

# Cohasset Middle-High School

OCTOBER 2 — OCTOBER 8, 2016

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Deadline for dropping of medication to the nurse for Camp Wing 2:00 PM



**6th grade at Camp Wing**

CMHS Early  
Release @  
11:40 AM

*from the desk of Carolyn Connolly...*

All sixth grade families should have received a message from Mrs. Sandler during the week with drop-off reminders and packing notes for Camp Wing. Students were met with on Thursday and had the chance to ask questions and to get ready to go! The most important thing is **TO BRING YOUR STUDENT TO ST. ANTHONY'S PARKING LOT WEDNESDAY MORNING AT 8:00. STUDENTS DO NOT COME TO SCHOOL.** We are excited to provide this experience to our students and appreciate your help.

Because of the weather forecast for today, the Freshmen **COASTSWEEP** event was postponed. It will now take place October 14th instead.

Hopefully parents are logging into iPass and talking with students about their progress in courses. Please use this tool to help your student stay organized and motivated, and contact the school with any concerns you have. Early communication is critical to helping students achieve success.



**ATTN: High School Students who are 18 or will become 18 by November 8th can register to vote on Tuesday, October 11th beginning at 12:15 PM. Registration will take place in the Skipper Café during High School lunch. To register students need to provide a social security number or driver's license.**



**Cohasset Recreation**

**Department**

**100 Sohier Street, Cohasset, MA 02025**

**(781) 383-4109 [www.cohassetrec.com](http://www.cohassetrec.com)**

**Register now at [www.cohassetrec.com](http://www.cohassetrec.com)**

**In Coordination with Cohasset Police Department**

**Rape Aggression Defense**

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Each student is provided with a workbook/reference manual.

**Ages: 15-25 Limited Enrollment**

**Where: CHMS Multipurpose Room**

**When: Thursday, October 20th 5:30-8:30**

**Saturday, October 22nd 12:00-3:00**

**Thursday, October 27th 5:30-8:30**

**Saturday, October 29th 12:00-3:00**

**Fee: \$49**

## Cohasset Intramural Program Fall 2016



The goals of the middle school intramural program are to have fun, give students an opportunity to socially interact in a constructive environment, encourage students to participate, and reinforce skills outside the classroom. Intramural advisors are middle/high school teachers selected because of their interest and dedication to the middle school intramural program. Intramurals are designed to be creative and energetic activities that provide an opportunity for participants to broaden their leisure pursuits.

Fall Intramurals will begin the week of October 3rd. The fee is \$50.00 for one activity, \$75 for two, and \$100 for three or more. Please make checks payable to Cohasset Middle High School.

Students cannot participate without the parental permission form and emergency contact form. Please check off the activities the student will participate in, and fill out the form on the back of this page.

**\*All intramural forms and checks must be returned to Ms. Carmody in room 113 by Monday, October 3rd.\***

Activity	Days of the Week	# of Sessions	Time	Instructor	Check here
Art Club: Random Acts of Art	Wednesdays and one Thursday	8	2:15-3:15	Ms. Sugrue HS Room 264	
Chess Society	Varying Days (see dates on description sheet)	8	2:15-3:15	Mr. McSheffrey MS Room 106	
Gamers Club	Wednesdays	8	2:15-3:15	Ms. Ryan MS Room 100	
High Tea for Tweens and Teens	Mondays	8	2:15-3:15	Ms. Nelligan & Ms. McCarthy Student Center	
Jazz Band	Thursdays	8	2:15-3:15	Mr. Bleier MS Room 120	
Mountain Biking	Wednesdays	5	2:45-4:15	Mr. Fortin MS Room 110	
Printmaking	Thursdays	8	2:15-3:15	Mme. Sanges MS Room 232	
Recycled Art	Wednesdays	8	2:15-3:15	Ms. Berkowitz HS Room 263	
Running Club	Tuesdays and Thursdays	8 (2x a week for 4 weeks)	2:15-3:15	Ms. Manewal & Mr. Pimental MS Room 115	

*\*PLEASE NOTE: All programs are subject to cancellation due to lack of participation. Some activities will be capped at 10-15 students, first come first serve. All checks will be returned in the event of cancellation.*

Parent Permission and Emergency Contact Form

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Cell: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION:**

NAME/Relationship:

TELEPHONE:

ADDRESS:

**COHASSET PUBLIC SCHOOLS**

**PARENTAL PERMISSION, RELEASE AND INDEMNIFICATION AGREEMENT**

I the undersigned student aged 18 or over, or the undersigned parent or lawful guardian

of \_\_\_\_\_, a minor, do hereby consent to the participation of  
*(name of student)*

\_\_\_\_\_ in the \_\_\_\_\_  
*(name of student)* *(name of intramural choice)*

program offered by the CMHS Fall 2016 Intramural Program. I/we understand that participation in the program or event is not required and that participation is voluntary.

I/we have read and understood the information provided by the school that explained the program or event, including the training of participants, the eligibility and safety rules, any equipment to be used, the medical insurance requirements and the school's emergency medical plan. I/we have had an opportunity to ask questions and have had all of my/our questions adequately answered by school staff.

