

Mark your Calendar

August 31st

Orientation

9-11 am

For 7th graders and 8th graders new to HMS.

August 31st

Open House

4-6 pm

For 7th graders and 8th graders new to HMS and their parents/guardians.

September 4th

7:20 am

First Day of School

September 5th

PTA Meeting

7 pm, Library

September 14th

Magazine Drive Begins

September 20th

Back to School Night

7-9 pm

October 1st

Late buses start

After-school programs start

October 5th

Interims go home

October 8th

Columbus Day Holiday

No school

October 13th

Herndon Homecoming

October 19th

8th Grade Career Fair

8:30am – 12:30pm, Gym



**Don't forget to finish
your summer
reading project!!**

Herndon Middle School and PTA Newsletter

Principal's Corner

Welcome to the 2007-08 school year at Herndon Middle School. We are embarking on an exciting adventure here at Herndon Middle School. This year we are implementing new school plan processes that include goals instituted by the School Board to be implemented in every school. Our school plan will be based on the premise that all students can learn and achieve at HMS. As a parent, your role is to stay in touch with your child's teachers, counselors, and administrators, while monitoring his/her academic progress. This can be easily accomplished by going to the FCPS website and signing up for "Keep in Touch." This will allow you to receive periodic updates, announcements and reminders about activities all around the county and especially regarding Herndon Middle School.

We are continuing our focus on literacy at Herndon Middle School. Each day provides the opportunity to read for approximately 30 minutes before or after the lunch period. Last year, we changed the names of all the instructional teams and named them after birds. This year we did remove one of our teams (Firebirds) and now we have only seven instructional teams.

"Kiss and Ride" drop-off and pick-up remains in the rear of the school. This location can only be reached by driving down 5th Street and following the signs through the parking lot to the drop-off point opposite the school. Housing construction on Locust Street and closed sidewalks create problems for students walking to school down Locust Street. I encourage you to allow your child to ride the bus to school if one is provided from your neighborhood. Students are assigned seats on the bus by their bus drivers usually during the first week of school for all students' safety and security. Students who need special arrangements or would like to change buses must receive permission from the FCPS Office of Transportation.

To alleviate the anxiety of making transitions we will conduct our annual orientation for rising seventh grade students and new eighth grade students to HMS on August 31st from 9:00 – 11:00 a.m. Students should report to the elementary school nearest their homes before the bus departure times listed in the packet. Participants will attend a brief orientation presentation in the auditorium and then go to their assigned homerooms where schedules will be distributed. Students will then attend each class and meet their teachers. The buses will return students to the elementary schools according to the schedule in the packet.

Parents are invited to an Open House that same evening, August 31st from 4:00 – 6:00 p.m. Students can show their parents around the school, identify their classes, and open available lockers. (Offices will be closed and staff may not be available. No schedules will be distributed at the Open House activity.)

This packet is filled with very important information. The various forms in this packet will be collected the first day of school and throughout the first week of school. Please take the time to review the material and forms carefully. Some of the items included are the Emergency Care form and Health Information form. This year the Standards of Conduct for Pupils Riding School Buses and the Acceptable Use Policy for Student Network Access forms have been added to the Student Responsibilities and Rights Booklet and do not need to be signed separately. Students with any outstanding textbooks or fines will not receive a locker/padlock, even if all forms are returned, until all debts are resolved.

We believe all students can learn and achieve in our unique instructional environment. Everyone on the Herndon Middle School staff is committed to ensuring that every student develops to his/her full potential. Only by working collaboratively can we make a difference with your child. I encourage all of you to get involved at Herndon Middle School.

Sincerely,

Frank G. Jenkins, Ed.D.

2007-2008 PTA Officers:

Nancy DerSimonian - President
 Kerri Gilmore Mesiah - Vice President
 Carol Sinclair - Secretary
 Diana Fields - Treasurer

We have grade-level PTA Liaisons this year!

7th grade:

Kathy Blystone,
Hblystone@cox.net
 Karen Temple,
Hqtempl@msn.com

8th grade:

Ann Marie Ruskin,
HAMR9000@aol.com
 Lesley Aschenbach,
HLesleyasch@prodigy.net

Your liaisons will be communicating with you via emails and will keep you informed of upcoming events pertaining to your grade level. Stay tuned.....

Your PTA Needs You!

The PTA is responsible for organizing and running many programs that all of our children benefit from throughout the year. Please consider signing up to chair or be on the committee for one of the open positions:

- Magazine Drive Co-chair
- Hospitality – 7th Grade
- 8th Grade Touching Bases Co-Chair
- 7th Grade Touching Bases Co-Chair
- Library & Bookfair Chair
- Basketball Game Chair

To volunteer, please contact Amy Peterson, Volunteer Coordinator at 703-430-3968, HJr_ab_peterson@hotmail.com

For a complete list of all PTA

From Your PTA President

Welcome to Herndon Middle School!

Welcome to all the new families and welcome back to all returning families! The Herndon Middle School PTA is looking forward to a great year, and we would love for you to be involved with your PTA.

The middle school years can be challenging ones as our children are growing up and becoming more independent. As parents, we hear less and less about what is going on in our children's lives, especially as they become more and more peer oriented. One of the best ways to stay informed regarding your child's middle school experience is to be "connected". To help in that endeavor, I strongly recommend that you attend PTA meetings, read the HMS newsletter, check the HMS websites, and attend parent workshops. Additional avenues to consider are volunteering for school activities, attending Touching Bases, and signing up for "Keep in Touch" through both the Fairfax County Public Schools and HMS websites.

I also find that it is very beneficial to "network" with other parents. Fortunately, there are many opportunities to volunteer for various PTA committees at HMS that will allow you to do this. Along with the ability to network, I have found volunteering to be an effective method of keeping abreast of my child's experience and the goings on at HMS. You may even be surprised at the fun you will have while you are volunteering and making new friends! (Please be sure to read all the handouts in this Back-to-School packet for more details.)

