

CAPT. NATHAN HALE MIDDLE SCHOOL NEWS AND EVENTS

Phone: 860-742-7334, Fax: 860-742-4565

May and June

PRINCIPAL'S MESSAGE By David Petrone



Dear Parents,

As this school year comes to a close, I find myself reflecting back on all the varied learning opportunities and experiences that have been part of the 2010/2011 school year. It is wonderful to celebrate all of the student accomplishments and to recognize the physical, emotional and cognitive growth that has occurred in such a short period of time. I am so fortunate to have the unending support and assistance from parents and the PTO. Your boundless supply of time, talents and financial support has helped us in countless ways. I am truly appreciative of all that you have done for us throughout the year.

In addition to the parents, I wish to thank the teaching and support staff for all that they have done and continue to do to make Capt. Nathan Hale Middle School such an exceptional learning environment for everyone to enjoy. I also want to send a special congratulation to our eighth grade students who will be moving on to a new school and new challenges next year. The teachers and staff at Capt. Nathan Hale middle School will miss you!

Sincerely,

David Petrone

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CALENDAR OF EVENTS

Tuesday, MAY 17th, 7pm - JAZZ CLUB, 5th & 6th grades Spring Band Concert

Wednesday, MAY 18th, 7pm - JAZZ BAND, 7th & 8th grades Spring Band Concert

Friday, May 20th CNHMS Art Show from 6:30-8:00pm in the CNHMS cafeteria.

Friday, June 3rd 8th Grade Dance 7:00 - 10:00 p.m.

Tuesday June 7th: PTO Meeting 6:30 in the Library

Friday, June 10th: 2nd Annual Capt. Nathan Hale Walk-a-Thon. (Rain date is Friday, June 17th).

Monday, June 13th: Annual 8th Grade Trip to High Meadow.

Monday, June 20th Report Cards mailed home

Monday, June 20th: 8th Grade Promotion Ceremony.

ASSISTANT PRINCIPAL

By Scott Sadinsky

With the warmer spring weather on the way here, and longer days approaching, the opportunity to spend more time in the great outdoors is upon us. To that end we encourage all of our students to maintain their good homework habits, and ask everyone to review the student dress code (p. 18 in the student handbook).

Plans are underway for CNH to host summer school for those students in grades 6 through 8 in need of academic support prior to moving on to the next grade. Letters have been sent to parents of potential summer school candidates with more communication on the way. Stay tuned.

As we continue to work together to support all of our students, we believe that effective communication is an essential component of any successful relationship. Recently, we hosted a program in conjunction with the Coventry Police Department focusing on cyber bullying, social media, texting, and related issues. Our hope was to present information to our students that will assist them in making good choices and utilize technology in an appropriate and productive manner. Our students had a rich and rewarding experience and the collaboration with our town services was outstanding. In our continued collaborative effort, please know how much we value your input, support and feedback. Please feel free to contact me at 860.742.7334, ext. 371, or by email at ssadinsky@coventryct.org should you have any questions or concerns.

Developmental Guidance

As the end of the school year approaches we would like to thank you for your support and cooperation in school matters this year. Below is information for a field trip that will take place in June.

College Knowledge Day-

Eastern Connecticut State University is hosting a workshop to offer information for middle school students about planning and preparing for college and career exploration.

This will be the first year that Capt. Nathan Hale students take part in this informative workshop. This is a regional workshop and each participating school is allowed to bring 50 students; CNH is bringing 50 – 6th grade students and 50 - 8th grade students

The workshop for 6th grade students is scheduled for Wednesday, June 1 and the 8th grade workshop is Thursday, June 2; please keep in mind that these dates were set by ECSU. If your child is selected to participate please consider being a chaperone.

8th grade schedules

Parents of 8th grade students, if you have any concerns with your child's high school schedule please contact Coventry High School counselors during the summer.

DONUTS WITH DONNA: The Superintendent of Schools is available for casual conversations with community members during the school year. “Donuts with Donna” is a way for you to greet your school Superintendent, ask questions, and keep informed about education in our town. Please feel free to stop by, where there will be an informal atmosphere with an open dialogue and no set agenda. The next session of “Donuts with Donna” is being held on Tuesday, May 17, 2010 from 6:30 p.m. to 7:30 p.m., at the Coventry Public Schools Administration Building, 1700 Main Street.



