



Haverford Middle School Newsletter

Flexible Learning Plan For The Week of April 27th

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 Lawless](#)

MS Coordinator Technology

[Mrs. Laurie VanTrieste](#)

We understand the challenges you are facing as a family and hope you will reach out to us if you need support regarding our Flexible learning Plan. Please....

- Reach out to us if you need anything
- Check teacher links below to see what is planned for your child
- Monday, Wednesday, and Thursday.....New learning
- Tuesday.....Professional development day
 - There will be no work assigned on Tuesday
 - There will be no Office Hours on Tuesday
- Friday.....Catch up / Focus on wellness / Unplug

When finishing assignments on Google Classroom, please make sure that your child checks "submit "and/or " finished " to ensure we get their awesome work!

Reminders For This Week

Work for the week of April 27th-May 1st was posted on Friday, April 24th by 6:00 PM. The work posted on Friday, April 24th will be due by Sunday, May 3rd at 6:00 PM.

Please encourage your child to visit their teacher's Office Hours this week! Our social/emotional mission is just as important as our academic mission. We want to continue our personal connection with your child. Core teachers will be offering an AM and PM Office Hours session each day. Administrators, counselors, and Unified Arts teachers will be offering Office Hours as well.

Click the following link to view our Office Hours schedule---> [HMS Office Hours](#) . There are directions to join Office Hours at the top of the page, links to staff Office Hours, and individual codes on the Staff Codes tab for each teacher, school counselor, social worker, and administrator.

Expectations for Office Hours:

- Students are expected to follow our Code of Conduct when attending Office Hours.
- Only students should be attending Office Hours.
- Students should only attend their current teachers' Office Hours.

Announcements

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

We will not be issuing grades for individual assignments and the fourth marking period. We will be providing regular qualitative feedback to students on the work they complete.

Families can access the teachers' Google Classroom to view feedback on their child's weekly work. If you are interested in this, then please email your child's teacher(s). Please know that we will reach out to you if we are concerned about your child's performance. We will also provide a midpoint progress report on or about May 15th and an end of the quarter progress report on or about June 19th.

All trips and activities that were planned for the remainder of the school year have been cancelled. We will be refunding money that was committed for trips and activities. We are working with the business office to develop a plan to get refund checks to families. Our current situation presents a number of problems to get this done quickly so we appreciate your patience.

Sometime after May 8th we will return personal items to students from their school locker, gym locker and music rooms instruments. We hope to have the sports SWAG items, Autism Awareness T-shirts, and Bringing Hope Home incentives available for students as well. The yearbooks will be available in June and we will plan a distribution process for them as well. We will implement our plan when the restrictions allow us to safely do so.

7th Heaven is scheduled to sing the national anthem at the Phillies game on Sunday, June 14th. You can order tickets to support our kids and enjoy a day at the ball park --->

<https://www.mlb.com/phillies/tickets/specials/haverford-middle-school>

Weekly To Do List

Dear Parents and guardians:

Please help us support your child's physical, social, emotional, and academic health. We hope that you will:

- Reach out to us if you need anything.
- Support and guide your child's learning for the week the best you can.
- Ensure that your child checks their teacher's link each day. Work for the week and daily messages will be posted through their teacher's link below.
- Schedule some time to take care of yourself.

We will communicate to your child that we would like them to:

- Reach out to us if they need anything.

Mindfulness Moment:

Stress is a given, but being stressed out is optional!

Here are a few exercises for you and your child to practice to prevent becoming stressed out!

1. **Mindful Music**- don't focus on the lyrics, but rather what instruments do you hear, is the song soft, or loud, and lastly fast or slow. This allows our mind to get unstuck.
2. **Perception vs. Reality?** - Discuss what your thoughts are telling you vs. what is actually happening. Try to turn every negative into a positive. Example: I don't know how to do this math and I'll never get it and turn it into I may not understand it now, but with some help I can do it!

Power of Positive Thinking!

- Check their teacher's link each day. Some teachers will be communicating daily messages to you.
- Visit your teacher's Office Hours on a regular basis. We need to see and hear from you.
- Schedule some time to take care of themselves.

Thank you!

Counseling Corner & Office Hours!

Starting this week your counselors will be available for Office Hours daily Monday - Thursday at 3:00 PM. Each week will cover a new topic. This week we will be focusing on time management. We will be covering the same topic all week so try to pop into one of the sessions if you are struggling with how to juggle everything, how to prioritize your time, or what to do with yourself at home all day! Tune in to next week's newsletter for a new next topic. Below are the days of when each counselor will be online if you would like to see a specific counselor! We would love to see you all!

