



# O'Donnell Middle School, Stoughton



VOLUME 66

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## Message from OMS PTSO:

Our next meeting is  
June 3<sup>rd</sup> 7-8pm

OMS Media Center  
**Come join us and vote for next year's  
Executive Board!**

**We are accepting nominations for the  
2009-2010 school year!**

The Executive Board positions are one-year  
terms. Any PTSO member can hold a  
position. Anyone interested in running for:

**President**  
**Vice President**  
**Treasurer**  
**Corresponding Secretary**  
**Recording Secretary**  
**Fundraising Chairperson**

can please contact Lit or Lori.  
Lori Bates [lgb1120@comcast.net](mailto:lgb1120@comcast.net)  
Lit Turner [litt@visionaries.org](mailto:litt@visionaries.org)

## News you choose

If you have any news you'd like to see in  
our monthly newsletters, contact Laura  
[johnandlaura5@juno.com](mailto:johnandlaura5@juno.com) with an article  
you'd like published. **Our newsletter  
deadline is the 20<sup>th</sup> of each month.**

## Around Town

**Thursday, May 14<sup>th</sup> 7-8:30pm OMS Media  
Center:** Amy Muldowney of the highly  
regarded Massachusetts Aggression Reduction  
Center (MARC) will be presenting a **PARENT  
TRAINING on Bullying/Cyber-bullying** for  
parents of children in grades K through 12.

## Staff Appreciation

The PTSO honored Staff Appreciation week at  
the OMS by bringing the CIRCUS to town!  
Throughout the week, the staff was treated to  
slush and popcorn, homemade sweets, massages  
and lunch on Friday! Thank you to all who  
helped with this effort to show our appreciation  
of all the great people who work at the OMS!

## Career Day



Career Day is June 9<sup>th</sup>. We are  
looking for people with  
interesting careers to come in  
and do 3 sessions lasting 25  
minutes with 8<sup>th</sup> grade students. The students  
pick which careers they are interested in and  
sign up for them. If you are interested in giving  
a presentation, please contact Denise Fleming.  
She can be reached at 781-344-7002 ext. 228 or  
[D\\_Fleming@stoughtonschools.org](mailto:D_Fleming@stoughtonschools.org).

# OMS PTSO News

## OMS IDOL

Did you know that we have a talented group of people at the OMS? Last Friday, May 8<sup>th</sup> proved it! There was a great turn-out for the talent show dubbed OMS IDOL. Many students and a few teachers performed for a pretty crowded SHS auditorium. But only three people walked away with the trophy and they were 6<sup>th</sup> graders: **William Phillips, Ilissa Speilfogel and Kirsten Mauriello**. Congratulations to all who performed!

## Study Island

This is an on-line program designed to help students practice their math skills. The problems are MCAS-type problems that help students pay **close attention to detail** for example, if the answer is 7 inches then 7 would be incorrect. As of Wednesday, May 6<sup>th</sup>, OMS students have completed over **350,000 problems** on Study Island! That averages 2413 problems per school day!!

## Grade 5 comes to visit

Fifth grade students will be visiting the OMS on Friday, June 12<sup>th</sup>. They will experience a day in the life of an OMS student. They will also hear from counselors and eat lunch. This is a great way to ease their transition to middle school.

## Grade 5 parents visit

Fifth grade parents will be visiting the OMS the evening of Wednesday, June 10<sup>th</sup> to get the scoop about life at the OMS. The PTSO will be there to accept membership applications and to sell Spirit Wear. If you'd like to volunteer that evening, please let an executive board member know.

## Grade 8 Class Day

The last day of school is June 24<sup>th</sup> but the day 8<sup>th</sup> graders receive their certificates of completion is June 19<sup>th</sup>. Get your cameras ready because it will be a memorable day starting with an award ceremony at the SHS and ending with a dance at the OMS.

## Math Rumble

Did you hear all that cheering last Wednesday, May 6<sup>th</sup>? If you were near OMS that afternoon you did and it was all about MATH!! That's right a bunch of 11 through 13 year-olds cheering about math! It was the OMS Math Rumble and 497 students participated while the whole school watched (since it was televised). The winners of the Math Rumble were the seventh grade team that consisted of **Frankie Girolamo, Kevin McDonald, Sean Roopcharan and Stephen Zorn**. CONGRATULATIONS to all who participated!

# OMS PTSO News

## Mrs. DeNapoli's Health Tips

### Immune Boosting Tips and Ways to Avoid Flu

By Mrs. DeNapoli

The very best way to reduce germs that are associated with colds, flu and the stomach bug is **hand washing!!!** Hand washing is encouraged frequently while children are at school, and at least washing prior to lunch will help prevent the spread of hand to mouth germs. **WASH YOUR HANDS BETWEEN ALL ACTIVITIES WITH CROWDS OR OUTSIDE OF YOUR OWN HOME ENVIRONMENT!** This is such a simple thing to do, and if you really stopped and kept count of how often you wash your hands in a day you might surprise yourself! I encourage you to try this with your kids for one week. Keep a log on the refrigerator, and make a simple note of when and why with a check mark. Times you should wash at a minimum include:

- After using the bathroom
- Before eating any food
- After you play with animals
- After you have been outside
- After you have been in a crowd
- When you get home from school
- When you return from the mall
- After using someone else's item (cell phone, computer, etc)
- After being over someone else's house
- After picking something up from the floor
- After visiting someone who is ill

I THINK YOU GET THE POINT? THE LIST COULD GO ON AND ON!!

