



Hollis Brookline Middle School

KNIGHTLY NEWS

October 22, 2007

From the Administration

While many educators like 'change' it has been a welcome relief to experience a routine after our week of **NECAP testing**. Students were complimented on their attendance, serious approach to testing and focus. We thank you for your support. As of Tuesday, Oct 16th all make-ups have been conducted for 7th grade students.

Our newly-formed **Recycling Club** has met twice. Ms. Erin White has volunteered to assume the role of advisor. We are ready to begin recycling plastic bottles. This will be in addition to paper and cardboard presently recycled. Special receptacles have been ordered, students are ready to tie and carry bags to a special location daily and some parents have volunteered to transport the bags to the Hollis or Brookline transfer station.

We NEED your help. If you are willing to transport bags to the transfer station on either a Tuesday or Thursday, please call Jean Filer at 465-2223 to schedule a date. You may help once a month or more, your choice!

The **first payment** for the 8th grade **Washington, DC trip** was October 18th. Very shortly, students will be asked to declare a roommate and shortly thereafter the pairs may recommend a foursome. Please understand behavior is a clear part of the criteria for participation.

The **Blue Ribbon Ceremony** was held Monday, Oct. 15th at the Center of New Hampshire. Hollis Brookline Middle School was again recognized for its exemplary volunteer program. Please know we appreciate all you do behind the scenes, in the office, on the stage, at the dance, in the science labs, during school pictures, in the library, for student council, and more!

The Coop Calendar listed October 31st as a professional development day. Please note that date should be **November 1** which is consistent with the elementary schools.

The HBMS staff are fully immersed in **Tech Paths**, the web-based software for curriculum mapping. The 'train the trainer' model was used last spring, whereby twelve staff members spent a day learning the software. During the month of September several training sessions were then provided for staff. All teachers are beginning to enter their maps, some by month, and others by unit. **Performance Tracker** is the accompanying software that the State of NH purchased to analyze the NECAP results. Once the assessment data has been ex-

amined, the Tech Path maps will allow us to hone in on an actual skill or concept to see where, when and how often the skill is taught. Departments and/or Teams will then be able to make informed decisions to increase achievement.

Special thanks are extended to Laura Landerman, Pam Griffith, Jean Filer and the PTSA for their recent organization of a first time ever **Spirit Clothing Sale!** We appreciate the support extended with all of your purchases! Go HBMS!

Grades for quarter 1 will close November 2nd, with **report cards** distributed on November 9th. Please make a note.

As always, we encourage you to call with questions, concerns or to share a positive. We welcome your input.
Sincerely,

Patricia Lewis Goyette, Principal
Stephen R. Secor, Asst. Principal

PTSA President's Report

We would like to welcome all new and returning PTSA members and encourage you to join our PTSA if you have not done so already. The hard work and dedication of our volunteers enables us to support our HBMS students, teachers and staff; it is what makes us so successful. The following paragraphs will summarize what our busy volunteers have been doing so far. THANK YOU TO ALL!

Please look for announcements and admire pictures of our students on our two bulletin boards. One is located in the front lobby, the other across from the MPR.

Our magazine drive has successfully been completed. A big round of applause goes to the winning ROCK team: Mrs. Page from Team Prescott. During the pig race, they just barely out-ran Mrs. Rasmussen and Mrs. Fordin's rock groups. We can continue to support our school by ordering/reordering magazines on line at: www.QSP.com school ID 425013255.

Our 7th and 8th grade open houses were successful. We also had volunteers during picture day. Our first school dance of the year was also a success. If you would like to have your name added to the chaperone list, please contact Steve Secor. We tried something new this year with the sale of our sweatshirts/pants. What a great way to show off our school spirit! Watch for another sale week later on in the year.

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School and Community News

Everyone can help support HBMS by shopping at Hannaford's and collecting "school dollars," which the cashier will hand you when you buy the correct items. Participating products are labeled throughout the store. Please put the "dollars" in the envelope in the HBMS office.

Another way to support our school is by cutting the box tops off of General Mills products and placing them in the jar in the HBMS office. You can also shop online at www.boxtops4education.com at over 200 stores, including Barnes and Noble, LL Bean, Best Buy, FTD, clothing stores and many more. Consider this program when doing your holiday shopping...it's easy and helps our school!

Our student directory is complete. There are some copies left in the front office, if you are interested in purchasing one for \$5.00.

Our next Community Conversations night, geared for parents of middle schoolers, will be November 8th from 7-9 pm in the HBMS library, with the topic of "Early College Awareness and Discover U," provided by the New Hampshire Higher Education Assistance Foundation. If you cannot make the presentation but would like to register for Discover U, visit www.nhheaf.org,

Our recycling committee is now underway, with the organization and purchase of plastic bottle recycling bins for the students and staff to use. They will be in place within the next few weeks, so please encourage your children to take advantage of this opportunity to be an active participant in saving our planet.

Our PTSA helped fund the Rachel's Challenge speaker. Please encourage your children to continue Rachel's message with daily acts of kindness.

Congratulations to all of the students who ran for positions on the Student Council. It shows a great deal of personality and ambition just to run. Also, congratulations to all of the 2007-2008 Student Council members. What an honor and responsibility! Please let us know if the PTSA can support you in any way.

Thank you, again, to all of our wonderful volunteers. We truly appreciate all that you do!

We meet every 3rd Friday at 8:30am in the HBMS library. Please join us!!

Susan Holroyd sbholroyd@charter.net
Ruth Kabel arkabel@juno.com

"Generations" News

Eighth grade parents should mark December 14, 2007 on their calendars; you are invited to 8th grade Generations Day. Approximately twenty workshops will be offered to choose from, along with two keynote speakers and the PTSA sponsored luncheon. Generations Day provides an opportunity for parents to involve themselves with the school and their student, as well as to offer workshops of interest. Parents will receive notification and a list of workshops to choose from in the mail a few weeks ahead of time. Please join us!

Destination Imagination

It's DI time! Destination Imagination (DI) gives you a unique opportunity to explore the unlimited potential of your imagination. It encourages students to work creatively as a team to solve challenges, while promoting creativity, critical thinking, self confidence and teamwork.

Teams choose one of five problems, work together on a solution, and then present their solution at a Regional Tournament in March. Each team must design and make their own sets and costumes, write the dialog and build technical elements, without any adult interference. Teams need members with a variety of skills and interests, as everything must be done by the team members, not the parents.

For more information about this fun program, go to www.nh-di.org or call Joyce Pepin at 465-3783. Students who are interested in participating should pick up a registration form on the HBMS website or in the HBMS office. Forms should be returned to the office by Friday, November 9, 2007.

Consider joining a team this year ... it's a lot of fun!

DANCE DATES

Here are the dates for the HBMS dances. As a reminder, dances open for both grades at 7:00pm and end at 9:00pm for the 7th graders and 9:15pm for the 8th graders. Please keep this end in mind when lining up in the front of the building to pick your child up.



October 19th

December 7th

January 25th

April 4th

May 16th

Calendar of Events

(see inside newsletter for details)

Nov. 5	Basketball tryouts begin
Nov. 8	Wrestling Informational Mtg.
Nov. 8	Community Conversations "Early College Awareness..."
Nov. 10	HBHS Cavaliers Basketball Clinic
Nov. 14	"Is This My Teen?" workshop
Nov. 16	Ski program applications due
Dec. 14	8th Gr. Generations Day
Dec. 18	7th Gr. Chorus Winter Concert
Dec. 19	8th Gr. Chorus Winter Concert

School and Community News

“IS THIS MY TEEN?”

