



# Haverford Middle School Newsletter

## Administration

### HMS Principal

[Mr. Daniel Horan](#)

### Secretary

[Mrs. Michelle D'Avella](#)

### 6th Grade Assistant Principal

[Mr. Matthew Crater](#)

### 6th Grade Counselor

[Ms. Ricki White](#)

### 6th Grade Secretary

[Mrs. Sharon Cianci](#)

### 7th Grade Assistant Principal

[Mr. Randy Taylor](#)

### 7th Grade Counselor

[Ms. Lindsey Hughes](#)

### 7th Grade Secretary

[Mrs. Patty Lazer](#)

### 8th Grade Assistant Principal

[Mr. Fred Brown](#)

### 8th Grade Counselor

[Ms. Colleen Malczynski](#)

### 8th Grade Secretary

[Mrs. Martha Lawles](#)

### MS Coordinator Technology

[Mrs. Laurie VanTrieste](#)

## Flexible Learning Reminders

- ❑ Do the best you can and reach out to your teachers if you need assistance.

## Weekly Mindfulness Tips

- ❑ Take a breath! Create a routine (whatever works for you).
- ❑ This won't last forever. You've got this!
- ❑ It's okay to laugh and have fun during this time of uncertainty! It really does help!
- ❑ Self-care ideas:
  - ❑ Take a walk (6 feet from others)
  - ❑ Listen to some music
  - ❑ Color or draw
  - ❑ FaceTime with friends or play a game together
  - ❑ Practice a sport or hobby

## Weekly Workouts

- ❑ Consider designing your own at [Fitness Blender!](#) Their website has a massive catalog of videos for you to try. So if you want to try yoga, strength training - or something completely new, you can find it there!

## Weekly Challenges

- ❑ Kindness challenge - Do something nice for someone else (while maintaining your 6ft. Social distancing). Write a note/email to a neighbor, friend and challenge others to keep it going. See if we can give all of Havertown a little note of positivity!
- ❑ Create a Rainbow🌈 to hang in your window! There is even a "hunt" going on in the community to find them. Here's a short video for inspiration.  
<https://6abc.com/family/rainbows-in-windows-bring-cheer-during-social-distancing/6031123/>

## 6th Grade Teams

[6th-Grade Webpage](#)

[Beluga Whales](#)

[Polar Bears](#)

[Sea Lions](#)

[Arctic Fox](#)

## 7th Grade Teams

[7th-grade Webpage](#)

[Giant Pandas](#)

[Iberian Lynx](#)

[Peregrine Falcons](#)

[Komodo Dragons](#)

## 8th Grade Teams

[8th-Grade Webpage](#)

[Asiatic Cheetahs](#)

[Bengal Tigers](#)

[Gray Wolves](#)

[Snow Leopards](#)

## **Important School Information:**

[Monday Message](#)  
[Daily Announcements](#)  
[Athletics Information](#)  
[Important School Forms](#)  
(Request for Pre-Arranged  
Absence, etc.)  
[Calendar](#)  
[Lunch Services and Menus](#)

## Weekly Brain Breaks

### 12 days of fitness

"On the first day of fitness my teacher showed to me..."

- 12 Jumping Jacks
- 11 Raise the Roofs
- 10 Knee Lifts
- 9 Side Stretches
- 8 Jogs in Place
- 7 Giant Punches
- 6 Kicks to the Front
- 5 Side Twists
- 4 Jumping Ropes
- 3 Muscle Pumps
- 2 Scissors (Feet apart and criss cross front and back)
- 1 Stork Stand (Balance on One Foot)

### Dance Party

Play one of your favorite songs for 30 seconds to a minute and get up and dance!

## Dinner Table Talk Question Stems

- "If you could teach a class at school, on anything in the world, what would it be?"
- Would you rather ....? - and ask anything silly (be a dog or a cat) and why
- Favorite sports player, musical artist, movie, book, etc. and why?
- If you could meet someone famous, who would it be and why?

## Extra Fun!

- Virtual Tours
  - <https://www.weareteachers.com/best-virtual-field-trips/>
- Museum Tours -  
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>