It is important to keep healthy and keep your immune system strong. The very best way to do this is to truly eat right, foods high in vitamins and minerals; And get plenty of rest. It is also important to get outside and get some fresh air. Open the windows in your home. Sit out in the sun for 10 minutes a day to boost your Vitamin D within your

system, and that, in turn, is a boost for your immune system. Listen to your body. If you are tired and feel fatigued, take your cue from that and get to bed a bit earlier that night.

Learn to be an advocate for your own good health! Please come by and see Mrs. DeNapoli if you want to share your hand washing log after you and your family give it a try!!



### Blueberry Pie

2 pints of fresh blueberries  
1 pie shell  
juice from 1 lemon  
one quarter cup sugar or splendor  
one half cup brown sugar  
one half cup flour  
tbsp cinnamon  
tsp nutmeg  
6 tsp margarine or butter (or soy butter)-softened

Rinse blueberries and sprinkle small amount of the flour over them; Pour remaining flour in a separate bowl. Squeeze juice from lemon over blueberries and let sit. Combine to flour in bowl the remaining ingredients; Pour berries in pie shell. Cover with crumble mixture. (Top crust optional); Bake at 375 for 45 minutes until bubbling. Let partially cool and ENJOY!

# OMS PTSO News

## Attention 8th grade parents!

**Stoughton High School** is currently seeking parent and guardian volunteers for two important initiatives during the 2009-2010 school year!

**School Council-** The School Council of Stoughton High School is responsible for developing and monitoring the School Improvement Plan. This is a group of administrators, teachers, parents and students that meet quarterly. Dates and times for the 2009-2010 school year are as follows:

November 18, 2009 at 5:30 (evening of Parent Conferences)

Jan 19, 2010 at 5:30 p.m.

March 10, 2010 at 5:30 p.m. (evening of Parent Conferences)

May 6, 2010 at 7:00 a.m.

**NEASC Accreditation-** Stoughton High School will be undergoing the self-study portion of the New England Association of Secondary Schools accreditation process during the 2009-2010 school- year. Parents are needed on each of our seven committees:

- Mission and Expectations for Student Learning
- Curriculum
- Instruction
- Assessment of Student Learning
- Leadership and Organization
- School Resources
- Community Resources

Dates and times for the 2009-2010 school year are as follows:

October 7, 2009	12:30-3:20
November 3, 2009	8:00-2:45 (full day professional development day)
December 10, 2009	12:30-3:20
March 17, 2010	12:30-3:20
May 19, 2010	12:30-3:20

We understand that you may only be able to attend a portion of the meetings given that they take place during the school day.

If you are interested in joining one of these committees, please email Principal Brett Dickens at [b\\_dickens@stoughtonschools.org](mailto:b_dickens@stoughtonschools.org).

# OMS PTSO News

## On-Going Fundraisers:



### BoxTops For Education

Shopping online? Please visit [www.btfе.com](http://www.btfе.com) before you do. Click on the Marketplace and choose the store where you want to shop. It's that easy to earn extra cash for our school!

### Keep sending in those boxtops!

May 29<sup>th</sup> is the last collection day to count toward the **DAY OF FUN** in June! Right now **Grade 6 has 2067, Grade 7 has 2057 and Grade 8 has 1367!**

### Campbell's Soup Labels

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

See [www.labelsforeducation.com](http://www.labelsforeducation.com) for details about this program.



### Spirit Wear For Sale

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

**For \$5, you can have your Spirit Wear embroidered/monogrammed!**  
**To order, call or email 781-341-4232**  
[noralee@norwoodlight.com](mailto:noralee@norwoodlight.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 collecting Nestle Go Play! Labels. We earn points that we redeem for merchandise when we collect labels from individual bottles of Nestle PureLife water. If your label says "GoPlay!" then send it in! Visit [www.goplaylabels.com](http://www.goplaylabels.com) for more details.

# OMS PTSO News

## MARK YOUR CALENDAR

### May

- 06 PTSO meeting 7pm
- 07 Early Dismissal (11:32am)
- 07 OMS Jazz Festival SHS Auditorium 7:30pm
- 11-28 MCAS
- 20 Term 4 Mid-term Reports Issued
- 27 OMS Band Concert SHS Auditorium 7:30pm



### June

- 03 PTSO meeting 7pm
- 09 Career Day
- 09 Spring Concert (gr.6-8) SHS Auditorium 7:30pm
- 10 OMS Jazz & Percussion OMS Cafeteria 7:30pm
- 10 Grade 5 Parent Night
- 11 Early Dismissal (11:32am)
- 12 Washington DC (gr. 8), NYC (gr. 7), Grade 5 visits OMS
- 19 Grade 8 Class Day
- 24 Last Day of School



### 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!**