



## HORSEHEADS MIDDLE SCHOOL

APRIL 2017

Every year National History Day frames students' research within a historical theme. The theme is chosen for the broad application to world, national, or state history and its relevance to ancient history or to the more recent past. This year's theme is Taking a Stand in History. The intentional selection of the theme for NHD is to provide an opportunity for students to push past the antiquated view of history as mere facts and dates and drill down into historical content to develop perspective and understanding. This year our social studies teachers worked together to provide their students with the opportunity to participate in the National History Day Project. As a result, several students participated in the regional competition. We are happy to announce that some of our students will now move on to the state level competition. [See page 2 for the regional competition winners.](#) [See page 5 for article written by students.](#)



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Thursday, April 6	Budget Workshop-Multi-Media Center 6:00pm
Friday, April 7	Third Marking Period Ends
Monday, Apr. 10-17	Spring Recess– <b>No School</b>
Tuesday, April 18	Report Cards Issued
Wednesday, April 19	BOE Meeting 6:00pm at Ridge Road School
Friday, April 21	Quality Party #3 during Lunch
Friday, April 21	BOCES Info Day at 2:25 in MS Café
Wednesday, April 26	Horseheads 2030 Discussion– 7:00pm HHS Auditorium
Friday, April 28	Dance and Open Gym 7:00-9:00

## National History Day Project: Regional Competition Winners

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### Junior Group exhibit

#### *1st place team*

1. Riley Park
  2. Alexia Wahl-Knowlden
  3. Emma Loomis
  4. Abbey Foster
- Topic – The 1963 Children’s March

#### *2nd Place*

Allie Benton and Natalie Yearick

### Junior Individual Exhibit

#### **1st Place**

Bryson Wood

#### **2nd Place**

Emily Nguyen

#### **3rd Place**

Gabby Blowers

### Junior Research Paper

#### *1<sup>st</sup> Place*

Zachary Brown – Cuban Missile Crisis

#### *2nd Place:*

Emma Bailey

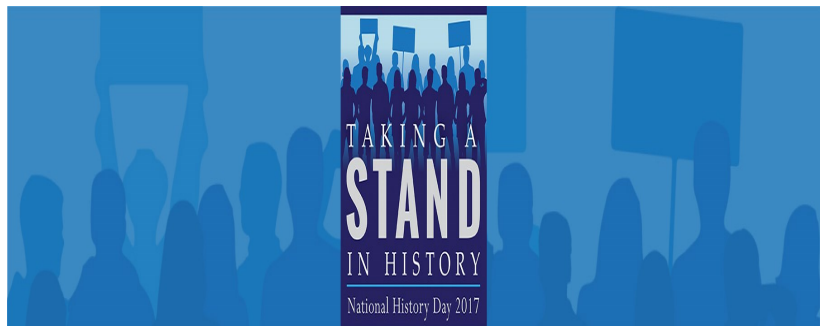
#### *3rd Place*

Artasia Scott

### Junior Documentary

#### **1st Place**

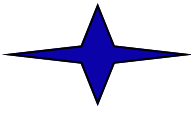
Sergio Moreira-Antepara



### SCHOOL CALENDAR CORRECTION



Because the district has used four snow days this year, **Friday, May 26, will be a regular day in session for all students.** Last April, the Board of Education approved the one-page calendar that indicated our school schedule in the event we use more than three snow days. This calendar was printed in our student agendas and is posted on the district website. Please note: The multi-page calendar mailed to residents last summer has an error on May 26, and we apologize for that error. (The box for May 26 on that calendar should say “no school unless the district has used four snow days.”) Again, Friday, May 26 will be a regular school day for all students. Highlighted in our updated calendar are the snow days we’ve used this year, and the schedule for snow days in the bottom right corner. Should there be additional snow days this year, we will follow that schedule. Thank you!



### Health Unit Notification

During the last marking period of each semester, seventh grade health classes will be studying the Human Physiology Unit. This is an abstinence-based unit which will include the male and female reproductive systems, conception and birth, the risks of teen pregnancy and sexually transmitted diseases, including HIV/AIDS and HIV/AIDS prevention.

You have the option of exempting your child from the HIV/AIDS prevention information. However, we strongly encourage your child to participate. HIV information must be presented to every child by State mandate. Therefore, it is the parent's responsibility to provide this information which will be included in the Health final. If a student is exempted, he/she is assigned to a study hall and required to do an independent study unit in health.

If you have any questions or would like to discuss your concerns before making your decision, call your child's health teacher during school hours at 739-6357.

**RETURN THE FORM BELOW IF YOU DO NOT WANT YOUR CHILD TO PARTICIPATE IN THE UNIT.**

\_\_\_\_\_

**Return this portion by May 5, 2017** to the Middle School Health Teacher to exempt your child from instruction in the classroom.

