



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

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*



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

## 7<sup>th</sup> and 8<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.
- Water bottle with name on it
- 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, molded cleats
- **BOYS' MODIFIED FOOTBALL:** mouth guard, molded cleats, cup
- **GIRLS' FIELD HOCKEY/TENNIS:** molded cleats are recommended, mouth guard\*, field hockey stick, tall field hockey shin guards (that come up just below the knee), black spandex for under kilt, one white AND one black turtleneck, field hockey approved eyewear; tennis shoes, tennis racquet, 2 cans of tennis balls  
*\*\*Combination Field hockey/Lacrosse eyewear is recommended for those athletes that participate in both sports. Please make sure that lacrosse eyewear meets ASTM 3077 standard for lacrosse and ASTM F2713 for field hockey. Generic mouthguards-\$2.00; SISU custom mouth guards available in the equipment room for \$25.00.*
- **BASKETBALL:** basketball sneakers
- **ICE HOCKEY:** pads (shin, elbow and shoulder), skates, helmet, hockey pants, cup/pelvic protector, hockey stick, neck guard, gloves and mouth guard
- **BOYS' LACROSSE:** helmet, shoulder and elbow pads, lacrosse stick, gloves, cup, green shorts, mouth guard (rib pads are optional)
- **GIRLS' LACROSSE:** mouth guard\*, girl's lacrosse stick, molded cleats, lacrosse approved eyewear-must be labelled that it meets ASTM 3077 standard – new for 2017, black spandex for under kilt, one white AND one black turtleneck, water bottle
- **BASEBALL/SOFTBALL:** baseball/softball glove, molded cleats; boys – cup
- **BOYS' TENNIS:** 2 cans of tennis balls, tennis racket, tennis shoes

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



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

June 2019

Dear 7<sup>th</sup> Grade Parents,

On Tuesday, September 10, 2019, the Seventh Grade departs for Camp Pathfinder. Students should arrive at school at the regular time, by 8:00 a.m. Our bus will leave for Camp Pathfinder at 8:30 a.m. by the doors at the back of the gym. ***Please do not be tardy!***

Pathfinder is located in the middle of Algonquin Provincial Park in Ontario. Students and faculty members will spend the rest of the week involving themselves in activities put together by the Pathfinder staff including canoeing, hiking, a ropes course and various evening treats, such as campfires.

We will depart Pathfinder at about noon on Friday, September 13, with a return to Nichols at about 4:30/5:00 p.m. (Return times vary. We will initiate cell phone calls upon clearing U.S. customs.)

The needs for each child remain fairly simple: a warm sleeping bag, swimsuit, small toiletry kit (toothbrush, washcloth, etc.), towel, flashlight, water bottle, small backpack or day pack, and clothes and shoes that will keep feet warm and dry. See our packing list for specifics.

The weather can vary a great deal, so warm layers are a must. Quick drying synthetics are recommended over cotton. Sunscreen is important. Students should bring about \$20 to spend on meals purchased during the bus rides up and back.

No electronic devices are allowed while in camp. Phones and other portable electronics (such as games) are collected upon arrival, kept safe and returned for the trip back. Please be aware that cell phones used during the bus rides are potentially vulnerable to a variety of roaming charges. (We are in a different country.) If you need to reach your child in the event of an emergency, call the Camp Office phone: 705-633-5553.

We hope to repeat the success we have had with this trip in past years. Our entire group is looking forward to a positive experience. If you have any questions, don't hesitate to contact me by email ([wmittlefehldt@nicholsschool.org](mailto:wmittlefehldt@nicholsschool.org)) or telephone (Middle School: 716-332-5100).

Sincerely,  
Wendy Mittlefehldt

**PLEASE NOTE:** Before going to Camp Pathfinder, all 7<sup>th</sup> Graders must have the following turned in to the Health/Front Office: a current health appraisal form, a medical emergency form, a passport, nexus card or birth certificate. These are required to enter Canada for this field trip.

**Pathfinder Student Information – 2019**

Student's Name \_\_\_\_\_

Does your child have any dietary restrictions based on allergies or religious affiliation? \_\_\_\_\_

If so, please explain. \_\_\_\_\_

Please indicate your child's comfort level swimming in **open water** where he/she cannot touch bottom.