Is my Teen normal? What is “normal” in a teenager’s life? How do parents interpret the various signals we receive from our child? What is truly a “phase” and what is problematic? During what arguments do you think, “Well, that makes sense, what can I say”? What is the best approach to setting limits with your adolescent? Learn the answers to these questions and what is considered “Normal” teen development by attending an informative and enlightening workshop on the ins and outs of teens. Jeri Ryan, PhD, LMFT will help answer some of your questions regarding this issue. Hollis Brookline PTSA S-Team will sponsor this educational workshop, free and open to anyone in the community, on Wednesday, November 14th, at 7 p.m., at the Hollis Brookline High School. For more information you may **contact Pat Marquette at 673-1957.**

2007 – 2008 HBMS Yearbook

Yearbook activities have already commenced with a large group of students showing interest in the 2008 yearbook. In the coming weeks, the yearbook staff will seek “8th grade baby pictures.” If 8th grade parents can scan your favorite(s) as jpeg files and send them to the yearbook staff on a CD, it will reduce the risk of damaging original photos and will reduce the time needed to build the pages. Please make sure the CD is titled with the students name and indicate if you want the CD returned. The baby picture composites are a key part of the yearbook.

Two other areas of the yearbook need to be noted. The staff will be selling ads. The fees are nominal, ranging from \$25 (Business Card) to \$200 (full page) but any ad revenue helps defray the expense of publishing this book. If interested in purchasing an ad, please contact Jean Filer in the office (465-2223). School activity photographs are also important. If you have photos of sports, drama, field trips or other school related events, the yearbook staff would like to review them for possible use. Providing them on a CD with a description and source is urged.

Look for a Yearbook page on the HBMS web site in the near future.

Jack Taber & Claudia Banks

CAVALIERS PRE-SEASON BASKETBALL CLINIC

The HBHS Boy’s Basketball Program is offering the 1st Annual Cavaliers Pre-Season Basketball Clinic for boys in grades 5 thru 8. The clinic will take place at the HBHS gym on Saturday, November 10th from 9:00am until 3:00pm. Topics will include ball handling, passing, shooting, rebounding and individual/team offense and defense.

The registration and waiver form can be printed off the HBHS website, www.hbhs.k12.nh.us and should be mailed to Sue Nierendorf at the address on the form. Pre-register by November 2nd for \$20; register on clinic day at the school for \$30.

For more information, **contact Coach Michael Soucy at mjsoucy@verizon.net.**

MAINTAINING THE SCHOOL-HOME CONNECTION

With the academic year in full swing, teachers, parents and students alike have turned focus from the initial thoughts of schedules and materials to questions of student progress. Clear, consistent, timely communication remains a necessity both at home and at school to provide our students with opportunities to succeed. However, developing and maintaining a level of communication that is effective and informative is an ongoing process. The following strategies have proven to be effective to parents, students and teachers at both the middle and high school levels.

Email: Email is the most time efficient way to convey information between home and school, and provides a written documentation of the issue to be addressed. It is a tool that is readily available to students, parents, and teachers. Most teachers are able to respond to an email the same day it is received. Messages, however, should provide or request a focused amount of information. Parent or student initiated requests regarding grades or assignments between regular progress reporting periods are appreciated by teachers before grades are assigned.

Phone calls: Phone calls allow direct, personal contact between parents and teachers. However, phone messages may not be received as quickly as an email due to teachers’ schedules. It is expected that a phone message received by a staff member will be answered within a 24 hour period. Phone calls, as emails, should be made with a primary focus.

Web pages: Many teachers at both the high school and middle school maintain a web page. When questions arise regarding specific homework assignments and class expectations, it is best to locate and view any information posted directly by the teacher on his or her web page first.

School publications: Throughout the year, the school provides numerous announcements, newsletters, and posts events on its web page. Additionally, progress reports, report cards, and interim monitor reports (provided by Special Education) are distributed. Parents and students are encouraged to check school calendars and other publications for the distribution dates of such reports.

HBMS and HBHS Special Education Staff

GOT REFRIGERATOR?

The 7th grade science department is looking for a good quality working refrigerator to be used to store dissection specimens. If you are interested in donating a refrigerator please contact Hollis Brookline Middle School at 465-2223.

Thank you.

Mrs. Evans & Ms. Ellerin

Seventh Grade News

Team McAuliffe Math---Ms. Fordin

Math is off to an exciting start. We have looked at powers and exponents in various ways including ways in which exponential growth can change the world positively and negatively. Students are now ready to extend themselves even further by studying aspects of the laws of exponents, explaining why a number with zero as an exponent has a value of one, and explaining why bases with negative exponents have fractional values.

Students have also reaffirmed the importance of order in mathematics and in showing that order when they simplify and evaluate expressions. They have moved beyond their elementary years by extending their knowledge of the order of operations to include roots and grouping symbols. Their next task will require the usage of their creative sides to show and share their new found knowledge of the order of operations. Keep an eye out for artistry, drama, music and poetry!

Finally, students will become engaged in solving algebraic equations. The subtleties and nuances of using numerous mathematical properties will be explored, together with a focus on the acquisition of vocabulary associated with algebraic equations. As the year progresses, we will focus more and more on students' ability to express their mathematical ideas, both verbally and on paper. I am confident that this will lead to stimulating dinner conversations!

Team McAuliffe History-Mrs. Connelly

History is Happening

What is history? That is such a great question! Our year started with students defining history and considering all aspects of this question. They decided what type of product they would make to answer this question; whether it was a mini or big book, interviewing family, writing an essay, taking surveys or creating a poster to display their personal definition of history. We discussed our discoveries that history is a perspective and recorded stories about events, people and places throughout time. We all are creating history with the life we live. Our thoughts, ideas and actions can change the present, tomorrow's past. The students also discovered that history is in all areas of our lives. Look at our history class website to see some quotes from students' work.

Students dove into the five themes of geography which are the basis for many of the reasons people live in certain places. You have heard the statement, "Location, location, location." The five themes are location, place, region, movement and human-nature interaction. As we move through this year, we will examine how each culture is impacted by these themes. Ask your child how the acronym PIG relates to movement. You should get an answer that you might not expect.

Then we moved on to review Ancient Rome where students became cartographers, used and created beautiful timelines to learn about various events that occurred in the Roman Republic and Empire. We are studying the Roman wars, Caesars' and Emperors' reigns, and will focus on Julius Caesar, Augustus, Hadrian, Marcus Aurelius and Nero.

Our exciting unit project is coming home now. Students will be making masks with a teammate, and we'll have a

Wax Museum at the end of this month where students don Ancient Roman apparel, masks and take on the persona of ancient famous figures. Be sure to watch for your invitation. We'd love to have you come visit and enjoy a walk into ancient Roman and early Christian history.

Presently we are exploring the events which caused Rome to fall and will begin the "Rise of Christendom" within the next week or two. Please check out Team McAuliffe and Mrs. Connelly's web pages for more information. Finally, I want to thank parents for their support with the beginning of the year transition to Middle School and for coming to Open House. I look forward to seeing you again at the upcoming Wax Museum.

