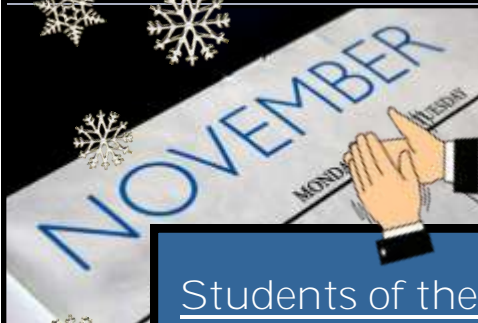


# Hopkins Middle School Newsletter

"Committed to Quality Education for our Children's Future"



## Students of the Month

Jack Reynolds  
Sophia Ellis  
Hannah Brinks  
Colby Tucker  
Vanessa Barry  
Mateo Longstreet

## Citizens of the Month

Andrew Blank  
Alexis Jankowiak  
Emma Howe  
Nick Hoffman  
Makayla Moore  
Noah Wilfong

The next Student Council meeting will be:  
Wednesday  
December 12, 2018  
3:00-4:00 pm  
In Mrs. Aleman's Room # 1102

Please take **note:**

The Christmas Band Concert Will be held on December 18th at 6:30 pm in the Middle School Gym.

FYI  
Our next Middle School Parent/Teacher conference evening will be held on January 22 nd from 4:00—7:00 pm.

Bittersweet Ski Club cards are available in all school offices. Turn in your order form by December 13 in order to receive your ski club pass

Christmas Break begins Monday, December 24 and goes through Wednesday, January 2. Classes will resume on Thursday, January 3.





# CHRISTMAS SPIRIT DAYS



Monday, 12/10—Pajama Day

(x2 spirit points for Christmas /winter jammies)



Tuesday, 12/11—Ugly Sweater Day



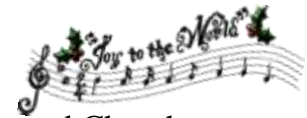
Wednesday, 12/12—Twin Day

Thursday, 12/13—Christmas Character Day



Friday, 12/14—Christmas Spirit Day

Upcoming **Hopkins Chamber Choir** Performances:



- Monday, December 3rd @ 6:30 pm, Hopkins Community Reformed Church
- Sunday, December 9th @ 7:30 pm, LaGrave Avenue Christian Reformed Church

*Why buy a gift when you could make one?*

# CHRISTMAS PARTY



Join us for the HMS Art Club Christmas Party on Thursday Dec. 13th from 3-4pm!

Ugly Sweater contest, prizes, ornament and canvas painting, cookies and more.



## Box Tops For Education

If you are collecting Box Tops to help pay for your child's yearbook, please make sure you label the bag with your student's name.

250 Box Tops = 1 Hard Cover Yearbook      200 = 1 Soft Cover yearbook

Please turn them in to the office no later than FEBRUARY 22, 2019.

### **HOPKINS IS HIRING BUS DRIVERS!**

**A Career that fits with your family!**

- \$16.70/\$17.10 PER HOUR
- FLEXIBLE SCHEDULE
- WE TRAIN, NO EXPERIENCE REQUIRED
- DENTAL/VISION/PAID HOLIDAYS

**COME JOIN THE HPS TRANSPORTATION TEAM!**

**CALL MRS. FRANK AT (269)793-7121  
FOR INFORMATION AND TRAINING DATES.**



**Attention 8th grade parents:** Below is a link for you to stay connected to your student's class activities and homework. Now, what student wouldn't want that???

<https://sites.google.com/a/hpsvikings.org/8th-grade-team/>

Please call or email the Middle School office to let us know if your child is going to be absent. If you would like a note sent to a classroom for pick-up arrangements, please call no later than 2:00 pm. If you need to make alternative bus arrangements you may contact transportation at (269) 793-7121.

Thank you for understanding that the office gets busy very near the end of the day. Planning ahead will help to assure your student receives their message on time. ☎

CHRISTMAS DANCE

FRIDAY, DECEMBER 14, 2018

3:00-5:00

HMS CAFETERIA- \$5.00

CD'S PIZZA/POP AVAILABLE:

CHEESE/PEPPERONI PIZZA-\$1.50

WATER/JUICE BOXES/POP- \$.50

BAKED GOODS AVAILABLE \$.50

\*Sponsored by the sixth grade team. Proceeds  
go to help pay for camp.