Non-swimmer \_\_\_\_\_      Beginner swimmer \_\_\_\_\_      Competent swimmer \_\_\_\_\_

Please indicate your child's ability to ride a bike on unpaved roads.

Non-bike rider \_\_\_\_\_      Beginner bike-rider \_\_\_\_\_      Competent bike rider \_\_\_\_\_

Parent Signature \_\_\_\_\_



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

## 7<sup>th</sup> Grade Camp Pathfinder Check List - 2019

**Depart:** Tuesday, Sept. 10, 2019 (Arrive at regular time - bus leaves promptly at 8:30 a.m.)

**Return:** Friday, Sept. 13, 2019 (4:30/5 p.m. - *plus or minus*. We will use cell phones to notify parents of progress once we clear U.S. customs.)

When packing for this trip, a check on the Camp Pathfinder weather report is a must. You can Google Camp Pathfinder and look for the weather link they provide or use this link - <http://goo.gl/8RoVN>  
This URL is case sensitive. Please use Huntsville, Ontario weather as the reference location.

### Clothing:

- MINIMUM 3 sets underwear and socks
- 1 pair sneakers and 1 pair hiking boots (or 2 pair sneakers) - they will get wet and muddy!  
**NO SANDALS – NO OPEN-TOED FOOTWEAR**
- 2 pairs long pants (if weather predicted wet and/or cold, bring three pairs)
- 2 pairs shorts
- 4 shirts
- 2 sweatshirts/fleece outerwear (if weather predicted wet and/or cold, bring three)
- 1 warm jacket
- Rain gear
- Hat/mittens
- Long underwear or flannel/fleece pants (for cold nights)
- Swim suit

### Gear:

- Water bottle
- Small day pack
- flashlight (extra batteries)
- Sunscreen
- Towel
- Toiletry kit
- Sleeping bag/pillow (note: Sleeping bag warmth rating **important!** It can get *very cold* at night!)
- Plastic garbage bag(s) for wet clothes
- Money for meals on the road - \$20 suggested

### Optional (only if you prefer your own. These are provided by the camp):

- Paddle
  - Personal flotation device (PFD)
- 
- We emphasize that particularly with cool, wet weather, non-cotton clothing (fleece, polypropylene, synthetic) for layers is a must.
  - Cotton sweatshirts (hoodies) and other cotton clothes become useless when wet.
  - Be aware of the warmth rating of sleeping bags, particularly if cooler weather is predicted.
  - Quantities of snacks (for the bus ride up) should be limited to a single portion. Snacks are provided at the camp.
  - All electronics and extra food are collected upon arrival and returned when we board the bus to head back to Nichols.



EMBRACE CHALLENGE,  
DISCOVER YOURSELF.

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

### General:

- Loose leaf paper
- (2) Packages of Pencils (Keep in locker.)
- Package of Pens, blue or black (Keep in locker.)
- Colored pencils
- Highlighters – 3 colors
- 3x5 index cards
- 4x 6 index cards

### Subject Specific (Where folders are required, different colors are suggested.):

**English:**  One 2-pocket folder

**Math:**  The (6<sup>th</sup> grade) basic calculator (add/subtract/multiply/divide)  
 One single subject spiral notebook  
 One 2-pocket folder  
 Package of pencils

**History:**  One single subject spiral notebook  
 One 2-pocket folder  
 4x6 index cards for research  
 3x5 index cards for study cards

**Science:**  One single subject spiral notebook  
 One 2-pocket folder

**Latin:**  One 3-ring binder with dividers  
 One single subject spiral notebook  
 Dry erase markers and an eraser

**Spanish:**  One marble notebook  
 One 2-pocket folder

**French:**  1” 3-ring binder plus 5 dividers (new students only)  
 Correcting pen (red, purple, or orange)  
 1-1 subject spiral notebook

**Chinese:**  One marble notebook  
 One 2-pocket folder  
 Dry erase marker  
 3x5 index cards

**Music:**  One 2-pocket folder

**Drama:**  One 2-pocket folder

**Computer:**  One 2-pocket folder

**Wellness:**  One single subject spiral notebook



**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