- Here is the Office Hours code: 678counselor
- Only students should be attending Office Hours
- Mrs. Hughes - Monday
- Miss White - Tuesday
- Mrs. Malczynski - Wednesday
- Mr. Murphy - Thursday

Weekly Workout

HANDSTAND CHALLENGE

Stand with your back to a wall and then get into a push-up position on the ground. Walk your feet up the wall while walking your hands towards the wall as your body goes into a handstand position. Practice holding as long as you can. Challenge a family member to outlast them!
ULTIMATE CHALLENGE-place a shirt or sweatshirt on the ground next to your hands. Attempt to put on the additional clothing while holding your assisted handstand against the wall. Race against a family member or someone virtually for some extra fun!

What makes HMS so great? Here's some ideas from your teachers!



Ms. Blischok shows her H-Pride!



Social Distancing with your neighbors who just happen to be co-workers as well sharing their Haverford Love!

Weekly Challenge

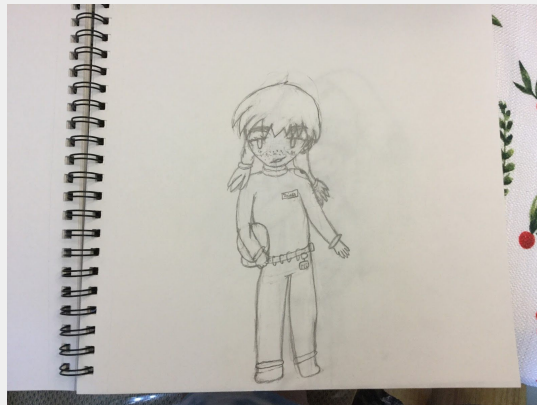
Mr. Horan has been taking stock of and organizing his bow ties. He retired a few and organized the ones he wears regularly. Can you guess how many he retired and/or how many he is keeping in his regular rotation to wear? Email him at dhoran@haverfordsd.net your thoughts on how many he retired and how many he is keeping. If you get either guess right, then he will send you a gift card for Rita's Water Ice!

Student Shout outs!

We asked some of the teachers at HMS for what students they wanted to give a shout out to for their great work. We got SO MANY RESPONSES! We'll feature a few of our astounding students in this space for the next few weeks. Enjoy!

6th Grade Shout Outs

- **Tom Paterson** gets a shout out for going to each one of his teachers office hours on the first day and participating like mad!
- Mr. Lutes wanted to shout out **Nattalie Galindo-Ramirez** and **Emma Violi** for going above and beyond on their work for "The Unexplainable Disappearance of Mars Patel" - even illustrating the characters!



"Daisy" by Emma Violi

And here is some more
Havertown Love!



**HMS staff shows their
H-Pride!
#HMSStrong!**



**Here is Ms. Watson
showing her H-Pride!**



"Daisy" by Nattalie Galindo-Ramirez

7th Grade Shout Outs

- Mrs. Kwoczak was so blown away by her 7th graders art work, Check out the ---> [whole slideshow out of it!](#)
- **Dalton Nguyen's** video he made for Mrs. Shontz's 'create your own obstacle course' deserves a special shout out!
- **Alex Bell** beat every one of Mrs. Hoge's other students, and has the honor of being her first student in a Google Meet!

8th Grade Shout Outs

- **Dr. Finn wants to shout out the fine work of three of his students. They made absurd and impressive video projects!**
Check 'em out:
 - Chris Wintz's ---> [Meme's Absurdity](#)
 - Harrison McClements's---> [10 Hours in One Room](#)
 - Ellie Krissinger's---> [Cupcake's Absurdity Project](#)

HMS staff shows their
H-Pride!

#HMSStrong!



♥ our HMS
student athletes

Mrs. Young is
missing our sports and
our Athletes! Until we
play again, keep
practicing!

6th Grade Teacher Links

Beluga Whales	Mrs. Barber's Assignment Link (Math) Mrs. Blischok's Assignment Link (Science) M. Henry's Assignment Link (Social Studies) Mrs. Maholick's Assignment Link (LA) Mr. Oxman's Assignment Link (LA)
Sea Lions	Mrs. Berardoni's Assignment Link (Science) Mrs. Johnson's Assignment Link (Math) Ms. Kim's Assignment Link (Social Studies) Mrs. Scott's Assignment Link (LA) Mrs. Watson's Assignment Link
Arctic Foxes	Mrs. Beamon's Assignment Link (LA) Mrs. Coull's Assignment Link (Social Studies) Mr. Dougherty's Assignment Link (Math) Mrs. Lisowski's Assignment Link (LA) Mrs. Sweeney's Assignment Link (Science)
Polar Bears	Ms. Caven's Assignment Link (LA) Mrs. McFadden's Assignment Link (LA) Mrs. Needles' Assignment Link (SS) Mrs. Sanborn's Assignment Link (Science) Mrs. Young's Assignment Link (Math)
Cross Team and Quarter Classes	Mr. Arsteo's Assignment Link (Math) Mrs. Bingaman's Assignment Link (LA) Mrs. Datner's Assignment Link (LA) Mrs. Hoge's Assignment Link (LA) Mrs. Naylor's Assignment Link (DG) Ms. Sinibaldi's Assignment Link (LA) Mrs. Smith's Assignment Link (LA/Math) Mr. Wagner's Assignment Link (Info Tech) Mr. Brocklesby's Assignment Link (Health) Mrs. Hoffmann's Assignment Link (Art) Mrs. Finnegan's Assignment Link (Spanish) Mrs. McKee's Assignment Link Ms. Talvacchio's Assignment Link Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Donofry's Assignment Link (Speech)

HMS staff shows their
H-Pride!