The PTA is already gearing up for another great year! However, in order for us to continue the learning enrichment and staff development activities at HMS, we need your help. You can do that by joining the PTA and making a tax deductible donation to the **"Go for the Gold"** campaign. Please keep in mind that **"Go for the Gold"** is a direct contribution campaign, and is the PTA's **only** fundraiser for the school.

I sincerely hope that you consider joining the PTA. Our school and children will benefit greatly from a strong PTA. The meetings are held on the first Wednesday of the month at 7pm in the library. The first meeting will be held on Sept. 5th. We will be voting on the Proposed PTA Budget at the October 3rd meeting.

Please feel free to contact me with any questions or concerns you may have. I look forward to working with you.

Nancy DerSimonian
HMS PTA President
ndersimonian@cox.net, 703-437-8254

Especially for 7th Graders

Open House

All students new to HMS (all 7th graders and new 8th graders) are invited to attend the Open House on Friday, August 31st, from 4 to 6 pm. Students must be accompanied by a parent or guardian. All parents/guardians are encouraged to attend. Come explore the school, meet new friends, take your parents on a tour of the school and have fun! (No teachers will be present at the Open House. The students will meet their teachers when they go through Orientation earlier in the day.)

Teams

Each student at HMS is placed on a team of students who share the same English, history, science and math teachers. The seventh grade teams are the Raptors, Roadrunners, and Thunderbirds. Each team is assigned a guidance counselor who will act as a liaison with your child's teachers. Please contact your child's counselor if you wish to speak to one of your child's teachers.

Lockers

Your seventh grader will receive, at a minimum, two lockers - a hall locker and a gym locker. We use Master padlock combination locks. At the Open House (September 1st, 4-6 pm) there will be several lockers with their combinations posted so that your child can practice opening them. They will not receive their locker the first few days of school. If your child is very apprehensive about the locker, have him/her discuss this with the counselor.

Communication

Most elementary schools communicate through folders sent home through your child on a weekly basis. Herndon Middle School mails home correspondence. The HMS/PTA newsletter contains dates, numbers, and important information that you need to know. In most cases, you will NOT get reminders or flyers for events - all

information will be contained in the newsletter and on the website – www.fcps.edu/HerndonMS and through emails from grade-level parent liaisons. See the parent liaison article below for more information about this program. Please take the time to mark all the dates on your home calendar so you won't miss an important event.

Back-To-School Night

September 20, 2007 from 7 to 9 pm, mark your calendars. See more details on page 7.

Backpacks

During the first few days of school, the students will have their backpacks available for use. However, once lockers are issued, their backpacks are to be kept in their lockers. Students will NOT be allowed to carry backpacks with them from class to class. The reason for this is that we have more students in our halls than we have space available. Also classrooms are not large enough for desks, students and backpacks.



Assignment Books

Herndon Middle School purchases assignment notebooks for all students to use. This notebook will be given to your child, and he/she is expected to use it to help organize homework assignments, tests, and more. Learning to get organized is a very important part of middle school. Help your child by reinforcing these organizational skills by checking your child's assignment notebook on a regular basis.

Lunch Accounts

All students are assigned a code number to access money in a lunch account. If your student had money left over from elementary school, it will automatically transfer to the middle school. You can add money to your child's lunch account three ways.

- **Online**—Using www.myLunchMoney.com—The service is easy to use, convenient, private, and secure. There is a convenience fee of \$1.95 per transaction. Once the account is open, parents may check the fund account at any time from computer or phone. You will need your child's student ID number and the Herndon Middle School ID# 20170D.
- **Check**—Write a check. send a check to school with your child, made payable to HMS Cafeteria. If possible, students should drop off the checks first thing in the morning to ensure credit to their account.
- **Cash**—Cash may be brought to the food service manager's office for deposit in student accounts, or students may pay cash for breakfast and lunch on a daily basis.

The price for middle school meals are: Breakfast – \$1.25, lunch - \$2.25, a second entrée with lunch - \$1.50.

A parent who wants the payments to be for meals only (no a la carte items) should write it on the check or tell the manager. If you have questions, call the Cafeteria Manager at 703-904-4821.

Late Buses

Every Monday, Wednesday and Thursday students will have the opportunity to stay after school to meet with teachers for extra help or to take part in one of the many extracurricular activities at HMS. The activities end at 3:30. Students will stay in the cafeteria until the buses arrive. FCPS provides bus transportation on late bus days. Late buses start October 1. The late bus schedule and bus stops will be available in September.



7th Grade Parent Liaisons

On behalf of the Herndon Middle School PTA, we are compiling a database of 7th grade parents in order to communicate with you, updating parents on matters of concern to the 7th grade during the 2007-08 school year. This is a program of the PTA, and is designed to keep parents involved and informed at Herndon Middle School. Parents of Herndon High School students are already familiar with the process, and regularly receive email updates.

In order to communicate with you throughout the school year, we would like to include your email address on our database. Please send an email message to bblystone@cox.net to list your email address with us. You may include multiple email addresses (work, home, etc.). Any questions, please feel free to contact the email address listed above.

Important Note: Once you have signed up to receive 7th Grade parent updates, please check your Spam folder regularly. Because of the parent database numbers, email updates sometimes end up in the Spam folders. Thanks!

*Kathy Blystone
Karen Temple
HMS PTA 7th Grade Parent Liaisons*

Especially for 8th Graders

8th Grade Parent Liaisons

Congratulations! We've been promoted and are now 8th grade parents. As you know, we have compiled a database of 8th grade parents to communicate with parents on matters of concern to the 8th grade during the 2007-08 school year. This PTA program began last year, and is designed to keep parents involved and informed at Herndon Middle School. We hope those of you who are already on the email distribution list have found the email messages sent out last year to be informative and helpful.

