

1st Sergeant Kevin A. Dupont
Memorial Middle School



May 2018
Newsletter



ALBANIAN

Nëse keni vështirësi për ta kuptuar këtë dokument,
lutemi kontaktoni drejtorin/shkollën e fëmijës suaj.

ARABIC

إن وجدت أية صعوبة في فهم هذه الوثيقة، يرجى الاتصال بمدرسة طفلك أو بمديرها.

CHINESE

如閣下理解本文件有困難，
請與閣下子女的学校 / 校長聯絡。

FRENCH

Si vous rencontrez des difficultés pour comprendre ce document, veuillez contacter le principal ou l'école de votre enfant.

JAPANESE

本文についてわかりにくい点がありましたら、
お子様の学校あるいは校長までご連絡ください。

KOREAN

이 문서를 이해하는데 힘든 점이 있으면
자녀의 학교나 학교장에게 문의해 주시기
바랍니다.

POLISH

Jeśli masz trudności ze zrozumieniem tego dokumentu,
skontaktuj się ze szkołą Twojego dziecka lub jej dyrektorem.

PORTUGUESE

Caso haja problemas na compreensão deste documento, entre em contato com a diretoria da escola de seu/sau filho/a.

RUSSIAN

Если у вас возникают трудности с пониманием данного документа, пожалуйста, обратитесь к директору школы, в которой учится ваш ребенок.

SPANISH

Si tiene dificultad para entender este documento, contacte al director o a la escuela de su hijo.

UKRAINIAN

Якщо у вас виникають труднощі з розумінням цього документа, будь ласка, зверніться до директора школи, в якій навчається ваша дитина.

URDU

اگر آپ کو اس دستاویز کو سمجھنے میں دشواری ہے، تو
مہربانی اپنے بچے کے سکول/پرنسپل سے رابطہ کریں۔
برائے

AMESEVIETN

Nếu quý vị gặp khó khăn để hiểu văn bản này,
xin vui lòng
liên hệ với trường/hiệu trưởng của con quý vị.

English Translation, "If you have difficulty understanding this document,
please contact your child's school/principal."



From the Principal's Pen.....

I would like to take this time to make mention of National Teacher's Day which is May 8th. The success of Dupont Middle School depends upon the entire staff, whose commitment, skills, and positive energy make great things happen. By stepping up to every task with enthusiasm and determination, they have truly earned my gratitude, praise, and respect.

I am proud to provide everyone with an update on this year's Massachusetts Future Problem Solving State Bowl and results. This year Dupont took 13 REACH students to the State Bowl. This was by far the most successful year that Dupont REACH has had since we moved from Fairview. Please read a detailed review in this issue of our May newsletter.

The month of May is packed with a variety of different events for students. To begin the month we have our second "Hang-Out" night on May 18, 2018 from 5:30 to 7:30 pm. At the "Hang-Out" night students will be able to enjoy the many different options that "Hang-Out" night has to offer, such as; playing basketball, listening to music and dancing, playing board games, playing video games, playing safely on a school computer and even grabbing a slice of pizza. Also, during the month of May students will be busy participating in MCAS testing. This year as in last, students are using computers to complete the MCAS test.

There are many other events taking place at Dupont throughout the month of May, so please check the calendar to catch up on other planned activities this month and also take a look at our Facebook page to check out what's going throughout the school day and after hours. Finally, I would like to take a moment to say "Happy Mother's Day" to all the Dupont mothers. Thank you for everything you do!

I hope everyone has a joyous and safe Mother's Day and Memorial Day. I encourage you to contact me at any time with questions or concerns that you may have. The staff and administration will continue with our goal to provide all students with a world class education in a safe and welcoming environment.

Regards,

Kristopher Theriault, Principal

Dupont Middle School



DMMS
STUDENTS OF THE MONTH
April

Harvard

Saige Cadieux

Jaiden Rutkowski

Yale

Elias Medina

Emmie Jones

Dartmouth

David Perez

Luz Rodriguez

Cornell

Matthew Beach

Jordyn Lemelin

Princeton

Trinity Tardy

Nathan Freitag

Columbia

Emily Meyer

Austin Fuhrmann

Nurse Notes

MAY IS

NATIONAL ASTHMA AND ALLERGY AWARENESS MONTH

Asthma is one of the most common lifelong chronic diseases. Approximately 22.6 million Americans live with asthma. Asthma is a disease that affects the lungs and causes episodes of difficulty breathing, wheezing, coughing, and chest tightness. Asthma cannot be cured, but it can be managed to prevent and reduce asthma attacks.

