



O'Donnell Middle School, Stoughton



VOLUME 62

JANUARY 2009

Message from OMS PTSO:

Our next PTSO meeting is
January 7th 7-8pm
OMS Media Center

Mr. Hester will present the new online math program, Study Island.

--OMS PTSO Executive Board

Morning Drop Off

When you are dropping off your child(ren) at school in the morning, please remember to pull up as far as you can to drop off. Wait your turn to drop off. Please DO NOT attempt to go around the car in front of you. This procedure is in place to ensure the safety of our students, staff and parents. Thank you

News you choose

If you have any news you'd like to see in our monthly newsletters, contact Laura johnandlaura5@juno.com with an article you'd like to see published. **Our news deadline is the 20th of each month.** Pardon the type-o in the last newsletter. The pictures posted on the last page were of "8B", not "7B" as was listed.

Holiday Shopping Fundraiser

OMS PTSO 3rd ANNUAL HOLIDAY CRAFT FAIR

Was held on Saturday, December 6th. A good time was had by all! Raffles, food, shopping and FUN! A special thanks goes out to Noralee Curtis and Rose Eckler who organized the event! Thank you also to all who helped! You helped to make this a very successful fundraiser!

Stay Updated

If you recently switched from Comcast to Verizon, you can stay up-to-date with town and school business by tuning in to channel 26. Soí Comcast Channel 6 airs on Verizon 26. Tune in for school-related notices.

OMS PTSO News

On-Going Fundraisers:



BoxTops For Education

Doing your holiday shopping online? If you're doing online shopping anyway, why not earn money for OMS at the same time? Visit www.btfе.com and shop at the many online stores and support our school! Keep sending in those boxtops too!

The grade level that brings in the most boxtops will have a **DAY OF FUN** in June! **Grade 6** is tied with **Grade 7** right now with 1394 boxtops collected per grade. Grade 8 are not far behind with 1094.

Campbell's Soup Labels

Send in your Campbell's labels and earn FREE STUFF for our school!

See www.labelsforeducation.com for details about this program.



Spirit Wear For Sale

Stoughton Lounge Pants	\$20
Stoughton Girl's Gym Shorts	\$10
Stoughton Baseball Hats	
(light gray and black)	\$12
Stoughton Baseball Hats	\$12
Hooded Sweatshirts (gray and black)	\$25
Long Sleeve T-Shirts (black and gray)	\$15
T-Shirts (black and gray)	\$10
Stoughton Black Sweat Pants	\$20
Stoughton Stadium Blankets	\$25

For \$5, you can have your Spirit Wear embroidered/monogrammed!
To order, call or email 781-341-4232
noralee@norwoodlights.com

OMS PTSO School Store

Attention Students!



Need a last minute school supply? A pencil? A pen? Check out the OMS PTSO School Store.

The store is open every Monday during all lunches.

This is not a for-profit service. The PTSO simply wants our students as prepared as they can be. The items we offer are at very minimal cost.

Nestle Go Play! labels



The OMS is now collecting Nestle Go Play! Labels. We earn points that we redeem for merchandise when we collect labels from individual bottles of Nestle PureLife water. We get MORE points if you save! Get your coupons for cases of Nestle PureLife online at www.goplaylabels.com. OMS earns points when you use your coupon!

OMS PTSO News

Mrs. DeNapoli's Health Tips

Children and Separation Anxiety

By Mrs. DeNapoli, RN, School Nurse

There is an interesting, and often difficult to manage condition called Separation Anxiety, that often begins to emerge in some children between the ages of 7 and 11. It can often occur fairly abruptly among children who previously had no problems with separation. A ten-year-old child who cries and clings to a parent, refuses to go to school, or is afraid to stay at a friend's house, may be showing signs of SAD.

Children with SAD may beg for reassurance when a parent is away even briefly, cower from any opportunity to be separated, and sometimes even follow a parent from room to room. School tardiness and absences are common among children suffering with SAD.

We all, or at least most of us, will have some trouble transitioning from our long winter vacation (12 days this year!) back to "reality" after the holidays. But children with separation anxiety will have much greater difficulty.

Here are a few helpful tips to deal with children, anxiety and separation:

- Remain calm, matter of fact and firm during routine separations
- Don't hover, question or reassure excessively
- Limit reassurance to one or two times
- Create opportunities for repetition and practice in separation
- Do not over emphasize the comforts of home or staying home
- Teach calming self-talk when upset
- Limit check in calls when child is away

And be sure to notify someone at the school if your child is upset in the morning so we can help in any way possible and have a heads up as to why your child might be visiting the clinic first thing in the morning hoping to go home! Also, as with any situation out of the norm for your child, notify your child's pediatrician if the situation becomes persistent.

OMS PTSO News

Stoughton Special Education Parent Advisory Committee Presents

Joseph Moldover, Psy.D.
Wednesday, February 4, 2009
7:00 – 9:00

O'Donnell Middle School Media Center

Labeling and Diagnosis in Child Psychology, Neuropsychology, and Special Education

What is the difference between a specific learning disability in reading and dyslexia? Between a nonverbal learning disability and Asperger's Syndrome? Between ADHD and an executive functioning disorder? Children in our society are increasingly likely to be assigned specific diagnoses to explain learning, developmental, emotional, or behavioral issues. These labels are often difficult to understand because they are poorly defined, and because professionals with different backgrounds use different terms to explain the same thing.

This seminar focuses on helping parents to understand the terms that are used in clinical psychology, psychiatry, and special education. It will also address the benefits of accurate diagnosis, as well as the potential stigma of a label.

Dr. Moldover is a pediatric neuropsychologist who serves as the clinical director of the Integrated Center for Child Development. He specializes in the evaluation of children and adolescents with developmental and learning disorders. He speaks widely to parent and professional groups on topics such as neuropsychological assessment, learning disabilities, executive functioning disorders, and the special education process. The ICCD is a multi-disciplinary group practice offering neuropsychological, behavioral, medical, and educational services to individuals with special needs and to their families.

The Stoughton Special Education Parent Advisory Committee (SSEPAC) 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.

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

For further information contact:

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OMS PTSO News

MARK YOUR CALENDAR

January

- 05 School Reopens -- Welcome back!
- 07 PTSO meeting 7pm
- 14 Grade 8 Winter Concert SHS Auditorium 7:30pm
- 21 Grade 7 Winter Concert SHS Auditorium 7:30pm
- 28 Grade 6 Winter Concert SHS Auditorium 7:30pm
- 29 Early Dismissal (11:32am)/Term 2 E nds



February

- 06 Term 2 Report Cards Issued
- 11 PTSO meeting 7pm
- TBA Stoughton Woman's Club Spelling Bee
- 12 Spring Picture Day
- 13 School Closes at end of day (regular full day)
- 14-22 February Vacation**
- 23 Back to School
- 25 Grade 8 Scheduling Night SHS Auditorium 7pm



2008 – 2009 OMS PTSO Meetings:

The PTSO meets once a month on Wednesday from 7:00 pm to 8:00 pm in the OMS Media Center.

ALL ARE WELCOME! Please come and share your ideas

*The meetings for the balance of the school year are:

Jan. 7	Feb.11	Mar. 4
Apr. 8	May 6	Jun. 3

*meetings are subject to change.