If you are not already on our 8th grade parent database, we would like to include your email address. Please send an email message to AMR9000@aol.com to list your email address with us. You may include multiple email addresses (work, home, etc.) If you have already received Parent Updates during 7th grade, please do not send us your email address again. However, please notify us of any email address changes and updates.

Important Note: If you have signed up to receive 8th Grade parent updates, please check your Spam Folder regularly. Because of the parent database numbers, email updates sometimes end up in Spam Folders. Thanks!

Any questions, please feel free to contact the email address listed above.

*Ann Marie Ruskin and
Lesley Aschenbach
HMS PTA 8th Grade Parent Liaisons*

8th Grade Career Fair

Herndon Middle School will host a Career Fair for eighth grade students on Friday, October 19. This is a joint effort of the PTA and the Counseling Department. The success of the program depends on having representatives of a wide variety of careers available to meet with students. If you would be willing to share information about your career at this event, or know someone who would, we'd love to hear from you!

We will have tables and chairs positioned for you in our gymnasium. At your table, you may provide information, show a video, answer questions, hand out literature and/or promotional items, and enjoy interacting with the work force of the future!! The event will take place from 8:30 to 12:30. We'd love to have you stay for the entire event, but if that's not possible, you

can sign up for a 2-hour shift from 8:30 to 10:30 or 10:30 to 12:30.

In order to make this event run smoothly, we are also seeking volunteers to work both before and during the event. If you are interested in participating either as a career representative or a volunteer, please contact the Career Fair chairperson, Donna Patchett, at dpatchett802@verizon.net or 703-925-0925. Thank you for your support – we're looking forward to a great program!

Thomas Jefferson High School Applications

Thomas Jefferson High School for Science and Technology (TJHSST) is a Virginia Governor's School for gifted students interested in science and technology and is open to all Northern Virginia students by application. On October 18th at 2:30, HMS will be holding an information meeting for interested 8th graders. Please note the new TJ admissions requirement: all applicants must be enrolled in Algebra or higher in 8th grade.

Applications will be available from Mr. Truncale in Guidance starting October 1st and are due by October 26, 2007. There will also be an Open House at TJHSST on September 29th from 8:30 to 11:30am. The admission test will be given on December 1st. Call TJ at 703-750-8335 if you have any questions. Look for more details in the next newsletter and on the HMS website.

What Everyone Needs to Know

Kiss and Ride

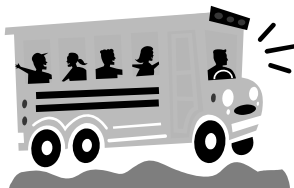
We encourage all students to take advantage of the buses that are provided by FCPS as the primary means of getting to and



from school. If, however, you find a need to drive your child to school, please use the Kiss and Ride area located behind the school. Follow the arrows painted on the road (5th Street, adjacent to the school) to the Kiss and Ride lane in the back parking lot. Please DO NOT drop off or pick up students anywhere in front of the school or in the faculty lot. We are primarily concerned with the safety of our students. It is paramount to reduce the traffic on Locust Street for the walkers' safety. Once again, please put safety above convenience and use the Kiss and Ride. Also, please remember that it is illegal to pass a parked school bus when its flashing red loading lights are on.

Riding the Bus home with friends

Many parents call the office asking for special permission



to allow their child to go home on a friend's bus. The answer EVERY time is and will always be - "NO." The Transportation Office assigns each child that is allowed to ride a bus a seat. They cannot accommodate allowing any student to ride any bus other than the one to which they are assigned. Middle School buses are fully loaded and we cannot risk overloading a bus for the convenience of a few students or parents.

Please keep this in mind if you are planning on going out of town and leaving your student in the care of someone else. It is your responsibility to arrange transportation as they will not be allowed to ride home on another bus. All questions concerning bus assignments should be directed to the Transportation Office: 703-249-7100.

Herndon Middle Dress Code

In order to maintain focus on studying, to minimize distractions that can be caused by dressing styles, and to prevent accidents caused by overlong pants or flip-flop shoes, Herndon Middle School has updated its dress code to align with FCPS standards. The SR&R policy specifically reads "Clothing that exposes cleavage, private parts, the midriff or undergarments, or that is otherwise sexually provocative, is prohibited." (page 9, SR&R) Below are the dress code guidelines as printed in the Herndon Middle School Agenda (assignment book).

Tops/Blouses

- No spaghetti straps (unless an extra shirt is worn under it or over it - no see through)
- Tank top straps must be at least 1½ inches wide
- No tube tops
- No mesh tops (without a second shirt)
- No low-cut "GUY" tank tops (muscle shirts)
- No midriffs-belly shirts



Pants/Skirts/Shorts

- No underwear visible
- Shorts - minimum 3" inseam and individual judgment
- Skirts-no more than 6" above the top of the knee
- Pants should be secured at the waist/hips
- No pant leg pulled up



Shoes

- No flip flops
- The fit and style should be appropriate for school



Accessories

- No headgear (hats, scarves, bandanas or ear covers)
- No gloves



Procedure for students dressed inappropriately

- Students will be told to adjust clothing if possible.
- Students will be required to put on additional or alternative clothing if they have it.
- Students will be directed to grade level office to put on loaner PE uniforms.
- Students will be sent to grade level office and required to call parent or guardian to bring alternative clothing.

Repeated offenses will result in a written referral to the grade level office for Level IV consequences.

Bell Schedule

The Bell schedule is still being revised. It will be posted on the HMS website once it is finalized. It will also be included in the next newsletter.



Literacy program

The goal for the literacy program is as follows: **Herndon Middle Literacy is designed to help students think about connections through their reading, writing, and talking about different types of literary sources. This will provide practice in all curriculum areas.**

This daily period of time is set aside not only for reading but a time to react in a journal or weekly share with other students what they have read. Additionally during the school year 2007-2008 there will be student incentives for those who complete specific requirements. At the beginning of the week a focused reading strategy mini-lesson is presented via the media. These are designed so that students recognize strategies which will help them comprehend their reading materials. The focused strategies presented during the HML periods will better

prepare our students for the Virginia SOL tests.