It is estimated that 40-50 million people in the United States are living with allergies. There are various forms of allergies. Some are as follows:

- *Food Allergy- 4-6% of children
- *Allergic Rhinitis
- *Dust Allergy
- *Skin Allergy
- *Insect Sting Allergy
- *Pet Allergy
- *Drug Allergy
- *Eye Allergy
- *Latex Allergy
- *Mold Allergy
- *Cockroach Allergy
- *Seasonal Allergies

If you are concerned that you may be experiencing symptoms of asthma or allergies, follow up with your physician. References: CDC.gov, aafa.org, acaa.org

May is Skin Cancer Awareness Month

- [Tanned skin is damaged skin](#). Any change in the color of your skin after being outside—either sunburn or suntan—indicates damage from UV rays.
- [Indoor tanning](#) exposes you to both UVA and UVB rays, which damage the skin and can lead to cancer.
- [Use sunscreen with broad spectrum \(UVA and UVB\) protection](#) and a sun protection factor (SPF) 15 or higher, regardless of how long you will be outside, even if it is cloudy/overcast.
- [See your physician for any change](#) in your skin such as a new growth, a sore that doesn't heal, or a change in a mole.



fact: Two or more hours of screen time (video games, phone use, or Television) can cause the following in teens: increased psychological difficulties, hyperactivity, emotional and conduct problems, issues with peers, obesity, and decreased school performance.

Nurse *Notes*

May 9, 2018 is National School Nurse Day

What exactly does your school nurse do? Well, here is a list of a few of the tasks a school nurse performs (most are completed on a daily basis):

- **Administers medication**
- **Listens**
- **Takes temperature**
- **Bandages cuts**
- **Manages emesis (vomit)**
- **Monitors immunizations**
- **Organizes and maintains student health record**
- **Offers support**
- **Scoliosis screenings**
- **Administers inhalers**
- **Checks blood sugars and assists with insulin administration**
- **Assesses all of the body's systems (neurological, musculoskeletal, cardiovascular, GI/GU, Respiratory, Integumentary, ENT, etc.)**
- **Responds to emergencies**
- **Verifies medical orders with Physicians**
- **Height and Weight screenings and calculating BMIs**
- **Cares for staffs healthcare needs as needed**
- **Calms and soothes**
- **Educates students, parents, and staff**
- **Creates health care plans**
- **Enforces and follows mandated state requirements for school health**
- **Offers Encouragement**
- **Assesses Nutritional needs**
- **Pediculosis (lice check)**
- **Check oxygen saturation**
- **Refers students to pediatrician and dentist**
- **Assesses school environment for the health and safety of the students and staff**
- **Passes out ice packs and/or warm packs**
- **Plans health care needs for field trips**
- **Dental Health needs of students**

And much more!



Reach Competition Results

Dupont's 6th Grade team finished in 3rd Place in the Team Competition, Junior Division. Breann Avondo, A J Enriquez, and Tineus McCluster are first year REACH students and are new to the FPS process. It is rare to find students who can pick up on the 6 Step Problem Solving process as quickly as they did. Nathan Dashnaw was an excellent anchor to that team and helped his teammates throughout the year to understand the process.

A combined group of our 7th and 8th Grade Individual competitors assisted our 8th Grade Team in the Action Plan Presentation Competition and came in 2nd Place, Middle Division.

I would like to point out that the score that our 8th Grade Team received in the Middle Division Team Competition would have probably placed them in the top three in an average year (it was higher than last year's 2nd Place finishers), but it was a very competitive field in the Middle Division this year. They worked so hard all year to become better problem solvers. I am so proud of their dedication and hard work this year.

Our own Sofiya Syrik came in 2nd Place in the Future Scenario Writing Competition, Middle Division. Both Sofiya and I were informed by Bob Cattel, Director of the Massachusetts Affiliate of FPS, that Sofiya's entry was so good this year that the evaluators submitted her entry for consideration by the International Committee.

Finally, I want you to know that our Dupont "REACHer Creatures" were outstanding ambassadors for our school and our program. I am extremely proud of all of them. Saturday was a very long day. We were together for almost 13 hours. They were well behaved, polite, hardworking, and a joy to be around all day. I would encourage all of you to congratulate them for their success, outstanding behavior, and the dedication that they exhibited on Saturday.

Proudly,

M Burke



Please join us for our next meeting!

