
Harold Martin School

October 12, 2007

Parent Flash



The Publishing Center is still looking for help for both a director for 08-09 and for a person to read third grade stories and print them out. If you are interested, contact Vicki Baronas at baronas35@tds.net

Sports, sports, sports

It's hard to miss it. New England sports teams are dominating the national sports scene. The Sox are four wins away from the World Series, the Patriots are the best team in football, the Celtics re-loaded with two future Hall of Famers, and even the Boston College (football) Eagles are ranked fourth in the country.

It's not just New Englanders who enjoy sports. One study found that 69% of Americans talk about, read about, or watch sports every day and 89% do so at least once per week. There is no longer a significant gender gap either. A recent study showed that women today comprise about 47% of baseball fans, 43% of National Hockey League fans, and 40% of fans attending National Football League games each week.

(Full disclosure: the National League Championship Baseball Series is on the tube at home as I type this.)

Outside of the pure entertainment value, what affect do sports have on our lives and the lives of our

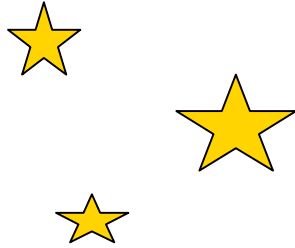
children? There is a strong academic link. Think of the potential for learning math concepts by studying sports statistics or attaining geography understanding by investigating where teams are located. Yet, perhaps the most important influence is the motivation that sports can have in yanking children away from watching sports on TV, reading about it on the Internet, or simulating athletics through video games.

In a large US study, one researcher found that children who participated in sports earned better grades, were stronger emotionally, and behaved better in class. In addition, I'm sure that you've read about the significant obesity issues showing up in young children and the need for physical activity to combat this problem.

Sure, my family and yours will likely spend a fair amount of time in front of the TV this fall and winter, rooting for our favorite team. But as the weather gets colder and we naturally spend more time inside, let's pull the mouse, controller, and remote away from our kids and get them to exercise.

Have a great weekend. Go Sox and Pats.

Sincerely,
Bill Carozza, Principal



Reaching for the Stars

The time has come to begin preparing for the upcoming HMS Enrichment Program, Reaching for the Stars. This program relies a great deal on parent volunteers. We need people to lead classes and those to assist. Do you have a special talent or hobby you would be willing to share? Maybe you would just like to help out with a particular class? Do you have computer skills to offer? Childcare is provided for volunteers and we need help there too! If you were involved last year and would like to continue, let me know.

Being involved in Reaching for the Stars is a fun and rewarding experience. If you are interested in any volunteer opportunity in this program, please email hmsenrich@hopkintonschools.org or call me at 746-4239. Thank you in advance. I'm looking forward to another successful year!

Nora Forziati
HMS Enrichment Coordinator

COMMUNITY NEWS

Events listed under Community News do not necessarily indicate endorsement from Harold Martin School or the Hopkinton School District but are provided as a community service.

Dear Parents,

It's time again to sign up for the **Hopkinton Pats Peak Ski and Snowboarding Program**. The program, for grades 1-12, runs for 5 weeks on Wednesdays at 3:30, starting on January 9th and includes one free day of skiing. Ski and snowboard rentals are available. Some scholarships, based on need, will be available.

Already a season passholder?

Pat's Peak is now offering a lessons only option for you.

Separate from Pats Peak, we are trying to again secure **bus transportation** for students in grades 4 and up, as a convenience for parents. The cost will be \$25. There will be a limited number of seats available, so having an alternate means of transportation is advised. If you are interested in bus transportation, please bring cash or a separate check made out to Kim Sink.

The Annual **Octoberfest/Ski and Snowboard sale** is a great way to get used equipment and will be on November 4th and runs from 11am-6pm.

Ski Program

Sign Up Dates:

Thursday, October 25
and

Monday, October 29

Place: Maple Street School
Library

***ALL students must **SIGN** the application, so please bring your child with you. For further information call Kim Sink 746-3872 or Shannon Donahue 746-3171.

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

BUG WEEK

Monday: Bug Guest House

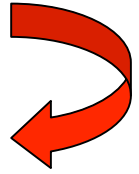
Tuesday: Bedazzling Bugs

Wednesday: Buggy Bags;
Dance Lessons

Thursday: Spider Cookies

Friday: **SPECIAL
PROGRAM: THE BUG
MAN,**** Music Lessons

Hopkinton children, accompanied by a parent or adult, are cordially invited to share in our special program on Friday with **THE BUG MAN**, Winn Ford, an entomologist from Hartford, CT. Come see his wonderful display of bugs and his entertaining presentation, especially for kids. Presentation begins at 3:45 p.m. and will end about 4:45 p.m.