\_\_\_\_\_

**Does not** have my permission to participate in the Human Physiology Unit and/or HIV/AIDS prevention.

Student: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



### MUSIC NEWS

The NYSSMA Solo and Ensemble Festival will be held at the Corning Middle School on Saturday, April 29th from 9:00 am to 3:00 pm. Best wishes to all of our participating students!



### NYS ASSESSMENT DATES

Our 7th and 8th grade students will take:

**Math:** 5/2, 5/3, 5/4

Our 8th grade students will take:

**Science Performance Test:** 5/24

**Science Written Test:** 6/5

*Our 8th grade Algebra I students will take the Algebra I Regents Exam on June 13th. All 8th grade Algebra I students will be exempt from the 8th grade NYS math assessment.*



## **2017 Budget Development Calendar and Horseheads 2030**

April 6 - 6pm, Multi-Media Center - Budget Workshop

April 19 - 6pm, Ridge Road - BOE Meeting

May 4 - 6pm, Multi Media Center - Public Hearing on the 2017- 2018 Proposed Budget

May 8 - 7pm, Multi Media Center - Candidates' Forum

May 16 - 7am - 9pm, Big Flats/Ridge Road/HS - School Budget Vote/BOE Election

### **INFRASTRUCTURE DISCUSSIONS**

Please mark your calendars to attend one or more of the Infrastructure Discussions for the Horseheads 2030 comprehensive project to improve the educational program and infrastructure of the district now, in 2030, and beyond. More information on the project is available on the district website.

April 26 - 7pm, HHS Auditorium - Horseheads 2030 Infrastructure Discussion

May 11 - 7pm, HHS Auditorium - Horseheads 2030 Infrastructure Discussion

May 30 - 7pm, HHS Auditorium - Horseheads 2030 Infrastructure Discussion



#### **DIGNITY ACT COORDINATOR**

The Dignity Act Coordinator (DAC) for Horseheads Middle School is Ron Holloway. Complaints regarding discrimination, harassment, or bullying of any student should be referred to Ron Holloway at 739-6357, x3640. Mrs. Christiansen is the Dignity Act Coordinator for the District and can be contacted at One Raider Lane, Horseheads, NY 14845. Her telephone number is 607-739-5601, x4211.

*The Horseheads Central School District offers educational programs without regard to actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sex, sexual orientation, or gender (including gender identity and expression). Inquiries regarding this notice may be made to Judy Christiansen, Title IX and DASA Coordinator, or Kim Williams, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads NY 14845, (607) 739-5601.*

## APRIL CHARACTER TRAIT



The character trait for April is RESPONSIBILITY. Think before you act. Be reliable, Be accountable. Accept responsibility for the consequences of your choices. Don't make excuses. Don't blame others for your mistakes or take credit for other's achievements. Set a good example for those who look up to you. Keep trying; don't quit or give up easily. Be diligent and industrious. Exercise self-control. Be disciplined.

## **National History Day at Horseheads Middle School**

**By Charlie Miller, Nick McKibbin, Bryson Wood**

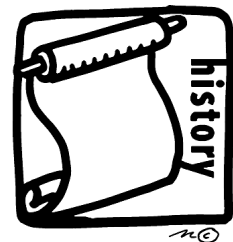
Most students knew that January 19, 2017 was National History Day. We knew because most of us created a project for our social studies teachers. Did you know that more than half a million students participate in NHD every year? Students from all across the country have the opportunity to participate in NHD.

The projects don't have to be long, drawn out things. They can be as easy as a historical paper written by the students. For many, National History Day has opened up a vast world of interesting history that students did not know about prior to the project. For 2017, the NHD theme was "Taking a Stand" in history. For example, many students focused their projects on figures like Rosa Parks, Elizabeth Cady Stanton, and Jackie Robinson just to name a few. Projects can be on anything the student desires as long as it conforms to the theme for the year.

The projects can be websites, performances, documentaries, or an exhibit. Kenneth E. Behring is the founder of the National History Day program. Each year the contest lasts for a week. If a project wins the regional competition, the student can then take it to the state level, and after that, it can go to the National contest. The National competition is held at the University of Maryland at College Park.

Participation in the National History Day program has been a very valuable learning experience for all students involved. In Horseheads Middle School, NHD has been a great tool for teachers and students alike. We would like to thank all of our 7<sup>th</sup> and 8<sup>th</sup> grade social studies teachers for teaching us all about history and getting us involved with the National History Day program.

"Kenneth E. Behring National Contest." NHD National History Day, © 2016, <https://www.nhd.org/how-enter-contest>. 3/2/17.



## Help To Paws

**By: Payton Messner, Madaleena Isett,  
and Immanuel Gonzalez**

In February 2017, our Student Council and National Junior Honor Society teamed up together to raise money and supplies for the SPCA. The NJHS collected all the items that students donated from their homes or went and bought at a local store. At the same time, the Student Council sold candy-grams to earn money for the SPCA. The results were amazing!