<http://www.hbms.k12.nh.us/connellys>

Team McAuliffe Science-Mrs. Evans

Our seventh grade scientists are exploring the central nervous system, focusing primarily on the brain. Our school year began with students discussing at length Howard Gardner's Theory of Multiple Intelligence. Each student determined his/her area of greatest intelligence thus allowing each one to note the strengths he/she brings to our science class, team, and school. Come see our "intelligence" board in room 101.

To further enhance our study of the brain, each student, through a series of questions and discussions, determined his/her own dominant hemisphere in the brain. The results are as follows:

- 16 %-right brain
- 36 %-whole brain favoring the right
- 26 %-whole brain
- 15 %-whole brain favoring the left
- 7 %-left brain

Regardless of the results, we are just so happy they are "using their brains".....

To help better understand the function and structure of the brain and spinal cord, our students had an opportunity to dissect a cow spinal cord and a sheep brain. As the students worked in pairs, they tapped into their interpersonal, kinesthetic, spatial and mathematical intelligences while feeling, exploring, measuring and cutting. The most challenging part of the spinal cord dissection was to cut seven equal pieces. The most challenging part of the brain dissection was to cut twelve pieces and put it back together to make the brain look as if there were no cuts made at all. Congratulations to our students for demonstrating maturity, responsibility and cooperation during their first two dissections. I am very proud of our scientists !!!!

Team McAuliffe English-Ms. Rasmussen

Team McAuliffe English students are delving into the deep dark mind of Edgar Allan Poe. First, we watched the A&E biography of Poe and wrote paragraphs about his tragic life and its influence on his writing. We read "The Tell Tale Heart" in class, with an audio tape, and the students answered questions about the story, using quotes from the text to support their answers. Along with the Poe short story, students are also reading short stories on their own for their October reading assignment. As a class, we are looking closely at the craft of short stories, studying the elements used to create short stories such as plot structure, point of view, conflict, theme and mood.

Seventh Grade News

Team McAuliffe English--Cont'd

At the beginning of November, each class will be creating a Power Point presentation showcasing the function and importance of each story element. Pairs of students will be assigned one element to define and explain in four slides. Students will work on their presentations in the computer lab from Nov 6th through the 15th.

Team Jordan Mathematics- Mrs. Hall

Math is off to an exciting start. We have looked at powers and exponents in various ways including ways in which exponential growth can change the world positively and negatively. Students are now ready to extend themselves even further by studying aspects of the laws of exponents, explaining why a number with zero as an exponent has a value of one, and explaining why bases with negative exponents have fractional values.

Students have also reaffirmed the importance of order in mathematics and in showing that order when they simplify and evaluate expressions. They have moved beyond their elementary years by extending their knowledge of the order of operations to include roots and grouping symbols. Their next task will require the usage of their creative sides to show and share their new found knowledge of the order of operations. Keep an eye out for artistry, drama, music and poetry!

Finally, students will become engaged in solving algebraic equations. The subtleties and nuances of using numerous mathematical properties will be explored, together with a focus on the acquisition of vocabulary associated with algebraic equations. As the year progresses, we will focus more and more on students' ability to express their mathematical ideas, both verbally and on paper. I am confident that this will lead to stimulating dinner conversations!

Team Jordan History--Mr. Capraro

On Team Jordan in 7th grade History, we are just finishing our study of the end of the Roman Empire. We have been paying particular attention to the "new" religion in Rome: Christianity—where it came from, what it believes and most importantly, its affect on the Roman Empire in the first few centuries AD. From there we moved to the fall of Rome and the split of the Roman Empire into the Byzantine Empire of the East and the Middle Ages of the European West. One of our favorite parts of this chapter was the creating of our own model Roman city. Mr. Smith and I gave the students the choice of building a Roman home, temple or aqueduct. The results were amazing! The city is currently spread out on the back half of the room. Please stop by sometime and check it out...you'll be impressed! We also took a brief look at Celtic illuminations. These were elaborately designed letters used to decorate the pages of a hand copied Bible. After looking at some illuminations, I asked the students to try their hand at making one. They soon found out that making an illumination is not as easy as it looks! The illuminations made by the students will be organized into words and hung up as a banner in the classroom. Stop by sometime and check out the illuminations too!

We will finish up our unit on the Fall of Rome and Christianity by reviewing all of the vocabulary and important people in the chapter as preparation for the chapter test. As we begin the next chapter of study (the Byzantine Empire), Mr. Smith will continue to transition into becoming your child's history teacher.

Team Jordan Science-Ms. Ellerin

Ameobas, protists and bacteria, oh my! The scientists of Team Jordan have started out the year with a unit on cells. Though these are the basic unit of life, cells are far from basic themselves. In this unit, students are developing microscope skills with plenty of hands-on opportunities. Students practiced focusing on prepared slides, drawing their observations, and computing total magnification; we then moved onto more challenging microscope work by viewing live animals through ready slides and wet mount slides. Students then furthered their microscope skills by not only preparing a wet mount slide of their own cheek cells, but staining these cells as well in order to see some of the organelles found in eukaryotic cells. Finally, students prepared a wet mount stained slide of bacteria cells found in yogurt as a way to compare the differences between eukaryotic and prokaryotic organisms.

Along the way, students were introduced to dichotomous keys which were used to identify the single-celled animals being observed under the microscopes. Students were also introduced to three organelles of a typical animal cell, the idea of homeostasis and the key characteristics of living things.

Students were also introduced to the idea of multiple intelligences. Students have made study guides for themselves based on their particular intelligence strengths: songs have been sung; karate moves have been used to show the parts of a microscope; drawings have been made to relate ideas together.

The next unit of study will be the nervous system. We will continue to use seven categories of multiple intelligences as well as add to our understanding of ourselves by figuring out who in the class is left brained, right brained or whole brained. In the previous unit, we talked about cells in general. In the nervous system, we'll focus on a specific type of cell - the neuron. We'll also be performing our first dissection.

Team Jordan English-Mrs. DiZazzo

Team Jordan English students have been hard at work! After settling in to their new role as middle school students, the team began learning about and utilizing various reading strategies to aid in their understanding and enjoyment of literary texts. Judging by the success of their recent projects, the students clearly understand and actively use these strategies.

The team has also been busy getting to know each other and, in the process, learning how to craft well-structured, quality paragraphs. A series of fun, informative activities have served to enhance their writing techniques and also their interpersonal skills. Already, in the short time we have been in school, their writing has significantly improved!

Recently, we have embarked upon our short story unit, which will take us through mid-November. Within this unit, students are exposed to the elements of fiction and read a handful of classic and contemporary short stories of excellent quality. Students will utilize technology later in this unit to create a creative class presentation detailing their knowledge and application of literary elements.

Eighth Grade News

Team Hypatia English—Mrs. Gruppiso

The focus for Team Hypatia's eighth grade English classes has been writing: informal journals, essays, poetry, and short stories. Students are studying a variety of poems and short stories; as well as the short film, "The Red Balloon," observing structures that might be useful in their original work. Journals give an opportunity to explore ideas and styles and are used as a source of writing ideas. Having written several informal essays as well as "Graphically Me," students have begun their very formal contest essays for either the VFW ("Why I Am an American Patriot") or the FLEET Reserve ("Why I Am Proud to Be an American"). These will be due in early November. These contests will be followed by "Letters About Literature," a national contest sponsored by the Center for the Book in the Library of Congress, which will be due the first week of December.