Guidance Department Information

Welcome to Herndon Middle School's Guidance Department! Here is some important information:

Guidance Department:
703-904-4830 or 904-4836

- Mike Lester, Director of Student Services
- Angela Santizo, Student Information Assistant/Registrar
- Joe Truncale, Lead Counselor
- Theresa Cooke, Counselor
- Jennifer Fargo, Counselor
- Carol Fram, Counselor
- Dolores Malloy, Counselor

Going Out of Town for Vacation? Not Taking the Kids?

The school needs to have a written release stating that a friend, neighbor, or relative has permission to pick up your child from school. The temporary guardian will need to provide transportation, as bus service is not available. Also, remind the temporary guardian that they need to call in if the student is sick.

Everybody Going?

Please make sure you prearrange your child's absence in writing. You should send in a note to the appropriate grade level office, prior to the trip stating the days your child will be absent and the reason.

Moving In or Out?

Please notify the Guidance Department of any changes in address. We must have proof of residency. Please contact Ms. Santizo so that she can arrange for you to bring in a copy of your new deed or lease.



Marital Changes?

If there are changes in marital status or custody issues, the Guidance

Department and your child's counselor must be kept informed.

New Job? New Home Phone Number? New Cell Phone Number?



Please remember to notify the office at 703-904-4830 of all changes in case there is an emergency!

If You Need to Check Your Child Out Early

While we hope that parents/guardians will try to schedule medical and dental appointments so as not to conflict with the school day, we know that there may be an occasion when a student may need to leave early. In order to expedite the process of picking up your student from school early, please follow these guidelines.

On the morning of the day you will be picking your child up early, please make sure to give your child a note which includes the following:

- Name of student being picked up
- A phone number where you can be reached for verification, if needed
- The reason for early dismissal
- Your signature

Have your student take the note to the secretary in the main office as soon as he/she arrives at school.

The secretary will give your student a pass, which he/she will give to the teacher of the class he/she will be leaving early.

Your child will then meet you in the office at the prearranged time for early dismissal.

You will need to present a photo ID to the secretary in order to pick up your child.

If the student does not have a note, you will have to wait for someone to go to your child's class and escort

him/her to his/her locker and then to the office; a considerably longer process.

Forms, Forms and More Forms

In the packet that accompanies this newsletter, you should find all of the forms that you will need to fill out, sign and return on the first day of school. Your child will not receive a locker until all forms are returned.

The forms needed are:

- Emergency Care Information
- Health Information Form

Other forms that may need to be returned are:

- Family Life Education Opt Out
- FCPS Opt-Out Booklet forms
- PTA Student Directory Opt Out form

School Supply List, 2007-2008

- Red 2 1/2" binder
- Black 2 1/2" binder
- 2 zipper pen/pencil pouches to go in binders
- 20-24 #2 pencils
- 10 blue or black pens
- 2 red pens
- 3-holed metric ruler
- Colored pencils
- Thin markers
- 2 yellow highlighters
- 1 highlighter other than yellow
- 3 sets of dividers
- 2 glue sticks
- 3-holed 1/4" grid graph paper
- 2 packages filler/loose-leaf paper (3 holed)
- 4 spiral notebooks (minimum 75 pages each)
- Composition book
- Box of tissues
- 4-function calculator, preferable a TI-30X (for home use)
- Additional items may be required for specific projects

The school supply list is also available on-line at the HMS website as well as at local stores.

Taking Algebra?

You will need a TI-83 Plus or TI-84 calculator for use at home. Please DO NOT bring your calculator to school. HMS has sets of TI-83 Plus calculators for classroom use.

Keep-in-Touch New and Improved!

HMS is part of the targeted version of Keep-in-Touch.



With this version, in addition to FCPS emails, you can receive HMS-specific emails. You can also choose different sub-groups to receive emails from, including - teams, music department, drama, or other groups that your child may belong to or participate in at HMS.

So, if you do a lot of your correspondence via email, be sure to sign up for this new custom Keep-in-Touch. And if you are already signed up for Keep-in-Touch, you can update your preferences to add the subgroups that are specific to your child's grade level and course selections. Go to

<http://fcps.medianext.com/herndonm/start.html> and sign up now!

Visitors Sign-in Procedures

If you are volunteering at the school or need to be in the school for some reason, there is a new check-in procedure. There is a check-in table on the left side in the front office with a computer. You need to complete the check-in information on the computer then it will take your picture and issue you a visitor's badge. You must wear the visitor's badge while you are at school.

Be sure to check out on the same system when you leave.

After School Programs at HMS

Herndon Middle School's After School Program will begin on October 1, 2007. Late buses will be provided for students on Monday, Wednesday, and Thursday. On

Tuesday and Friday students who choose to stay after school will be bused to the Herndon Community Center and parents must pick up their children by 6 pm. Every student at Herndon Middle School is encouraged to participate in our After School Program. In order for students to participate in the after-school clubs, they must spend one after-school day working on academics.

After school activities will be a mix of homework assistance, tutoring, school clubs, community service projects, arts and crafts, leadership, dance, recreation and sports, and other character building activities. Every year Herndon Middle School participates in special activities where teams are chosen by coaches to compete against other schools. The teams are picked based on the student's attitude, talent, and sportsmanship. If you have any questions concerning our after-school programs or if you would like to volunteer please contact Michael Thomas at 703-904-4834 or charles.thomas@fcps.edu.

Where to go for information

- If you want to find out what is happening at HMS
- If you need a form from HMS
- If you need to find out when something is happening at HMS
- If you want to be a volunteer for HMS
- If you need to contact faculty or staff at HMS or the PTA
- If you want information about the HMS PTA
- If you want links to Fairfax County Public Schools or the local community
- If you need the date of a HMS event
- If you need information on the Bell Schedule



Check out the HMS websites: www.FCPS.edu/HerndonMS HerndonMiddleSchoolPTA.com



Attention Parents!

