

McCarthy Community News



December 5, 2013

**McCarthy Middle School is a PAWS-itive
Community!**

We agree to:

- **Be compassionate, supportive and safe**
- **Be responsible, inclusive and respectful**
 - **Put forth our best effort**

Student Advisory December Theme: The Gift of Friendship- Our students have been attending their advisory classes for about three months at this point. Students are becoming more familiar with the routines associated with advisory. Groups are becoming more cohesive as students are becoming more comfortable. It has been great to see the work many of our advisory groups have been doing as part of their commitment to community service. We have seen groups tackle the inner courtyard, send cards to veterans, and many other worthy causes. Our ultimate goal is to have every student feel safe and connected with an adult staff member or to school in general. If students feel connected, the chances for success in school increases dramatically. We are committed to creating a safe, comfortable environment for all to thrive. If you have any questions, do not hesitate to contact us.

Project 300- Another McCarthy Cares Success Story! Project 300 is celebrating its 38th anniversary in style. Over 20,000 food items have been delivered to the Salvation Army to help area people in need. Thanks to all who donated or assisted. A special thanks to Mr. Sargent, who enthusiastically leads this endeavor, as well as to Mr. Gallagher and all his special guest friends who have made special announcements during Project 300. Nice job McCarthy!

Coats for Kids- The Community Service Organization is participating in the "**Coats For Kids**" drive sponsored by Anton's Cleaners. They will be collecting coats of all sizes between now through **January 13th**. Coats can be placed in the barrel labeled "Coats for Kids" in the front lobby of McCarthy. Please consider donating coats that you no longer need to support Anton's mission. Anyone who needs a coat will have one! Thank you.

Labels for Education is another easy way to earn money for McCarthy with your regular shopping. It's a great program similar to Box Tops for Education. When you buy the following brands - Campbells', Pepperidge Farm (including Goldfish), Bic, Prego, V8, Pace, Emerald, Dannon, Pop Secret, Glad, Post - just clip the UPC code with the Labels For Education logo and send them to school with your student. The Labels get deposited to McCarthy's account and the school can buy equipment and supplies with the credit. If you have questions or would like a complete list of participating products, contact Samantha Sager at fischersager@yahoo.com.

Health Department: Attention Grade 6 Parents- In accordance with Massachusetts General Law (Chapter 71, section 57) and related amendments and regulations (105 CMR 200.000-200.920), Chelmsford requires all 6th grade students to have a current physical. Please make arrangements for us to receive a copy of his/her 6th grade physical. If your child has not had a physical since January 1, 2013, please make an appointment as soon as possible, and contact us with the scheduled date. As always, please call us with any questions or concerns. Thank you for your cooperation.

A SPECIAL NOTE FROM THE HEALTH OFFICE ON THE COLD AND FLU SEASON

It's about that time of the year again, the weather outside is getting colder and the cold and flu season usually begins when cold weather appears. I am writing this note to you in the hopes of limiting the spread of germs and keeping the students in the classroom as healthy as possible this school year.

Overall, everyone benefits when there are less germs floating around the classroom, school, and home. Teachers, staff, and parents can help slow the spread of colds and flu by encouraging and following the health-habit tips below:

Tips to Reduce the Spread of Germs that Make You and Others Sick!

To help stop the spread of germs always remind your child/children to:

- **Hand washing** is one of the best ways to avoid spreading cold and flu germs. Wash their hands before eating and after coughing, sneezing, or blowing your nose, or using the bathroom, or playing outside. Clean their hands by washing with soap and water or clean with alcohol-based hand cleaner.
- Cover their mouth and nose with a tissue when they cough or sneeze.
- If they do not have a tissue, cough or sneeze into their upper sleeve (elbow area), not their hands.
- Put their used tissue promptly in the waste basket.

- **Most Importantly:** Parents if your child/children are sick keep the child/children home and away from the school setting until the child/children have been without fever (over 100) for 24 hours without medication (e.g. Tylenol, Ibuprofen). Vomiting and/or diarrhea; May return to school when he/she is 12 hours after his/her last vomiting and or diarrhea episode. (Refer to Student Handbook), to prevent spreading illness to others.