Students will soon begin reading historical fiction [My Brother Sam Is Dead (James and Christopher Collier), April Morning (Howard Fast), Johnny Tremain (Esther Forbes), or A Tale of Two Cities (Charles Dickens)]. As they read, students will gather information about story structure and compare the historical issues to the fictional. The culminating activity will be an original broadside created in the computer lab and using required ICT skills. From events of the historical fiction read, students will choose, write, format, and layout a variety of original pieces including news article, editorial and obituary. In addition students will experiment with their own historical fiction in a narrative poem or short story. In order to do this well, they will research their chosen setting.

Study Skills are continuously emphasized as the Team helps students learn to plan their assignments. Time management using the Agenda, as well as the organization of the binder and note taking are critical skills that contribute to student success.

Team Hypatia U.S. History—Ms. Lawler

The year started off with some refreshers on how to take notes, what makes a reliable resource and how to research using the school's Databases. Students have already completed an ICT and are learning how to correctly cite sources using in-text citations. Overall, we are off to a great start!

After learning about Roanoke and Jamestown, we are currently discussing the Original 13 Colonies. In class we watched The New World, a film about the early years of Jamestown. Students were asked to write a response about how the film portrayed one of the three characteristics of early colonies.

Within the next few weeks we still start work on the annual DAR Essay Contest. This year's topic is "I Spy - Espionage During the American Revolution." Students will be researching and peer editing while in class. This contest is a great way for students to build their research and writing skills.

Students have been making great use of Team Hypatia's websites. On the American History page they can print out various forms and view homework assignments. Feel free to visit and check things out! <http://www.hbms.k12.nh.us/lawler/>

Team Hypatia Math—Mrs. Rossetti

Welcome to Team Hypatia Math! Team Hypatia math classes are off to a great start this year! Your students have come to class focused and prepared to work. Throughout the year we will keep revisiting our basic skills while learning new ones and applying them to real life. The integration of key concepts such as number lines (timelines), graphs, communicating mathematical thought through writing, and Cornell notes will continue across the 8th grade curriculum. We have completed units on Powers and Order of Operations and are about to enter the world of Data and Probability.

Algebra students have been practicing solving multi-step equations using addition, subtraction, multiplication and division in the "traditional" algebraic method of steps. Students will begin delving into use of input and output tables along with their gaining knowledge of the interconnection of equations, graphs, lines and real life word problems.

Team Hypatia Earth Science—Mrs. Smith

Welcome to Team Hypatia Earth Science! We are off to a wonderful start to the year. Safety in the classroom has been the topic since the first day of school. Lab safety tests are completed and all students are ready to participate in the laboratory.

Junior scientists are fully engaged in the Space Module and Space Exploration. As part of this module I have asked students to observe the moon and its phases. This assignment could take as long as two weeks to complete depending on the weather. I have had some wonderful feedback on this observation in the past. We are taking notes and learning how to cue in on key facts. In about a week or so students will be trying to solve a mystery.

The date is fictitious, but the information is real. Students need to solve; what happened to make the lights go out? For several days in January three large cities around the US were without power creating havoc around the city. The discussions will be full of inquiry, curiosity, and simple theories.

Students who go beyond the classroom are rewarded with extra credit points. Students who report to me about any earth science "happenings" or events will be given five extra credit points on a test or quiz. A maximum of (four) articles, news events, etc. will be accepted for each quarter. Extra credit will be accepted up to October 30, 2007.

Stay tuned for updates on the mystery and be on the lookout for natural phenomena!

Eighth Grade News

Team Prescott History—Mr. Lyle

We landed running this year in Room 10! All students began the year working in groups on a 3-part Classroom mobile on English colonization. It was graded as an exam. The room reminds me of a kelp forest. The students really seem to enjoy the movement everywhere.

Next we were all engaged for a week or so in the colonization of the Middle and Southern colonies along the Eastern seaboard. Folks like William Penn and James Oglethorpe loom large in this time of fast change and much conflict.

Lately we've been engaged in the computer lab putting together Power Point presentations built around Native Americans. The students have been hunting up their information all week with which to build their slides next week. Most work for this will be done in school but some small measure must be done at home to ensure that it will be finished on time. Flash drives will be used to blend two people's work together as one presentation. The finished product will be transferred to a file provided by the techno guru here at school. That person and I have collaborated successfully on this project several times over the years. This year it's being submitted as an ICT project to satisfy the State of N.H.'s technological requirement for grade 8!

Soon we'll be jumping into the French and Indian War and watching "Last of the Mohicans"(Daniel Day Lewis)

Team Prescott English—Mrs. Coutu

Team Prescott English is off and running! We just completed our first cycle of independent reading with students emailing me their reading logs. Maintaining the Excel file has allowed them to use technology to their advantage and saved on our paper usage. We are enjoying our weekly book conversations by sharing passages that intrigued us and examining diction that helps drive the stories. Some students are amazed by how much reading they have completed thus far while other bibliophiles continue to inhale literature at a rapid rate. In class our focus has been writing. We have discussed and practiced both paragraph development and essay writing. We have drafted several essays, each one containing different focus points. As we approach mid-October, we will begin to draft essays for the essay contests. These include the VFW, Fleet Reserve, and DAR. Students will choose one of the essay topics and write an essay. For literature, we have just reviewed the elements of a short story and will apply the knowledge to several stories over the next few weeks. This will also set us up for the creative writing we will be doing throughout the year. As I tell the kids, keep reading and writing.

Team Prescott Math--Mrs. Mezzocchi

Where did the summer go? There is excitement in every math class and the students are coming to class ready to learn. Whatever families did this summer was exactly what the students needed because they appear to be enthusiastic about school.

For all the Algebra classes in the Coop, the curriculum was re-written this past summer. So to begin the year we have been concentrating on equation solving and FRAC-TIONS. To combine these two concepts has shown to be very

challenging for the students. They want to change fractions to decimals by using their calculators. This is not a habit we want to keep. In algebra we want to work with fractions rather than decimals because it is more accurate. So if you are helping your child with his/her algebra homework, please encourage him/her to use fractions. For the rest of this term we will be introducing and using the graphing calculator and studying linear equations and functions in all of their representations, both algebraically and geometrically.

In Gateways, the students have been learning about patterns and their eventual equations, probability and now spreadsheets. We will be going into the lab next to work on Excel with formulas. The students will soon be introduced to the graphing calculator to do statistics and some geometry.

In the eighth grade Pre-Algebra classes, we have been studying many, many patterns and realizing the connection to algebra through equations. They have been struggling with showing their work when practicing the order of operations using the FUNNEL method. The funnel method is a way of evaluating an expression by doing it one step at a time. This method will help them prepare for algebra next year. It also helps the teacher see where mistakes have been made so they can be corrected. Most students have mastered knowing the perfect squares up to 25 squared. Knowing these perfect squares saves time in algebra when they are problem solving with area and other geometric formulas.

All math classes are doing very well on their Weekend Worksheets (WEW's). I would like to reiterate from Open House that the students CAN get all the help they want from ANYONE they want to in solving these problems. The only thing they have to be sure of is that the person that helps them teaches them HOW they solved the problem. Thanks for helping make this RITUAL meaningful.

