6th graders must be completely up to date on all immunizations. Please contact the HMS office if you have any questions.

### MEDICATION

ALL medications dispensed to the students must be supplied from home. The school does not provide any type of medication. All prescription medication must be provided in a pharmacy labeled bottle. Tylenol/Aspirin must be brought to the office in an unopened bottle. All students requiring any type of medication must have a medication form completed by their parents.

### CHANGES in Phone Numbers, Home Address & E-Mail

Please inform the office any time there are changes in your address or phone numbers. We need to have this information so we can update our records.