The NH Antiquarian Society's 17th Annual Art Show & Sale "Tomorrow's Masterpieces" is open now through November 10th.

Featuring forty of the region's finest artisans, this juried event offers original works in oil, watercolors, acrylics, pottery, glass and fiber arts. Tomorrow's Masterpieces is open during Museum hours - Thursday and Friday from 9:00 am - 4:00 pm and Saturday from 9:00 am - 1:00 pm.

For more information, please contact NHAS at 603-746-3825 or nhas@tds.net.

To reach the NH Antiquarian Society, which is located at 300 Main Street in Hopkinton, NH, take exit 4 off of Route 89.

FAMILY MOVIE NIGHT

Don't forget tonight's film "**Matilda**". It begins at 6:30 PM at Maple Street School. All children must come with their parents.

Halloween Craft at the Hopkinton Town Library

Children in grades 1-6 are invited to sign up for a Halloween/Fall craft to be held on Friday, October 26th at 3:15 in the Community Room of the Hopkinton Town Library. A snack will be provided. Come see the example of the painting project near the Children's Librarian's desk and sign up at the same time! Pre-registration is required.



The Pace of PE

Kindergarten

It's "**exploratory**" time—a time to explore and demonstrate how well the students can listen, follow directions, move in personal space and general space, and interact with one another. Each Kindergarten class begins with a *Follow the Leader* exercise activity which starts with stretching the muscles in their arms, torso, and legs. This is followed by a short "aerobic" session to elevate the students' heart rate by performing various jumping or hopping exercises

which culminates in performing their first formal fitness exercise of Jumping Jacks. Students are provided many opportunities to demonstrate the motor skills of a crab crawl, crawl on hands and feet (no knees!), gallop, skip, frog jump, and jog. What a fabulous start to the school year.

Grade One

First grade students began the year with a reflective approach concerning what they remembered about Physical Education from last year. Some of the students' answers included playing games, warm ups, jogging, exercising, and fun. While all of those answers may have been accurate, this year the students will now concentrate on **skill development, working together, and basic fitness** concepts. It's a marvelous beginning to this school year!

Grade Two

Physical Education for students in grade two has a more "in depth" look at fitness, personal skill development, and cooperative play. Students work on **personal fitness levels** in the areas of strength, flexibility, and cardiovascular endurance through participation in weight bearing exercises such as crab crawls, seal crawls, and frog jumps. Galloping, skipping, and jogging are other motor skills that work our heart, lungs, and large muscles. The students receive a wonderful

cardiovascular workout when playing tag games and demonstrate collaborative efforts in working together to accomplish a goal. The second graders have done an awesome job in their PE classes.

Third Grade

Physical Education class for third graders becomes a transition time. Students are maturing in their motor skills and in their ability to participate in organized play. The games of low organization learned in previous years give way to more complicated themes, and the students also begin to engage in a more formal modified **sports program**. Our initial focus has been on Team Building, acquiring the skills and knowledge to be an integral part of group cooperative play. Students work together to accomplish a common goal. They truly focus on the concepts of following the rules of the games, playing fairly, and using good sportsmanship. Various strategies emerge in decision making, intensity of involvement, and leadership roles. Third graders are off to a great start this year!



This is an activity in which students have the opportunity to **evaluate themselves** based on six PE expectations: (1) wear sneakers; (2) actively participate, (3) follow the rules; (4) respect others; (5) use equipment properly; and (6) show good sportsmanship. At the end of each PE class, students are asked to “Express Yourself”, giving an answer of “Awesome Work”, “Good Work”, or “Needs Work” depending upon how well they followed the six criteria. At the end of the month, the class which earns the most “Awesomes” is given a stained glass **star sun catcher** to bring back to their classroom and hang in the window. There are four stars: Blue for kindergarten, Red for first grade, Yellow for second grade, and Green for third grade. This month’s prestigious PE Super Star Awards go to: Ms. Blanchard’s morning kindergarten, Mrs. Kaplan’s first grade, Mrs. Yonemura’s second grade, and Mrs. Grady’s third grade! Awesome work!!

Monday, Nov. 5th
Is
Parent Conference
Day

No School for students



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