

OMS-PTSO News

Volume 50

October 2007

Stoughton O'Donnell Middle School



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A Message from the OMS PTSO

The next PTSO meeting will be on Wednesday, October 10th from 7:00 pm to 8:00 pm at the OMS Media center. Please join us as we review PTSO events to date and plan for our upcoming fundraisers.

The following donations have been made by the OMS PTSO:

- SSEPAC (Stoughton Special Education Parent Advisory Committee) donation of \$100
- Habitat for Humanity donation of a "Design your own plate" toy for a raffle basket
- Hand Sanitizer donation of \$300 to be distributed at the OMS.
- Yearbook staff
- Homework Help
- Art Club
- SADD (students against destructive decisions) club
- After School Detention session program
- Drama club
- Field Trips
- Teacher Stipends

On October 3rd, we will be starting the Magazine Drive fundraiser. We count on this fundraiser to be a success and will appreciate your support.

At our last meeting, we welcomed Dave Guglia, one of the new assistant principals.

Hope to see you at the next meeting! These meetings are a great way to find out what is going on at the school.



2007 – 2008 PTSO Meetings

The PTSO will meet from 7:00 pm to 8:00 pm in the OMS Library on the following dates:

Sept 18							October 10						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

November 28							No December meeting	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		3
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30			

January 9 th							February 13 th							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1							1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	
27	28	29	30	31			24	25	26	27	28	29		

March 5 th							April 9 th										
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat				
						1							1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12				
9	10	11	12	13	14	15	13	14	15	16	17	18	19				
16	17	18	19	20	21	22	20	21	22	23	24	25	26				
23	24	25	26	27	28	29	27	28	29	30	31						
30	31																

May 14 th							June 11 th												
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat						
						1							1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14						
11	12	13	14	15	16	17	15	16	17	18	19	20	21						
18	19	20	21	22	23	24	22	23	24	25	26	27	28						
25	26	27	28	29	30	31	29	30											

OMS PTSO School Store Attention Students!

Need a last minute school supply? A pencil? A pen? Well, just head over to the ODMS PTSO School Store and pick-out what you need. The store is open every Monday during all lunches. Items range from \$0.05 - \$1.00

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NOTICES

OMS PTSO MEMBERSHIP 2007-2008

The PTSO (Parent Teach Student Organization) Membership Drive is in full swing with over 150 members so far. To join the PTSO, a family must sign up each year. Every year a new email list is produced. **When you join the PTSO, you are not only helping to support the events for the students, you are choosing to stay informed.**

Membership forms may be accessed online at the PTSO website at baseclasstech.com. This form may be filled out and then printed, and sent in with the \$5 dues.

Please contact Lynne Mitchell, PTSO President at lynnekmitchell@yahoo.com if you have any questions.

In anticipation of many families joining the PTSO, thank you for your continued support on behalf of your children and the staff at the OMS!!

Stoughton Special Education Parent Advisory Committee

The Stoughton Special Education Parent Advisory Committee serves families of any Stoughton student with special education needs. We provide information on programs offered in Stoughton, best practices in special education, and information regarding special education regulations and the law.

Join us for the first SSEPAC meeting of the
2007 – 2008 school year

Meet the Principals!
Wednesday, October 3, 2007
7:00 – 9:00

O'Donnell Middle School Media Center

Principals from the Stoughton elementary, middle and high schools will meet with parents and talk about their philosophy regarding special education and how all students are included in their school community.

Monthly workshops presented by experts in their fields are free to Stoughton parents.

For further information contact:

Pat Passi, President pasqualepassijr@yahoo.com

Lynne Mitchell, Secretary
lynnekmitchell@yahoo.com

John D'Addieco, Treasurer jdaddieco@comcast.net

Spirit Wear Sale Continues

Stoughton Lounge Pants	\$20	
Stoughton Girl's Gym Shorts	\$10	**NEW COLOR**
<i>Available in Light Gray and Black</i>		
Stoughton Knit Hats	\$10	
Hooded Sweatshirts	\$25	**NEW COLOR**
<i>Light Gray and Dark Gray</i>		
Long Sleeve T-Shirts	\$15	
T-Shirts	\$10	

The new items are black stadium blankets, sweat pants, hats and t-shirts. These latest items will be first available at the Parent Teacher conferences.