Effective School Surveys – Your Opinion Counts:

The best part of my job as Superintendent is spending time with parents and their children. My primary goal is to better know our students and the ways in which our programs and practices improve their learning and achievement. The many meetings and conversations regarding how our instruction impacts your child’s development are so beneficial in reaching that goal. As a part of our continuing refinement efforts, please assist us further in our data collection by completing an *Effective School Survey* for each school in which you have a child enrolled in Coventry. These surveys will be used to analyze what we can do, as educators, to enhance our curriculum and studies at Coventry Public Schools.

We are excited to announce there will be an online version of the parent survey this year. Please visit our district website (www.coventrypublicschools.org) and click on your child’s school. The *Effective School Survey* will be located under Quick Links. Each school has their own specific survey. Mark your calendars - the surveys will be available the beginning of June. Please complete the survey by June 30, 2011. If you prefer to fill out a hard copy of the survey, please contact Alison Rufrano, Data Management Specialist, at (860) 742-7317 x104 or arufrano@coventryct.org. Please provide your name, address and the name of the school(s) for which you’d like a survey. Thank you for all that you do for your children and our students.

Donna

READING CONSULTANT ~ Mrs. Dimmock

It’s hard to believe we are already in the home stretch of another school year. In general, our kids have made much progress as readers and writers this year. The trick will be to ensure that they don’t slip back over the summer months. In fact, research says that students can lose as much as 20% of their academic growth during the summer. That is a huge amount! However, here is a simple and painless way to make sure that doesn’t happen. Make sure your students devote about twenty minutes a day to reading and/or writing. Some of that can be accomplished by making sure they complete their summer reading assignments, which were developed specifically to curb the amount of loss students incur each summer. Another easy step would be to find a family book and share a few minutes of reading on a daily basis. Keeping a summer journal can also be a rewarding activity. The important thing is to make sure our students are engaged with some sort of reading on a daily basis. Magazines or newspapers are fine choices, as well as re-reading a favorite novel, or reading to a younger sibling. This not only benefits their LA and reading classes in September, but all areas of the content as well. So, have a restful and enjoyable summer, and happy reading!



GRADE 6

Sixth grade reading classes will be reading “Mrs. Frisby and the Rats of NIMH”, a Newberry Award winning fantasy novel, written by Robert C. O’Brien. Students will be responsible for vocabulary as well as short answer questions that pertain to the story as we go along.



Sixth grade language arts classes will be working on various assignments over May and June, which may include writing various forms of poetry, persuasive letter writing, completing a propaganda scrapbook where students identify various common forms of persuasion used in advertising, public speaking, and personal memoirs.

Math:

Grade 6 math students are applying concepts of metric and customary measurement, coordinate graphing, and geometry in hands-on lab activities. They will also explore symmetry, patterns, and beauty in nature and art through the works of M.C. Escher and their own colorful tessellations.

The end of the year will conclude with a unit on money in which small groups of students will collaborate to create “My Fantabulous Vacation Road Trip” board games, complete with word problem cards and expense accounts



Social Studies

During this quarter the students will be learning about the Ancient Romans. A unified government will help create a long-lasting civilization that will leave buildings and roads that are still used today. At the end of the quarter, the students will learn about the Middle Ages. At first, there will be no central government and people will have to survive once again in small farms and villages. A time when technology will stop moving forward and people will have to use the old ways. Then cities, religion, and trade will reach new heights and so will powerful kingdoms.



Science:

We’ve had a great year in science! Our final unit of study is Environmental Science. The main idea that we will be exploring is how energy is transferred through ecosystems. As we look at energy in the environment we will delve deeper into the levels of the environment, food chains and webs, energy pyramids, population ecology, limiting factors, and symbiotic relationships between organisms. Students will also look at the impact of water runoff in the environment and engage in the State Embedded-Lab called “Dig-In”.



GRADE 7

Math

7th Grade is finishing up their transformation unit and moving onto geometry. We will start off with 2-D shapes and then head onto 3-D shapes. We are looking forward to a couple of projects that will involve building, tangrams, and potentially going outside. If we have time at the end of the year, we will do a data and statistics project. If not, then 3-D geometry will finish us up. It will be summer before we know it!