The Student Council sold candy-grams for one week and each candy-gram was 50 cents, which students could buy for each other. The Student Council members sold 2,400 candy-grams. That means the Student Council had to deliver every single candy-gram to the correct person in just a 10<sup>th</sup> period. A 10<sup>th</sup> period is only 35 minutes. So, that takes a lot of work to deliver that many candy-grams in a small amount of time. The NJHS collected all of the items for the SPCA. All the items students brought in made a total of 450 items. There was a variety of supplies, such as cat and dog food, leashes, toys, blankets, old towels, and cleaning supplies. Congratulations to the NJHS and the Student Council for selling candy-grams and collecting all of the supplies for the SPCA. Also, thank you to everyone who bought candy-grams and brought in items for our furry friends.



## A Dream Come True: Hawaii

**By: Kaycie Hallock and Samantha Sepelak**

Do you have a special place you want to go? From east to west, we bring you Hawaii. Imagine the warm breeze gently blowing the palm trees, the sound of waves crashing on the beach, the feeling of warm sand beneath your feet. We can experience all of that in Hawaii.

Hawaii is the widest state in the United States. The Hawaiian Islands are the projecting tops of the biggest mountain range in the world. Just imagine under-sea volcanoes that erupted thousands of years ago. The result of this volcanic activity is the loveliest place on earth. It has warm and gentle trade winds, mild temperatures, and sunny skies year round.

There are so many fun things to do in this tropical paradise. Without a doubt, the number one activity to do in Hawaii is snorkeling. Aboard a modern snorkeling vessel, visitors will surely enjoy being an eye witness to the beauty of an array of Hawaiian marine life. People can go on tours such Pearl Harbor tours, volcano tours, island and eco adventures, and cultural tours and luaus. We can also go



whale watching, golfing, sightseeing, surfing, beach hopping, helicopter tours, zip lining, spa packages, hiking, horseback tours, sunset cruises, stage shows, visit local farms, windsurfing, and camping.

Hawaii has got to be paradise on earth. We live for the day we can squish Hawaiian sand between our toes. Doesn't everybody?

“Hawaii Facts and Trivia” <http://www.50states.com/facts/hawaii.htm>

“Top 20 things to do in Hawaii”; <http://www.prideofmaui.com/blog/maui/top-things-hawaii.html>;

## Sleep Deprivation

By Paige Duryea and Montana Northrup.

It is the start of another long day (yawn). First period is slow (yawn); the teacher is talking about, well who knows (yawn)? All we can think about is sleep and our beds, ugh.

How does sleep effect middle schoolers? Well, sleep gives people energy and also plays a very important role for our bodies. Sleep helps with not having sleep disorders, such as narcolepsy, insomnia, restless leg syndrome or sleep apnea! But how? Sleeping is another way of our body's healing and repairing our hearts and blood vessels. Most average teenagers get 7-7 ½ hours of sleep when they should be getting 9-9 ½ hours. Getting this much sleep doesn't make you do well in school does it? When people get little amounts of sleep on school days, it can shut down their brains, making it so they can't think; they forget what they're leaning, and tend to get off track easily.



So many people can relate to sleep deprivation such as parents, when they have a child or teen who wants to stay up and talk to friends or watch a new show, or as always, be on their phones 24/7. As anyone can see, sleep is fuel to our body and very important to middle school students.

Sources:

<http://io9.gizmodo.com/can-you-die-from-sleep-deprivation-1684235719>

Robbie Gonzalez and Levi Gadye, "Can You Die From Sleep-Deprivation?" 2/06/15 2:30pm 2-28-17

<http://www.webmd.com/sleep-disorders/features/10-results-sleep-loss#1>

Camille Peri "10 Things To Hate About Sleep Loss" 2-28-17

<https://www.tuck.com/sleep-deprivation/>

"Sleep Deprivation" "Tuck" 2-20-17

<http://www.everydayhealth.com/conditions/what-happens-when-you-dont-sleep-days/>

Mikel Theobaid "What Happens When You Don't Sleep For Days" "Everyday Health" 2/22/16, 2-28-17

<https://sleepfoundation.org/sleep-topics/teens-and-sleep>

"Teens and Sleep" National Sleep Foundation 2-28-17

<https://med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html>

Ruthann Richter "Among Teens, Sleep Deprivation And Epidemic" Stanford Medicine. 2-28-17



### Jokes by Hayden Denkenberger

Laughter

- A chicken walks into a restaurant. The hostess says, we don't serve poultry. The chicken says, that's ok I just want a soda.
- Why was the employee fired from the orange juice factory? He couldn't concentrate.
- Why do bakers work so hard? Because they need the dough.