



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

## 5<sup>th</sup> and 6<sup>th</sup> Grade Athletic Equipment Requirements for the 2019-2020 School Year

All students participating in Physical Education are required to have the following locked in their assigned gym lockers at all times:

- Practice short(s)
- Athletic t-shirt(s)
- Athletic socks
- Sweatshirt(s) and sweatpants
- Cold weather accessories – hat, gloves, etc.
- Two pairs of footwear:
  - One pair of sneakers – will be worn ONLY for indoor activities (*to protect the gym floor*)
  - One pair of sneakers or molded cleats – will be worn ONLY for outdoor activities (*or any footwear appropriate for a particular sport*)

Athletic clothing may be purchased at the Nichols Campus Store.

**All students are required to use a Nichols School lock on gym lockers, which can be purchased in the Nichols Campus Store.**

### Additional sport specific requirements:

- **SOCCER:** shin guards – please get taller shin guards rather than short ones
- **GIRLS' FIELD HOCKEY:** mouth guard\* and tall shin guards (just below the knee)
- **ICE HOCKEY** (*needed by Oct. 30*): pads (*shin, elbow and shoulder*), skates, helmet, hockey pants, cup/pelvic protector, hockey stick, neck guard, gloves and mouth guard
- **RECREATIONAL SKATING** (*needed by Oct. 30*): ice skates (*new or used, both figure and/ or hockey skates*), winter gloves, helmet (*bicycle helmet is acceptable*), winter hat
- **BOYS' LACROSSE:** mouth guard (*helmet, shoulder and elbow pads, lacrosse stick, gloves, cup, green shorts and rib pads are all optional; hockey equipment may also be used*)
- **GIRLS' LACROSSE:** mouth guard – generic mouth guards-\$2.00; SISU custom mouth guards are available in the equipment room for \$25.00.

**NOTE: Please clearly label all of your child's equipment and clothing with his/her name.**

### Extra Curricular 5&6 grade teams (optional) - these are after school practices 2x per week

- **Soccer** (Fall) – good soccer shin guards
- **Basketball** (Winter)
- **Lacrosse** (Spring)
  - Boys: lacrosse helmet, shoulder and elbow pads, boys lacrosse stick, gloves, cup, green shorts and rib pads needed
  - Girls: mouth guard, *NEW IN 2017*: ASTM 3077 approved eyewear (must say approved for ASTM 3077 standard on the eyewear itself), girls lacrosse stick.



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June 2019

Dear Fifth Grade Parents,

Our annual fifth grade overnight at Camp Weona will take place on **Thurs.-Fri., Sept. 5-6, 2019**. This class expedition gives students time to become friends and learn lessons that they can apply to the classroom and life. The experienced staff at Camp Weona provides many fun and safe activities such as the campfire, canoeing, nature observations and the climbing wall.

The fifth grade students and advisors will leave campus at 8:05 a.m. by bus for the short trip to Gainsville, N.Y. Students should wear shorts and a t-shirt. Students will be housed in cabins with bunks, and they will have meals and activities in a central lodge. **We will return on Fri., Sept 6 at 3:00 pm. Please pick up your child promptly at 3:00 pm behind the Middle School where the buses park.**

We ask that the students bring the following items packed in one or two bags. Please do not over pack as the students may need to carry their load about 100 yards!

**PACKING LIST:**

- Sleeping bag and pillow
  - NOTE: Put sleeping bag in one large trash bag as this helps kids pack up.
- Flashlight or headlamp
- Water bottle
- Small towel
- One pair of long pants
- Warm jacket
- 2 pairs of sneakers – NO SANDALS
- Rain jacket with hood
- Toiletries
- A book to read
- Bug spray
- PJs
- 1 additional pair of shorts and a t-shirt

**NOTE: PLEASE DO NOT SEND SNACKS** – no one will go hungry and it attracts unwanted creatures.  
**NO CELL PHONES!** The chaperones have phones in case of emergency.

**Please return the attached waiver form as soon as possible, but no later than Aug. 9, 2019. By that time, we must also have received your child's physical forms and signed permission slip.** We assume that all students will be covered either by student accident insurance or a private insurance plan. If you have any questions or concerns, please contact the Middle School Office at 716-332-5100.