To purchase any of these items please contact Noralee Curtis at noralee@norwoodlight.com or call 781-341-4232

If you have any questions and need to talk to one of the OMS staff, you may contact the school by

1. **Phone** – Main office is (781) 344-7002
2. Come to the O'Donnell Middle School and **talk in person**
3. **Email** – If you know the teacher's name, then the format is the ***first letter of their first name + underscore + last name @StoughtonSchools.org
For instance, Mr. Hester's email address is:
w_hestor@StoughtonSchools.org
wayne_hestor@StoughtonSchools.org

*** Some email addresses have the first full name

For Contact information:

<http://www.stoughtonschools.org/Stoughton/ODMS/pages/staff.htm>

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A message from Mrs. DeNapoli

Nutrition: How to Prepare our bodies for the FALL

Autumn has arrived! What a beautiful time of year! Unfortunately, with the onset of the cold weather, it seems the cold and flu “bugs” seem to immediately strengthen!

Some nutrition pointers to consider to help boost your immune system are listed below. Try and follow these, and see if it helps ward off the cold germs for you this fall!

EAT MORE FOODS RICH IN COLOR TO BOOST YOUR IMMUNE SYSTEM!

- Try blueberries on your cereal in the morning (the most important meal of the day!); or snack on blueberries after school. They won't be available much longer, so enjoy these healthy snacks now! (Healthy recipe: Blueberry pie!)
- **EAT TOMATOES!** Tomatoes truly contain loads and loads of immune boosting nutrients! Tomato sauce, tomato salads, tomato on sandwiches, chili in tomato sauce...be creative and try to eat a tomato a day! These are also rich in vitamin C, which is also directly linked with boosting your immune system. (Healthy recipe: Tomato chili)
- Eat raw or cooked carrots; raw carrots contain the most beneficial vitamins and minerals.
- Drink at least 4 ounces of orange juice each day! Again, vitamin C is key in keeping your body strong!
- Drink dark grape juice. Purple grape juice is rich in immune boosting nutrients and refreshing too over ice!
- Take advantage of apple picking season and go get a bushel of apples with your friends and family! Eating an apple a day truly is a great way to keep the doctor away! (Healthy recipe: Apple oat crisp)



Remember: Plenty of rest and the right foods WILL help keep you healthy and feeling great!
See Mrs. DeNapoli for “immune boosting recipes!!”

HAPPY FALL!

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EVENTS

The OMS PTSO is sponsoring the second annual HOLIDAY SHOPPING FUNDRAISER.

Where: O'Donnell Middle School Cafeteria
 When: Saturday, December 1st 2007 **Proposed
 Time: 9:00 AM to 3:00 PM
 Tickets: Adults: \$1.00;
 10 years and younger, Free



Come shop from your local, most popular, direct sales companies. There will be Raffles, a Grab box, and lots of wonderful things to buy.

Volunteers are needed for handling the refreshments, grab box, cash table, gift wrap table, raffles, set up, and clean up. Anyone interested in volunteering may contact Nora Lee Curtis at noralee@norwoodlight.com

MAGAZINE DRIVE FUNDRAISER

One of our biggest fundraisers for the school kicks off on Wednesday, October 3rd. Students will be receiving their packets. The available prizes will be explained.

Volunteers are needed for photocopying, collating, stapling, stuffing envelopes, etc.

Please contact Debbie Zorn at d-dzorn@comcast.net if you are interested in Volunteering.