7th Grade Reading

Students are currently reading *Roll of Thunder, Hear My Cry*, by Mildred D. Taylor. This is a heartwarming story about an African American family living in the South during the Great Depression. We are supplementing with information on this time in history through a variety of other novels, films, and historical documents. Students will have an opportunity to respond to the novel by participating in small literature discussion groups, having whole class discussions, and writing reader responses.

Next, we will be reading Survival/Adventure books and stories.



7th Grade Language Arts

In language arts, students are working on their Autobiographical Scrapbook projects. For this project, students will assemble an autobiographical scrapbook with written entries, essays, visual aids, and art work that describe and identify themselves as an individual. The objective of this unit is for students to reflect and get to know themselves through writing on those things that are most meaningful to them.

As always, spelling, grammar, and vocabulary continue to be a weekly focus in language arts.



Social Studies

By the end of April and the beginning of May, Social Studies students will be wrapping up their Europe Projects and Presentations. Once out of Europe, students will begin to examine the continent of Asia, beginning with Russia. Students will be delving into Russian history including Czars and Communism, as well as their fascinating culture, resources, and climate! From there students will begin a unit on China, when we will get to explore *Tiananmen Square* and introduce various other concepts that come up when studying a large, populated country so rich in history. From there, we will begin to focus on various other Asian nations including the Koreans.



Science

Grade seven science classes are exploring the world of Earth Systems. The dynamic Earth is the subject for quarter four. Students will investigate the theory of Plate Tectonics and gather evidence from recent events to support this theory. The study of the Earth as a system helps students understand the relationship between internal forces and external results. Earthquakes, volcanoes, mountain building, erosional deposition, and glaciation are all processes that are a part of the Earth System. Students will be creating clay models, diagrams, and brochures as part of the activities in this unit.



GRADE 8

Language Arts

All students worked very hard and diligently in preparation for the Connecticut Mastery Tests! However, even though we are finished with CMTs, students are still continuing to work on their writing skills: prewriting, drafting, revising, and editing. Students have finished writing their memoirs, and they will be completing another nonfiction response and exploring poetry through May and June. In addition, they are expanding their vocabulary with *Word Wisdom* and strengthening their grammar, usage, and mechanics through *Daily Oral Language* (DOL).

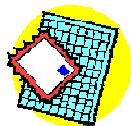


Science

Grade 8 science students have just begun a unit on "Structure and Building", better known as the Bridge Project. This is one of the most competitive and fun-filled activities in our curriculum. Students begin by building simple beam bridges out of straws and progress to truss bridges and finally suspension bridges. All of these are made out of straws. The bridges are then tested under dead load in order to determine which design successfully supported the most weight. These bridges are the pre-cursor to the final bridge project. Students work in teams to design and build a bridge type of their choice based upon what they have learned over the course of the unit. Students have access to 100 Popsicle sticks and 2 oz. of glue, that is all they get. Competition culminates in the auditorium where the bridges are subjected to public display and tested under dead weight load in order to crown the champions.

Math

The coordinate plane seems to be the common theme for eighth grade math students as we end this school year. Study will range from the introduction level through graphing equations. Algebra students will graph to solve systems of equations.



Social Studies

Some items from grade 8 social studies.

We have just completed a unit on the 1930s and the Great Depression. Students will next turn their attention to World War II and the Holocaust. We will examine the causes of world genocide through literature, film, and photographs. Students will investigate the impact of the war and continuing effects of genocide today.

In June, students will undertake their "End-of the Year" project where they will choose a historical topic and present their findings. They will be able to select from the following categories: Performance, Exhibit, Historical Paper, Power Point, and Documentary. These projects must include a thesis statement, annotated bibliography, art work, and historical content. A lesson on proper citation and the dangers of plagiarism will be conducted.

In May, all 8th graders will visit the New Britain Museum of American Art. There they will examine the art work of American masters. They will then research one American artist, write a brief biography, and paint a reproduction of that artist's work.

On June 13, all 8th graders will enjoy their end-of-the year picnic at High Meadow in Granby, Connecticut. More details to follow.