#HMSStrong!



Ms. Johnston is showing
her H-town spirit!

7th Grade Teacher Links

Giant Pandas	Mr. Finnegan's Assignment Link (Science) Mr. Langin's Assignment Link (LA) Mrs. Ragusa's Assignment Link (SS) Mrs. Ramos' Assignment Link (LA) Mrs. Riley's Assignment Link (Math)
Iberian Lynx	Mr. Burkheimer's Assignment Link (SS) Mr. Cohen's Assignment Link (LA) Ms. Ezr's Assignment Link (LA) Mr. Karwoski's Assignment Link (Science) Mrs. Minnich's Assignment Link (Math)
Komodo Dragons	Ms. Clement's Assignment Link (LA) Mrs. Gannon's Assignment Link (Math) Mrs. Gavio's Assignment Link (LA) Mrs. McGlone's Assignment Link (Science) Ms. Stump's Assignment Link (SS)
Peregrine Falcons	Mr. Ballinger's Assignment Link (SS) Ms. Fitzpatrick's Assignment Link (Science) Mrs. Mann's Assignment Link (LA) Mrs. Popernack's Assignment Link (Math) Mrs. Terra's Assignment Link (LA)
Cross Team and Quarter Classes	Mrs. Kwoczak's Assignment Link (Art) Mrs. Alls' Assignment Link (French) Ms. Evangelista's Assignment Link (Math) Mrs. McKee's Assignment Link (LA) Mrs. Witzel's Assignment Link (LA) Mrs. Hoge's Assignment Link (LA) Mrs. Smith's Assignment Link (LA/Math) Ms. Talvacchio's Assignment Link Mrs. Brocklesby Assignment Link (Health) Mr. Cardarelli's Assignment Link (Info Tech) Mrs. McNamara's Assignment Link (LA) Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Donofry's Assignment Link (Speech)

8th Grade Teacher Links

Asiatic Cheetahs	Mrs. Eppolito's Assignment Link (LA) Mrs. Gilmore's Assignment Link (SS) Mr. Huth's Assignment Link (Science) Mrs. Koltsaklis' Assignment Link (Math)
Bengal Tigers	Mrs. Clouse's Assignment Link (SS) Mrs. Gerber's Assignment Link (LA) Mr. Kelly's Assignment Link (Math) Mrs. Kindregan's Assignment Link (Science)
Gray Wolves	Mrs. Carroll's Assignment Link (SS) Mrs. Collins' Assignment Link (Science) Ms. Hobson's Assignment Link (Math) Mrs. Jones' Assignment Link (LA)
Snow Leopards	Mrs. Coughlan's Assignment Link (Math) Mr. Fausey's Assignment Link (Science) Mr. Mahar's Assignment Link (SS) Ms. Volpe's Assignment Link (LA)
Cross Team and Quarter Classes	Mrs. Smith's Assignment Link (LA/Math) Mrs. Goebel's Assignment Link (Math) Mrs. McNamara's Assignment Link (LA) Mrs. Salgueiro's Assignment Link (LA) Mrs. Seavey's Assignment Link (LA) Mrs. Tiff's Assignment Link (Tech Ed) Mr. Henry's Assignment Link (Latin) Mrs. Meier's Assignment Link (Health) Mrs. Barber's / Gualtieri's Assignment Link (FCS) Mrs. DiMattia's Assignment Link (Italian) Dr. Alexander's Assignment Link (Art) Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Cox's Assignment Link (French) Ms. Wingood's Assignment Link (Spanish)

Physical Education, Music, and Seminar

Physical Education	<u>Mrs. Johnston's Assignment Link (PE)</u> <u>Mr. Grabias' Assignment Link (PE)</u> <u>Mr. Miglionico's Assignment Link (PE)</u> <u>Ms. Viola's Assignment Link (PE)</u> <u>Mrs. Shontz's Assignment Link (PE)</u> <u>Mr. Tallon's Assignment Link (PE)</u>
Music	<u>Mrs. Langley's Assignment Link (Choral)</u> <u>Mr. Giffelman's Assignment Link (Band/GM)</u> Ms. Hendler Mr. Brennan
Seminar	<u>Dr. Finn's Assignment Link (Sem)</u> <u>Mr. Whitney's Assignment Link (Sem)</u>