Team Prescott Science—Mr. Bond A Shaky Start in 8th Grade Earth Science

After brushing up on their lab skills in the first few weeks of school, Team Prescott Earth Science students have been exploring the shaky business of plate tectonics. Several recent activities in the lab have explored how the earth's internal heat provides the forces necessary to crack and shift the relatively thin crust of the earth. And one activity, in particular, helped to answer why the seafloor is lower than the continents. In upcoming activities, students will discover the consequences of living on a dynamic planet – the relentless activity of earthquakes and volcanoes.

Later this month, Team Prescott students will take the classroom outside for a day when they hit the slopes of Mt. Monadnock. Small groups of students, along with their chaperones, will climb along a series of winding, rocky trails en route to the summit. The science department has been working tirelessly to ensure a fine day of weather for this extraordinary challenge! The climbing experience will extend back into the classroom as English classes will reflect on the day through writing samples and earth science classes will use the mountain to explore regional geology. Our primary date for the climb of Friday, October 26th, has been changed to Wednesday, October 31st, due to conflicts with sport playoffs. A 5:00pm return to the school is planned.

Seventh and Eighth Grade News

Math with Mr. Jahns....

7th Grade Intervention Math - Remember the story of the little Dutch boy, Hans?

<http://www.thehollandring.com/hans-brinker-story.shtml>

He is the one who put his finger in the hole to stop the water coming through the dike. Even though he was only very young, he understood that if the hole was ignored, it would grow bigger until the entire dike failed.

The same thing sometimes happens in Math. For various reasons a concept is missed, and a little hole appears. Over time, as new concepts are introduced which depend on the missed concept, the hole grows larger. Upon arriving at a course like Algebra I, which assumes mastery of numeracy skills, fractions, decimals and percents, the hole is sometimes large enough to cause a failure.

So call me 'Hans'. One of my jobs this year is to plug holes. My objective is to prepare students for Pre-Algebra, so they can be successful in Algebra after that. My intention is that we have a little fun along the way.

8th Grade Intervention Math - We continue to review and build on what we began last year. We completed a project in September on MPG (miles per gallon) and got a review of decimal operations (especially subtraction and division) to boot! We are now beginning a unit on recycling at school, which will help review fractions, decimals and percents.

7th Grade Algebra - We recently finished (and tested) our review of Algebra pre-requisite skills. We have been madly graphing equations with two variables and by the time you read this, we will have formalized our understanding of the Slope-Intercept Form of the Linear Equation ($y=mx+b$). A unit test is on the horizon.

8th Grade Geometry - We are building on Algebra I and are taking a discovery approach to Geometry. We take daily advantage of our computers by using the web based version of our text (allowing the big heavy one to stay home) and Geometry Sketchpad. Ask your student about "patty paper" constructions, a new (??) innovation in Geometry since you took it, probably. Sometimes lo-tech is still the best!!

PHYSICAL EDUCATION—

Ms. Bottcher & Mr. Johnston

Ms. Bottcher's 7th grade classes began the year with team building and a game from Switzerland called Tchoukball. This game requires the students to work together throwing and catching a ball without any defense. The object of Tchoukball is to rebound the ball off one of the two frames located at either end of the playing field so their opponent cannot catch the ball on the fly. The students are now studying the Olympic sport of field hockey played by both men and women. They are working on skills and basic strategies needed for small game play. It is advised that students wear shin guards during these games. Students will also experience a modified game of rugby before heading indoors for the winter.

Mr. Johnston's 8th grade students have just completed an Ultimate Frisbee unit. We chose captains, who then selected 4 to 6 person teams. We played a round-robin style tournament during the past two weeks, developing our skills, defensive and offensive strategies, team work and cooperation. We will now begin a three week soccer unit before moving inside for volleyball.

Band -- Mr. Depine

7th and 8th grade band students have begun the year with a review of instrumental skills acquired last year. These skills include posture and playing position, fingerings, tone quality

and rhythm. We have begun preparing music for our winter concert which will feature a variety of band arrangements including "Christmas Fun", "Chanukah Festival", "Acclaim March" and Windsor Overture for 7th grade and "Holiday Festival" and "Christmas Bits and Pieces" for 8th grade.

The 8th grade band has also been preparing "America" and "God Bless America" for our Veterans Day assembly in November. Jazz band has started and will rehearse from 4:30 to 6:30 in room 202. Students are still welcome to participate. See you at the concerts.

General Music--Mrs. Spencer/Mr. DePine

Seventh grade general music students are now using the synthesizer/piano stations. We have practiced our right hand and left hand techniques. Our songs include "Alpha", "French Folk Tune" and "Flowing River." Students have enjoyed using the 480 different sounds built into the synthesizer's to practice. Time was also given in class for volunteer performances.

In the next couple of weeks, we will be turning on the computers to start composing and also guitars will make an appearance.

8th Grade General music students began the year with a radio station project involving the creation of a short radio program which presented an interview with a composer of their choice. Students divided into groups of 2 and 3 to work on this project which contained 10 interview questions giving the listener historical information. Projects were recorded and presented to the class. The next unit is a keyboard assignment with students learning "America" with right hand melody and left hand accompaniment with correct fingerings. Students are also performing for the class with this assignment.

Chorus --Mrs. Spencer

Students have been working very hard learning all the lyrics and melodies to our Veteran's Day Assembly songs. Visit our school website to view our current repertoire. (Click on faculty, then Spencer, then Chorus) Our concert dates are as follows:

7th and 8th Grade Veteran's Day Assembly
8:30am HBMS gym

Parents are welcome to attend.

7th Grade HBMS Chorus Winter Concert
7:00 pm High School Auditorium
Tuesday, December 18, 2007

*******8th Grade HBMS Chorus Winter Concert*******

THIS IS A CHANGE IN THE CONCERT DATE, PLEASE
MARK YOUR CALENDARS

7:00 pm High School Auditorium
Wednesday, December 19, 2007

Seventh grade chorus students are currently singing "Land That We Love" by Jill Gallina and "The Reindeer Rap" by Sally K. Albrecht. We are focusing on singing as a group and improving our individual listening skills. Our favorite warm-up in class is "Zing a Zee."

Eighth grade chorus students are currently singing "The Star Spangled Banner" a cappella (voices alone) for our Veteran's Day Assembly. We have also practiced "Yuletide Rhythm" by Greg Gilpin and "Cantate Deo from *Water Music Suite*" by G.F. Handel and Becki Slagle Mayo. Our focus this quarter has been on reading the music scores and singing in three part harmony.

INTEGRATED SPECIALS

French--Mme. Cloutier

Our 7th grade French classes have now had about 7 weeks of French and are doing very well. We just remarked that the homework they had recently would have been a big challenge for them the second week of school! This let them see how far they have already come. We are working in the textbook Bienvenue 1A which moves along at a good pace and covers material that first year French students should have: the three regular conjugations of verbs, many irregular verbs, vocabulary about describing people and pastimes, foods, family members, and grammatical rules needed to write and speak correctly. The students have had many small conversations with a partner in class. This allows them the chance to try new vocabulary in a comfortable setting. They love talking about themselves while using the French verb *etre* (to be) and descriptive adjectives. They have had several quizzes and are ready for a Chapter 2 test. We will then start learning "er" verbs which will double their conversational abilities! We have played several wonderful review games that all classes love. These language games reinforce information while speaking or thinking in French.