Reading



"Reader and writer, we wish each other well. Don't we want and don't we understand the same thing? A story of beauty and passion, some fresh approximation of human truth? – Eudora Welty

This quote captures where we hope to bring our readers—to "some fresh approximation of human truth." 8th graders have been growing in their inferential comprehension—the thinking skills necessary in order to infer the big ideas and themes of literature. Students learn by grappling with an essential question that asks them how a literary work reveals common themes found in human nature. Students use text evidence to support their opinions and assertions about the text—an essential skill for high school English classes. 8th graders will soon be immersed in the drama of World War II as they read text from the award winning author Graham Salisbury. We have two offerings from this author: *Under the Blood-Red Sun*, which won the Scott O'Dell Award for Historical Fiction, and *Eyes of the Emperor*. This gives the students an exciting opportunity to take part in an author study after reading one of the books. Students will be able to discuss in small groups the similarities and differences in Graham's two novels. Additionally, some students are bringing new and fun-filled technology to their responses to text. Ask your child if he/she can tell you about a Wordle?

Lastly, some students entered an essay contest, Letters About Literature. Students wrote letters to authors of books in which they made strong connections. These letter/essays were judged on a national and state level. This year we had four students who were state finalists: Samantha Bolduc, Amanda Cabral, Jen Morrison, and Avery Putman! Congratulations!

May/June 2011
Mrs. Thornton's French Class

Chère Famille (Dear family),

In May, the seventh graders will finish the family unit. Then, a unit which centers on a typical school schedule will be introduced. Students will learn to use official time which centers on a 24 hour clock.

The regular “-re” conjugation will be introduced. In addition, they will compile a packet for summer study, so that they will not forget the vocabulary and concepts over the vacation. During the summer, students who have failed to master the vocabulary from chapters 1-4 will have the opportunity to catch up.

In May, eighth grade students will learn to ask for prices, give opinions and make decisions on purchasing clothing. The formation of the past tense will be introduced. For the remainder of the year, eighth graders will practice the conjugation of verbs in the present, future and past tenses. Also, they will compile a packet for summer study, so that they will not forget the vocabulary and concepts over the vacation. I have truly enjoyed working with this amazing class. Over the past three years, I have seen them progress through the sixth to eighth grades, and I'm proud of the communication skills that they have mastered. I wish them the very best, and I hope they will continue their study of world languages in the high school.

Bonne chance et Bonnes vacances!! (Good luck and Have a great vacation!)

*Reminder: Written homework is given 3 times a week, and students are expected to practice the vocabulary daily. In each chapter, the vocabulary is listed in beige and blue boxes. Dial 742-7334, and then enter 6488 for 8th grade French homework updates. Enter 6465 for 7th grade updates. Homework is also listed on my web page. http://www.coventrypublicschools.org/cnhms/related_arts/language.html

Mrs. Page's and Mrs. Voelker's 7th grade Spanish classes:

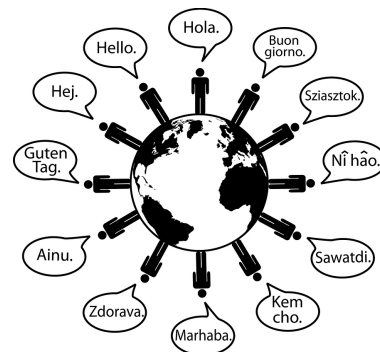
As we finish up our unit on activities that we like and don't like to do, we will tackle some grammar functions that will remain a key building block and integral part of our Spanish language studies. We will take a little longer to go through and practice this information as its acquisition now will make later learning so much easier. Students will learn about the present tense of “-ar” verbs (one of the three basic verb forms) as well as the present tense of the irregular verb *ir* (to go) and stem changing verb *jugar* (to play a game or sport). To lighten things up we will also learn and use weather expressions.

Before students leave us for the summer, we will be putting together a packet designed to help them review and keep as much of the vocabulary and as many as the skills we have learned this year over the summer. We will be holding on to their books and workbooks, but these packets will give them the opportunity to practice what we have done so that we may hit the ground running in the fall.

