



Haverford Middle School Newsletter

Administration

HMS Principal

[Mr. Daniel Horan](#)

Secretary

[Mrs. Michelle D'Avella](#)

6th Grade Assistant Principal

[Mr. Matthew Crater](#)

6th Grade Counselor

[Ms. Ricki White](#)

6th Grade Secretary

[Mrs. Sharon Cianci](#)

7th Grade Assistant Principal

[Mr. Randy Taylor](#)

7th Grade Counselor

[Ms. Lindsey Hughes](#)

7th Grade Secretary

[Mrs. Patty Lazer](#)

8th Grade Assistant Principal

[Mr. Fred Brown](#)

8th Grade Counselor

[Ms. Colleen Malczynski](#)

8th Grade Secretary

[Mrs. Martha Lawless](#)

MS Coordinator Technology

[Mrs. Laurie VanTrieste](#)

Flexible Learning Plan For The Week of April 20th

We understand the challenges you are facing as a family and hope you will reach out to us if you need support regarding our Flexible learning Plan. Please....

- Reach out to us if you need anything
- Check teacher links below to see what is planned for your child
- Monday - Thursday.....New learning
- Friday.....Catch up / Focus on wellness / Unplug

When finishing assignments on Google Classroom, please make sure that your child checks "submit "and/or " finished " to ensure we get their awesome work!

Changes Beginning on April 24th

Work for the week of April 27th-May 1st will be posted on this Friday, April 24th by 6:00 PM. The work posted on Friday, April 24th will be due by Sunday, May 3rd at 6:00 PM.

We are looking forward to seeing your child this week! Our Office Hours will be offered through Google Hangouts Meet beginning on Tuesday, April 21st. During Office Hours, we will be available to answer questions, clarify concepts, provide and receive feedback, and maintain our relationship with your child. Core teachers will be offering an AM and PM Office Hours session each day. Administrators, counselors, and Unified Arts teachers will be offering Office Hours too.

Click the following link to view our Office Hours schedule---> [HMS Office Hours](#) . There are directions to join Office Hours at the top of the page, links to staff Office Hours, and individual codes on the Staff Codes tab for each teacher, school counselor, social worker, and administrator.

Expectations for Office Hours:

- Students are expected to follow our Code of Conduct when attending Office Hours.
- Only students should be attending Office Hours.
- Students should only attend their current teachers' Office Hours.

Announcements

6th Grade Teams

[6th-Grade Webpage](#)

[Beluga Whales](#)

[Polar Bears](#)

[Sea Lions](#)

[Arctic Fox](#)

7th Grade Teams

[7th-grade Webpage](#)

[Giant Pandas](#)

[Iberian Lynx](#)

[Peregrine Falcons](#)

[Komodo Dragons](#)

8th Grade Teams

[8th-Grade Webpage](#)

[Asiatic Cheetahs](#)

[Bengal Tigers](#)

[Gray Wolves](#)

[Snow Leopards](#)

Important School Information:

[Monday Message](#)

[Daily Announcements](#)

[Athletics Information](#)

[Important School Forms](#)

(Request for Pre-Arranged
Absence, etc.)

[Calendar](#)

[Lunch Services and Menus](#)

6th Grade Sea Lions! Mrs. Scott wanted to share her new bundle of joy with her co-workers and students:



Welcome to Katherine Gloria Scott!

Wednesday is Administrative Professionals Day! We want to give a shout out to Mrs. Lawless, Mrs. Lazer, Mrs. Cianci, and Mrs. D'Avella for supporting our staff, students, and families. They do amazing work and are greatly appreciated for the support they provide to all of us.

The Administrative Team is hitting the road again this week! They will be doing another bike tour in the community on Wednesday. They will send an email with a link to track them before they start their ride.

7th Grade Art! Mrs. Kwoczak wants you to tune into her [weekly live stream](#) at 10:00 AM on Tuesdays. You can chat in. If you miss it, feel free to look at her virtual galleries on her [Instagram](#) or [Twitter!](#)

We will not be issuing grades for individual assignments and the fourth marking period. We will be providing regular qualitative feedback to students on the work they complete.

