



Horseheads Middle School February 2017

How to Achieve a Growth Mindset

By Dylan White & Mark Ellsworth

If you've never failed, you've never tried anything new. What is a growth mindset? It means that you find other ways to succeed, if you fail at something. Even famous people fail. For example, Albert Einstein wasn't able to speak until he was almost 4 years old and his teacher said he would "never amount to much." Another example is Walt Disney, who was fired from a newspaper for "lacking imagination and having no original ideas."

What does this mean for Horseheads Middle School students? It means that if we hit a wall, we can find a way around it, over it, or have someone give us a boost. If you are struggling in a subject, you should ask someone to help you. Maybe you could ask another student who understands it, or ask a teacher for individual help. The big idea is not to give up.

To get the growth mindset you must start with thinking. You must stop thinking "I'm not good at this," or "I give up." You should be thinking "What am I missing?" or "I'll use a different strategy." Instead of thinking, "I just can't do this," try thinking, "I am going to train my brain."

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Source:

https://www.google.com/search?q=growth+mindset&safe=strict&biw=1093&bih=521&source=inms&tbn=isch&sa=X&sqi=2&ved=0CAcQ_AUoAmoVChMlg_hxg-Ch1-PAIZ#imgrc=1_Yipp0hyWRUFM%3A



Friday, Feb. 3	MS Yearbook Group Picture Day
Thursday, Feb. 9	BOE Budget Workshop-6:00pm BF Community Center
Friday, Feb. 10	HMS Quality Party
Monday, Feb. 20	No School - President's Day
Thursday, Feb. 23	BOE Meeting, 6:00 pm at Center St. School

NYS ASSESSMENT DATES

Our 7th and 8th grade students will take:

English Language Arts: 3/28, 3/29, 3/30

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 math assessment.



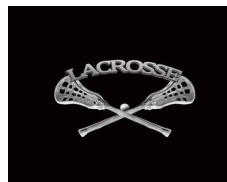
FEBRUARY CHARACTER TRAIT



The character trait for February is Trustworthiness. Tell the truth. Be sincere. Don't deceive. Be your best self. Show commitment, courage and self discipline. Keep your word. Stand by, support and protect your family, friends, employers, community and country. Don't violate other ethical principles to keep or win a friendship or gain approval.

SPRING SPORTS PROGRAM

Spring sport sign-ups for Modified sports will begin on February 18th, JV & Varsity sports on February 4th. Forms are available on the district website under the Athletic Department or in the Health Office. Varsity and JV sports begin on Monday, March 6th and Modified sports begin on Monday, March 20th.



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MIDDLE SCHOOL YEARBOOK SALE

To order your 2016-2017 Middle School yearbook go to the following website: ybpay.lifetouch.com.



Enter the Yearbook ID code 11056517 and then follow the easy on screen ordering instructions. The cost is \$ 18.00 and all major credit cards are accepted. The Middle School will not be handling any yearbook payments. If you need further information or details, please call 1-800-453-9764. All yearbooks must be ordered online. The deadline for ordering is March 31st. School Yearbooks will be distributed in June.



Please join us on March 16th at 6:00 PM in the Middle School LGI for “Positive Parent and Teen Communication.”

This parent workshop is sponsored by C.I.D.S. Family Life Development Center and presented by Alise Mahr and Maria Militello.

The workshop will present suggested do's and don'ts when communicating with your teens, how to build your teens' self-esteem and words of wisdom from Dr. Thomas Phelan, Ph.D “Surviving Your Adolescents.”

Don't miss this valuable opportunity!



**FROM THE OFFICE OF CHILDREN AND FAMILY SERVICES:
TO REPORT CHILD ABUSE OR NEGLECT CALL TOLL FREE 1-800-342-3720 OR EMAIL OCFS.NY.GOV/MAIN/CPS.**

The Arnot Art Museum is pleased to announce the winners in the 2017 New York/Pennsylvania Scholastic Art Awards program. This is the seventh year of the Museum's association with the program. Over 800 works were entered last month. Only 14 Middle School pieces were accepted this year. Twelve are from HMS! Congratulations to the following students who will have their artwork on display at the Arnot Art Museum in February.

Honorable Mentions: Alexander Coble, Rory Coughlin, Abbey Foster, Abby Hall, Abby Schwab, Michelle Yu.

Silver Keys: Lauren Allen, Sarah Beckwith, Meredith Masker.

Gold Keys: Megan Cole, Michelle Yu. (Go on to competition in New York City)

Congratulations to all of our Artists!!



Intramurals



HMS Intramurals

The HMS Intramural program will begin second semester. Intramurals will be offered odd days during 10th period. Students can sign up and get more information from HMS Physical Education teachers, Mr. Gush and Mr. Spencer.



Congratulations to Neha Kudva who has been selected to participate in and perform with the New York State Band Directors' Association Middle School Honor Band!

Students from all of New York state were nominated by their band directors. Of the 320 applicants, 109 were selected for the band. Qualifications included performing a NYSSMA solo of Level 4 or higher. Neha was chosen to be the first chair in the tuba section.

Congratulations!!



The Alarm-Clock Carpet

By AJay Potrzebowski and Nate Barden

Could you imagine your life with an alarm-clock that looks like a carpet, and you have to stand on it to turn it off? The alarm-clock would show the time somewhere on it, and it would work like a normal alarm. However, you have to get out of bed and stand on it to turn it off. This could help wake you up in the morning and make sure you won't go back to sleep after you wake up. The alarm-clock would have a carpet covering the top of it so it is soft and would match the carpet in your room. This invention is great for people who don't trust themselves to get out of bed and start their day. You can't get this, as it hasn't been invented yet. It's up to the young inventors, like you, to make this real.

