

McCarthy Community News



February 7, 2014

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***

McCarthy's Got Talent!

Junior District Auditions were held on Saturday, January 18, 2014. Over 1,000 students from MMEA's NorthEastern District of Massachusetts auditioned. We are pleased to announce the following McCarthy students who were accepted to the Junior District Festival in March:

- John Clancy, trombone (gr 7)
- Erick Lee, tuba (gr 7)
- Moira Andrews, tenor sax, (gr 8)
- Emily Bruce, trumpet, (gr 8)
- Melanie Foo, viola, (gr 8)

This year the Massachusetts Music Educator Association is hosting the first ever All State Treble Chorus for grades 4-6. Almost 700 students across the entire state auditioned; less than 200 students were accepted. We are pleased to announce the following McCarthy students who were accepted to the All State Treble Chorus in March:

- Chase Boles
- Olivia Buckley
- Emma DeWitt
- Eliana Lantheaume

Congratulations to all of these students for their hard work and achievement!

Good Luck to Our Own Junior Olympian-In-Training- We want to wish eighth grader Chevonne Forgan luck in this weekend's Empire State Winter Games luge competition. These games draw competitors from across the country. At about speeds of about 60 mph she will be blazing down the icy track. Don't blink or you may miss her! Go Chevonne! We are rooting for you!

Student Advisory February Theme: Celebrating Diversity/ We're All Different and Alike- We continue to be committed to creating a safe, comfortable environment for all to thrive. We will be soliciting feedback from students regarding advisory in the coming month as we evaluate the effectiveness of our program. If you have any questions, do not hesitate to contact us.

Pennies for Patients is Underway!

For the past two weeks, our Community Service Organization members have been helping our school to participate in the "Pennies for Patients" program to benefit the Leukemia and Lymphoma Society. Our goal is to raise as much money as we can to aid the Society's mission to cure leukemia, lymphoma, and other blood cancers. We also hope to improve the quality of life of patients and their families. We have one week left for this program! Please ask your child about it, and consider donating spare change or any amount that you can give. You can give the money to your child for their classroom donation, or check us out on our website at: <http://ma.llsevent.org/ng/index.cfm/a919d34/regPages/pledge/MCCARTHYMIDDLESCHOOL/>
Thank you for your help.

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.

Another tip to help combat the spread of germs, is to not share food in the cafeteria. Please discuss this with your child as we see this going on from time to time.

Morning Reminder- Please help us adhere to our school policy which prohibits anything but water to be carried around in school. Students should not be arriving at school and walking around with hot chocolate, coffee, tea, energy drinks, juices, etc. Thanks for your cooperation in advance.

Up-to-Date Grades Available on the X2 Aspen Family Portal- The second 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. Please remember to regularly check the portal for up-to-date grades.**

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: **February 12 at 7pm in the Library**. All PTO Executive Board members can be reached at: pto.mccarthy@gmail.com

PTO/Administration Coffees are Here! The PTO and administration are holding a number of informal coffee chats throughout the remainder of the year. The first was on January 24th. It was well attended. The next coffee is scheduled for Friday, February 14 from 9-10:30 am.

UPCOMING DATES TO NOTE:

February 10	Grade 5 Enrichment (Barry Burbank from Channel 4)
February 12	PTO Meeting 7pm in Library
February 17-21	February Break
March 5	Stringfest
	PTO Meeting 7pm in Library
March 7	Early Release @11:10
March 14-15	McCarthy Musical- <i>Annie</i>