Mrs. Page's 8th grade Spanish classes:

As our unit on food and restaurants draws to a close, we will be looking at the grammar functions of direct objects and direct object pronouns, affirmative informal commands, and putting it all together with affirmative informal command with pronouns. That's not quite as dry as it seems as it will allow us order each other around (for practice) and perhaps try to follow a recipe or two. We will end our year by creating and performing mini plays that encompass all we have learned in our two year course. It is my hope that all 8th graders continue learning a language about the world around them, that they get out there and travel as they learn about other people, their traditions, and customs, as well as their language.

Mrs. Page's homework hotline: 860-742-7334 ext. 6469



Health News 6th/8th grade ~ Mrs. Rosen

Safety First! We always address safety issues in Health classes. As the weather improves, we are all enjoying outdoor activities and it is important to encourage students to use the recommended safety equipment for their activities. Helmets, wrist, elbow and knee pads can make a big difference in minimizing injuries. Students often see themselves as invincible or believe that "It won't happen to me!" It is important to help students evaluate the risks they may be taking as they often don't consider the impact that injuries could have on their lives. It is important to monitor their activities and help them make healthy choices.

Once again I would like to share some of the great contributions our students are making through Community Service. We have had students helping at the Blood Drive, Easter Breakfast, Mystic Aquarium – showing how to do scrap art from recycled materials and make butterfly feeders, the Senior Center Supper and Game Night, Recreations Program helpers, raising Fidelco Service dogs, Making Bulletin Boards at CGS, the Connecticut Eastern Railroad Museum, the Fire House, and so much more. We are so proud of them!

Family and Consumer Science ~ By Corine Cagianello-Jones

Throughout the 2010-2011 school year Family and Consumer Science students in Coventry have participated in an ongoing **Bake-It-Forward** project. **Bake-It-Forward** is a mini grant written by Ms. Corine Cagianello-Jones and Mr. Christopher Jones, both Family and Consumer Science teachers in Coventry. They were awarded the grant through Dr. Donna Bernard, Superintendent of Schools. **Bake-It-Forward** is a concept to promote happiness and joy to people. The **Bake-It-Forward** mission is to encourage individuals to bake bread, cookies, muffins – anything – and then give them to someone. Friends, neighbors, colleagues, teachers, relatives, coaches – you decide. The main goal of **Bake-It-Forward** is in nourishing individuals, both physically and emotionally. The front side of the **Bake-It-Forward** tag displays the acronym below.

Believe
Acts of
Kindness
Encourage

Individuals
To

Figure
Out
Rewarding
Ways To
A
Richer
Day!



Let the Food Prep begin!



I Made It Myself!



Bake-It-Forward bags ready for delivery



Fabulous FCS projects

During the winter, middle school students continued a tradition treating residents of Orchard Hill Estates in Coventry to home-made baked goods. Pumpkin muffins and decorated sugar cookies, prepared during FCS classes, were brought over in baskets carried by the students. The treats were enjoyed during the course of a festive social hour which bridged the generations. Eighth grade students, Amanda Vouden on guitar and Tanner Wilson on flute, enthusiastically performed live music as others joined together in song and caroling. One student, Jackie Griswold, commented that she felt a sense of pride when an Orchard Hill resident shared with her, "This has been the best day of my entire year!" Eighth grader Jennifer Roberts said, "I loved the look on their faces when we walked in to greet them!" Each student also presented Orchard Hill residents with brightly colored **Bake-It-Forward** tags for their use in the future.

More recently, FCS students assembled red bags filled with baked goods such as Banana Bread, Raspberry Crumb Bars and Oatmeal Cookies. Each student selected someone special in their lives who would be the recipient of their **Bake-It-Forward** surprise. Maybe it was you! Many of my students have shared with me how happy they feel to be able to help put a smile on someone's face! Fantastic! ☺

NURSE'S NOTES ~ JOYCE MANNING

As the year is coming to a close I once again remind parents that 7th grade physicals with updated immunizations need to be in my office before school starts on August 29. The state has changed immunization requirements for incoming 7th graders. Students who are not in compliance with the mandate will not be allowed to start 7th grade. I notify parents of missing vaccinations via mail as I receive the physicals. All health care providers have been notified by the state of the changes. Another change from the state involves sports and extracurricular activities. Parents will now need to supply coaches and/or activity directors with any emergency medication such as Epipen, inhaler... The emergency medication you have stored in my office may not be released to a coach or activity director. Please don't hesitate to call me with any questions concerning the new regulations.

