



# Haverford Middle School Newsletter

## Flexible Learning Plan For The Week of May 25th

### 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 the plan for this week.

- Visit teacher links below to see what is planned for your child
- No school.....Monday
- Tuesday - Thursday.....New learning
- 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!

## Work Posted & Office Hours

Work for this week was posted by teachers on Friday, May 22nd. The work posted will be due by Sunday, May 31st at 6:00 PM.

Thank you for encouraging your child to attend Office Hours! Our social/emotional mission is just as important as our academic mission. We want to continue our personal connection with your child. Core teachers offer an AM and PM Office Hours session each day. Administrators, counselors, and Unified Arts teachers offer Office Hours as well.

Please 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](#)

### **THANK YOU!**

We wanted to thank you for your continued cooperation, patience, and support. This issue has been a challenge and learning experience for all of us and we have learned a lot. Some of the lessons learned have been easy and some have not. Please know that we are focused on your family and child. We will continue to improve, plan and respond better, and have the best interests of your family at the forefront of all we do.

### **Well deserved praise and recognition**

Many of our instructional aides and secretaries were instrumental in helping us prepare and deliver the personal items that were returned to families last week. We could not have accomplished the monumental task of coordinating, collecting, organizing, bagging, and delivering over 1,500 students' personal items without their support.

Our school nurse, Rene Madigosky, was also available to help families retrieve medication and medical devices that have been stored at school. Her commitment to the health and safety of our kids is unwavering. We truly appreciate the kindness, care, and support she consistently has shown to our school community.

The maintenance and cleaning supervisors and staff also supported our endeavor last week. We owe them a debt of gratitude as well. They were helpful in assisting us accomplish our mission and their support and cooperation is always appreciated.

### **Personal item pick up**

If you were unable to pick up your personal items from school last week, then please email Mrs. D'Avella at [mdavella@haverfordsd.net](mailto:mdavella@haverfordsd.net) to arrange a day and time when you can pick up your personal items. We have a cool HAVERFORD 2020 T-shirt for 8th-grade students when you pick up your personal items!

If you found that there was an error with the items we delivered to you, then please contact Mrs. D'Avella at [mdavella@haverfordsd.net](mailto:mdavella@haverfordsd.net) and let her know what the issue was and we will do our best to resolve it.

### **8th-Grade Honors and Spring Awards**

**Our 8th Grade Honors and Spring Awards are scheduled for Friday, June 5th! Spring Awards are at scheduled for 6:00 PM**

- We will pre-record our Spring Awards event to ensure a high quality audio and video product. This will also give families the opportunity to have a copy of the event.
- Award recipients will receive a notice that they will be honored
- All members of the school community may attend
- The following awards will be presented:
  - John V. Baltadonis Art Award
  - County Band
  - PMEA Band Fest
  - PMEA String Fest

### **Mindfulness Moment:**

#### **Mini Relaxation Exercises**

##### **When you only have a minute:**

- Place your hand below your navel so you can feel the rise and fall of your belly as you breathe.
- Breathe in for a count of 3.
- Breathe out and pause for a count of 3.
- Continue for one minute.

##### **When you have 2 minutes:**

- Count down from 10 to 0. With each number take a complete breath inhaling and exhaling. When you reach 0 you should feel more relaxed. If not, start over again.

##### **When you have 3 minutes:**

- Take a break from what you were doing. Check your body for tension. Start at your head. Relax your facial muscles and allow your jaw to open slightly. Relax your hands and fingers so they are spread out slightly. Sight with your feet on the floor. Feel your shins and calves become heavier. Now breath in and out slowly.

health.harvard.edu

- o Math Club Awards
- o Athletic Teams Representatives
- o Latin Honors
- o Geography Bee