Back-to-School Night

Back-to-School Night is September 20, 2007 at 7pm for both 7th and 8th grade parents. Come early as parking can be limited. We suggest you carpool with a neighbor or friend to help with our limited parking.

Student directories will be on sale before the 7pm meeting in the front and rear of HMS. Come early to purchase your student directory - \$5.00 each. As parents we recommend you buy at least two – one for you and one for your child. Keep one in the car too!

As a reminder, Back-to-School night is not a chance to talk about your concerns for your child. It is a chance to meet the teachers and staff working with your children. Touching Bases in November will be your chance to discuss your child's performance. If at any time you need to discuss your child, please call his/her counselor to set up an appointment. You may also email any concerns to the individual teachers.

Magazine Fundraiser

It's that time again!

HMS will be conducting its annual Magazine Drive starting September 14th. The money HMS raises goes to help fund staff development, field trips and other student activities. Save your subscription renewals or new orders until we kick off our Magazine Drive.

HMS raises a lot of money with this event – please help us raise more!!! The more we raise, the more we can do for our students!!!

Not only do we need your orders – we also need your help. HMS

needs the PTA and parents to help with the magazine drive. We need parents that can help prepare the packages for distribution, collect orders and count money once the orders come in. Please contact Gabriele O'Bryan, the PTA Magazine Drive

How can I help my school? Join the HMS PTA TODAY!!!

At the middle school level, there are less family events and opportunities to volunteer, but as many or more educational opportunities for you and your child. It is even MORE important to be involved with the PTA now and know what's happening with the school and your child. When you join the HMS PTA, you'll be tapping into a network of Herndon parents. You'll have the opportunity to meet other parents, build a rapport, find out about issues that are important to you, support the school and suggest changes with your input.

Research has proven that children do better when their parents are involved at school. Grades and test scores are higher, children's self esteems grow, and schools improve. Don't put this paper aside without taking action on this important activity! Support all HMS children!

A membership flyer (on blue paper!!) is included in the Back-to-School packet. Please take a moment to read it and join the PTA TODAY!

For more information, contact Lesley Aschenbach, PTA Membership Chair at 703-787-9159 or e-mail at Lesleyasch@prodigy.net.

Reflections 2007-2008 at HMS
Are you looking for a way to express yourself and show others your talent as a photographer, visual artist, writer, composer, choreographer, or film producer?

The 2007-08 theme is "I can make a difference by..."

Think about how you can make a difference, and then create an original piece of artwork in one of six categories:

- ❖Musical Composition
- ❖Dance
- ❖Film/Video
- ❖Literature
- ❖Visual Arts
- ❖Photography

Express your thoughts and creativity, and earn recognition. The deadline for HMS submissions will be in October. More information to follow including Reflections Program Rules and Entry Forms.

You can find out more about the program at the National PTA site: www.pta.browsermedia.com/cs/about_reflections. This year's HMS Reflections Chair is Carmen Middleton. She can be reached at carmiemiddleton@verizon.net.

Free Money Sign up for Incentive Programs.

Help our school earn money without buying anything extra. Several local merchants donate money to schools based on purchases made in their stores. Giant, Safeway, Harris Teeter, Target and Office Depot all participate.

For the grocery stores, you just need to sign up for their buyer card programs at no cost to you. You must renew your link to HMS each year either on-line or at the store. Target allows you to link your Target REDcard to HMS. At Office Depot when you buy school supplies, be sure to give the cashier the HMS ID (70103937) and 5% of qualifying school supply purchases are credited to HMS. Contact information is listed below:

Store, HMS ID, website
Giant Food 1950
www.giantfood.com/aplus

Harris Teeter, 5080,
www.harristeeter.com

Safeway, 6514558,
www.safeway.com

Target, 103642, www.target.com

Office Depot, 70103937,
www.officedepot.com

Books Needed

HMS needs middle school book donations from parents to supplement the classroom libraries for the Literacy Program.



All age-appropriate fiction and non-fiction books are appreciated. Please realize that we have readers on all levels. Book Donation boxes have been placed in the Main Office or students can bring the books to their teachers. Thank you in advance for your generosity. If you have any questions, you can contact Mrs. Lenore Waggoner at Lenore.Waggoner@fcps.edu.

Tips for Successful Academic Achievement From your School Public Health Nurse and The Virginia Association of School Nurses

The Members of the Virginia Association of School Nurses (VASN) are involved in activities that improve the health and education of Virginia's children and adolescents. They work with students, parents, and teachers to ensure that students are prepared to succeed in the classroom and on the Standards of Learning (SOL) Tests. Good health enhances educational success! VASN recommends the following tips for successful academic achievement:

Tips for Students

- Reduce television watching
- Exercise daily
- Study in quiet, comfortable, well-lit places
- Spread assignments over several days rather than doing them at the last minute
- Wear glasses or contacts if prescribed

- Eat a well-balanced diet, especially breakfast
- Drink water throughout the day
- Go to bed at a reasonable time

Parenting Tips

- Assure adequate time for sleep and relaxation
- Provide a well-balanced diet
- Avoid the administration of sedating allergy medications (Benadryl, Diphenhydramine)
- Ensure regular school attendance
- Arrange regular visits to health care providers, including eye examinations
- Supply appropriate time, space, assistance, and supplies for homework
- Schedule appointments during non-school hours
- Relieve stress and pressure to overachieve
- Encourage working to the best of one's ability
- Reward success

Please contact your school nurse Virginia Wilkinson, RN at 703-481-4072 for further information and assistance.

NOTES FROM THE HMS CLINIC

Virginia Wilkinson, MSN, RN, NCSN School Public Health Nurse
Mercy Caloyannides, Clinic Room Aide



Just a couple of reminders for the new school year...