Art Department

The annual CNHMS ART SHOW will be held on Friday, May 20th from 6:30-8:00pm in the CNHMS cafeteria. Please stop down and enjoy some light refreshments and live music as you view the outstanding student artwork from the year. Hope to see you there!

The following 6th, 7th and 8th grade students have been selected to exhibit their art work at the Celebrate the Arts Festival on Saturday, May 14th at the Storrs Community Church in Coventry:

Meaghan Thomas, Nina Yilmaz, Megan Hurley, Nathan Rockx, Matthieu Chattelle, Madelyn MacBryde, Zach LaBrec, Haley Sattar, Jordan Butler, Brooke Vaillancourt, and Ellie Jean.

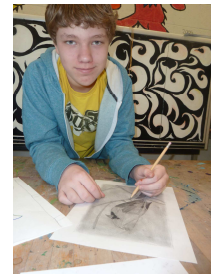
This event is a fundraiser for The Haitian Health Foundation and all proceeds will directly benefit their clinic. Surrounding local communities will be exhibiting art from students to celebrate the artistic gifts of local youth. Students will be awarded ribbons for best in show and all students will receive recognition for their art work. The entries will be judged by a panel of local artists and awards will be given at 2:00pm. Thirty artists/artisans from the local community will also be exhibiting and selling art at this free event.



8th grade student Haley S. works on mural



8th grade student Jess B. works on her watercolor seascape



8th grade student Dylan M. works on his animal drawing

Warm Weather Attire

Spring brings warm weather so we would like to remind parents that students should continue to wear clothes appropriate for school. Please remember that halter-tops, mesh shirts, tops with spaghetti straps, shirts that do not cover the midriff and short shorts/skirts are not acceptable. We also discourage students from wearing flip-flops for safety reasons. Page 18 in the Parent/Student Handbook explains our dress code. We appreciate your cooperation in maintaining a learning environment.



Challenge and Enrichment Opportunities May and June, 2011

Renzulli Learning Systems

Every student at CNHMS has an account for this on-line database of over 45,000 educationally appropriate websites and enrichment activities/projects to support the curriculum. Please encourage you child to log-on to www.renzullilearning.com today to explore this amazing resource! Parents, you can also sign up for an account to monitor your child's usage. **Deadline: Open all year.**



Creative Communication

What a wonderful way to celebrate writing! From the editors at Creative Communication:

Every famous writer started somewhere. You can start here. Enter our poetry or essay contests and get published. Unlike many contests, Creative Communication is selective and you can consider it an honor if we accept your work. With several contests a year, you have many opportunities to amaze us with your writing. We publish thousands of student writers each year, so send us your poems and essays and see if you can get your name in print and win your share of the prizes. For more information please visit <http://www.poeticpower.com/>. **Essay July 19, 2011 and Poetry August 16, 2011**

Digital Production

Are you ready for an exciting opportunity? Are you interested in digital production? If so, stop by the CEP room to explore project ideas designed to teach you about producing and directing commercials, soundtracks, mini movies, and music videos. If you are interested in camera operations and functions, and the use of digital video cameras and associated equipment, then this experience is for you! We will be using Garage Band, iMovie, video cameras, and external audio equipment—just to name a few! Please let **Mrs. Kennedy or Ms. Golaski** know by **May 13th, 2011** if you are interested.

Morning Show Crew Members Wanted for 2011-2012 Season

Are you ready for an exciting opportunity? Are you interested being a part of the CNH Morning Show next year? If so, stop by the CEP room and pick up an application to express your interest in being a member of this year long enrichment opportunity. You can apply to be a news anchor, a back room technician, or part of our media production team. Applications are due **Wednesday, June 1, 2011**. Interviews will be scheduled soon after the application deadline. This opportunity is open to all students in 7th and 8th grade for the 2011-2012 school year. Please stop by the CEP room to

Computer Education

Computer Education courses are starting their final quarter for the 2010/11 school year. Students will continue to develop their typing skills throughout the semester. Seventh grade students have completed their scavenger hunts using three different online and multimedia encyclopedias. They will be moving on to Power Point presentations and exploring the endless capabilities of Excel. Sixth graders have discovered the ins and outs of a computer including but not limited to hardware, software, and the various parts of the computer. They will be editing and revising documents using Microsoft Word. Finally, they will be creating an autobiography to illustrate their knowledge. If time permits, sixth grade students will be using Microsoft Word to create structures and drawings using shapes and varies features within the program.



