



O'Donnell Middle School, Stoughton



VOLUME 64

MARCH 2009

Message from OMS PTSO:

There will be no PTO meeting on Wednesday March 4 but we hope people will join us on April 8th. If anyone has questions please feel free to contact us via email litt@visionaries.org or lgb1120@comcast.net. We will keep everyone posted of activities via email and the web.

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

Come and learn about the SYC's summer program, get an update on OASIS and get/give input about your school! Remember -- the "S" stands for "student"! Bring your OMS STUDENT and he/she can learn about what the SYC has to offer students!

--OMS PTSO Executive Board



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.**

School Dance



Our next OMS Dance will be March 20th.

GR. 6: 4:30 – 6:30pm

GRs 7&8: 7pm – 9pm.

Yearbooks



Yearbooks will be on sale during lunches the week of March 16th. **We need two volunteers each day March 16 through March 20 from 10:30am to 12:30pm.** If you can help, please contact Laura Mone at johnandlaura5@juno.com.

Pennies for Patients

The OMS has been collecting money for patients in need. Please send in any spare change you have to support this wonderful program. We will be collecting funds until **March 6th**. The team that collects the most will earn a PIZZA PARTY!

OMS PTSO News

Volunteer Committee

Anyone interested in helping the volunteer committee, please contact Angela Motley with your availability. She is currently creating the volunteer schedules for March through May 2009. Please provide the days and times you would like to volunteer. She will be in touch with you to set volunteer dates and times:

Contact information:

Email angela.motley@state.ma.us

Phone: 781 341-9753.

Thank you for giving your time to help the students and staff at the OMS.

Asia comes to OMS



Susan Smith, library media specialist, and Rachel Killion, 7th grade geography teacher, recently completed a seminar called "The Geography

and Culture of East Asia" through Smith College and funded by the Freeman Foundation. In addition to learning a great deal about China, Japan, and North and South Korea, they were able to purchase over \$600 worth of teaching materials funded through a grant. A curriculum box containing teacher resources, Asian literature, music, posters, maps, and games were among some of the new materials obtained and put on display at the last faculty meeting.

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. 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.

Prize Day

Prize Day for the magazine drive was February 3rd! Thank you to the volunteers that helped during lunch: Julie Ben-David, Allen Maillet, and Laura Sheehan. Thank you to Debbie Zorn for organizing it all! And **CONGRATULATIONS** to all the kids that won some pretty cool prizes!



Career Day

Career Day is June 9th. We are looking for people with interesting careers to come in and do 3 sessions lasting 25 minutes with 8th 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.

OMS PTSO News

Mrs. DeNapoli's Health Tips

If you have a 7th grade student, your child should have received his/her BMI letter. Please look it over carefully, and here are some additional tips for everyone on nutrition and creating a "healthy home"!

10 Tips Toward Good Nutrition

By Pam DeNapoli, RN, School Nurse

Creating a nutritional home is a very important task, and often can be very challenging. In this day and age of very hectic schedules, working moms, and evening activities for kids, it is often difficult to even sit and eat as a family. Eating "on the run" often results in too much fast food, and poor food choices. There are some ways, however, to at least start to help your family develop a positive relationship with healthy foods. Here are 10 tips toward good nutrition:

