



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

- ❑ When finishing assignments be sure to check "**submit**" and/or "**finished**" when done to ensure your teachers get your awesome work!

Counselor Corner - Mindfulness and Self-Care

Questions to check in with yourself!

- ❑ How am I feeling?
- ❑ What's not working?
- ❑ What's working?
- ❑ What do I need?
- ❑ What am I proud of?
- ❑ What can I let go of?

Be honest and change what you have the ability to change. Try to do your best not to focus on what is out of your control. Make sure to acknowledge your achievements no matter how big or small. You've got this! **#HaverfordStrong #HMS Strong**

Weekly Workouts

- ❑ Consider checking out the site [Darebee Workouts](#). There are over 33 workouts to choose from. Challenge yourself and try to complete one with a family member or virtually with a friend!

Weekly Challenges

It's supposed to be a nice week. Spend at least 10 minutes outside per day (while social distancing) as a way to de-stress, step away from work and unplug. This will help prevent additional anxiety that can occur being stuck inside the house.

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

Get Moving around the house

Choose from the following exercises and do **three** in each room of your house. Do three rounds in a day-morning, afternoon, evening.

- 25 Jumping Jacks
- 15 Burpees
- 1 min, Plank Hold
- 20 Tuck Jumps
- 10 Push-ups

Challenge: Race a family member!

Dinner Table Talk Question Stems

- How many songs can you think of with the word "run" in the lyrics?
- Would you rather? - and ask anything silly (be a dog or a cat) and why
- If you could go anywhere, where would you go and why?
- Would you rather travel across the USA by train or motorcycle?

Extra Fun - SPIRIT WEEK - Flexible Learning Style!

MONDAY - CRAZY SOCK MONDAY

TUESDAY - TERRIFIC TEACHER TUESDAY!

- Post a message to your teacher or a teacher that you miss.

WEDNESDAY - SERIOUSLY? YOU KNOW WHAT DAY IT IS!!!

- Post a picture doing something fun.

THURSDAY - TELL US WHAT YOU'RE READING THURSDAY

- Post a picture with your latest or favorite read.

FRIDAY - FORDS FRIDAY!

- Wear red & gold spirit wear to represent your H-Pride!

We're all in this together!

Send a photo to your team teachers or post a photo, using #H-Pride or #HMS Pride to Facebook, Instagram, or Twitter.

Make sure to tag @haverfordsd on Twitter. We will post some pictures on our website too!