#### **8th Grade Honors are at scheduled for 7:00 PM**

- We will pre-record our 8th Grade Honors event to ensure a high quality audio and video product. This will also give families the opportunity to have a copy of the event.
- Award recipients will receive a notice that they will be honored
- All members of the school community may attend
- The following awards will be presented:
  - o Michael Bianco School Spirit Award
  - o Carol Restifo Humanitarian Award
  - o HMS Team Leader Challenge Award
  - o Pupil Services Peer Act of Kindness Award
  - o Scholar Athlete Awards
  - o Eighth Grade Academic Awards for every content area
  - o President's Award for Educational Excellence

#### **Google Classroom**

**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.**

#### **Yearbooks**

**Yearbooks will be delivered to school in June. We will email you when they arrive and if you ordered one, then you may pick it up from school. We will send out a pick up plan when we have the yearbooks. We will have a few extra yearbooks and you may purchase one when we have our pick up day. We will share more information at the end of the month.**

#### **Plans for summer reading & math**

**Information regarding our summer reading & math programming will be shared soon. Our current situation has caused us to reflect on our past practice and contemplate some adjustments. We will offer programming that is manageable and engaging for families and students and will position us well for when we return to school.**

#### **Food Insecurity**

**The School District of Haverford Township recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. If you and your family are experiencing any food insecurity during the COVID-19 pandemic, then please contact the building school social worker, Jocelyn Drucis, at [jdrucis@haverfordsd.net](mailto:jdrucis@haverfordsd.net) or at (610) 853-5900 Ext. 5552 for local food resources and assistance. The school district social workers have been coordinating their efforts with local organizations to help families within the community.**

**If your child is presently enrolled in the school district's free and reduced lunch program, they are entitled to receive grab-and-go breakfast and**

lunches every Tuesday and Thursday. Please click on the following link for the district's food pick-up bus locations and times.

<https://www.haverford.k12.pa.us/covid19/coronavirus-covid-19-updates/lunch-delivery-program>

If you are interested in signing your child up for the free and reduced lunch program, then please click on the following

Link:

<https://www.haverford.k12.pa.us/departments/food-services/free-and-reduced-meal-application>

For additional COVID-19 Food/Internet/Housing/Unemployment Resources, please click on the links below:

Food/Internet/Housing/Unemployment Assistance Information:

<https://www.haverford.k12.pa.us/covid19/coronavirus-covid-19-updates/guidance-resources>

Food Pantry Information:

<https://www.haverford.k12.pa.us/covid19/coronavirus-covid-19-updates/food-pantry-information-covid-19>

## 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.

**Kids ---> we need you to:**

- Reach out to us if you need anything.
- Check your teacher's link each day. Some teachers will be communicating daily messages to you.
- Visit your teacher's Office Hours at least one time per week. We need to see and hear from you.
- Schedule some time to take care of yourself.

Thank you!

## Counseling Corner & Office Hours!

The school counselors will be available for Office Hours daily on Monday - Thursday at 3:00 PM. This week we will be focusing on tips to finish out the year strong academically, emotionally and socially. We will be covering the same topic all week so try to pop into one of the sessions. 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!

- The Office Hours code for counselors is ---> **678counselor**
- Only students should be attending Office Hours
- Mrs. Hughes - Monday
- Miss White - Tuesday
- Mrs. Malczynski - Wednesday
- Mr. Murphy - Thursday

## HMS PE Community Bike Tour

The Health and PE teachers will be out on a bike ride through many of the Havertown neighborhoods on Tuesday and Wednesday to see how well you've been working on your fitness throughout the quarantine and to spread a little **H-Pride!**

When you see us ride by, be ready to show us **ONE** of the following exercises:

- **10 Push Ups**
- **10 Burpees**
- **10 Star Jumps**

Please wear a mask and practice social distancing when showing us your exercises by staying in your yards or on the sidewalks 6ft away from others.

On **Tuesday** we will be riding through the Chestnutwold and Coopertown areas. Here are the links to the map routes we will be following on the Tuesday Chestnutwold/Coopertown route.

