

Colts Newsletter

Issue #8: June 2023



National Safety Month

By Leah S.

June is National Safety month, a time to focus on protective measures that can help us be safe in case of emergencies. While safety should be a year-round priority, this month provides an opportunity for individuals, families, and organizations to raise awareness about how important safety is, and how to reduce injuries and accidents.

Reviewing your safety plans or checking your safety equipment at least yearly is always a good idea. Making sure that you always have a fire extinguisher on hand, just in case a small fire breaks out. Changing the batteries in your smoke and carbon monoxide detectors. Making sure you review your safety plan in case of a fire or other home emergency with your family such as where to meet or who to call for help is also important.

There are countless ways to help ensure the safety of ourselves and others around us including always being aware of your surroundings, fixing anything that is broken or a hazard, and by being well prepared. By taking the steps to prevent accidents, all of us together can work together to create a safer community. Be safe and have a great summer!

Holidays and Events

Wellness Days Run by COLTS - 1st & 2nd

HMS Science Bee (2:30) - 1st

National Donut Day - 2nd

National Egg Day - 3rd

Music Groups Canobie Trip - 8th

8th Grade Dance (6-8:30) - 9th

Spring Sports Awards (6:30) - 13th

HMS 5th Grade Tours and BINGO Night - 14th

8th Grade Class Day Practice - 16th

Fathers Day - 18th

8th Grade Class Day Ceremony - 19th

Last Day of School! - 19th

HAVE A GREAT SUMMER EVERYONE!

HMS Monthly FOCUS

Academic FOCUS: Reflection

This means to work on developing your skills of reviewing the effectiveness of your work and character to make growth for the future.

Social Emotional FOCUS: Responsible Decision Making

This means once we have our mind set on a decision, we know can fix a problem, we will do it despite all our nerves.

CTE FOCUS: Law & Public Safety

Some careers that relate to law and public safety are, lawyers, police officers, EMT, and fire fighters among many others!



Respect, Responsibility, Hard Work



What's Up at HMS?

HMS Sports & Club Updates

Swing Choir, Woodwind Choir, and Jazz Band are going to an end of the year field trip to Canobie Lake Park on Thursday, June 8th!

On Tuesday, May 30th the Jazz Band, Swing Choir, and Woodwind Choir performed at the Hudson Senior Center and Dr H.O. Smith Elementary Schools.

Colts Council has completed its final meeting of the year and all of its events! We are already looking to recruit more upcoming 7th and 8th graders for next year! If interested, please email Ms. Blais at ablais@sau81.org so we can reach out to you next year! We will also be looking for new incoming 6th graders as well! Come join the fun things we do for HMS staff and students!

Wildlife Encounter Visit!

By Liana. G

Wildlife Encounters, located in Rochester, NH came to HMS to present to the 7th grade on May 30th with a variety of animals. 7th grade science is all about biology and living things so it related to their curriculum this year.

Wildlife encounters rehabs animals. That means that they care for animals that are injured and can't survive on their own or in the wild anymore so they are taken in. They brought many exciting animals like a wallaby, a centipede, lizards, snakes, and an arctic fox just to name a few. The presenter taught us about the species and their habitats. Thank your to Mrs. Dalrymple for helping organize this!

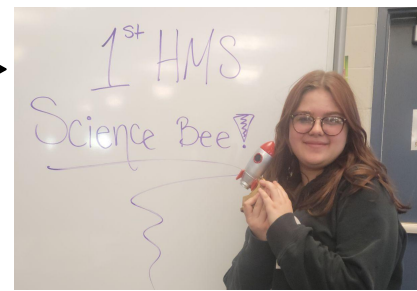


HMS Science Bee!

Submitted by Ms. Blais

This year the 1st HMS Science Bee took place! All 8th grade students took a qualifying quiz and the top 20 students were asked to participate in the Science Bee. If 6th or 7th grade students wanted to try taking the qualifying exam they were also able to. Two 6th graders, one 7th grader, and seventeen 8th graders ultimately qualified and competed in the bee after school on June 1st. Over 50 family, friends, and staff members attended to cheer on the participants! The participants answered true/false, multiple choice, and eventually open response science questions related to 6th, 7th, and 8th grade science content! No one went out until round 3, and it took 8 rounds, 4 of which were open response, in order to reach a winner!!

The 1st place winner was Delaney F. → from Team 8! She received a trophy and a science prize basket! The close runner up was Keira S. from Team 6!



Great job to everyone who participated, Ms. Blais & Mrs. Fillmore are so proud of you!



What's Up at HMS?

Ask a Senior Who's Been Through It All

By An Alvirne Student

How do you deal with the stress of school work and other activities too?