Families can access the teachers' Google Classroom to view feedback on their child's weekly work. If you are interested in this, then please email the teacher. Please know that we will reach out to you if we are concerned about your child's performance. We will also provide a midpoint progress report on or about May 15th and an end of the quarter progress report on or about June 19th.

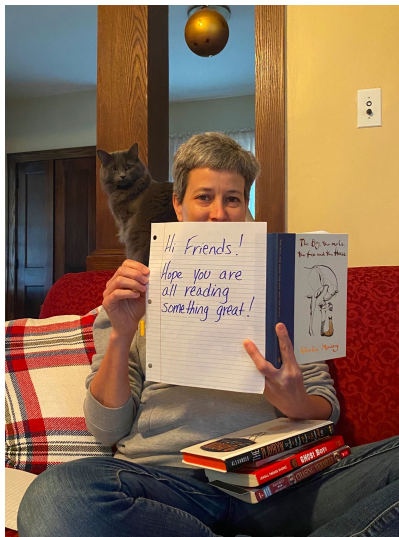
All trips and activities that were planned for the remainder of the school year have been cancelled. We are working with the business office to develop a plan to refund money that was committed for trips and activities.

At some point students will need to return to school to obtain their personal items and pick up items that we have for them like their yearbook, spring sports SWAG, and Autism Awareness T-shirt. We will communicate a plan when the restrictions allow us to safely do so.

What makes HMS so great? Here's some ideas from your teachers!



Ms. Myers, and her pets want you to know we are all in this together!



Ms. Datner has a message for all of HMS!

7th Heaven is scheduled to sing the national anthem at the Phillies game on Sunday, June 14th. You can order tickets to support our kids and enjoy a day at the ball park --->

<https://www.mlb.com/phillies/tickets/specials/haverford-middle-school>

Weekly To Do List

We want to support your child's physical, social, emotional, and academic health. We hope that you will:

- Reach out to us if you need anything.
- Read this newsletter and utilize the resources provided.
- Support and guide your child's learning for the week.
- Ensure that your child checks their teacher's link each day. Work for the week and daily messages will be posted through their teacher's link below.
- Schedule some time to take care of yourself.

We will communicate to your child that we would like them to:

- Reach out to us if they need anything.
- Read this newsletter and utilize the resources provided.
- Check their teacher's link each day. Some teachers will be communicating daily messages to you.
- We want you to jump in your teacher's Office Hours on a regular basis.
- Schedule some time to take care of themselves.

Mindfulness and Self-Care

It's important that you take care of yourself. The following practice is best done first thing in the morning, before checking your phone or email.

- On waking, sit in your bed or a chair in a relaxed posture. Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.
- Take three long, deep, nourishing breaths—breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

During the day - give yourself a Brain Break! Play Rock Paper Scissors. Play a mini tournament with anyone at home or connect with a friend and play a virtual game. If you're really up for a challenge, then hit Mr. Brown, Mr. Taylor, Mr. Crater, or Mr. Horan up for a throw down.

HMS staff shows their
H-Pride!
#HMSstrong!

6th grade edition

Ms. Meyers still has her
humor! This is what her
dog and cat have to
say!



Weekly Workout

Exercise Song Challenge

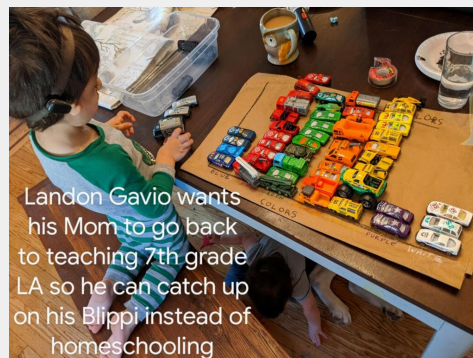
Choose a song that has a repetitive word or phrase. For example: The Jackson 5 song ABC- Hold a plank during the song until you hear ABC or 123 and do a burpee each time you hear these words/phrases. Go back to the plank until you hear them again. Send us a video of you doing this and we will post it on our website.

