



# NMS NEWS

Mrs. Sylvia Murray, Principal  
Mr. Troy Sauer, Assistant Principal

Summer 2016

## Enjoy the Summer Break!



Dear Parents/Guardians,

It's hard to believe that the end of the school year has arrived! 10 months have passed very quickly!

The year's end always brings with it a tremendous sense of accomplishment. So many things have been accomplished this year! From the 6th grade transition program in August to the field days in May, our students have been involved in an extraordinary number of activities. We've had concerts, field trips, assemblies, dances, and who can forget the great experience of Mini-thon. Of course, we would be remiss not to mention the tremendous amount of learning which has taken place during the year. Throughout all of these activities our students have demonstrated great pride!

To our 8th grade students, congratulations on your achievements. The middle school staff wishes you all the best as you move to the new high school. To those moving up from 6th and 7th grade, it's your time to shine. If this is your last child to leave NMS, the staff would like to thank you for your support and for the guidance that you have provided for your children. We look forward to hearing from the graduates in the future and we hope that each of them will have gained a firm foundation for their education while at Northern.

For those families who will be returning next school year, we look forward to working with you and making your child's experience a memorable one. Summer hours will begin the week of June 13th. The middle school office will be open from 6:30 a.m. until 4:00 p.m Monday - Thursday. If there are questions, you can reach someone between those hours. If no one answers, please leave a message and we'll get back to you as soon as possible.

On behalf of the staff at NMS, we would like to take this opportunity to wish you all a safe and happy summer. To stay up to date with the wonderful world of Northern Middle School, follow us on Twitter @NMS\_PolarBears.

Mrs. Murray  
Principal

Mr. Sauer  
Assistant Principal

# D.A.R.E. Graduation

On Friday, April 8th, 250 6th grade students attended DARE Graduation in the Northern Middle School Auditorium. They completed 10 weeks of instruction from Officers Martin and Sunday from the Carroll Township Police Department. Students completed an essay explaining what they learned from their DARE experience and ten students were chosen to share their essays at graduation. Family and friends were invited to DARE Graduation along with State Representative Mike Regan and Chief of Police Wargo spoke to the graduates. There was a reception that followed. Thank you to the Polar Bear Foundation and the NMS PTO for helping to make the DARE program and graduation a success.



# 6Purple Happenings

The 6 Purple Team has been finishing strong this year with students enjoying different activities in their classes.

Ms Lane's reading classes enjoyed a "Beach Day." Although the weather outside was a bit chilly, her students enjoyed the sunny atmosphere in her room, relaxing with a good book!

With the help of a parent, Mrs. Hack and Mrs. Frederiksen were able to organize a fantastic opportunity for our 6<sup>th</sup> grade students to meet international college students from Dickinson College. We learned a lot about different cultures!

Students in Mrs. Frekeriksen's classes have also been practicing putting together their Africa puzzle map. The goal is to get under one minute!

Ms. Cornett's classes have been very busy. The students helped our service dog, Hershey, celebrate his birthday! They even collected dog toys and supplies to donate to a local shelter and wrote postcards about Hershey. The students in English class also had the opportunity to review grammar topics in a game of Islanders vs Shark Bait.

Some students in math class had the opportunity to use surface area to develop a package to house different types of sweets, such as a Tootsie Roll, a Hershey's Kiss, and a marshmallow. Students had to use the dimensions of the candy to design appropriate packaging.

During Student Week, 6 Purple students enjoyed the opportunity to play some games during team time.

The students just returned from our fascinating trip to the Franklin Science Center in Philadelphia





# 6th Grade Fun!



# 6 White News

"Our differences make US more  
interesting"

As we wind-down the school year to its rapid, whirlwind close, the teachers of the 6 White Team would like to share a few thoughts with you. The group of students we started with in September has only grown more charming and cooperative. Of course, we have our differences of opinions, but who doesn't from time to time. The way we celebrate these differences only strengthens our abilities to deal with tougher issues. The teachers of 6W have truly enjoyed working with you. **YOU ARE FUN TO BE AROUND!** We hope you **TRAVEL** far this summer and **COUNT** up the miles and minutes until September. **READ** every billboard and guidebook you can. Share your knowledge and self with others in an educated **VOICE** and **MANNER**. Finally, don't forget to reach for the **SUN**, the **MOON**, and the **STARS** in your dreams and real life! Have a fun, safe summer, and don't forget to talk to us next year!

