
Harold Martin School — Parent Flash

Website:
<http://www.hopkintonschools.org/haroldmartinschool/>

May 13, 2011

Jump Rope for Heart THANK YOU

I want to say thank you to all of the families who participated in this year's Jump Rope for Heart fundraiser. Although collecting donations is entirely voluntary, we had over 50 second and third graders who chose to take part. After just two weeks, our grand total amounted to an amazing: **\$3,965!** This money is now sent to the American Heart Association (AHA) and will be used for research on heart disease, stroke, and helping families pay for heart transplants. Also, thanks to all of our generous donors, the AHA will be providing Harold Martin School with a gift certificate for new P.E equipment. After all, regular physical activity is the best way to lower one's cholesterol and blood pressure which in turn lowers the risk of heart disease and stroke.

COMMUNICATOR COLUMN—This new part of the Parent Flash will be quick bulletins of important facts, dates, or events. Today, all students will bring home a “paper” Flash in an effort to improve school to home information.

CALENDAR DATES

MAY

- 17 Last Extended Day
- 18 School starts at 8:00 AM
- 19 Last Spanish class
- 24 Last French class
- 25 Kindergarten Class Placements mailed
- 27 Early Release—school dismisses at 12:00
- 30 No School—Memorial Day

FUN FAIR
this Saturday
10:00-2:00

JUNE

- 6 Community Bridges at Maple Street School

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- In the midst of our thank yous to all of the other volunteers, we didn't say a **big thanks** to Arlene McGrath for her expert coordination of Reaching For The Stars. Thanks Arlene!
 - We are looking for a new **Secretary for PTA** next year. If you are interested, please call Bill Carozza at HMS.
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DIGITAL LIMITS

I'm just going to say it: "Communication is something we do well at HMS." At least we try very hard. We've been operating an email list for 11 years, we have a weekly parent newsletter, a monthly podcast, a Twitter account (ok, no Facebook yet), teacher newsletters, and a web site that archives nearly everything you could want to know about Harold Martin School. There's PTA's, Coffees, and a Principal who tries to attend every function. There's teachers who reach out and meet with parents at their request.

Yet, we're not reaching everyone. Yesterday, I received a couple of emails from people who did not know about

yesterday's Parent Lunch even though we sent a hard copy of the notice to every student. I know that there are some of you who are not part of the email list and when we went green and began distributing the *Parent Flash* to only those who requested it, we lost some of you. Perhaps I overestimated the adequacy of digital communications and it's time to dial it back a bit. So, expect a hard copy *Parent Flash* every week for now. I think the communications link is more important than the extra paper we will use. We will still keep all of the digital options alive for you too.

I hope to see you at Fun Fair on Saturday. Remember that the last extended day is next Tuesday the 17th. Have a great weekend.

Sincerely,

Bill Carozza,
Principal

Learn About Hopkinton Cub Scouts

If you will be a first-grader, or older, in the fall you are welcome to come check out our next scouting event. The Harold Martin Fun Fair will be held on Saturday May 14 from 10:00 A.M to 2:00 P.M. Learn about Scouting by stopping by our Activity Station and test your paper airplane flying skills!! Brochures, registration packets, and information on spring scouting activities will also be available. For more information, call Deb Dyer-Quinn at 746-2480, Niall Campbell 219-6596 ,or E-Mail nh.pack.cubmaster@gmail.com





THE PACE OF PE

From Mr. Girzone

K-1

Beginning next week, kindergarten and second grade students will be starting a mini health unit. A handful of lessons will cover basic hygiene as well as proper nutrition. The food guide pyramid that many adults learned about growing up has been modified to align with current research. To put simply, the ‘old’ pyramid did not account for physical activity or moderation within each food group. The USDA urges the public to visit the site MyPyramid.gov to personalize their own food pyramid. Eating a balanced diet and making room for regular exercise has never been more important. My goal is to familiarize students with this concept so that it becomes second nature as they grow into adults.

2-3

Second and third graders are finishing up with their health lessons. Much of the same material that is covered in 1st and

2nd grade is reviewed but with much greater detail. Planning meals, analyzing food labels, and learning how to make healthy choices are an important part of the lessons. When this unit is over, we will start lessons on lacrosse.

Much of what I teach in my classes is centered on lifetime activities/skills but I also value team sports. Teaching children how to work within a team to achieve a common goal is vital. The sport of lacrosse provides a great opportunity to teach teamwork as well as how to properly use an implement (in this case, a stick). With the help of warmer weather, I look forward to teaching the skills of cradling, throwing, catching, shooting, and passing outside on the back fields.



**NEXT WEEK AT
'TWEEN SCHOOL 'N
HOME
CHILD CARE
PROGRAM**

**MAY THEME: WINGS,
WIND, WIGGLES**

**JOIN US AT OUR FUN FAIR
BOOTH THIS SATURDAY –
GUITAR HERO —from 10-2:
We’ll be located in front of the
windows that look down into
the multi-purpose room.
Just look for the bright
orange shirts!**

Week of May 16-20, 2011

- Mon: Floating Bag Kite**
 - Tues: Flying Jelly Fish**
 - Wed: Say What?
Backwards Day!**
 - Thurs: Bug Houses
Taekwondo**
 - Fri: Bermuda Kite**
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Hopkinton Hawks Softball Camp 2011

The camp will stress fundamentals in hitting, fielding, and pitching for kids interested in learning more about softball. Hopkinton Varsity Coach Dan Meserve will run the camp with help from current and former players and other qualified coaches. If interested, please return payment and the form below as soon as possible in order to have camp T-Shirts ordered. Any questions please contact coach Meserve at dmeserve@hopkintonschools.org or call 746-6397 x226.

Camp Information:

When: Tuesday-Friday July 5-8, 9am-12pm

Who: Girls entering grades 3-8

Where: Hopkinton High School / Blood and Clark Fields

What to bring: Sunscreen, cleats, glove, hat, snack

Cost: \$75 check to: Hawks Softball Camp

Player Information:

Name: _____ Phone: _____ (h) _____ (c)

Age: _____ Address _____

Parent/Guardian: _____ email: _____

Emergency Contact: _____ Phone: _____

Insurance company: _____ Policy # _____

Allergies/ medical information: _____

T-shirt size Youth (S,M,L) or Adult (S, M, L, XL) _____

In order to guarantee a T-shirt for camp, registration form and payment must be received by Friday, June 3rd. Please send to Dan Meserve, Hopkinton High School, 297 Park Ave, Contoocook, NH 03229.

Go Hawks!!!