



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

You still have time to turn in quarter 3 assignments for a grade. Take this time to catch up and be ready to start fresh! Enjoy the time off! You've been rocking this! **#HMSSTRONG**

At Home Resources

We've been working on [collecting resources](#) for how to access things like [reading material](#) or at [home exercises remotely](#). Feel free to click the links to explore options. If you'd like to add to the list, please let Ms. Hay (mhay@haverfordsd.net) know and she'll add it!

Counselor Corner - Mindfulness and Self-Care

30 Minute Self Care - What does your body need?

Rest: Listen to music, take a timeout, take a nap, watch a movie, read a book or magazine

Expression: Free write, draw, garden, sing/dance, other hobbies

Companionship: call a friend, Facetime or virtual group hangouts, write a letter

Health: Yoga, take a walk, make a healthy snack

Weekly Workouts

HMS PE Weekly Workouts!!!

<https://drive.google.com/drive/folders/1iF5zihYi5tFthbYECyMW1wnay0Szldf4?usp=sharing>

Plank Challenge

Challenge your family members to a daily plank off! Hold your best high plank (straight-flat back, hands flat on floor shoulder-width apart) or low plank (forearms on the ground,

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](#)

straight flat back, tight core). Tally up the amount of time each family member can hold the plank each day. The member with the longest total time on Friday can claim victory. Feel free to involve family members or friends virtually as well!

Weekly Challenges

Sidewalk Chalk Messages of Love and Support: [News reports](#) have been showing up sharing a new way to show appreciation for your neighbors while social distancing. If you have chalk handy, maybe you can leave a quick message of encouragement to a neighbor! If you don't have chalk, how about a sign in a window? Or maybe you have your own creative idea on how to show HTown some love? Have fun!

Weekly Brain Breaks

April is National Poetry Month!

What better way to take a break than to take in some of the worlds' most impressive writing?

- Can you find a poem creepier than [The Raven](#)?
- Would you take time to finally learn about [iambic pentameter](#)?
- Did you know our country's first Poet Laureate was from Philadelphia? You can read more at the [Library of Congress](#)!
- Or perhaps you'd like to write a poem of your own?

What Have Your Teachers Been Up To?

We asked teachers to share what they've been doing while at home. Here are some of their answers...



Mrs. Beradoni and her children are taking over the (Monopoly) world in Monopoly Empire!

Mr. Brennan has so much work he's hired extra help:



Mrs. Smith just wants to dance and share a great message!

And the poor McNamara's have finally lost it:

Mr. McNamara has built the McNamara kids a dunk tank.