If you were here in FCPS or Virginia, you know that your student in 7th grade is required to have a Tdap immunization or a waiver from your physician if it has been less than 5 years since his/her last Tetanus vaccine.

Handwashing is the single most important thing you can do to prevent the spread of infection. For this reason, we ask that you work

with your student to wash their hands regularly. This includes before eating or handling food, after using the toilet, after sneezing, coughing or using a tissue, and after handling pets, money, etc. They need to use warm water and soap, lather well and scrub for 20 seconds (sing the Alphabet Song). Then rinse and dry with a paper towel. Turn off the water with the paper towel. This small habit will help keep your student well and able to be in school.

Noticias para los padres hispanos

FCPS Tiene una Nueva Línea de Información Directa

Las Escuelas Públicas del Condado de Fairfax (FCPS) han establecido una nueva línea telefónica gratuita de información directa para los mensajes de emergencia con información disponible en coreano y español. El nuevo número telefónico permite que más personas usen la línea de información directa al mismo tiempo, disminuyendo los retrasos y las señales de teléfono ocupado en los horarios de mayor uso.

El nuevo número, 800-839-FCPS (3277) entra en vigencia inmediatamente y se puede tener acceso a los mensajes 24 horas al día, siete días a la semana. En caso de que las escuelas cierren o abran más tarde u otras situaciones de emergencia, se puede obtener la información llamando al número de llamadas gratuitas desde cualquier parte de la región. Para coreano oprima el 3 y para español oprima el 2.

Procedimiento a seguir en caso de ausencias

El reglamento del sistema Escolar del Condado de Fairfax que rige las ausencias está detallado a continuación:

En caso de que su hijo/a esté ausente, usted debe enviar una nota a la oficina correspondiente al grado de su hijo/a, si es por motivo de viaje, debe indicar en la nota y antes del mismo, los días que el estudiante va a estar ausente y especificar la razón de la ausencia.

Ausencias Justificadas

Las ausencias durante las horas escolares prescritas serán justificadas por las siguientes razones: enfermedad del estudiante, una muerte en la familia, cita médica o dental, día festivo por motivo religioso o por cualquier otra razón por la cual el director considere que sea una excepción para que el estudiante no asista a clases y que sea para el bienestar del alumno. (Reglamento 2232.2).

Ausencias Injustificadas

Las razones para concluir una ausencia injustificada pueden incluir vacaciones familiares o del estudiante, situaciones de cuidado y supervisión de menores, actividades que no sean relacionadas con la escuela, pérdida del autobús escolar, u otras razones inaceptables para el director.

Después de la quinta ausencia injustificada, la escuela referirá al estudiante al oficial de asistencia, quien contactará al padre de familia. Si el estudiante está ausente un día adicional después de contactar a los padres de familia, una reunión será hecha. Si una futura ausencia injustificada ocurre, el oficial de asistencia pasará el reporte a la Corte de Relaciones Juveniles y Domésticas o iniciará los procedimientos aplicables en contra de los padres del estudiante.

Información del sitio Web de Nacional PTA

Hay una serie de recursos útiles en español para promover la participación de los padres en diferentes áreas y incluye "100 maneras de saber más y hacer más".

<http://www.pta.org/spanish/index.asp>

Letter to Herndon Middle School Parents Regarding Proposed High School Boundary Study

This fall Herndon High School is expected to be part of a boundary study which could change the student population at Herndon High School, affect enrollment, and perhaps change the number and scope of AP courses available for HHS students.

According to FCPS personnel and school board members this boundary study is being undertaken, in part, due to under enrollment at South Lakes High School in Reston, and overcrowding at Westfield and Chantilly high schools to our west. The schools that are involved in this process are Herndon, South Lakes, Oakton, Westfield, Chantilly and Madison High Schools. Any boundary changes would be effective in fall of 2008, when this year's 8th graders enter high school.

Members of the Herndon High School PTSA have reviewed all the data to date on the boundary study and have come to the following conclusion concerning this criterion.

- Herndon High School is currently just under capacity enrollment and according to projections enrollment will continue to decline through 2012. Projected enrollment for 5 of the 6 schools (with the exception of Madison HS) in 2012 is under capacity. If any Herndon High students were to be relocated from Herndon High School enrollment numbers would decrease even further. The variety and depth of courses offered at any school is partially dependent on the number of students. Fewer students could, very likely, result in fewer class offerings.
- Herndon High School is currently well balanced socio-economically. Taking any one elementary school of the 7 feeder schools (Herndon ES, Hutchison ES, Clearview ES, Dranesville ES, part of McNair ES-north of the toll road, Aldrin ES, and Armstrong ES) from Herndon and moving them to another high school would significantly alter our current balance. This would be counterproductive to the FCPS staff objective to have well balanced socioeconomics at the high schools involved in the study.
- Herndon High School has no "island" areas where students travel long distances or are isolated from other HHS communities which need to be addressed by a boundary study.

The Herndon High School PTSA is asking you to contact your school board representatives about a proposed boundary change for Herndon High School. If your elementary school boundary is Aldrin or Armstrong your representative is Stu Gibson. If your elementary school boundary is Dranesville, Clearview, Herndon, Hutchison, or McNair your representative is Jane Strauss. Mr. Gibson can be reached at Stuart.Gibson@fcps.edu and Mrs. Strauss at Jane.Strauss@fcps.edu. In addition we are all represented by three at-large school board members, Ilryong Moon, Janet Oleszek and Stephen Hunt. They can be reached at Ilryong.Moon@fcps.edu, Janet.Oleszek@fcps.edu and Stephen.Hunt@fcps.edu. Please include a copy of your email to FCPS Superintendent Jack Dale at Jack.Dale@fcps.edu.