\*\*\*DJ Orpheus\*\*\*



# Hopkins Got Talent!

Friday January 11 @7pm (Contestants age 0-12)

Saturday January 12 @7pm (Contestants age 13 & up)

★ Hopkins MS Cafetorium ★

Tickets on Sale December 15

\$5 in advance, at the MS & HS office

\$10 at the door



**Contestants: Advanced Registration Required!**

-Registration is first come, first served

-Limit of 20 acts per night

-Registration from November 1- December 5

Registration forms and rules can be found at [www.hpsvikings.org](http://www.hpsvikings.org) or at any HPS main office.

★ **CASH PRIZES!**

**\$200** 1st prize Friday night, **\$400** 1st prize Saturday night  
2nd and 3rd place cash prizes are awarded each night

★ **AUDIENCE MEMBERS** have a chance to win **\$50** in "Minute to Win It" (3 games each night) ★



Helen DeVos  
children's hospital

# Epic Toy Drive!

Who: Hopkins Public Schools

What: Donations of any unwrapped toy, game, arts & craft, etc.

When: November 19 – December 14

Where: Drop off locations at ANY Hopkins School

Why: All donations are sent to Helen DeVos Children's Hospital

Goal: Fill an **entire** school bus with new, unwrapped toys to deliver to

Helen DeVos Children's Hospital to spread happiness during the holiday season



# Middle Years

Working Together for School Success



## Short Stops

### Conferences in middle school

A parent-teacher conference is the perfect opportunity to work with the school to support your child. You may meet with one of his teachers who will share information from all the others. Or you might spend a few minutes with each teacher. If you have questions for specific teachers or need more time with them, call or email to follow up.

### Fit in fitness

An hour of daily physical activity promotes good health. Suggest that your tween calculate how many minutes of exercise she gets each day. She could include walking to school and participating in PE. Encourage her to add more exercise, perhaps by meeting a friend to swim at an indoor pool or by following along with a Zumba video.

### Promptness, please

Being at his desk when the bell rings means your middle grader won't miss class instruction or important announcements. Have him add a five-minute "cushion" to his morning so he has time to deal with the unexpected (missing shoe, early bus).

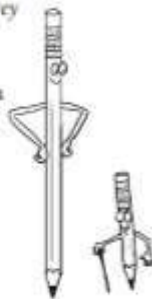
### Worth quoting

"I am not a product of my circumstances. I am a product of my decisions." Stephen Covey

### Just for fun

**Q:** What's tall when it's new and short when it's old?

**A:** A pencil.



## Study secrets—revealed

Anna knows what she needs to accomplish when she sits down to study. She stays focused and tends to remember the material. Her secret? Strong study skills! Share these strategies with your tween.

**Skill:** Set goals.

**Strategy:** Encourage your child to jot down specific goals for each study session and check off each one as she meets it. She should be as detailed as possible. Example: "Learn 30 vocabulary words before Friday's Spanish test." It may also help to make deals with herself. ("I can take a break after I've learned 15 words.")

**Skill:** Stay focused.

**Strategy:** Suggest that your middle grader eliminate distractions before she studies. For instance, she should silence her phone and put it in another room. Hunger and

fatigue can also make her mind wander, so she could eat a healthy snack or go for a quick jog before she buckles down.

**Skill:** Monitor understanding.

**Strategy:** After your tween reviews her notes, handouts, and textbook, she can make up a quiz. Taking the quiz and checking her answers will show her what she still needs to work on. Have her write anything she doesn't understand on a sticky note and ask her teacher for help. 🙋



## Spotlight on history

History is full of fascinating places and intriguing people for your child to discover. With these ideas, he can step into the past—right in your living room:

■ Work separately or together to create something fun that represents a time period. For instance, your family might build a Lego model of an Egyptian pyramid. Or tape large sheets of paper to a wall, and draw or paint an Aztec mural.

■ Have each person secretly pick a historical figure to research, maybe Benjamin Franklin or Amelia Earhart. Then, host a game show where everyone asks yes-or-no questions to guess each other's characters. 🙋



## Serving our community

Volunteering as a family can teach your middle grader about empathy and helping others. Here's how to get started.

**1.** Have your tween research community service opportunities for families. He should list ideas that match the ages of family members, and also jot down the time involved for each job. He could visit websites such as [createthegood.org](http://createthegood.org) and [volunteermatch.org](http://volunteermatch.org). He might also call or email community centers, shelters, and places of worship to ask if they need help.



**2.** Review your child's list together. Talk about possibilities that interest everyone, and pick one to sign up for. If your family loves animals, maybe you could feed and play with dogs and cats in a shelter. Or if you like to cook together, maybe you'll volunteer at a soup kitchen or a fire station's spaghetti dinner.