The 8th grade classes thought they had forgotten quite a bit during the summer but after a few days they noticed that it was all coming back! Our classes are small and therefore we are able to make good progress. They sound wonderful and many understand very well when French is spoken exclusively. We will be able to do this more and more as the year progresses. We are working in Bienvenue 1B which will prepare them for French II in the 9th grade. They have completed the review chapters and a big chapter on summer activities and "er" verbs. We have been drilling on the difference between irregular and regular "er" verbs. They will soon start the clothing chapter and will present the Fall Fashion Show in French in early November. They usually enjoy this very much and it's a great chance to speak French for others and exercise their dramatic side.

Au revoir! Madame Cloutier

El Español—Senora Banks & Senora Lash

Welcome to our 7th grade students and welcome back to our 8th grade students. Our 7th grade students are transitioning well into a language class that meets every day. We are taking many opportunities to talk about how to prepare for class and discussing strategies for required nightly independent studying. Our unit theme focuses on friends and school. We are beginning to take a look at different parts of speech and how they relate to each other in Spanish. It is fun to see the similarities and differences between the two languages!

In 8th grade we, too, are reinforcing strategies that enhance the quality of our work. We have just completed our ski/skate theme. We learned how to talk about these and other winter sports. We are now starting our unit on health. I wonder which of the Spanish classes will have the healthiest habits?

Hasta la proxima vez.

Art News - Mrs. Papadeas

Art students on Team Hypatia have been looking at many



different artists and art styles to prepare themselves for acrylic painting. For many students this was their very first attempt painting on canvas board. Finding a picture of a painting that they liked was a great motivation. Students needed to research the artist and explore the style or way the artist painted. Many students found themselves interested with impressionistic artists such as Claude Monet, Paul Cezanne and Renoir. Other students chose American artists like Edward Hooper, Jasper Johns, and Georgia O'Keeffe. Students were allowed to select a section of a painting or paint in the style of their artist. They were also required to describe what they saw when they looked at the painting which was a good way to help them make careful observations. It is important for students to make an interpretation of the painting and try to figure out what the artist was trying to convey. I also stress that it is important that students make personal opinions about their work. Students expressed enjoyment in this unit and will hopefully continue painting in the future. We have also been looking at the artist Chuck Close and drawing pictures that reflect his pop art style. Some students are choosing to do portraits while others are doing animals and Halloween images. Quarter 1 will end on November 2nd and then these students will move on to Health and I will begin with Team Prescott. Hopefully your sons and daughters will bring home some of their art work and share it with you.

Art Club

Art club students enjoyed the time to explore their own personal interests in art. Several students are working on drawings, paintings, cartoons, clay pieces, and pom-pom creatures. Art club is always on Tuesday afternoons from 2:20pm to 3:30 pm. Everyone is welcome to come join us for some creative fun!



Family and Consumer Science- Mrs. Sarvaiya Team McAuliffe

Whether we're cooking, sewing or cleaning, Family and Consumer Science is all about fun! We will be learning important life skills such as cooking, sewing, cleaning and kitchen and food safety. We will also be studying nutrition and learning how to take care of our health.

So far, we've learned how to be safe in the kitchen, how to avoid grease fires and burns, and about food safety. We've talked about common kitchen utensils and how to use them. We've also learned how to sew and design a felt pattern. Students have created things such as animals, flowers, and landscapes. We have cut out our designs and started sewing them by hand.

We took a break from sewing and finally started cooking! First we baked some brownies (which were delicious) and then we baked some coffee cake. Currently, we are learning about nutrition. We've watched several movies and are now creating a healthy recipe book of our own. We've been learning about good and bad foods and how to have a healthy diet. We've found that fruits, vegetables, whole grains and low fat dairy products are the healthiest foods to eat.



Integrated Specials—Cont'd

Reading - Mrs. Lucas Seventh Grade Reading

Reading class is off to a good start. We first set up binders into six sections. We keep the binders organized by filing all papers in chronological order and in the correct sections. The binders will be checked and graded at the end of the term.

After reading chapter ten of Harris and Me by Gary Paulsen, the students saw a model of bullet notes and a response based on that chapter. They then went to the computer lab and were supervised in writing their own response based on their free choice reading book. The students are now writing two or three sets of bullet notes and one response each week based on their free choice book; they follow a rubric.

In support of the English department's October short story unit, the reading students learned and signed the literary terms. We applied the literary terms to the short story "Cornered" and filled in a plot diagram. The students enjoyed the surprise ending.

Book shares, based on their favorite free choice book they read this term, are due the week of October 22nd through the 26th. The students saw a model of the outline using the Outline Wizard on the computer. They went to the computer lab to practice outlining following the model that was demonstrated.

As you can see, we have been very busy with important skills and are off to a productive year.

Reading - Mrs. Dufresne Eighth Grade Reading

Grade 8 Reading students have been very busy indeed. They have spent the first half of our term becoming fabulous editors of their own work as well as that of their peers. Those pesky punctuation marks, gruesome grammar rules and sneaky spelling errors are dwindling down to a precious few in our classes. Let me tell you, these students are perpetually on the hunt for the least little blunder, the tiniest boo-boo or unintended inaccuracy. So beware! They leave no comma or hyphen unturned.

The short story "The Stone Boy", by Gina Berriault, started off our year with an unsettling yet poignant story of a young boy and a tragic accident. The story has been the vehicle for honing our knowledge of literary terms, short story forms and writing reactions as well as a summative from a piece of literature. There was no extra charge for the eloquent use of figurative language the author used throughout this story. Finding our way around what an author is implying can be daunting.

October is biography month. Each student is engrossed in reading about an individual of their own choosing. A written project is due at the end of the month. They should be referring to their calendar planner for due dates, reading pages per night and deadlines. Deadlines, deadlines, deadlines. A major goal for this project is to plan their reading and project completion with a four week deadline. You should be able to open the reading binder and find their calendar plan any night of the week. Take a peek at the reading website for more information on projects, homework, hand-outs and special notices.



Library Media Center--Mrs. Jahns

Celebrate your freedom to read! During Banned Books Week, (25th anniversary this year), the LMC displayed lists of books often challenged or banned in various places and times. Some students were surprised at titles they saw on the lists and many asked why someone would ever ban a book!

In October, the LMC is recognizing **Teen Read Week** which is held Oct. 14-20. The theme is LOL—Laugh Out Loud—because "laughter can boost your endorphins, lower your blood pressure, heart rate, and improve your immune system, not to mention lighten your mood." See the Young Adult Library Services Association site for their proclamation and a listing of nominated books from teens across the country:

<http://www.ala.org/ala/yalsa/teenreading/teenstopten/teenstopten.cfm>

HBMS students have the opportunity to nominate their own favorite books in ROCK during the week of October 15th, 2007. Top books will be announced following the final voting.

In several classes, students have been learning about the databases available on the Library Media Center page located on our school website: <http://www.hbms.k12.nh.us/> The DATABASES link will display three databases: EBSCO, NewsBank, and BIOGRAPHY RESOURCE CENTER. Students may access the databases from school or home. The *Research Guide* and *Search Tips* presented in the Biography Resource Center are extremely useful for students.