A lot of kids lack the motivation to do school work when they get home after a long day, which is very normal. If you're involved in extracurricular activity at the same time, it can be even harder. But if you love that activity enough than definitely make sure you do your work so you can stay involved. When school work stresses me out, I like to take a step back and give it a rest for a bit so I can just relax and come back ready to work after, it really helps. When it comes to getting overwhelmed with the amount of schoolwork you have, that's completely normal. The best thing you can do is any free time you get, whether it's in classes or free periods, is start your homework so it's out of the way. A lot of kids stay up very late doing homework but it shouldn't get to that point if you set aside that time for homework after school or during a study hall. I'd just suggest getting it done as early as possible.

How do you deal with "drama"?

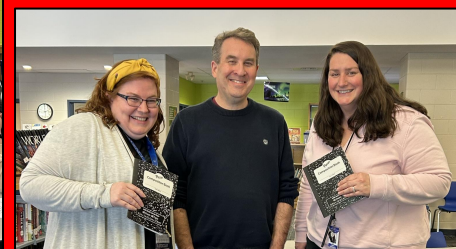
There's always a lot of drama in middle school, but the best way to deal with it is not letting it bother you. That is obviously much easier said than done, but another thing is just don't get involved in that stuff. The best way to avoid "he said, she said" is to not talk badly about people. Sometimes it's easy to talk badly about people, especially when you're upset but being nice is so much easier. Just try not to get involved and you'll find yourself being so much happier. Avoid people that are toxic, no one wants those kinds of mean and inconsiderate people who feed off of drama in their lives. If you want someone out of your life, cut them out sooner rather than later and find more positive people to be friends with!

Author Visits HMS

By Olivia T.

Jordan Sonnenblick, a famous author, came to visit our school just before April Vacation. He talked to all of the grade levels about how to be a happy human and told stories from his youth and adulthood that shared important life lessons he's learned. He also shared with the 8th graders his inspiration for writing *Notes From A Midnight Driver* which is the summer reading book for 8th graders. For the 6th & 7th graders he spoke about his first books *Drum Girls* and *Dangerous Pie* and how it made him a happy human to finally write his first book.

At the end of the day, he met with our National Writing Project students and had them work on an activity to practice how to write a story using writing prompts. HMS presented Mr. Sonnenblick with a bound book of block out poetry created by the National Writing Project students based on his books as a thank you for visiting HMS. Thank you to Mrs. Sloat and Mrs. Spinelli for all your hard work planning this and to Mr. Sonnenblick for taking time to visit!



Special Feature!

8th Grade May 1st-5th Field Trips!

By Leah S., Maddie L., Alex H., & Lando C.

Washington D.C. Trip

The Washington D.C trip is one of the most awaited events in all of middle school. A five day trip, with scenic tours of our nation's capital, as well as Jamestown, Virginia, and Colonial Williamsburg.

The first day of our trek to D.C was mainly driving, leaving at 7am, and getting into D.C. around 5pm. After eating dinner and getting some shopping time at Pentagon City Mall, we went on an evening tour of some monuments and memorials. On the second day, we took our annual group photo at the Capitol, and then were the first HMS group to get to go inside the Capitol to take a tour. After that, we went to the American History, and Natural History Smithsonian Museums' & the National Archives. On Wednesday we went to Arlington Cemetary, where we saw the changing of the guards, the Holocaust Museum to connect to our 8th grade ELA curriculum, and saw an awesome show called Twilight Tattoo about the history of the U.S. Military and its conflicts.

On Thursday we traveled a few hours south to Virginia and went to Jamestown, a replica of the first settlement and had a ghost tour at night. On Friday, we went to Colonial Williamsburg before starting the long journey back to New Hampshire. Overall it was a great trip! Many busses became friends with their tour guides and bus drivers during the week and were sad to leave them. Thank you to all of the chaperones!

Hudson & Boston Trips

The Boston Trips were an alternative trip choice if you did not go on the DC Trips. The first trip we went on was an amazing trip to Alvirne to explore all of the C.T.E. Programs, such as Vet care, Farm care, Engineering, and more. The second day, we went to Boston to walk parts of the Freedom trail, where we learned history of Boston during the revolutionary times and see many old buildings. On Wednesday, we all went back to Boston for the U.S.S. Constitution Ship tour, the first war ship that ever sailed the seas and won all it's battles. We then got to do a STEM challenge to make our own ships in groups with limited amount of materials to see which one would sink or float and win a race.

On Thursday, we stayed in the school for a Field day. We had many activities that all of the teachers had set up for us, including a breakfast buffet. Mr. Campo also grilled up some burgers and hotdogs for us. We then finished off the end of the day watching a movie with popcorn. Finally on Friday, we had police officers come in and show us about their jobs. They brought in a police dog, and we got to see what the back of police cars and vans looked like. We also learned about safety related to firearms, alcohol poisoning, and substance abuse. We also got to enjoy pizza and cake! Overall it was a great week, thank you to all of the staff that helped make it an enjoyable week!