The common symptoms of a cold and flu include:

- Fever (usually high)
- Headache
- Muscle aches
- Chills
- Extreme tiredness
- Sudden symptoms
- Coughing
- Sore throat
- Sneezing
- Runny nose may also occur but is more common in children than adults
- Stomach symptoms, such as nausea, vomiting, and diarrhea, may also occur but are more common in children than adults

These tips obviously aren't guarantees that you will stop the spread of these germs, just ways to give you peace of mind knowing you're doing what you can to keep students in the classroom, you, and maybe even your family, flu free this season. As always, please call if you have any questions or concerns.

Up-to-Date Grades Available on the X2 Aspen Family Portal- The first term Report Cards are still available on the X2 Aspen family portal. If you do not have access, feel free to request a hard copy in the main office. Remember, now you have access to up-to-date grades via the X2 Family portal. Because of this, Mid Term grade reports will no longer be generated.

Concert Season is Here! The All Town Wind Ensemble kicks off the winter concert season next Tuesday, December 10 as students from McCarthy, Parker & CHS will wow you! On Monday, December 16, the McCarthy Chorus will lead off the McCarthy winter concert season at the PAC. On Thursday, December 19 our Orchestra will perform in our Auditorium and our Band performs at the PAC on January 14. Come out and enjoy the music!

A+ School Rewards Helps Us Help our School- Continuing through March 14, 2014, seventh grader Caden Casiello is fundraising for McCarthy Middle School with the A+ School Rewards Program offered by Stop & Shop. For every dollar spent using the card a point is put into the McCarthy School account the points add up and earn the school money! There's no cost to the shopper. Caden asks the help of students, families and McCarthy Community to get

one card number each ASAP. This can be gotten from neighbors, family, friends, teachers etc.. People and customers are happy to support us but we need your help. Caden raised over \$15,000 last year to benefit our children and our school. Please help, it's so easy! If you have any questions, please contact Mr. Casiello at jimkas@yahoo.com. Please spread the word to register cards. \$2.5 million is offered to help schools, so the sooner cards register the more points and money can be earned for any of our school's needs. **To register your card** go to, <http://www.stopandshop.com/aplus> and "Register your card" using McCarthy's School ID 09973 or use [the form on the PTO page of the website](#). Thank you for supporting our school!

Box-Tops for Education- Please send us your Box Tops! Have your child bring them in and drop them off in the office! Every little bit helps!

Contact Us with any Concerns and Feedback- We value your feedback here at McCarthy Middle School. If you have any concerns at all, feel free to contact us. Without hearing your concerns we cannot, work towards a solution. We pride ourselves on being reflective. My expectation is that everyone- students, staff & administration- must be reflective examining our decisions and actions so that we can learn and grow. Any classroom concerns may be shared with your child's teachers or guidance counselors. Other overarching concerns may be shared with Mrs. Martin (martind@chelmsford.k12.ma.us) or myself (mcpheek@chelmsford.k12.ma.us). Thanks in advance for sharing.

Visiting Us- We ask that when you come to the office at McCarthy please stop at the second door. There is a sign that reads visitors/sign-in and MAIN OFFICE. All visitors must come directly to the main office upon arrival.

Parent Teacher Organization- our PTO is a wonderful bunch of people that coordinate fundraising and provide support for all school members through the facilitation of parent volunteers. Please join us at our next PTO meeting: **January 8 at 7pm in the Library**. All PTO Executive Board members can be reached at: pto.mccarthy@gmail.com

Stay Tuned! PTO/Administration Coffees are Coming! Yes, the PTO and administration will be holding a number of informal coffee chats throughout the remainder of the year. Stay tuned! More information will follow!

UPCOMING DATES TO NOTE:

December 10	All Town Wind Ensemble Concert at PAC 7pm
December 13	Geography Bee
December 13	Early Release @11:10
December 16	Orchestra to Statehouse
December 16	Chorus Concert @ PAC 7pm
December 18	Grade 7 Christmas Carol Fieldtrip
December 19	Orchestra Concert @ McCarthy 7pm

December 20	Holiday Break Begins
January 2	School reopens
January 8	PTO Meeting 7pm in Library
January 14	Band Concert @ PAC
January 16	Grade 5 Enrichment (Electromagnetism)
January 17	Early Release @11:10
January 20	NO SCHOOL- Martin Luther King Day
January 27	End of Second Term