1. **Keep healthy foods at hand:** Kids will eat what's readily available. Keep fruit on the counter, not buried in the crisper drawer of your fridge. Set a good example and choose an apple for your own snack. Kids learn by example.
2. **Praise healthy choices:** Give your child a big smile and tell them how smart they are when they choose a healthy snack.
3. **Don't nag about unhealthy choices:** Try to redirect unhealthy choices by offering enticing alternatives. Try offering a child looking for candy perhaps strawberries dipped in chocolate. Try making your own potato sticks by baking a sliced potato in a small amount of olive oil, rather than French fries. Nagging about their choices will almost always back fire with rebellious teens!
4. **Never use food as a reward:** This could create weight problems later in life. Instead, reward your child with something physical and fun- like a bike ride or a quick game of catch.
5. **Try and sit to dinner as a family whenever possible:** Research shows that children of families that sit and eat at the table as a family have better nutrition and eating habits, (research shows they have better attitudes, too!). Try and start with once weekly, and work up to three of four times to build the habit.
6. **Plan for nutritional snacks when preparing your grocery list:** Kids love popcorn, (microwave light popcorn is healthiest); cheese and crackers, yogurt, granola bars, cereal bars, bagels and cream cheese, dried fruit. Healthy snacking can actually prevent over eating at mealtime, as well as give you a healthy mid day jump-start.
7. **Try and encourage breakfast:** If things are too hectic in your household in the morning, have healthy snacks like those listed above on hand. Your child can grab a granola bar and a banana and eat it on the way to school. 75% of the clinic visitors at OMS are HUNGRY and have stomachaches in the morning. Also, the kids that skip breakfast are pretty low by lunchtime, and usually tell the Nurse they don't feel good, but end up fine after a good lunch.
8. **Do not restrict foods:** Although this might be tempting, keeping things off limits to teens often make them more interesting than necessary! Also, research shows that kids who have food restricted are at greater risk for developing eating disorders, such as bulimia or anorexia nervosa.
9. **Drink water, and remind your kids to drink water:** Although we all have heard how important it is to drink 7-8 glasses of water daily, it is a tough thing to follow-through on. Remind your children how important water is for their health! Many of us suffer from chronic dehydration. This makes us tired, and grouchy. Drinking water is simple; we just have to remember to do it!

Consult your pediatrician: Always talk to your child's doctor before considering any type of diet for your child. Never diagnose your child as too heavy or too thin, yourself. Consult your child's doctor with concerns.

OMS PTSO News

On-Going Fundraisers:



BoxTops For Education

Shopping online? Please visit www.btfе.com before you do. Click on the Marketplace and choose the store you want to shop at. It's that easy to earn extra cash for 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 7** is in the lead with 1960 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.

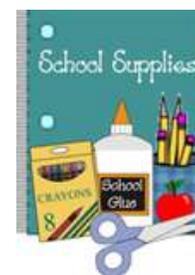


Spirit Wear For Sale

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. If your label says "GoPlay!" then send it in!

OMS PTSO News

Stoughton Special Education Parent Advisory Committee Presents

Federation for Children with Special Needs

Wednesday, March 4, 2009

7:00 – 9:30

O'Donnell Middle School Media Center

An IEP for My Child

Every child with a disability who receives special education services must have an Individual Education Program. This workshop takes parents step-by-step through the development of the IEP including how to articulate a vision, using evaluations to write annual measurable goals and how to measure their child's progress.

The Parent Training and Information Center of the Federation for Children with Special Needs provides free information, support, technical assistance and workshops to Massachusetts families of children with disabilities and the professionals who work with them. We believe children benefit most from their education when parents and professionals work together as partners. For more information please visit their website at www.fcsn.org/pti/ or call (617) 236-7210.

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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lynnekmitchell@yahoo.com

Leslie Tamarkin, Treasurer

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OMS PTSO News

MARK YOUR CALENDAR

March

- 04 ~~PTSO meeting 7pm~~ **Cancelled**
- 10 Term 3 Mid-term Reports Issued
- 12 Early Dismissal (11:32am)
- 18 Evening of Jazz--OMS & SHS Jazz Bands SHS Auditorium 7:30pm
- 20 OMS Dance (gr. 6:4:30-6:30, gr. 7&8: 7-9pm)
- 30 ELA MCAS Begins all grades



April

- 08 PTSO meeting 7pm
- 10 Last day of ELA MCAS
- 16 Early Dismissal (11:32am)/ Night of Excellence
- 17 Term 3 Report Cards Issued
- 17 School Closes at end of day (regular full day)
- 18-26 April Vacation**
- 27 Back to 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

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

Apr. 8

May 6

Jun. 3

*meetings are subject to change.