South Lakes is undergoing a multi-million dollar renovation. The HHS PTSA is of the opinion that FCPS personnel and the school board should place an advanced program such as a foreign language institute, a GT center, academy or a vocational program to voluntarily fill seats at South Lakes. High school students throughout the northern and western region of Fairfax County would benefit from such an opportunity.

A PowerPoint, updated in July 2007, containing information about the demographics at Herndon High School is available on the Herndon High School web site www.fcps.edu/HerndonHS. We encourage you to check this web page regularly for updated information.

A dramatic shift in the Herndon HS population could significantly change the character and socioeconomic balance of our community high school. Thus, it is in the interest of all parents to understand the redistricting process and to be politically active in making sure that any proposed changes are in the best interest of our school and ultimately our children.

Thank you,
Herndon High School Boundary Study Committee

<i>Elizabeth Gibson</i>	<i>Ann Marie Ruskin</i>	<i>Lee Fortna</i>	<i>Lisa Lombardozzi</i>	<i>Becky Field-Ross</i>
<i>Robin Carroll</i>	<i>Karen Knox</i>	<i>Karen McDonald</i>	<i>Marie Williams</i>	

Principals' Tips for Parents – August 2007

Ways Parents Can *Engage* Teens to Read



You know the importance of reading, but what can you do to make sure your teen grows into adulthood with the skills he or she needs to be successful? The following suggestions are ways to engage your teen in reading.

- Keep reading material *everywhere* in the house, especially where it's the least expected. Place it in the kitchen, by the phone or computer, near the television, and by the door.
- Provide variety in reading through books, magazines, and newspapers. Check to see what disappears as a clue to what *interests* your teen.
- Find opportunities to *talk* about what your teen is currently reading. Also acknowledge that your teen is maturing by suggesting some adult reading you think he or she can handle.
- Let your teen see you reading for pleasure. *Read* some books written for teens. Young adult novels can give you valuable insights into the concerns and pressures felt by teens.

Herndon Middle School PTA 2007-2008

Position	Name	Ph #	Email
President	Nancy DerSimonian	703-437-8254	ndersimonian@cox.net
Vice President	Kerri Gilmore Mesiah	703-433-0464	kgmesiah@gmail.com
Secretary	Carol Sinclair	703-437-4713	Csinclair83@msn.com
Treasurer	Diana Fields	703-689-3511	Dianamfields@cox.net
Immediate Past President	Lee Fortna	703-435-8825	Leefortna@comcast.net
Band Liaison	Teri Marcus	703-481-0074	tamarcus@cox.net
Basketball Game	OPEN		
Career Fair	Donna Patchett	703-925-0925	dpatchett802@verizon.net
Chorus Liaison	OPEN		
Directory	Terri Phillips	703-834-0740	terphillips@verizon.net
Faculty Representative	Bobby Biddle	703-904-4800	Bobby.Biddle@fcps.edu
Fairfax County Council of PTAs Rep	OPEN		
7 th Grade Liaisons	Kathy Blystone Karen Temple	703-437-1913 703-421-0162	bblystone@cox.net Karen.Temple@fairfaxcounty.gov
8 th Grade Liaisons	Ann Marie Ruskin Lesley Aschenbach	703-435-9466 703-787-9159	AMR9000@aol.com Lesleyasch@prodigy.net
Hispanic Liaison	Alex Neves	703-787-0514	Alexcneves@cox.net
Hospitality	Marilyn Currence Jeanne Talbot	703-787-7566 703-435-0947	MBCurrence@comcast.net jmtalbot@cox.net
Hospitality- Honor Roll - 7 th grade	OPEN		
Hospitality- Honor Roll – 8 th grade	Jeanne Loveland	703-478-3369	jmloveland@comcast.net
Landscape Committee	Kathy Blystone Karen Temple	703-437-1913 703-421-0162	bblystone@cox.net Karen.Temple@fairfaxcounty.gov
Magazine Drive Coordinators	Gabriele O'Bryan OPEN	703-421-9739	Gobryan1@cox.net
Membership	Lesley Aschenbach	703-787-9159	Lesleyasch@prodigy.net
Newsletter Editor	Jeanne Loveland	703-478-3369	jmloveland@comcast.net
Orchestra Liaison	OPEN		
Parent Education	Greater Herndon	Community	Coalition
Reflections	Carmen Middleton	703-689-3803	carmiemiddleton@verizon.net
Special Education	Lisa Fagan	703-404-0133	Fagan6@cox.net
Superintendent's Council	Cindy Wei	703-435-1937	cawei@cox.net
Touching Bases—8 th grade	Beth Bednarek	703-709-9461	Bsbednarek@aol.com
Touching Bases—8 th grade	OPEN		
Touching Bases—7 th grade	Cindy Rush	703-435-6613	Crush57@gmail.com
Touching Bases—7 th grade	OPEN		
Volunteer Coordinator	Amy Peterson	703-430-3968	Jr_ab_peterson@hotmail.com
8 th grade Dance coordinator	Lesley Aschenbach	703-787-9159	Lesleyasch@prodigy.net
Website Coordinator	Kathy Pursifull	703-435-9018	kpurs@verizon.net
Library & Book Fair	OPEN		