When: Tuesday, May 15, 2018 at 6:30 pm

Where: Szetela Early Childhood School, 66 Macek Drive

Topic: Sports/Recreation and Special Needs

We are pleased to announce there will be 3 guest speakers who will offer valuable information about sports and recreational activities for children with special needs.

* Brent Dillard of Gold Star Soccer

*Jessica Levine, M.S. in Therapeutic Recreation, Program Manager for Disability Resources at the Center for Human Development

*Brian Feeley of the Miracle League of Western MA

**This is the last PAC meeting of the school year. We hope to see you there!



Bring a Friend!!



*Child care will be provided.

Contact Kelly Hurley at khurley@cpsge.org or co-presidents Shannon Dion dionsh03@gmail.com or Lynn Gregoire lgregoire@cpsge.org for more information.

Dupont's School-wide



Hangout Night



Wii Sports

Friday, May 18, 2018



5:30-7:30 p.m.

Come hang out with your friends, play basketball or video games, listen to music, dance, or just hang out in the café and play games or eat ...

**Pizza and snacks,
Capri Sun and water for sale**



All items \$1 or less

Must not be absent from school on day of event, and must be in good standing with school work and behavior. No re-entry if leaving early. Family/staff volunteers sign up in office-5941881-must have prior CORI check.

**\$5 entry fee,
student ID required**

Middle Years

Working Together for School Success



Short Stops

Imaginary language

Using a pretend language can sharpen your tween's listening and critical thinking skills. Have her make up nonsense words for actions (like *blergle* for *point* and *troni* for *sit*). Then, you do the same. Take turns using your languages—and motions—to communicate. Can you figure out what each other's words mean?

Attending concerts

If your middle grader asks to go to a concert, consider his request carefully. Ticket prices may be high, and the atmosphere might not be kid-friendly. Check into the act online or talk to other parents. If you allow him to go, avoid school nights, and have an adult attend, too.

DID YOU KNOW?

Your child's body clock shifts during puberty, making her naturally want to stay up later. Yet she needs 9–11 hours of sleep daily to support her memory, regulate hormones, and guard against stress. Discourage late-day naps, and avoid caffeine. Also, doing a quiet activity before bed, such as drawing, can signal to her body that it's time to sleep.

Worth quoting

"I declare after all there is no enjoyment like reading! How much sooner one tires of anything than of a book!"
Jane Austen

Just for fun

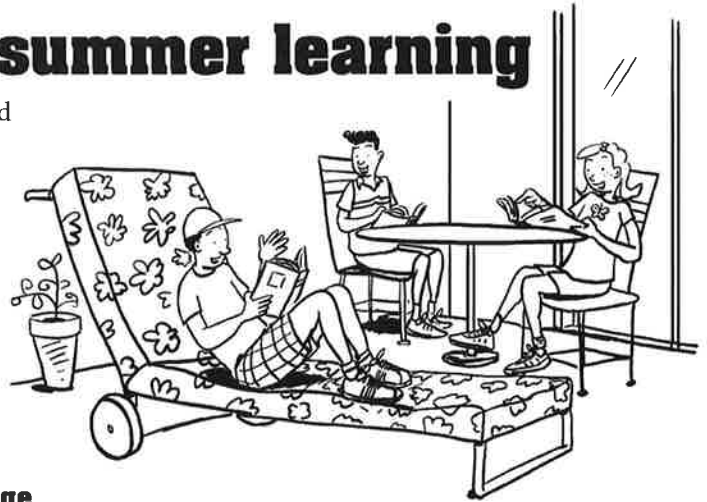
Q: Why aren't zebras good dancers?

A: Because they have two left feet.



Social summer learning

Summer alert! Did you know that students can lose up to two months of skills during the break from school? Keep that from happening to your child with these suggestions for learning the tween way—with friends.



Reading exchange

Let your middle grader create a shared document online where he and classmates list books they have read and share recommendations. They could summarize the books, rate them from 1 to 5 stars, and explain their opinions. They might even read together at a park or at each other's homes.

Baseball math

Play ball—with a math twist. During weekly get-togethers, friends can pitch to each other (three pitches per turn) and tally swings, hits, and misses. Have them calculate stats. What percentage of the

time did players hit the ball (total hits ÷ swings × 100)? Who had the best "batting average" (hits ÷ at-bats)? Let them graph their progress over the summer.