October

DAY	DATE	EVENT/ACTIVITY
Wed	3	Magazine Drive Kickoff
Wed	3	Meet the Principals! 7:00 – 9:00 pm ODMS Media Center
Fri	5	Term 1 Warnings
Mon	8	Columbus Day – No School
Wed	10	OMS PTSO Meeting at 7:00
Thurs	25	Early Release
Thurs	25	Elementary School – Parent Teacher conferences
Tues	30	Picture Make - ups

October 2007							
SUN	MON	TUE	WED	THU	FRI	SAT	
30	1	2	3	4	5	6	W
7	8	9	10	11	12	13	W
14	15	16	17	18	19	20	W
21	22	23	24	25	26	27	W
28	29	30	31	1	2	3	W

November

DAY	DATE	EVENT/ACTIVITY
Tues	6	No School – Staff Development Day
Fri	9	Term 1 Ends
Mon	12	No School - Veteran's Day
Wed	14	Parent Conferences, Last names starting with M through Z
Mon	19	Term 1 Report Cards
Mon	19	Parent Conferences, Last names starting with A through L
Wed	21	Early Dismissal for Thanksgiving
Thurs – Fri	22 - 23	No School – Thanksgiving Holiday
Wed	28	OMS PTSO Meeting at 7:00 in the Media Center

November 2007							
SUN	MON	TUE	WED	THU	FRI	SAT	
28	29	30	31	1	2	3	W
4	5	6	7	8	9	10	W
11	12	13	14	15	16	17	W
18	19	20	21	22	23	24	W
25	26	27	28	29	30	1	W

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ONGOING FUNDRAISERS

Help raise funds for the PTSO and our school without spending any money!

You can by saving Box Tops, Campbell Soup labels and toner/ink cartridges....things you probably already have in your house.

BOX TOPS FOR EDUCATION

For a complete list of all Box Tops products, go to the Box Tops website at boxtops4education.com.



There is a Box Tops box in the office so please collect 'em and send 'em in!

Chris Hay, Box Tops Coordinator
cmhay@yahoo.com

Campbell's Soup Labels

Take the Campbell Soup label and send it in with homeroom number - and we get points which can be used to purchase all kinds of things like balls, books, games and many other items!



View all the participating products.

There is a collection bin in the OMS office that looks like a Campbell's soup can.

Please remember to send in the entire label.

Toner/Ink Cartridges

Save the landfill and raise money at the same time, a definite win-win for all!

When your toner/ink cartridge is used up, just send it in to the office in a Ziploc bag. The OMS PTSO gets money for each one turned in!

Stoughton Youth Commission

The Stoughton Youth Commission is a town-funded, community-based mental health agency that provides programs for the youth of Stoughton and their families at little or no cost. The mission of this small licensed staff is to serve Stoughton youth and their families in such a manner that the quality of their lives and their sense of self-worth are improved. To achieve this goal they offer individual and family counseling, therapeutic and psycho-educational groups, parenting programs and some recreational activities. Some of our fall groups for Middle Schoolers and their families include:



- Baby Sitter/CPR Training (ages 12 and up)
- Strengthening Families(skills building program for parents and children)
- Teen Talking(a group where middle school teens can come and talk about anything)
- Youth Advisory Counsel(leadership and volunteer group)

The Youth Commission values input from the community and would love to hear your ideas. To find out more about their programs please contact them at stoughtonyouthcommission.org or call (781)341-2252.

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LINKS YOU CAN USE !

Visit the [Stoughton Youth Commission](http://www.stoughtonoasis.com/SYC/) Calendar, at
<http://www.stoughtonoasis.com/SYC/>



Lunch Online

The Food Service online payment web site is now “MealPayPlus”, and is available at

www.mealpayplus.com



<https://www.mealpayplus.com>

The School Lunch Menu is at

<http://www.stoughtonschools.org/Stoughton/ODMS/pages/lunch.html>

For more information, Keep an eye on channel 6 for OMS announcements and visit the school's website at www.stoughtonschools.org

The PTSO website contains the latest dates, events, agenda's, subcommittee information and much more.

<http://www.baseclasstech.com>

For a list of teachers, go to the OMS website's Staff List Page at:

<http://www.stoughtonschools.org/Stoughton/ODMS/pages/staff.htm>

Class room sites are at :

http://www.stoughtonschools.org/Stoughton/ODMS/pages/class_sites.htm