Sincerely,  
The Fifth Grade Advisors



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## 5<sup>th</sup> Grade Supply List 2019-2020

**All students should purchase the following items and bring to school on the first day. These items will be stored in your child's locker.**

- 1 box of sharpened pencils
- Pencil erasers
- 2 red pens
- 2 blue/black pens
- 2 highlighters
- 2 dry erase markers
- Package of wide lined loose leaf paper
- 2 packages of 3x5 white lined index cards
- 1 water bottle (labeled with name)
- Outdoor shoes (rain boots, old sneakers/boots)
- Pencil case
- Small manual pencil sharpener (no batteries)

**Note: The list of supplies is short. Students will receive notebooks and folders when they pick up their books at the Campus Store in late August.**



**NICHOLS SCHOOL CALENDAR-2019-2020**  
2/15/19

**August 2019**

Monday, August 19  
Monday, August 26  
Monday-Friday, August 26-30

Fall Sports Practices Begin  
New Faculty/Staff Orientation  
Opening Faculty Meetings

**September 2019**

Tuesday, September 3  
Wednesday, September 4  
Thursday, September 12  
Thursday, September 19  
Friday, September 27  
Saturday, September 28

New Student Orientation (Grades 6-12)  
**Opening Day of the 128<sup>th</sup> Nichols School Year**  
US Parents' Go-to-School Night, 6:30 p.m.-9:00 p.m.  
MS Parents' Go-to-School Night, 6:00 p.m.-9:00 p.m.  
Spirit Day/Big Green Party  
Homecoming

**October 2019**

Friday, October 4  
Sunday, October 6  
Wednesday, October 9  
Thursday, October 10  
Monday, October 14  
Tuesday, October 15

Convocation and Student Commons Dedication – Time TBD  
All-School Open House – Time TBD  
School Closed – Yom Kippur  
Grade 9 and US New Student Parent/Teacher Conferences, 3:30-8 p.m.  
School Closed – Columbus Day  
Professional Day – No Classes

**November 2019**

Thursday, November 7  
Friday, November 8  
Monday, November 11  
Wednesday-Friday, November 27-29

US Parent Conferences, 3:30-8:00 p.m.  
US Parent Conferences, 8:00 a.m.-3:00 p.m. (No classes for US students)  
School Closed – Veterans Day  
School Closed – Thanksgiving Break

**December 2019**

Thursday, December 5  
Friday, December 6  
Monday-Friday, December 16-20  
Friday, December 20

MS Parent Conferences, 4:00-8:00 p.m.  
MS Parent Conferences, 8:00 a.m.-3:30 p.m. (No classes for MS students)  
US Mid-Year Exams  
Holiday Break begins at end of school day

**January 2020**

Monday, January 6  
Friday, January 17  
Monday, January 20

Classes Resume  
Professional Day – No Classes  
School Closed – Martin Luther King, Jr. Day

**February 2020**

Monday, February 3  
Monday-Tuesday, February 17-18  
Thursday, February 20

Professional Day – No Classes  
School Closed – Winter Break  
Sophomore Parent/Advisor Conferences, 3:30-7:30 p.m.

**March 2020**

Monday, March 9  
Friday, March 27

Professional Day – No Classes  
Spring Break begins at end of school day

**April 2020**

Monday, April 13  
Monday, April 27

Classes resume  
Professional Day – No Classes

**May 2020**

Saturday, May 2  
Friday, May 22  
Monday, May 25  
Thursday-Friday, May 28-29

Derby Day Auction  
Verdian Day; Jr./Sr. Prom  
School Closed – Memorial Day  
MS and US Exams

**June 2020**

Monday-Tuesday, June 1-2  
Tuesday, June 2  
Wednesday, June 3  
Friday, June 5  
Friday-Saturday, June 5-6

MS and US Exams  
Senior/Faculty/Alumni Induction Luncheon  
8<sup>th</sup> Grade Recognition/MS Awards Ceremony; Senior Thesis Celebration  
128<sup>th</sup> Upper School Commencement, 11:00 a.m.  
Reunion weekend

## **Advice for Class of 2027 from the Class of 2026:**

- **Think of others first.**
- **Develop good relationships with your teachers and the lunch staff.**
- **Keep your locker neat and organized.**
- **Always do your homework ASAP.**
- **Play lots of sports, and get involved in arts and clubs to find your hidden talents.**
- **Be nice to everyone, even if it's not easy.**
- **Meet new people, make new friends, and have fun!**