**3.** Talk about those you'll be helping, such as people who don't have enough to eat or animals who need attention and comfort. Considering how others feel will show your middle grader how important it is to help out—and make your volunteer experience more meaningful. 🐾

## Parent to Parent Report cards: Find the positives

My sixth-grade daughter just got her first report card with letter grades. In elementary school, she always received "Excellent" or "Good," so I was surprised to see a C in English.

I decided to focus on the positives first. I pointed out Chelsea's good attendance, an A in science, and a nice comment from her chorus teacher.

Then, we discussed her English grade. Chelsea said she had fallen behind on assigned readings. As a result, she struggled to answer comprehension questions and participate in class discussions. We brainstormed solutions, including reading a certain number of pages each night and jotting down points to make in class.

Chelsea said that when she gets her next report card, she hopes that one of the first things I can point out will be a B in English! 🐾



## Same answer, different strategies

There's often more than one way to approach a math problem. Try these tips for using family game night to help your tween talk through math strategies—and see that for herself!

**Monopoly.** When a player decides to buy (or not to buy) a property or add houses or hotels, have her share her thinking. Your child might calculate how many times an opponent would need to land on her properties to cover the cost. Or she could total her cash, subtract the cost of the hotels, and consider her liability (the rent she would owe if she lands on other players' properties before getting "paid" again).

**Yahtzee.** Let family members explain how they determine where to record their rolls of the dice. Say your middle grader gets four sixes and one five. Will she score it as four of a kind or as her sixes roll? Perhaps she'll consider the probability of rolling four of a kind again (unlikely) and decide to check off four of a kind rather than risk scoring zero in that spot. Or maybe she'll count it as sixes, which will put her on the path to earning a bonus. 🎲



## Q & A Concern about anxiety

**Q** Several of my friends and neighbors have mentioned that their kids have anxiety. My son gets stressed out sometimes—could he suffer from anxiety, too?

**A** It's normal for middle graders to feel stressed from time to time about school, friends, or growing up. But if they're excessively anxious for long periods of time and miss

out on activities because of it, that may signal a bigger problem.

Anxiety disorder symptoms include worrying persistently for weeks or months, trouble sleeping, frequent headaches or stomachaches, and avoiding school or friends.

If you notice any of these symptoms in your son, contact your pediatrician. She can refer you to a specialist if necessary. 🐾



**OUR PURPOSE**  
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.  
Resources for Educators,  
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Fax: 888 557 7919  
www.hpsvikings.org



## HMS Contact Information

### ADMINISTRATION:

Scott Stockwell, *Principal*  
**Pat O'Dell**, *Dean of Students*  
Todd Crook, *Counselor*  
Molly Khang, *Counselor*  
Jennifer Hitchcock, *Secretary*

### STAFF:

Aleman, Kathleen	3002
Barry, Joseph	3001
Byville, Suzanne	3103
Caulder, Stephanie	3562
Dana, Katie	3105
Dykstra, Krystal	3103
Fisher, Mark	3009
Francis, Cody	3592
Haverdink, Melissa	3006
Hazen, Rick	3593
Irwin, Julie	3006
Johnson, Chris	3540
Johnston, Jennifer	3552
Kerber, Brian	3540
Klumpp, Molly	3103
Marckini, Katelyn	3108
Oaster, Jacob	3109
Postma, Carrie	2101
Quist, Carrie	3104
Reszka, Richard	3007
Rynsburger, T.J.	3003
Schoonveld, Missy	3530
Scudder, Mack	3106
Smith, Julie	3005
Smith, Lesa	3550
Stein, Karen	3540
VerMerris, Steve	3008
Weible, Alexis	3102
Weick, Pat	3004
Williams, Jessica	3129

# IMPORTANT INFORMATION

Dec. 24– Jan. 2 Winter Break  
Jan. 3 Classes resume  
Jan. 14 1/2 day for all students



### ATTENDANCE

Please call the Middle School office at (269) 793-7407 within 24 hours of your students absence. You may leave a message on our voicemail system day or night. When reporting illness, please inform the secretary of the 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 your student is absent only 1 day, homework may be picked up from their teachers the following day. You may also email absences to [jennhite@hpsvikings.org](mailto:jennhite@hpsvikings.org).

### PHONE CALLS

Telephones in the office are to be used for illness and emergencies only.

### IMMUNIZATIONS

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

### MEDICATION

ALL medications needing to be dispensed to 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 and on file in the office.

### 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 and successfully contact you if needed.