E-Books Come to CNH/CHS Library! ~ Karen Norris Librarian

Students may now

- log onto the school website
- find the link to the Library Media Center
- click FollettShelf
- the username is covstudent
- the password is 06238



Most of these sources are non-fiction and will be useful for students as they complete homework assignments and write reports. Some of the books are fiction and may be used for summer reading assignments. Because of copyright laws, only one person may access an e-book at a time. On the bright side, these books will never be lost or damaged by the family pet!



BAND INFORMATION

The CNH 6th grade band was selected to be showcased at the annual Connecticut Music Educators Association (CMEA) Conference on Thursday, April 7th. The students in the 6th grade band are to be commended for representing CNH proudly and serving as an exemplary model of performance for CMEA members.

BAND CONCERTS & SCHOOL ASSEMBLY

The 5th & 6th grade Band Spring Concert will take place on Tuesday, May 17th at 7pm in the Veterans Auditorium. The newly formed Jazz Club will also perform on this program. The Jazz Band, 7th & 8th grade Band Spring Concert will take place the following night on Wednesday, May 18th at 7pm. The annual band awards will be presented at both concerts to recognize individuals for outstanding musical achievement. Participants in either concert should dress up for this formal performance, preferably in black and/or white attire. Boys should wear a tie and girls a dress or skirt.

The 8th grade Band and Jazz Band will perform for the entire school on Thursday, May 19th. Students are encouraged to wear their band t-shirts from the past two years.

MUSIC FOR ART SHOW

Volunteers are needed to perform music for the annual CNH Art Show on Friday, May 20th at 6:30pm in the cafeteria. Interested students should see Mr. Susi for help preparing a solo or small ensemble. Extra credit will be given to those who participate.

8th gr BAND FIELD TRIP

The 8th grade Band and Chorus will be performing for the High Note Music Adjudication Festival at Lake Compounce on Thursday, June 2nd. Students will be leaving approximately 7:45am and returning by 5:15 pm. Emergency medical forms will be forthcoming.

MIDDLE SCHOOL BAND CAMP OPPORTUNITIES

Registration forms have been given out to students interested in performing in the Summer Pops Band camp held at CHS on weekday mornings from 8:30-10:30am, July 11th -22nd. The camp culminates with a concert held in the Bandshell at Patriot's Park on Friday, July 22 at 7pm (rain location Veterans Auditorium). Registration forms have also been given out to interested students for the MCC Jr. Jazz Band that Mr. Susi directs for the Excursions in Learning program. The Jazz Camp rehearses on weekday mornings from 9am to noon at Manchester Community College from Aug. 1st -12th.

Please contact Mr. Susi tsusi@coventryct.org if you have any questions about either music camp.

Congratulations to the CNH Jazz Band for the fine performance they gave at yesterday's Manchester Jazz Festival. Captain Nathan Hale was one of 18 middle and high school jazz bands from Connecticut that participated. The group played three varied selections for two judges and received a Jazz Clinic from one of the adjudicators following their performance. Congratulations are also extended to Gina Wiese who received an

Chorus and General Music News



Dear Parents:

The chorus classes are ready to perform on the May 10th concert. This program will feature a chorus from each grade level and the show choir. On June 2nd, the 8th grade chorus will participate in the High Note Festival. This is an adjudication festival that takes place at Lake Compounce. The chorus will perform for two judges who will make comments about our performance and will give us a score. The 7th and 8th grade chorus will also perform the National Anthem at a New Britain Rock Cat's game on June 9th.

The 6th grade general music class is starting a keyboard unit this month. The 7th grade general music class is studying music from the Classical period.

CNHMS—PTO NEWS

We will be holding our final PTO meeting of the year on Tuesday, May 3rd and a teacher appreciation luncheon on Thursday, May 5th. We are busy planing our second annual walk a thon. The event will take place on Friday, June 10th during the last 2 periods of the day. 6th grade students will be walking from 12:15 - 12:55, 7th graders will walk from 12:55 - 1:35 and 8th graders from 1:35 - 2:15. Parents are welcome to come and walk with their children. Donations will be used to help bring the anti bullying program Rachel's Challenge to our students and to support various student activities including the 8th grade dance and end of the year celebrations. Watch for more information coming home soon.