## 7<sup>TH</sup> GRADE SOCIAL STUDIES

What a fantastic year. We went from a young Virginian surveyor/farmer/British officer named George Washington who helped create our new nation to understanding how a young Illinois farmer/surveyor/orator/lawyer named Abraham Lincoln helped save our new nation. In between we completed many activities that included a lot of technology, making money, recreating the Boston Tea Party and Boston Massacre, to travelling west on the Oregon Trail. We took a field trip to Gettysburg, one of the greatest places on earth. Couldn't have asked for a better group of students to do it with.



# 8 W S O C I A L S T U D I E S

Every year students study the Holocaust and the disturbing experiences of the Jews during World War II. They come to better understand Hitler's maniacal hatred and distrust of this vulnerable population and what led to the institution of Nazi concentration camps. Even though these facts and statistics are grim and dark, students are also exposed to several more positive elements of Jewish culture. This year students had the opportunity to learn about Matzo and its role in Judaism. Students learned how this Passover staple is made and got to sample some in class. They also virtually visited a family owned and family operated Matzo shop in New York City.



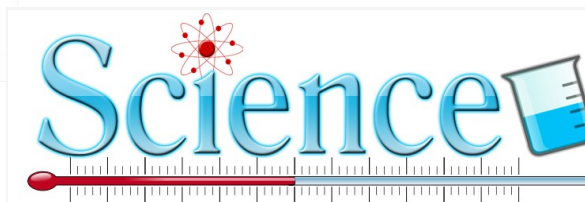


## 8th Grade science

Science classes have concluded their study of the structure of the atom. From protons and neutrons to quarks, positrons, and strings, we have tried our best to unlock the mysteries of the universe. After that modest undertaking, we have set our sites on the tiny charged particles that can help make modern life easier in so many ways. We recently focused our studies on electricity. During labs, students had the chance to study different methods of making electrons flow before building circuits to see how many ways we could get the electrons to work for us. There were some interesting and exciting activities in class. Having concluded our introduction to physics and chemistry, students are now prepared to tackle courses offered by the high school.



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# Extra Curricular Activities

## Math Counts

The Math Counts team finished in 7th place out of 18 schools at the Regional Competition held at Penn State Harrisburg. The team was led by Katie Anthony, Ben Humpert, Annika Pomeroy, Cara Klinger, and Ryan Kreiger. Katie Anthony had the best individual performance, finishing 26th out of 120 students.



The middle school bands performed their annual spring concert on Tuesday, April 26<sup>th</sup> 2016 in the high school auditorium. Videos of the entire concert are available on Mr. McCartney's web page. On Thursday, May 5<sup>th</sup> we bid farewell and good luck to Mr. Kevin Lynch, a student teacher from Penn State University.

Our next concert is this Friday, May 27<sup>th</sup> at 7:00 in the Middle School auditorium. This concert will feature the middle school and high school jazz bands performing a joint concert, including a combined number that pays homage to Frank Sinatra, who would have celebrated his 100<sup>th</sup> birthday this year. Doors will open for general admission at 6:30.

Members of the NMS drum club and jazz band performed at the annual spring pep rally, where we celebrated another undefeated season for the indoor color guard and dance team programs.

# N M S B A N D



## Senior Center Performance

Members of the Northern Middle School Jazz band performed for the Dillsburg Women's Club on Tuesday, April 12 at the Senior Activity Center in Downtown Dillsburg. Pictured at left are Blaise Dibeler, Mason Sullivan, Josh Brown, Noah Davis, Mr. Kevin Lynch (student teacher), Ben Barton, Ava Gricks, Anthony Vasco and Ben Teletnick.