I/we understand the activities of this program or event, its rules and requirements and its potential risks. I/we accept these conditions and hereby grant permission for my/our child's participation. I/we hereby forever release the Town of Cohasset, the Town of Cohasset School Department and its officers, employees, agents and volunteers from any and all claims for damages with respect to or in connection with all known and unknown personal injuries incurred by my/our child while participating in the program or event except for damages caused solely by the negligence of the town of Cohasset School Department or its officers, employees, agents or volunteers. I/we hereby agree to indemnify and hold harmless the Town of Cohasset, the Town of Cohasset School Department and its officers, employees, agents and volunteers with respect to any such claims for damages which are not caused solely by the negligence of the Town of Cohasset, the Town of Cohasset School Department or its officers, employees, agents or volunteers.

\_\_\_\_\_  
Parent/Guardian signature

Please return this form to Ms. Carmody in MS Room 113. Thank you for your interest.

## CMS Fall 2016 Intramurals

### Art Club: Random Acts of Art—Wednesdays/one Thursday with Ms. Suqrue in Art Room 264

Come join others who share an interest of all that is creative. Be a part of the group art projects or explore a technique or idea on your own. Dates: 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, Thursday, 12/1

### Chess Society—Varying Days with Mr. McSheffrey in MS Room 106

All are welcome to play friendly yet competitive matches in a room where nerdy is cool, and battles are won with wit, not brawn. Compete against your friends and climb the ranks to Master. Daring players can challenge Mr. McSheffrey. Dates: T 10/4, Th 10/13, Th 10/20, W 10/26, Th 11/3, Th 11/10, W 11/16, T 11/22

### Gamers Club—Wednesdays with Ms. Ryan in MS Room 100

This club is for all the gamers out there. We will cover the history of gaming from old to new, learn about the different game genres, play games on various consoles, and work on a collaborative group design project where gamers research and develop an idea for the next great educational game of the future! Come play with us! Dates: 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30

### High Tea for Tweens and Teens—Mondays with Ms. Nelligan and Ms. McCarthy in the Student Center

Join us for a fun time to chat about life and what's happening in the world, craft some things from Pinterest, chill with old friends and make new friends. We would like any and all girls to join us for this relaxing, fun time together. Good snacks will be provided. Dates: 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28

### Jazz Band—Thursdays with Mr. Bleier in MS Room 120

Members of the jazz band will learn appropriate technique and performance styles within the genre of jazz. Students will also learn some of the history behind a style of music that is truly American made. Students are expected to perform at all concerts. New members welcome! Dates: 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, and 12/1

### Mountain Biking—Wednesdays with Mr. Fortin. Meet in MS Room 110

Enjoy the fall riding your bike through the woods with your friends! Students will learn how to ride technical trails in Whitney Woods and Wompatuck State Forrest. Riders must have a mountain bike, a helmet, and a water bottle. Riders must be able to get a ride to the Whitney Woods park entrance. Group size limited to 10. Please see Mr. Fortin if you have any questions. Dates: 10/12, 10/19, 10/26, 11/2, 11/9

### Printmaking—Thursdays with Mdme. Sanges in Room 232

Come and explore printmaking! We will experiment with different techniques and learn about how people from other cultures do art. We'll try out printing from nature (autumn leaves), stamps, glue prints, printing with Styrofoam on fabric with west-African motifs, linoleum (in the Japanese Ukiyo-e style, and monoprinting on plexiglass). Dates: 10/13, 10/20, 10/27, 11/3, 11/17, 12/1, 12/8, 12/15

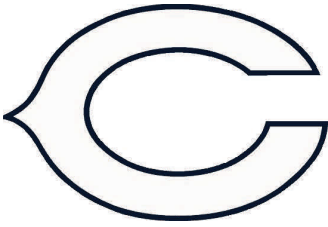
### Recycled Art—Wednesdays with Ms. Berkowitz in Art Room 263

Create a treasure made from trash! Design and make art pieces using found objects and recyclables! You will be supplied with materials that are being saved from the landfills and create your own unique piece of art. Maybe you'll even display it for Recycled pARTS!!! Come join the fun, and help save the environment while you're at it! Dates: W 10/5, W 10/12, W 10/19, W 10/26, W 11/2, W 11/16. Last two dates TBA

### Running Club—Tuesdays and Thursdays with Ms. Manewal and Mr. Pimental. Meet in MS Room 115

Come *RUN* and all to the Running Club! We will stretch and go for a jog around the school, ending the afternoon with a quick running game, or some fun spirited sprints or exercises. Please be sure to bring water and wear appropriate running shoes and athletic attire (shorts and t-shirt/long sleeves). Runs will average between one to three miles, and everyone is welcome to go at their own pace!!!! Dates: T 10/4, Th 10/6, T 10/11, Th 10/13, T 10/18, Th 10/20, T 10/25, Th 10/27. Note that this group meets two times a week.

**UPCOMING EVENTS: PLEASE NOTE THE FOLLOWING DATES**



<b>10/10</b>	<b>Columbus Day — NO SCHOOL</b>
<b>10/17-10/21</b>	<b>High School Spirit Week</b>
<b>10/17</b>	<b>Picture Make-Ups</b>
<b>10/19</b>	<b>PSAT Testing</b>
<b>10/21</b>	<b>PSO Meeting @ 9:30 AM</b>
<b>10/21</b>	<b>Homecoming Game/Dance</b>
<b>10/28</b>	<b>Middle School Halloween Dance 7-9PM</b>