
Harold Martin School

February 15, 2008

Parent Flash

PTA Family Movie

Tonight, February 15. The selection is Disney's *Ratatouille* and the movie will begin at 6:30 PM at Maple Street School. We invite all families of children in grades P-6—accompanied by an adult. There's a \$1.00 donation.



This has been a hard winter for all of us. We are reaching record amounts in snowfall, and the recent ice storm has made our parking lot and your driveway treacherous. Our last day of school as of now is **June 24** and the amount of two-hour delays has just added to academic inconsistency for our students. I hope your family is enjoying outdoor winter activities but more than likely your children have spent an inordinate amount of time indoors over the last few months.

As such, our kids are subjected to electronic media more than ever, which requires us as parents to be mindful of a need for balance. Here are some simple suggestions that might help in this area:

Be a part of your child's media experience. Being right there as your child watches a TV show or DVD will allow them to process questions or concerns right away. If you do have video games in your house, try to play with your child as much as possible.

Keep all media in a general family location. It's best to keep all media, especially the Internet out of children's bedrooms. Place the computer in a very public place.

Listen. If you listen closely to conversations your child is having,

you'll have a good feel for the extent to which the media is affecting him/her.

Be the home that your child's friends want to go to. Obviously, this can't be true for everyone, but you'll have a much better handle on your family this way.

Use rating systems. The American Academy of Pediatrics has some resources and links to help you judge what is safe for you and your family. <http://www.aap.org/healthtopics/mediause.cfm>

Be honest and tough. Don't ever be afraid to exert your values on your family or feel pressured because you hear that other families may not share the same ideals. Don't try to be your child's best friend; be his or her parent.

Turn it off. A number of Hopkinton families have decided to eliminate or greatly reduce media in their homes with great success.

The habits you form as a family has a way of solidifying like concrete through the years. Establish your traditions and routines early on and you'll reap benefits when your Harold Martin kiddos become teenagers!

Let's hope for a five-day school week next week. Enjoy your weekend.

Bill Carozza
Principal



THE PACE OF PE

Kindergarten students have just completed a unit of work in Nursery Rhymes and Singing Games. For the *Itsy Bitsy Spider*, the children placed their shoes into black stretchy hose that then extended up to their hands. Using this stretchy hose for resistance exercises, the students imagined the hose to be black spider legs as they recited the rhyme and moved to the actions. The students learned the words and actions to several other rhymes. What a great learning experience this has been!



First graders have been engaged in a *Rhythms with Manipulatives Unit*. Using the parachute, the children worked on grip strength, leg power, and upper body stretching as they used the parachute to make various shapes including “waves,” “merry-go-round,” “floating clouds,” and “mushrooms.” The children also learned several movement patterns while using rhythmic ribbon sticks. They worked on making forward circles, backward circles, and circles over their heads like a “lasso.” These patterns were then applied in musical routines. Lastly, the students used Lummi Sticks to tap to the beat of various music selections. Performing to musical favorites, they tapped sticks high, low, on the floor, on their knees, and toes.

Second grade students have been immersed in a *Step Aerobics Unit*. Students learned that aerobic means to exercise “with air” and that Step Aerobics is one of many ways to increase heart rate and cardiovascular fitness/endurance. The children have been busy learning various step and “transition actions” that can be used between step patterns to break up the sequence and add more variety to the routine. To demonstrate their understanding of this unit, the children were asked to partner up and create a four-pattern routine that would also include two transition patterns. Students volunteered to show their routines to their classmates and then taught their routine to another set of partners. What an awesome learning/teaching experience for these kiddos!

Third graders have been participating in an *Integrated Arts* experience. Coordinating with the classroom studies of China, Japan, and Mexico, the students have learned that the children all over the world love to play games, run and chase, and dance. From Japan, the students played *Jan Ken Po*, a decision-making activity similar to our “Rock, Paper, Scissors.” The students performed a traditional folk dance called *Tanko Bushi* that tells the tale of gathering coal for market and celebrating the harvest. From Mexico, the children played

several games of skill and accuracy using a beanbag to knock down bowling pins in *Salazar’s Obelisks*, and a marble in the game of *Canicas*. *La Raspa*, also known as the “Mexican Clap Dance”, engaged the students in a rhythmical folk dance. From China, the children played the tag games of *Doves and Hawks* and *1, 2, 3, Dragon*. In art class, the children made colorful fans which they used as they learned a rhythmical *Fan Dance*. Collectively, all third grade students worked together to jog the distance of the *Great Wall of China*- over 4000 miles. For every jog around the MPR, the students each earned one mile along the wall. The miles were logged on charts in the MPR, and the distance covered was marked on an enlarged map of the Great Wall area. The students completed the task with a total of 4,165 miles. What an awesome experience!!