This jazz combo represents only a small portion of the jazz band this year, which has over 25 members. The band will perform several more times this year, including a jazz festival at Spring Grove on May 6, and in concert with the high school jazz band on Friday, May 27<sup>th</sup> in the high school auditorium.





# NMS 2016 ART SHOW

We had an outstanding turn out of artist and their families at the Art Show this year! Thank you to all who made it out in the rainy weather on Saturday. Many other students and their families were able to enjoy the display of art during the recent spring concerts that took place at Northern High School. If your student had artwork in the art show, it will be returned to during the last 2 weeks of school.





# April Awards

## April Awards



# April Students of the Month

### 6 Purple

Mary-Kate Holubowicz

Nelson Seebold

### 6 White

Kaylee Benko

Jacob Mann

### 7 Purple

Abby Derr

Jordan Heisey

### 7 White

Dixie Ramsey

Connor Swope

### 8 Purple

Dakota Johnson

Jaiten Holford

### 8 White

Rachel Ford

Matthew Crager



# April Character Awards

## 6th-Empathy

Rileah Carlson

Chase Minnich

## 7th –Seek First to Understand, then to be Understood

Linda Tekeste

Linsday Mann

## 8th-Empathy

Gillian Davis

Amber Fogelsanger



# 6th Grade Creative Study Awards for April

## **6th Grade**

### **Music**

Sean Sarley

### **Art**

Olivia Gelbaugh

Brooke Monoski

Briana Yeagy

Brynn Crouse

Sphia Goretski

Olivia Morris



### **Tech Ed**

Forrest Dohner

Meredith Chance

### **Health**

Abbey Hertz

Kadence Townsend

### **FACS**

Kolby Ritter

Rebekah Wiley

Rebekah Tirko



# 7th Grade April Creative Study Awards

## **Art**

Marissa Freed

Taegen McCoy

Madison Thatcher

## **Tech Ed**

Amanda Horn

Sarah Fraker

## **Health**

Darah Caldwell

Wyatt Coy

Coonnor Zody

## **FACS**

Lauren Pryor

Harlee Stizel

Jamie Murphy

Kyla Kolivoski-

## **World Language**

Faith Eppley

Dylan Hake

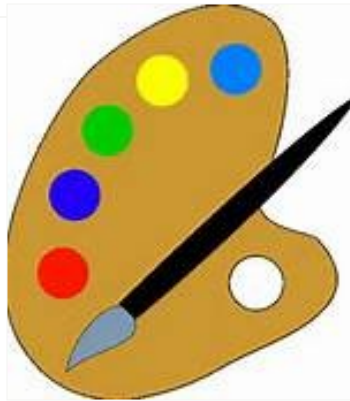
Makenna Landis

Aidan Lusk

Jacey Moyer

## **Music**

Erika Speicher





# 8th Grade Creative Study Awards for April

## **Art**

Shanon Sarley

Cara Klinger

Annika Pomeroy

## **Tech Ed**

Luke Parker

Spencer Cray

Rachel Ford

## **Music**

Joshua Brown

## **Health**

Meredith engle

## **FACS**

Joey Weber

Vincent Seebold

Katie Ayers

Allie French

## **Bio Tech**

Sydney Grim



# June Awards

## Student of the Month

**6P** Ashley Dunkle  
Rebecca Tirko  
Bailey Lutz

**6W** Emma Pryor  
Colton Middaugh  
Logan Taylor

**7P** Autumn Wimbrough  
Connor Nelson

**7W** Abby Bonin  
Zach Beam

**8P** Morgan McCarty  
Steven Bream

**8W** Sierra Holubowicz  
Kevin Wells





**NURSE NOTES: 7<sup>th</sup> Grade Please Note Immunization Changes: See Flier Below. Please be aware that, according to Pennsylvania State Law, your child may need immunizations for the 2016-2017 school year.**

**Immunizations Update: Please see below to learn more about which immunizations will be required by the Department of Health. If your child is missing immunizations, a form will be sent home in the last report card indicating what is required. Please return this completed form to the school nurse as soon as possible. Feel free to contact me at 432-8691, ext. 1312, should you have any questions.**

GRADE 6 in the Fall of 2016:

Parents of all 6<sup>TH</sup> grade students are reminded that Pennsylvania state law mandates that a physical examination be completed for the 6<sup>th</sup> grade school year. Please complete all private exams and return them to the nurse ASAP. Physical forms may be obtained by accessing the Middle School web page and going to the school nurse's section. There have been some changes in the mandates regarding immunizations required for seventh grade. Please refer to the vaccination flier below from the Department of Health.