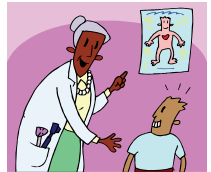
Health & Wellness--Ms. White Team Prescott Health

Students from Team Prescott have started their year with health class. We have already covered so much and in the next few weeks will cover CPR and first aid. Our year began looking more deeply into eating disorders. We examined biological, psychological and social causes and repercussions of anorexia, bulimia and binge eating disorder. We went on to look closely at the media and the messages they send regarding food and weight.

Next we talked about alcohol and its effects. Our guest speaker, SRO (School Resource Officer) Officer Dunne brought a new perspective to alcohol use and abuse. We then literally, had a new perspective when we tried on the "under the influence" goggles. We had a lot of laughs but also understood an important message. Alcohol changes the way we see things!

Following our alcohol unit, Ms. Christy, our guidance counselor, came in and we talked about our potential careers. Ask your student about what they might be!

Quarter one will end on November 2. Team Prescott students will move on to art class and Team Hypatia will come to health!



SPORTS UPDATE

BOYS SOCCER

The Hollis Brookline Middle School Boys Soccer Team has 7 wins and 2 losses and 1 tie as of October 18th. due to quick feet, good insight and aggressive movement by sweeper and stopper and great work by midfielders redirecting the ball. Offense has been effective with ball control and passing in tight situations and assists in goals. Great sportsmanship and effort seen by all! Coaching the boys' soccer team once again this year is 8th grade Social Studies teacher Coach Barry Lyle.



GIRLS SOCCER

The Hollis Brookline Middle School Girls Soccer Team has had a great season so far with 12 wins and 0 losses as of October 18th due to a great job by sweeps and halfbacks in defense including playing in the mud. Offense has been doing an equally great job fighting for the ball and maintaining pressure and control. Many great shut-outs and great teamwork! Coaching the girl's soccer team again this year is Coach John Gray.

VOLLEYBALL

The Hollis Brookline Middle School Girls Volleyball Team has had a great season so far. Having played Fairgrounds, Timberlane, Boynton, Rundlett, Windham, Elm Street, Pennichuck, Mountain View, Nashua Catholic and Milford the girls have been victorious with 10 wins and 1 loss. The girls have come out strong with many of them going 100% behind the service line, great digs, and many aces and kills. Coaching the girls again this year is Coach Amy Dunbar.



CROSS COUNTRY

The Hollis Brookline Middle School **Boys and Girls Cross Country Teams** have been off and running for the season with 44 boys and 16 girls. Battling some powerful schools the teams have done very well in their meets, always placing overall finishers in the top slots. The girls have taken first place five times and one third place slot while the boys have two first places and four second places. Participating in the Tri-County League meet on Saturday, October 13th at the Pelham High School, the Hollis Brookline Middle School **girls took first place to become the Tri-County League Champions** defeating Amherst by 4 points. The boys placed second, losing to McLaughlin of Manchester by only 4 points. Teams will go on to the State Championships on Saturday, October 20th at Londonderry High School.



Coaching the team once again this year is 8th grade Physical Education teacher Coach Ron Johnston along with Tech Ed. teacher Paul Picariello.

SKI TIME

Applications for the Hollis Brookline Middle School after School Ski Program will be available in the office beginning Monday, November 5th. Skiing is at Wachusett Mountain on Monday afternoons/evenings beginning on January 7th and running for six consecutive weeks. Eligibility is on a first come first serve basis so students should return applications as soon as possible. Application deadline is November 16th, no exceptions. Due to a conflict in schedules however, students doing inter-scholastic basketball **ARE NOT** eligible for the ski program. Students doing wrestling however, will be eligible this year.



INTERSCHOLASTIC SPORTS: BASKETBALL

Try-outs will begin on **Monday, November 5, 2007**. Boys from 2:15-4:00 and girls from 4:15-6:00. Practices will be held Monday through Friday and the times will rotate weekly. Any student making the HBMS team will not be able to participate in the school ski program because of conflicts.



WRESTLING

Practice will begin on **Tuesday, November 13, 2007** from 2:15-4:15. There will be an **informational meeting** for all **students and parents** interested in this program on **Thursday, November 8, 2007** from 2:30-3:30 in the HBMS library. Any student wrestling **MAY** also join the school ski program.



FIELD HOCKEY

The Hollis Brookline Middle School Field Hockey Team has played some intense games so far this season with 3 wins, 6 losses and 3 ties as of October 18th. Defense has done a great job moving the ball through the field and pushing to the offensive line. Offense has been working equally hard trying to gain ground. Great stick handling and determination by all! Coaching the field hockey team once again this year is 8th grade Science teacher Patricia Smith.



<p>NOVEMBER MENU</p>	<p>Fresh Fruit or 100% Juice Available daily</p>	<p>Please be sure to include your student's first/last name and student ID # on all checks. Thank you!</p>	<p>1 No School! Teacher Work- shop Day</p>	<p>2 Meatball Sub w/ Cheese Vegetables Fruit</p>
<p>5 Pasta Bar! Marinara or Alfredo Breadstick Vegetables Fruit</p>	<p>6 Chicken Tenders Rice Vegetables Fruit</p>	<p>7 Chrysanthi's Pizza or Chicken Salad Sandwich Vegetables Fruit</p>	<p>8 Egg, Cheese, & Meat Breakfast Sandwich Hash Brown Fruit</p>	<p>9 Cook's Choice Vegetables Fruit</p>
<p>12 No School! Veteran's Day</p>	<p>13 Rotini w/Meatballs Wheat Bread Vegetables Fruit</p>	<p>14 Chrysanthi's Pizza or Tuna Salad Sandwich Vegetables Fruit</p>	<p>15 Turkey Supreme! Dinner Roll Cranberry Sauce Fruit</p>	<p>16 Chicken Patty/Roll Rice Vegetables Fruit</p>
<p>19 Mozzarella Cheese Sticks/Sauce Vegetables Fruit</p>	<p>20 Cook's Choice Vegetables Fruit</p>	<p>21 Chrysanthi's Pizza Vegetables Fruit <u>Middle School Only</u> (Parent/Teacher Con- ferences @ HS)</p>	<p>22 Thanksgiving Recess</p>	<p>23 Thanksgiving Recess</p>
<p>26 Chicken Tenders Potato Rounds Vegetables Fruit</p>	<p>27 Macaroni & Cheese Breadstick Vegetables Fruit</p>	<p>28 Chrysanthi's Pizza or Chicken Salad Sandwich Vegetables Fruit</p>	<p>29 American Chop Suey Wheat Bread Vegetables Fruit</p>	<p>30 Chicken/Cheese Quesadillas Spanish Rice Vegetables Fruit</p>

Student Lunch \$2.25

MENU SUBJECT TO CHANGE

Daily lunch alternates- pizza, sandwich, and salad.

Milk available in whole, 1%, skim, & low fat chocolate for \$.50

Peanut Free Snacks

When purchasing snacks or birthday_treats for a school event that involves a child who has a peanut allergy, please read all ingredients_carefully. Avoid snacks_that contain peanuts, peanut flour and peanut oil.

Below you will find a list of snacks that are peanut-free at this time. It is always important to read ingredient labels since manufacturers change production methods.