This month’s PE Super Star Awards go to: Ms. Blanchard’s morning kindergarten, Ms. Nichols’ first grade, Mrs. Pepper’s second grade, and Mr. Tilley’s third grade! Awesome work!

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.

**HYSA REGISTRATION
BASEBALL TEEBALL
SOFTBALL**

Registration for the 2008 season begins 2/14/08. Registrations received after 3/2/08 are subject to availability and will be charged a \$25 late fee.

**NEW THIS YEAR . . .
ONLINE REGISTRATION.**

Follow the link on www.hysa-nh.com or go directly to http://www.active.com/event_detail.cfm?event_id=1539944

Online registration for HYSA is powered by Active.com

**SIGN UP IN PERSON AT
MAPLE STREET SCHOOL:**

Monday, 2/18, 5:30-7:00 PM
Thursday, 2/21, 5:30 - 7:00 PM

For additional information, or to download registration forms, please visit www.hysa-nh.com

If you have questions please contact Baseball Commissioner Martin Marklin at 746-5452, or Softball Commissioner Dave White at 746-3531.



**'Tween School 'N Home
at Harold Martin School
Week of February 18-22, 2008**

TALENT SHOW WEEK

Mon: Balloon Game; Talent Show Prep
Tues: Sewing; Talent Show Prep
Wed: Talent Show Prep; DI
Thurs: TALENT SHOW
Fri: Blow Art; Music Lessons

The HMS DI group needs **Pizza Boxes** for their project. Please save their reasonably clean pizza boxes and give them to the After School Program.



The Beech Hill Players
Present

**CHARLIE AND THE
CHOCOLATE FACTORY**

Directed by Paula Demers

Hopkinton High School
Friday, March 7th at 7:00 p.m.
Saturday, March 8th at 7:00 p.m.
Sunday, March 9th at 2:00 p.m.
All Tickets \$7.00

Tickets will be sold at the door and in advance at Bella and The Hopkinton Independent School.

**Celebration of the Arts,
March 26
at HHS**

This years Celebration of the Arts will be held on March 26 at Hopkinton High School. Please contact Mr. Alberici for more info
malberici@hopkintonschools.org

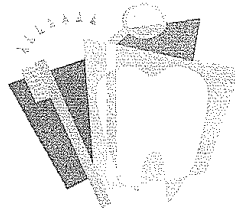
**Block Building
for All Ages**

Bring your inter-locking blocks to the Hopkinton Town Library on Wednesday, **February 27** (vacation week) at 11 AM. Local architect Jim Loft will be on hand and everyone will have the opportunity to build! This program is open to all ages. Please sign up at the front desk or call 746-3663 to register.

HOT LUNCH CREDIT

With five school cancellations, many families have a **credit** with the hot lunch program. Please use your credit, by not paying for future hot lunches—just note credit on envelope instead of including payment.





CONCORD REGIONAL VISITING NURSE ASSOCIATION
in collaboration with
CAPITAL REGION FAMILY HEALTH CENTER
will be offering a
DENTAL CLINIC

Friday, March 14, 2008

AT THE NEW HAMPSHIRE TECHNICAL INSTITUTE
MACRURY HALL - COLLEGE DRIVE
Concord, New Hampshire

Appointments are available for income eligible children who are without dental insurance, and also those who have Healthy Kids Gold/Silver
Between the ages of 3 and 12 years old
Cleaning and fluoride and sealants will be done as well as dental exams,

PLEASE CALL GLORIA BEFORE Monday, March 10, 2008
TO SCHEDULE AN APPOINTMENT at



224-4093 OR 1-800-924-8620 EXT. 4830

Sue Higgins, RDH, Dental Care Coordinator
227-7000 ext. 2466

Community Health Services
Concord Regional Visiting Nurse Association
PO Box 1797 • Concord, NH 03302 • www.crvna.org