GRADE 7 in the Fall of 2016:

7<sup>TH</sup> grade students are reminded that they need to have a dental examination in order to comply with state mandates. Please have your dentist complete the form that has been sent home in the last report card and return it to the school nurse ASAP. This form may also be accessed by going to the Middle School web page and opening the school nurse's section.

I would like to wish all of you a healthy and relaxing summer. Please remember to keep track of any health issues over the summer with your children and inform the school nurse of any changes.

Have a happy and healthy summer!

Mrs. Sebright, CSN



# Ticks and Lyme Disease

## Children and Lyme disease

**Although anyone can get Lyme disease, children spend a lot of time outdoors and are at particular risk.**

Reasons to suspect that your child may have Lyme disease include:

- Your family lives in or has visited a region where Lyme disease is commonly found
- You know or suspect that your child has been exposed to ticks
- Your child is experiencing symptoms such as rash, fever, chills, fatigue, joint or muscle pain, or facial paralysis

Children sometimes experience joint pain as their first, and possibly only, symptom of Lyme disease. If you suspect that your child may have Lyme disease, seek care promptly.

## What to expect from your child's appointment

If the doctor thinks that your child has Lyme disease based on symptoms and possible exposure, your child will most likely receive 2-4 weeks of antibiotics.

If your child's symptoms are not clear-cut, the doctor may decide to have your child's blood tested. Keep in mind that blood testing is more accurate the longer the child has been infected. A blood test for Lyme disease will may not appear positive until 2-3 weeks after infection. Therefore, a doctor may order a later, second test if the first test was negative.

## Treatment of Lyme disease in children

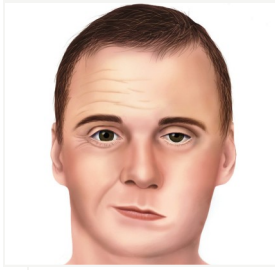
- A typical treatment for children less than 8-years-old would include oral amoxicillin twice daily for 2-4 weeks. Children who are allergic to amoxicillin would most likely receive cefuroxime axetil twice daily instead.
- A typical treatment for children over 8-years-old would include doxycycline twice daily for 2-4 weeks. Children who are allergic to tetracyclines would receive amoxicillin or cefuroxime axetil twice daily instead.

For more information about Lyme disease, visit <http://www.cdc.gov/Lyme>

**National Center for Emerging and Zoonotic Infectious Diseases**

**Division of Vector Borne Diseases | Bacterial Diseases Branch**





*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*



The bite of a blacklegged tick can transmit the bacteria that cause Lyme disease.

## Helping your child recover

Give your child the complete course of antibiotics as recommended. Make sure that they get plenty of rest so that they can recover. Joint pain may take longer to go away than other symptoms.

Some people wonder if there is a test to confirm that their child is cured. This is not currently possible because the immune system remembers an infection long after it has been cured. Blood tests can remain positive for months or years. Don't be alarmed. This doesn't mean that your child is still infected.

Most importantly, practice prevention against tick bites. Kids can get Lyme disease again if they are bitten by another infected tick.