## **Advice for Class of 2027 from the Class of 2026:**

- **Think of others first.**
- **Develop good relationships with your teachers and the lunch staff.**
- **Keep your locker neat and organized.**
- **Always do your homework ASAP.**
- **Play lots of sports, and get involved in arts and clubs to find your hidden talents.**
- **Be nice to everyone, even if it's not easy.**
- **Meet new people, make new friends, and have fun!**

**YMCA Camp Weona  
Assumption of Risk and Waiver**

Name of Participant \_\_\_\_\_

Although serious injuries are very uncommon in professionally supervised Environmental Education/Adventure Programs, it is impossible to eliminate the risk. By its nature, participation in these programs includes risks of injury ranging in severity from minor to serious. All participants have the responsibility to help reduce the chance of injury. Participants must obey the instructions of the facilitator or person in charge, follow all safety rules, report all relevant physical and psychological problems to their instructors and follow the proper instructional program. YMCA Camp Weona operates on a "challenge by choice" philosophy. At all times participants are in complete control of their own level of risk/participation.

**Release of Liability**

By signing this form, parent/legal guardian and/or participant acknowledges that they have read and understood the above information and are signing this form to assure YMCA Camp Weona that parent/legal guardian and/or participant assumes all risks during the program. Furthermore, by signing this form, the parent/legal guardian grants permission for Camp Weona to use their child's photo for promotional purposes without compensation.

Guardians or participants who do not wish to accept the risks described in this warning should not sign this permission form.

I hereby give my consent:

1. To participate in YMCA Camp Weona Environmental Education/Adventure Programs.
2. To receive emergency medical care which may become reasonably necessary in the course of such activities or travel.

I further agree not to hold YMCA Camp Weona or anyone acting on its behalf responsible for any injury occurring to the named participant during YMCA Camp Weona Environmental Education/Adventure Program activities or travel.

\_\_\_\_\_  
Signature of Participant or Parent/Legal Guardian (if participant is under age 18)

\_\_\_\_\_  
Date

I have read the aforementioned and will abide by the principles and regulations contained herein.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date



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June 2019

Dear Parents,

The spirit of the uniform dress code at Nichols Middle School is to provide a model for appropriate appearance in an educational and business setting. All attire (even on dress down days) should be in good condition, clean, and appropriate. Nichols Middle School has a vast array of gently used uniforms. Please feel free to purchase items at any time. Also, as your children grow throughout the year, please feel free to exchange items for larger sizes free of charge.

We are very pleased once again to present you with the options available for your child's uniform for the 2019-2020 school year. We will be working with Land's End as our uniform supplier. Each year we update the uniform options that are available to Nichols students. *Please confine your selections to those earmarked for Nichols students on the website*, which you may view at:

Lands' End website:            [www.landsend.com/school](http://www.landsend.com/school)  
Nichols Code:                 900126202

The Nichols School logo is mandatory on polo shirts (both long- and short-sleeved), turtlenecks, and sweaters only. It is optional on all other uniform pieces. Finally, **please put your child's name on all pieces of their uniform for ease in identifying lost or mislaid items.** Other items with the Nichols logo sold at the Nichols bookstore (fleeces, pullovers, etc.) may be worn overtop the Nichols uniform.

#### **Supplemental Pieces:**

These are the pieces that complete the uniform, but can be purchased anywhere, according to personal taste. Please follow the guidelines below when making your purchases.

- Khaki or Land's End selected skirts (of an appropriate length nearly touching the knee) or pants (shorts are allowed in the fall and spring).
- Socks must be worn during the school day and can be any color, but should be designed for dress shoes and not for athletic footwear. Also, students should wear different socks during the school day versus during their athletic periods.
- Dress shoes/boots must be worn and be closed toe/heel. Heel height maximum 1-1/2 inches. Shoe laces should be non-athletic and appropriate to the dress shoe. Dress sneakers, fashion sneakers, anything close to an athletic shoe is not permitted.
- Sandals, flip-flops, slippers, etc. are not allowed.
- Solid color button down shirts are allowed accompanied with a tie.

The dress code is an important tool to help create a school atmosphere of learning and growth. As trends change, we attempt to adjust our policies accordingly. When making decisions around particular items of dress, we often refer to the 'spirit' of the dress code.

Sincerely,

Greg Plumb  
*Middle School Dean of Students*