



O'Donnell Middle School, Stoughton



VOLUME 63

FEBRUARY 2009

Message from OMS PTSO:

Our next PTSO meeting is
February 11th 7-8pm
OMS Media Center

Come and keep up-to-date on what's
going on at OMS!

--OMS PTSO Executive Board

Prize Day!

Prize Day for the magazine drive will be
during lunches on Tuesday, February
3rd! We'll need **THREE adult volunteers**
10:15am to 12:30pm that day. If you
can help, please contact Debbie Zorn at
ddzorn@verizon.net

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.

Grade 8 Parents & Students

Attention Grade 8 Students & Parents
[Important Meeting Announcement](#)

**A Course Selection meeting, for your
Grade 9 High School schedule, will be
held on Wednesday, February 25 at 7:00
PM in Stoughton High School's
Auditorium.**

Answer to questions, such as:
What courses are offered?
What classes can I take?
**What prerequisites, if any, are
necessary to get into certain classes?**
**How many and what kind of classes do I
need to take to graduate?**
Will be discussed

OMS PTSO News

On-Going Fundraisers:



BoxTops For Education

Enter a DAILY SWEEPSTAKES February 2nd through March 1st and try to win 1,000 BOXTOPS! Visit www.btf.com to enter! No purchase necessary! enter EVERY DAY!

Keep sending in those boxtops too!

The grade level that brings in the most boxtops will have a **DAY OF FUN** in June! **Grade 7** is in the lead with 1412 boxtops. Grades 6&8 are not far behind.

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.

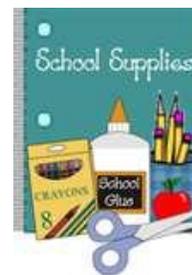


Spirit Wear For Sale

<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@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

“My friend might have an eating disorder, now what do I do?”

By Mrs. DeNapoli, RN, School Nurse

So, you are worried your friend might have an eating disorder? Now what?

In our image-obsessed culture, lots of teens are very critical of their bodies. Sometimes normal concerns about image cross lines and become much more serious, resulting in severe dieting, called anorexia or bulimia.

And although eating disorders are more common in girls, guys can get them too.

Here are some signs and things to watch for if you are concerned about someone:

- Your friend has an obsession with weight and food
- Your friend knows exactly how many calories and fat are in everything they eat
- Your friend feels the need to exercise all the time, even when sick or tired
- Your friend avoids meal times, and/or moves food around on their plate
- Your friend wears baggy clothing
- Your friend is on dramatic, calorie restricting diets, or refuses to eat at all
- Your friend goes in the bathroom a lot, especially after meals
- Your friend is pale, tendency to faint, or bruises easily
- Your friend thinks she is fat, even after losing lots of weight

These are just a few of the things to watch for, and if you have concerns, the first thing you might think about doing is talking with your friend. If that does not help, remember to tell an adult, like the school nurse or counselor, or your own parents. It is normal for people with eating disorders to become defensive, so you must remain patient, and tell your friend you care about them. Being a good friend means watching out for each other! Remember, being a good friend can also mean asking the question “what can I do to help?”

Around Town

- **Stoughton Public Library** Wales-French room Internet Safety by Executive Officer, Rob Devine **January 28th** 6-8pm for children ages 12-17 and their parents.
- **Stoughton Youth Commission** Early Thursday Activity **January 29th** OMS GYM 11:30am-2:15pm
- **SSEPAC** meeting **February 4th** 6-8 OMS Media Center
- **Habitat for Humanity Pancake Breakfast** at First Congregational Church (76 Pierce St.) **February 14th** 8am to 12pm \$5 Adult, \$3 Child (under 10)

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:

Pat Passi, President	pasqualepassijr@yahoo.com
John D'Addieco, Vice President	jdaddieco@comcast.net
Lynne Mitchell, Secretary	lynnekmitchell@yahoo.com
Leslie Tamarkin, Treasurer	ltamark@comcast.net

OMS PTSO News

MARK YOUR CALENDAR

February

- 03 Prize Day -- during lunches
- 04 Stoughton Woman's Club Spelling Bee
- 06 Term 2 Report Cards Issued
- 11 PTSO meeting 7pm
- 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



March

- 04 PTSO meeting 7pm
- 10 Term 3 Mid-term Reports Issued
- 12 Early Dismissal (11:32am)
- 18 Evening of Jazz--OMS & SHS Jazz Bands SHS Auditorium 7:30pm
- 30 ELA MCAS Begins all grades



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:

Feb.11

Mar. 4

Apr. 8

May 6

Jun. 3

*meetings are subject to change.