- Starting in Chestnutwold area at 3:30, Coopertown area by 4:00
- <https://www.mapmyrun.com/routes/view/3119530621>

On **Wednesday** we'll be riding through the Manoa, Chatham and Lynnewood areas. Here are the links to the map routes we will be following on the Wednesday Chatham/Lynnewood/Manoa route.

- Starting in Chatham area @3:30, Lynnewood area around 4:00, and Manoa around 4:30
- <https://www.mapmyrun.com/routes/view/3119610817>

We look forward to seeing as many of you as possible! Show us your awesome fitness and H-Pride as we ride by!

## Weekly Challenge - Get Your SWAG!!!

How do you train your brain to be mentally tough? Check out the prompts below and reflect for a minute. Send me an email at [dhoran@haverfordsd.net](mailto:dhoran@haverfordsd.net) with what you do to remain mentally strong. We will put your name in a drawing for one of the new coveted H-STRONG T-shirts.

Tell us how you....

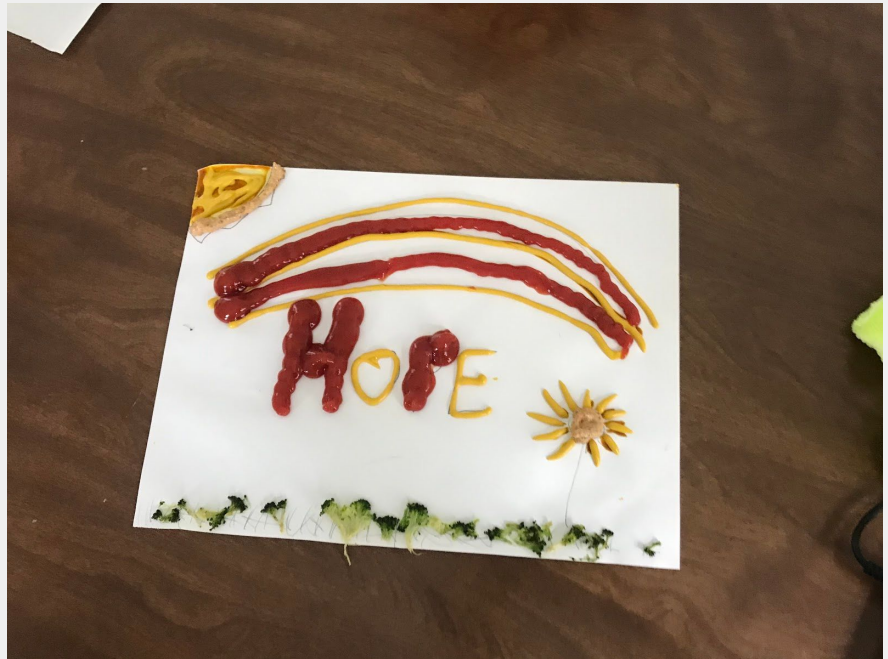
- Stay calm under pressure?
- Remain unfazed by challenging conditions so you can still perform?
- Concentrate and not allow negative thoughts get in the way of your success?
- Prioritize what is important and matters most
- Maintain that winning attitude?
- Keep an open mind when it comes to receiving advice and support
- Stay confident and believe in yourself
- Don't let disappointment shake your belief in yourself

## Student Shout Outs!

**Evan White** submitted a message of HPride that Mrs. Hoffmann wanted to shout out!



Another message of hope, this time courtesy of **Connor Stevenson**. It's also courtesy of condiments!



Blink and you'll miss it! **Jones Shepard** chose to decorate the parking lot of the CREC's Dog Park as part of his Community Art assignment.



JONES SHEPARD - "DOG ART" - 7TH PERIOD

## 6th Grade Teacher Links

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



## 7th Grade Teacher Links

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

## 8th Grade Teacher Links

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

## Physical Education, Music, and Seminar

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