## Protect your family from Lyme disease

- Use insect repellent that contains 20 - 30% DEET. Follow the instructions on the packaging.
- Make children bathe or shower as soon as possible after they come indoors.
- Look for ticks on their bodies. Ticks can hide under the arm-pits, behind the knees, in the hair, and in the groin.
- Put clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

## Additional information

1. <http://www.cdc.gov/Lyme>
2. The Clinical Assessment, Treatment, and Prevention of Lyme Disease, Human Granulocytic Anaplasmosis, and Babesiosis: Clinical Practice Guidelines by the Infectious Diseases Society of America <http://cid.oxfordjournals.org/content/43/9/1089.full>
3. Tick Management Handbook (Connecticut Agricultural Experiment Station, New Haven) [http://www.ct.gov/caes/lib/caes/documents/special\\_features/tickhandbook.pdf](http://www.ct.gov/caes/lib/caes/documents/special_features/tickhandbook.pdf)

### For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-63548

Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) Web: [www.cdc.gov](http://www.cdc.gov)

## Attention Parents/Guardians

### **DON'T WAIT -----VACCINATE NOW**

**FOR ATTENDANCE IN ALL GRADES in 2016-2017 children need the following:**



**4 doses of tetanus\***

**(1 dose on or after the 4<sup>th</sup> birthday)**

**4 doses of diphtheria\***

**(1 dose on or after the 4<sup>th</sup> birthday)**

**3 doses of polio**

**2 doses of measles\*\***

**2 doses of mumps\*\***

**1 dose of rubella (German measles)\*\***

**3 doses of hepatitis B**

**2 doses of varicella (chickenpox) vaccine  
or history of disease**

\*Usually given as DTP or DTaP or DT or Td

\*\*Usually given as MMR

**Children ATTENDING 7<sup>th</sup> grade in 2016/2017 need the following:**

**1 dose of tetanus, diphtheria, acellular pertussis (Tdap) if 5 years has elapsed since last tetanus immunization)**

**1 dose of meningococcal conjugate vaccine (MCV)**

**These requirements allow for medical reasons and religious beliefs.**

**If your child is exempt from immunizations,**

**He/she may be removed from school during an outbreak.**

Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization).  
Contact your health care provider or 1-877 PA HEALTH for more information





## Summer's Here – Are Your Kids Covered?

### Health Concerns Should Take Top Priority During Active Summer Season; CHIP can help

Ah, summertime – picnics, playgrounds, swimming and sun. What could be better? As you pack that pool bag, picnic basket or suitcase, remember to add one important essential to your summertime list of must-haves – health insurance for your kids. Pennsylvania's **Children's Health Insurance Program** now covers all uninsured kids and teens (up to age 19). And no family makes too much money for CHIP. Coverage includes doctor visits, dental care, eye care, prescriptions, immunizations, mental health and much more, which can offer peace of mind to parents, especially during this active time of year.

*There are more than 133,000 uninsured children in Pennsylvania who now have access to this comprehensive health insurance coverage. All families need to do is apply!*

*For many families, CHIP is free, with no copays or monthly premiums. Families with higher incomes may qualify for low-cost or at-cost CHIP, which still includes the same comprehensive benefits. Families whose incomes fall below CHIP guidelines may be enrolled in Medical Assistance.*

*Families who need health insurance are encouraged to apply right away. CHIP enrollment information is available by visiting [chipcoverspakids.com](http://chipcoverspakids.com) or calling **800-986-KIDS** to apply or for more information.*

Although having access to proper medical treatment is invaluable, there are some simple summer safety tips that will keep you and your family happy and healthy this season – and beyond.

**1. Wear a helmet and other safety gear when [biking](#), [skating](#) and [skateboarding](#).** Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

**2. Bring a first aid kit when you go camping with your family.** The kit should include antibiotic ointment, antihistamine syrup, calamine lotion, fever/pain medicine, insect repellent, bandages and of course sunscreen.

**3. When exposed to the sun and heat, be sure to wear sunscreen (use a sunscreen with an SPF (sun protection factor) of 15 or greater.** Be sure to apply enough sunscreen and keep all family members hydrated.

**4. When barbecuing, make sure that your young child is far enough away from the broiler in order to prevent a burn injury.**

**5. Use layers of protection to prevent a [swimming pool](#) tragedy.** This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

**6. Summer also means [yard work](#).** When mowing, keep small children out of the yard, and turn the mower off if children enter the area. Never carry children on a riding mower.