Washington D.C.



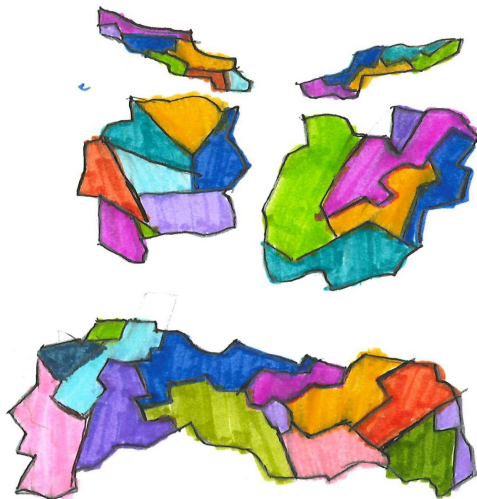
Virginia

Boston



HMS

Student Artwork!



Henry H.
- 6th

Geometric Anger

8th Grade Dance!

HMS 8TH GRADE

DANCE

UNDER THE

STARS

JUNE 9TH 6:30PM-8:30PM

DOORS WILL OPEN AT 6PM

FOR PICTURES

TICKETS SOLD AT LUNCH

\$10 EACH

Ask Ms. Tirone or Mr. Pooler if you
have any questions!

Dino Cupcakes Recipe

By Lando C.

In honor of National Dinosaur Day on June 1st!

Ingredients

- $\frac{3}{4}$ cup superfine sugar
- $\frac{2}{3}$ cup butter, softened
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups Rising flour
- Buttercream frosting
- Food coloring

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin or line cups with paper liners.

Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla extract. Stir in flour just until mixed; spoon batter into the prepared muffin cups, filling each $\frac{3}{4}$ full.

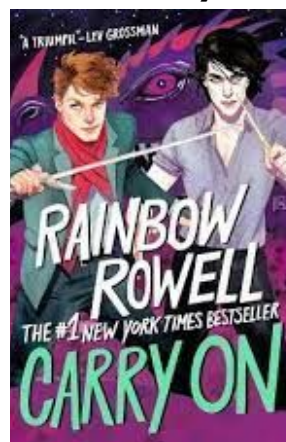
Bake in the preheated oven until the tops spring back when lightly pressed, 18 to 20 minutes. Cool in the tin briefly before transferring to a wire rack to cool completely.

Decorate the top of the cupcakes with buttercream frosting dyed green.

Literature Recommendation

By Lando C.

Carry On by Rainbow Rowell



Carry On is a book that takes place in a magical world filled with wizards and vampires. Our main character's name is Simon. Simon is the chosen one, and he's an orphan. But one night Simon meets Baz's dead mother who told Simon to tell Baz to find her killer... Check it out!

Quote Of the Month

"It always seems impossible until it's done."

-Nelson Mandela

Student & Staff Shout Outs

Shout out to Mrs. Fox for subbing for while Mrs. Butterfield has been out!

Shout out to Ms. Blais and Mrs. Freemantle for putting together Colts Council and helping us out whenever we need it!

Shout out to all of the Colts Council Journalists for putting out the most newsletters we have ever had in school year!

Shout out to all the band/ music/ chorus teachers for our field trips this year and all of the hard work for our concerts.
We appreciate you!

Shout out to Mr. Campo & Mrs. Spaulding for finishing up their first year at HMS!

Shout out to all HMS Teachers and staff, thanks for a great year!

Shout out to the 20 brave and intelligent students that participated in the 1st ever HMS Science Bee! You all did amazing!

Shout out to Mrs. Mathur for all of her encouragement this year and for her help with the Science Bee!



Follow Us!
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@hmscolts



Monthly Tip!

By Chase M. & Rylee G.

As we all know, the school year is coming to an end and I think we all want to end it on a positive note! A few tips are to keep doing your work and working hard on it so you finish strong even though it's the end of the year. We are almost there! Also, remember to be thankful for all of the HMS staff that have helped support you this year and let them know you appreciate them. Have a great summer!

RECOMMENDATION OF THE MONTH

By Maddie L.



It's the last month of the school year, where it now starts to get warmer and people go out for walks and concerts to enjoy the weather. Let's celebrate with a movie about country music and family. This movie is called "Forever My Girl", it's about a country singer who finally came back to his hometown after his best friend suddenly died, only to find out his ex-fiance who he left at the altar has a daughter that he never knew about. Now he's trying to make it up to her and be a good father. If you're a fan of country music, family, love, comedy, and drama, then check out this movie and have a great summer! See you next year!

CONTACT INFORMATION

Want to submit something to the Newsletter? Have a comment or concern?

Email:

Ms. Blais (ablais@sau81.org)

OR put submissions into the Colts Council Box on the stage in the Cafeteria



Respect, Responsibility, Hard Work