Herndon Middle School 2007-2008 Event Calendar		
All dates/times are subject to change – please check future calendars for updated information		
August 31, 2007	Orientation for 7 th grade & new 8 th graders to HMS	9-11am
August 31, 2007	Open House	4-6pm
September 4, 2007	School Starts	7:20am
September 5, 2007	PTA Meeting – Library	7pm
September 10, 2007	Orchestra Parents Meeting - Auditorium	6-9 pm
September 11, 2007	Band Parents Meeting - Auditorium	6-9 pm
September 12, 2007	Chorus Parents Meeting - Auditorium	6-9 pm
September 14, 2007	Magazine Drive starts	
September 20, 2007	Back to School Night (both 7 th & 8th grade)	7-9 pm
October 1, 2007	First Day of Late Buses	
October 1, 2007	After-school programs start	
October 1, 2007	TJHSST applications available	
October 2, 2007	Magazine Drive ends	
October 3, 2007	PTA Meeting – Library	7pm
October 5, 2007	Interims go home	
October 8, 2007	Columbus Day Holiday, no school	
October 13, 2007	Herndon Homecoming	
October 17, 2007	Band Ice Cream Social - Cafeteria	2:30 - 4:00
October 18, 2007	TJHSST interest meeting	2:30
October 19, 2007	8 th Grade Career Fair – Gym	8:30am – 12:30pm
October 24, 2007	SCA Elections	
October 24, 2007	Chorus Ice Cream Social - Cafeteria	2:30 - 4:00
October 29, 2007	Drama Production – Auditorium	7pm
October 30, 2007	Drama Production – Auditorium	7pm
November 2, 2007	1st Quarter Ends	
November 5-6, 2007	Teacher Work Day (student holiday)	
November 7, 2007	PTA Meeting – Library	7pm
November 9, 2007	Report Cards go home	
November 12, 2007	Touching Bases	7:30-9:30
November 12, 2007	Late Opening	TBD
November 21, 2007	2 Hour Early Close	12:30pm
November 22-23, 2007	Thanksgiving Holidays	
November 29, 2007	8th Grade Honor Roll Assembly	8-9am
November 30, 2007	7th Grade Honor Roll Assembly	8-9am
December 5, 2007	PTA Meeting – Library	7pm
December 7, 2007	Interims go home	
December 10-14, 2007	Book Fair	
December 11, 2007	Band Concert – Auditorium	7pm
December 12, 2007	Band Concert - Snow Date	7pm
December 18, 2007	Chorus Concert	7pm
December 19, 2007	Chorus Concert – Snow Date	7pm
December 19, 2007	Orchestra Concert – HHS	7pm
December 22, 2007	Winter Holiday begins	
January 2, 2008	School Restarts	
January 2, 2008	PTA Meeting – Library	7pm
January 16-17, 2008	Drama Productions - Auditorium	7pm

January 21, 2008	Martin Luther King Holiday	
January 22, 2008	Drama Production – Auditorium	7pm
January 23, 2008	Drama Production - Snow Date	7pm
January 24, 2008	2nd Quarter Ends	
January 25, 2008	Teacher Work Day (student holiday)	
January 28, 2008	Teacher Work Day (student holiday)	
January 30, 2008	Rising 7th Grade Parent Orientation	7pm
February 1, 2008	Rising 7th Grade Parent Orientation – Snow Date	7pm
February 4, 2008	Report Cards mailed home	
February 6, 2008	PTA Meeting – Library	7pm
February 13, 2008	Rising 9 th Grade Orientation – HHS	
February 18, 2008	Washington Birthday holiday	
February 20, 2008	Rising 8th Grade Orientation	7pm
February 21, 2008	Rising 8th Grade Orientation – Snow Date	
February 21, 2008	Band Concert – HHS	7:30pm
February 27, 2008	Band Concert – HHS – Snow Date	7:30pm
March 5, 2008	PTA Meeting – Library	7pm
March 11, 2008	Music Fundraiser Begins	
March 14, 2008	Pi day (pie day)	
March 17-21, 2008	Spring Break	
April 1, 2008	Music Fundraiser Ends	
April 2, 2008	PTA Meeting – Library	7pm
April 4, 2008	3rd Quarter Ends	
April 7, 2008	Teacher Work Day (student holiday)	
May 2, 2008	Spring Music Department Trip – Busch Gardens	
May 7, 2008	PTA Meeting – Library	7pm
May 26, 2008	Memorial Day Holiday	
June 4, 2008	PTA Meeting – Library	7pm
June 16, 2008	Herndon High School Graduation	
June 17, 2008	Last day of school	

Second semester HMS dates were not available for scheduling when this document was created. Additional dates will be provided in a future newsletter.



Herndon Middle School
901 Locust Street
Herndon, VA 20170

Phone:
703.904.4800

[Hwww.fcps.edu/HerndonMS](http://www.fcps.edu/HerndonMS)
[Hwww.herndonmiddleschoolpta.co](http://www.herndonmiddleschoolpta.com)
[mH](#)

Honor, Maturity, Success

Top Ten Things Teachers Wish Parents Would Do

- **Be involved.** Parent involvement helps students learn, improves schools, and helps teachers work with you to help your children succeed.
- **Provide resources at home for learning.** Utilize your local library, and have books and magazines available in your home. Read with your children each day.
- **Set a good example.** Show your children by your own actions that you believe reading is both enjoyable and useful. Monitor television viewing and the use of videos and game systems.
- **Encourage students to do their best in school.** Show your children that you believe education is important and that you want them to do their best.
- **Value education and seek a balance between schoolwork and outside activities.** Emphasize your children's progress in developing the knowledge and skills they need to be successful both in school and in life.
- **Recognize factors that take a toll on students' classroom performance:**
 - Consider the possible negative effects of long hours at after-school jobs or in extracurricular activities. Work with your children to help them maintain a balance between school responsibilities and outside commitments.
 - View drinking and excessive partying as serious matters. While most parents are concerned about drug abuse, many fail to recognize that alcohol, over-the-counter drugs, and common substances used as inhalants are more frequently abused than illegal drugs.
- **Support school rules and goals.** Take care not to undermine school rules, discipline, or goals.
- **Use pressure positively.** Encourage children to do their best, but don't pressure them by setting goals too high or by scheduling too many activities.
- **Call teachers early if you think there's a problem** while there is still time to solve it. Don't wait for teachers to call you.
- **Accept your responsibility as parents.** Don't expect the school and teachers to take over your obligations as parents. **Teach children self-discipline and respect for others at home -- don't rely on teachers and schools to teach these basic behaviors and attitudes.**

From the National PTA