This genius idea is from: <http://www.architecturendesign.net/40-things-that-will-make-you-say-wow-simple-ideas>



Staying Connected to Family

By Dan Wheeler and Nolan McKibbin

Imagine, there is an enormous blizzard, and you and your family are trapped at your house. These are ways you and your family can have fun together.

You could make Mrs. America's Old Fashioned Sugar Cookies. A newspaper carried a story about an old-fashioned Nebraska cookie cutter purchased in an antique shop that included Mrs. Carl Dietemeyer's Old-Fashioned Sugar Cookie recipe tucked inside the box. Apparently Mrs. Dietemeyer was crowned Mrs. America 1956.

They made this recipe and found this sugar cookie recipe was superior to their tried and true sugar cookie recipe and MUCH EASIER to roll out. So, if you need something fun to do with your children, bake Mrs. Dietemeyer's cookies.

Ingredients:

3 cups sifted all-purpose flour
1/2 tsp salt
1 cup butter
1 1/2 cups sugar
2 eggs, well-beaten
1 tsp vanilla
1/4 tsp almond extract
1/2 tsp baking soda
3 Tbsp. sour cream



Preheat oven to 400. Sift flour and salt together. Cream butter; add sugar gradually. Add eggs and flavorings; mix thoroughly.

Dissolve baking soda in sour cream; add alternately with dry ingredients to creamed mixture. Chill dough for two hours. Roll 1/8-inch thick on lightly floured board and cut with a floured cookie cutter. Place on lightly greased cookie sheets. Sprinkle with sugar. Bake 7 minutes.

Another fun family activity is playing board games. A very good board game is classic Jenga and a collector's wood family of 10 and monopoly are all classic board games and can be purchased for under \$20.00 on the Internet.

Another thing a family can do is enjoy a movie together. *A good movie would be Rogue One: A Star Wars Story*. The Star Wars series is the best, and the Rogue One is an amazing movie. For Star Wars lovers, it may be the best in all of the series. Good wins (as always) over evil, but not at a small cost. However, it has violence like killing, as well as other ugly outcomes of war. It might not be appropriate for young viewers.

Source:

<https://www.commonsensemedia.org/movie-reviews/rogue-one-a-star-wars-story#> <http://www.urbanhomemaker.com/blog/index.php/mrs-americas-old-fashioned-sugar-cookies-1956/>

Movie Reviews

Zookeeper

By Maverick Evans and Griffin Terwilliger

For people who like funny, heart-touching movies, this is a movie for you. Who wouldn't want to watch a movie about a person buying a zoo to keep the animal alive? The movie Zookeeper, stars Kevin James as Griffin and Adam Sandler as the voice of the monkey. They are the two funniest actors when they are teamed up together in the same movie.

The movie is hysterical. First, there is a gorilla named Bernie, and he can walk and talk like a human. Griffin and Bernie go out to eat, and the gorilla orders his food by himself. Another reason why it is funny is because in one part of the movie, when Griffin is relieving himself in the wolf's cage. The wolf purposely starts to howl. Griffin does not realize that everyone is staring at him. Also, Griffin likes a girl that works with him, so he takes her out to eat. When they go out to eat, they start swinging from curtains, and when Griffin was swinging, the curtain broke and he fell. Finally, Griffin is doing a speech with a porcupine. When he is doing his speech, he sees his ex-girlfriend, and he freaks out. The porcupine shoots him in the face with needles.

The movie leaves us feeling good inside. There's nothing like a good laugh to fix anything wrong in the world.



Review of Forrest Gump

By Taylor and Naythan

A great movie that all ages will enjoy is Forest Gump. Forrest Gump is a 1994 American comedy-drama film based on the 1986 novel of the same name by Winston Groom.

The movie is very inspiring because Forrest has a disability. Everybody knows the quote, "RUN FORREST RUN!!" It is an important quote because Forest had braces and had to run from bullies. Running from bullies is something most Americans relate to, so it is no wonder we remember the cheer.

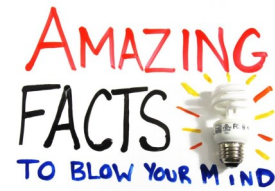
It's a comedy, we guess, or maybe a drama. Everyone is saying that the movie Forest Gump tells us the meaning of life. Forest doesn't let little things hold him back. He focuses on love and loyalty. That, with a lot of luck, leads him to a good life, all in all.

Forrest Gump



Science Fun Facts

By Ryan Fidurko



The red colors of Mars are created by iron oxides, or common rust.
The herb peony, when dried and chewed, can help a cold sore.
You blink over 10,000,000 times a year.
The average person falls asleep in seven minutes.
Left handed people make up 10% of the world population.
The average person is about a quarter of an inch (0.6cm) taller at night.
An average human drinks about 16,000 gallons of water in a lifetime.
Orange juice helps the body absorb iron more easily.
It takes 17 muscles to smile and takes 43 to frown.
An average human scalp has 100,000 hairs.
The volume of the Earth's moon is the same as the volume of the Pacific Ocean.
Our galaxy is so wide that, at the speed of light, it would take you 100,000 years to cross it.

Citation: Vecchione, Glen. The Little Giant Book of Science Trivia, Illustrated by Joel & Sharon Harris. Sterling Publishing Co., Inc. New York, Copyright Date 2004

Jokes by Kellie Zoerb



Dad: Could you explain the D and F on your report card?

Son: No problem. It stands for Doing Fine

Pencils could be made with erasers at both ends... but that would be pointless!

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.