Happy by Pharrell Williams - Perform jump squats during the song until you hear the word "Happy". On "Happy" do one push-up each time you hear the word then go back to jump squats. Challenge someone in your family or virtually to see if you can last the entire song! Send us a video of you doing this and we will post it on our website.

Weekly Challenges

Document this time that we are staying at home through a journal, time capsule, or letter to yourself so years from now you can remember what you did, the ups and downs and what helped you through it! Send us your work (you can pen it as anonymous) and we will post it on our website.

What Have Your Teachers Been Up To?



Landon Gavio wants his Mom to go back to teaching 7th grade LA so he can catch up on his Blippi instead of homeschooling



Mrs. Hoge was able to get a bike ride in after "unplugging" for the day!

6th Grade Teacher Links

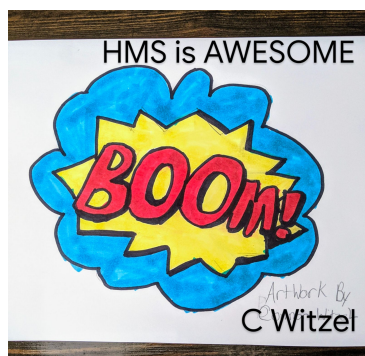
HMS staff shows their
H-Pride!
#HMSStrong!

7th grade edition

Ms. Kwoczak shows off
her artistic talent!



Ms. Witzel shows her
love for HMS!



Beluga Whales	Mrs. Barber's Assignment Link (Math) Mrs. Blischok's Assignment Link (Science) Mr. Henry's Assignment Link (Social Studies) Mrs. Maholick's Assignment Link (LA) Mr. Oxman's Assignment Link (LA)
Sea Lions	Mrs. Berardoni's Assignment Link (Science) Mrs. Johnson's Assignment Link (Math) Ms. Kim's Assignment Link (Social Studies) Mrs. Scott's Assignment Link (LA) Mrs. Watson's Assignment Link
Arctic Foxes	Mrs. Beamon's Assignment Link (LA) Mrs. Coull's Assignment Link (Social Studies) Mr. Dougherty's Assignment Link (Math) Mrs. Lisowski's Assignment Link (LA) Mrs. Sweeney's Assignment Link (Science)
Polar Bears	Ms. Caven's Assignment Link (LA) Mrs. McFadden's Assignment Link (LA) Mrs. Needles' Assignment Link (SS) Mrs. Sanborn's Assignment Link (Science) Mrs. Young's Assignment Link (Math)
Cross Team and Quarter Classes	Mr. Arsteo's Assignment Link (Math) Mrs. Bingaman's Assignment Link (LA) Mrs. Datner's Assignment Link (LA) Mrs. Hoge's Assignment Link (LA) Mrs. Naylor's Assignment Link (DG) Ms. Sinibaldi's Assignment Link (LA) Mrs. Smith's Assignment Link (LA/Math) Mr. Wagner's Assignment Link (Info Tech) Mr. Brocklesby's Assignment Link (Health) Mrs. Hoffmann's Assignment Link (Art) Mrs. Finnegan's Assignment Link (Spanish) Mrs. McKee's Assignment Link Ms. Talvacchio's Assignment Link Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Donofry's Assignment Link (Speech)

HMS staff shows their
H-Pride!
#HMSStrong!

8th grade edition

Caring and
Compassionate with Ms.
DeMaria and her dog!