We are currently looking for new officers for next year's PTO. Anyone interested should contact me at sdolan@coventryct.org. Thanks Sue Dolan

Physical Education

The physical education classes have wrapped up our winter units: floor hockey, basketball, indoor ball games, lacrosse, and March Madness units. Students expressed great enthusiasm for these units especially during tournament play. These activities focused on individual skill development and improvement, proper technique, basic knowledge of the sport, and cooperative group/team work that emphasized sportsmanship rather than showmanship. We are looking forward to the warmer weather that spring will bring. Upcoming springtime units will include softball, tennis, golf, track & field, field games and archery.

What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3 1/2 miles per day)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carry clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 1/2 miles per hour)
- Heavy yard work, such as chopping wood
- Weight lift (vigorous effort)
- Basketball (competitive)



Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Why is physical activity important?

Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and can provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease. The benefits of physical activity may include:

Improves self-esteem and feelings of well-being — Increases fitness level — Helps build and maintain bones, muscles and joints
 Builds endurance and muscle strength — Enhances flexibility and posture — Reduces feelings of depression and anxiety
 Lowers risk of heart disease, colon cancer, and type 2 diabetes — Helps control blood pressure — Helps manage weight

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

Some types of physical activity are especially beneficial:

- *Aerobic activities* – speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.
- *Resistance, strength building, and weight-bearing activities* – helps build and maintain bones and muscles by working them against gravity. Examples are carrying a child, lifting weights, and walking. They help to build and maintain muscles and bones.

Balance and stretching activities – enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi. **How much physical activity is needed?**

At a minimum, do *moderate* intensity activity for 30 minutes most days, or preferably every day. This is in addition to your usual daily activities. Increasing the intensity or the amount of time of activity can have additional health benefits and may be needed to control body weight.

About 60 minutes a day of moderate physical activity may be needed to prevent weight gain. For those who have lost weight, at least 60 to 90 minutes a day may be needed to maintain the weight loss. At the same time, calorie needs should not be exceeded. Children and teenagers should be physically active for at least 60 minutes every day, or most days.

While 30 minutes a day of moderate intensity physical activities provide health benefits, being active for longer or doing more vigorous activities can provide even greater health benefits. They also use up more calories per hour. No matter what activity you choose, it can be done all at once, or divided into two or three parts during the day. Even 10-minute bouts of activity count toward your total.

Most adults do not need to see their health care provider before starting to exercise at a moderate level. However, men over the age of 40 and women over the age of 50 planning to start vigorous physical activity should consult a health care provider. Individuals with one of the conditions below should also consult a health care provider for help in designing a safe program of physical activity.

- A chronic health problem such as heart disease, high blood pressure, diabetes, osteoporosis, asthma, or obesity.
- High risk for heart disease, such as a family history of heart disease or stroke, eating a diet high in saturated fat, *trans* fat and cholesterol, smoking, or having a sedentary lifestyle.

How many calories does physical activity use?

A 154-pound man (5' 10") will use up about the number of calories listed doing each activity below. **Those who weigh more will use more calories, and those who weigh less will use fewer.** The calorie values listed include both calories used by the activity and

In our effort to “go green” and significantly reduce the amount of paper being consumed, we would like to send you an electronic copy of our quarterly newsletter.

Please know we are aware that some families might not have access to the internet and may not be able to use this option. Simply check off the appropriate choice on the form below that best suits your needs. I am still accepting these forms for next year

As always, if you have any questions or concerns please feel free to contact Debbie Russell ~ Newsletter Coordinator ~ (860)742-7334 x264 or via email at drussell@coventryct.org .

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Please fill out the form & check an appropriate box and return back to CNHMS Office

Yes - Please send the CNHMS Newsletter to our family via email

Parent/Guardian – Email Address (please print clearly)

No - Please continue to mail the CNHMS Newsletter home

Neither - I wish to view the CNHMS Newsletter by visiting Coventry Public Schools Website at www.coventryps.org

____Grade

Student Name

Parent/Guardian - Signature