Cereal/Bars

General Mills

Cinnamon Toast Crunch
Kix, Berry Berry Kix
Lucky Charms
Rice Chex, Corn Chex, Wheat Chex
Trix

Kellogg's.

Corn Pops, Crispix. Fruit Loops. Post Alpha Bits. Quaker Cap 'N Crunch
Nutri-Grain - Apple, Blueberry, Raspberry
Nutri-Grain Twist - Banana & Strawberry. Strawberries_& Cream

Post

Honey Combs

Cheese/Dairy

Sargento
Mootown Snacks - Cheeze & Pretzels. Cheeze & Crackers, Cheeze & Sticks Yogurt
Go-Gurt. Drinkables
Other Cheeses
Sliced, cubed, shredded, string cheese, cream cheese_spreads, dips

Crackers/Chips/Cookies

Austin
Zoo Animal Crackers

Betty Crocker

Cinnamon Graham Cookies
Dunk Aroos
Sprinkled Vanilla Frosting

Frito Lay

Cheetos - Crunch, Zigzag, Puffs
Rold Gold Pretzels
Sun Chips - Original, Sour Cream, Cheddar, Classic_Flavored

General Mills

Bugles - Original

Keebler

Bite Size Snackin Grahams - Cinnamon, Chocolate
Elf Grahams - Honey, Cinnamon
Fudge Stripes Shortbread Cookies
Golden Vanilla Wafers
Grasshopper Mint Cookies
New Rainbow Vanilla Wafers
Munch'ems - Sour Cream & Onion, Original, Ranch, Cheddar
Snack Stix
Sugar Wafers
Toasteds - Wheat, Buttercrisp
Town House Classic Crackers
Wheatables - Original, Honey Wheat, Seven Grain
Kraft
Handi-Snacks - Cheez 'N Crackers. Apple Dippers, Cheez 'N Pretzels
Handi-Snacks Teddv Grahams - Honey. Chocolate

Nabisco

Air Crisps
Potato - Sour Cream & Onion. Ranch, Barbeque, Cheddar
Pretzel- Original
Ritz - Original
Wheat Thins - Original, Ranch
Barnum Animal Crackers
Cheddar Sportz
Cheese Nips
Dizzy Grizzlies - Vanilla Frosted, Chocolate Frosted
Graham Crackers. - Honey Maid. Cinnamon. Chocolate
Newtons - Fig, Cobblers, Raspberry, Apple

Nabisco (cont'd)

- Ritz Crackers - Original
- Saltine Crackers
- Teddy Cheddy
- Teddy Graham's ~ Cinnamon, Chocolate Chip, Chocolate, Honey
- Triscuits, Triscuit Thin Crisps
- Wheat Thins
- Old Dutch
 - Baked Cheez Curls
 - Chips
 - Crunchy Curls
 - Pretzels
- Pepperidge Farm
 - Butter Thins
 - Goldfish - any flavor
 - Goldfish Graham Snacks - Honey, Cinnamon, Golden
- Pringles
 - Any flavor
- Sunshine
 - Big Cheez-It
 - Cheez-It - Regular, Reduced Fat
 - Hi Ho Crackers - Regular, Reduced_Fat

Fruit

- Fresh - Apples, Bananas, Oranges
- Packaged Fruit - Apple Sauce, Apple Sauce mixes, Diced Pears, Peaches, Raisins, Mandarin Oranges
- Fruit Snacks - Fruit Roll Ups, Fruit by the foot, Fun Fruit

Jell-O and Pudding Snacks**Popcorn**

- Barrel O'Fun
 - Corn Pops (No Kernels)
- Frito Lay
 - Cheddar Cheese
 - Chester's Popcorn Butter
- Old Dutch Popcorn
 - Carmel Puff Corns, Cheddar, White, White Cheddar

Vegetables

- Fresh Carrot Sticks, Celery Sticks

These foods are always safe:

- applesauce
- hard-boiled eggs
- celery sticks with plain cream cheese
- fresh fruits
- fresh vegetables
- Jell-o
- packaged meat slices
- pre-packaged cheese slices
- string cheese
- yogurt (NO GRANOLA)

Foods To Avoid - These foods are at increased risk for cross-contamination and may contain nuts or traces of nuts:

- breakfast bars
- candy
- chocolate
- foods from bakery
- foods from deli department
- commercial baked goods like Little Debbie's, Drake's, Entenmann's granola bars
- ice cream
- lunchables

When reading food labels, look for these terms which may indicate nuts and/or nut protein.

These should also be avoided:

Almonds almond oil almond paste artificial nuts beer nuts brazil nuts cashews chestnuts chocolate chili Chinese food Cold-pressed peanut oil	filberts glanduja granola ground nuts hazelnuts hickory nuts macadamia nuts marzipan mixed nuts hydrolyzed plant protein hydrolyzed vegetable protein	natural flavoring pesto nougat nut butters nut oils nut pastes pecans pine nuts pistachios seeds Thai food walnuts
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FactSheet

Staph Skin Infections

What is a Staph skin infection?

Staphylococcus aureus (Staph) bacteria are commonly found on the skin of healthy persons. A Staph skin infection can be a pimple, rash, boil, or an open wound. Staph infections often begin with an injury to the skin. Symptoms of Staph infection may include redness, warmth, swelling and tenderness of the skin. Sometimes it does not cause any problems; sometimes it causes minor infections, such as pimples or boils. If left untreated, it can cause serious skin infections or worse.

How do Staph skin infections spread?

Staph lives on skin and survives on objects for 24 hours or more. Staph can rub off on the skin of an infected person onto the skin of another person during rigorous skin-to-skin contact. Or, the Staph bacteria can come off of the infected skin of a person onto a shared object, and get onto the skin of the next person who uses it. Examples of commonly shared objects include towels, soap, razors, and athletic equipment.

How can I prevent myself or my family members from getting infected?

Wash your hands with soap and warm water. Keep cuts and scrapes clean with soap and water. Avoid skin contact and sharing personal items with anyone you suspect could have a Staph skin infection. When using protective gloves to treat infected area, remove and dispose of properly; wash your hands with soap and water after removing them. Do not share personal items with other persons who might have skin infections.

What should I do if I think I have a skin infection?

Consult your healthcare provider as soon as possible if you think you have a skin infection. Early treatment can help prevent the infection from getting worse. Be sure to follow directions from your doctor or healthcare provider closely, even when you start to feel better. Not taking all of your pills may lead to stronger, antibiotic-resistant bacteria.

If I was told by my healthcare provider that I have a Staph skin infection, how do I keep others from getting infected?

- Keep the infected area covered with clean, dry bandages. Pus from infected wounds is very infectious.
- Wash your hands frequently with soap and warm water, especially after changing your bandages or touching the infected skin.
- Regularly clean your bathroom, kitchen, and all other rooms, as well as your personal items. Wash clothes and other items that become soiled with hot water or bleach, when possible.
- Drying clothes in a hot dryer, rather than air-drying them also helps to kill bacteria in clothes.

For specific concerns about Staph skin infections, call the New Hampshire Department of Health and Human Services, Communicable Disease Control Section at 603-271-4496 or 800-852-3345 x4496. For further information, refer to the Centers for Disease Control and Prevention website at www.cdc.gov or the New Hampshire Department of Health and Human Services website at www.dhhs.nh.gov.