7th Grade Teacher Links

Giant Pandas	Mr. Finnegan's Assignment Link (Science) Mr. Langin's Assignment Link (LA) Mrs. Ragusa's Assignment Link (SS) Mrs. Ramos' Assignment Link (LA) Mrs. Riley's Assignment Link (Math)
Iberian Lynx	Mr. Burkheimer's Assignment Link (SS) Mr. Cohen's Assignment Link (LA) Ms. Ezr's Assignment Link (LA) Mr. Karwoski's Assignment Link (Science) Mrs. Minnich's Assignment Link (Math)
Komodo Dragons	Ms. Clement's Assignment Link (LA) Mrs. Gannon's Assignment Link (Math) Mrs. Gavio's Assignment Link (LA) Mrs. McGlone's Assignment Link (Science) Ms. Stump's Assignment Link (SS)
Peregrine Falcons	Mr. Ballinger's Assignment Link (SS) Ms. Fitzpatrick's Assignment Link (Science) Mrs. Mann's Assignment Link (LA) Mrs. Popernack's Assignment Link (Math) Mrs. Terra's Assignment Link (LA)
Cross Team and Quarter Classes	Mrs. Kwoczak's Assignment Link (Art) Mrs. Alls' Assignment Link (French) Ms. Evangelista's Assignment Link (Math) Mrs. McKee's Assignment Link (LA) Mrs. Witzel's Assignment Link (LA) Mrs. Hoge's Assignment Link (LA) Mrs. Smith's Assignment Link (LA/Math) Ms. Talvacchio's Assignment Link Mrs. Brocklesby Assignment Link (Health) Mr. Cardarelli's Assignment Link (Info Tech) Mrs. McNamara's Assignment Link (LA) Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Donofry's Assignment Link (Speech)

8th Grade Teacher Links

Asiatic Cheetahs	Mrs. Eppolito's Assignment Link (LA) Mrs. Gilmore's Assignment Link (SS) Mr. Huth's Assignment Link (Science) Mrs. Koltsaklis' Assignment Link (Math)
Bengal Tigers	Mrs. Clouse's Assignment Link (SS) Mrs. Gerber's Assignment Link (LA) Mr. Kelly's Assignment Link (Math) Mrs. Kindregan's Assignment Link (Science)
Gray Wolves	Mrs. Carroll's Assignment Link (SS) Mrs. Collins' Assignment Link (Science) Ms. Hobson's Assignment Link (Math) Mrs. Jones' Assignment Link (LA)
Snow Leopards	Mrs. Coughlan's Assignment Link (Math) Mr. Fausey's Assignment Link (Science) Mr. Mahar's Assignment Link (SS) Ms. Volpe's Assignment Link (LA)
Cross Team and Quarter Classes	Mrs. Smith's Assignment Link (LA/Math) Mrs. Goebel's Assignment Link (Math) Mrs. McNamara's Assignment Link (LA) Mrs. Salgueiro's Assignment Link (LA) Mrs. Seavey's Assignment Link (LA) Mrs. Tiff's Assignment Link (Tech Ed) Mr. Henry's Assignment Link (Latin) Mrs. Meier's Assignment Link (Health) Mrs. Barber's / Gualtieri's Assignment Link (FCS) Mrs. DiMattia's Assignment Link (Italian) Dr. Alexander's Assignment Link (Art) Mrs. Castner's Assignment Link (EL) Mrs. Courtney's Assignment Link Mrs. Cox's Assignment Link (French) Ms. Wingood's Assignment Link (Spanish)

Physical Education, Music, and Seminar

Physical Education	<u>Mrs. Johnston's Assignment Link (PE)</u> <u>Mr. Grabias' Assignment Link (PE)</u> <u>Mr. Miglionico's Assignment Link (PE)</u> <u>Ms. Viola's Assignment Link (PE)</u> <u>Mrs. Shontz's Assignment Link (PE)</u> <u>Mr. Tallon's Assignment Link (PE)</u>
Music	<u>Mrs. Langley's Assignment Link (Choral)</u> <u>Mr. Giffelman's Assignment Link (Band/GM)</u> Ms. Hendler Mr. Brennan
Seminar	<u>Dr. Finn's Assignment Link (Sem)</u> <u>Mr. Whitney's Assignment Link (Sem)</u>