Map making

Encourage your child to turn a trip to the park into a geography expedition. Suggest that he and his friends each make a map, using a compass to label it north, south, east, and west. They could add landmarks like a basketball hoop, a slide, or a trail. Then, they take turns secretly choosing a landmark and using their maps to guide others to it. ("Walk north to the pond, then turn east.")

I-2-3 Kindness

Being a kind person helps children form strong relationships and enjoy a greater sense of belonging at school and at home. Try these steps to encourage kindness.

- 1. Develop ideas.** Together, brainstorm ways to show kindness. *Examples:* Ask an older relative to tell a story from his past. Send an inspirational quote to someone who's struggling.
- 2. Track actions.** Divide a sheet of paper into boxes, and write an idea in each square. Now look for opportunities to perform these acts of kindness. For each one completed, "x" it out.
- 3. Repeat.** When the sheet is filled, make a new one. There are always more ways to be kind—and discovering them will help your youngster make kindness a regular part of her life.





MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Grade 8 Math MCAS

Grade 7 Math MCAS

Grade 8 Math MCAS

Grade 6 Math MCAS

Students of the Month
Breakfast

Spring Concert
Chorus - Chicopee High
6-8

Science MCAS

National J Honor Society Banquet

7th Grade CAREER FAIR

7th Grade CAREER FAIR
Talent Show 6:00



DUPONT MIDDLE SCHOOL



MAY 2018 CHICOPEE MIDDLE / HIGH SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7

8

9

10

11

Cheeseburger
On a Whole Wheat Bun w/ Lettuce & Tomato
Sawinder Fries
Carrot Sticks w/ Dip
Sliced Peaches
Assorted Fruit

Local Beef Tacos
Made w/ **FF** Beef and Served w/ Lettuce, Tomato, Cheese, Sour Cream and Salsa
Rice and Beans
Sliced Peaches
Assorted Fruit

Local Fish Sandwich
w/ Special Sauce
FF Coleslaw
Oven Fries
Ice Cream Sandwich
Assorted Fruit

Spicy Chicken Wrap
Made w/ **FF** Sriracha
Corn Niblets
FF Fruited Yogurt Parfait
Assorted Fruit

Stuffed Crust Pizza
Chop Chop Salad w/
Garbanzo Beans
FF Apple Cider
Assorted Fruit



Harvest of the Month: SEAFOOD

Build Your Own Breakfast Bowl
Scrambled Eggs, **FF** Home Fries, and **FF** Cheddar in a Tortilla w/ Your Choice of Toppings & Sauces!
FF Fruited Yogurt Parfait
Assorted Fruit

Chicken Teriyaki Bowl
Teriyaki Chicken Dippers
Served w/ Steamed Rice & Stir-Fried Veggies
Fortune Cookie
Mandarin Oranges
Assorted Fruit

Local Coconut-Crusted Fish Tacos
w/ Coleslaw & Special Sauce
Cilantro Lime Rice
Corn Niblets
Homemade Brownie
Assorted Fruit

Senior's Choice

Sal's Pizza
Rainbow Salad w/ Spinach and Fresh Berries
FF Fruited Yogurt Parfait
Assorted Fruit

14

15

16

17

18

Cook's Choice

Grilled Cheese & Local Soup Special!
Grilled Cheese served with **FF** Chili w/ Local Beef
Broccoli Crowns w/ Dip
Blueberries in a Cloud
Assorted Fruit

Local Turkey Dinner
FF Turkey from Diemand Farms w/ Hearty Gravy
Warm Breadstick
FF Mashed Potatoes
FF Honey Carrot Coins
FF Applesauce
Assorted Fruit

Personal Pizza
Chicopee Cobb Salad w/ Tomato, Corn, Bacon Bits, and Ranch Dressing
FF Apple Slices
Assorted Fruit

Big Daddy's Pizza
Greek Salad with Cherry Tomatoes, Cucumbers, Feta, and Red Onion
Petite Banana
Assorted Fruit

21

22

23

24

25

Chicken Patty Sandwich
On a Whole Wheat Bun w/ Shredded Lettuce
Cape Cod Chips
Snack Pack Carrots w/ Dip
Pineapple Chunks
Assorted Fruit

Spaghetti w/ Local Meat Sauce
Made w/ **FF** Beef
Seasoned Green Beans
Texas Garlic Toast
FF Chocolate Pudding
Assorted Fruit

Chicken Quesadilla
w/ Salsa, Lettuce, & Sour Cream
Pinto Beans
Corn Niblets
Fruit Sherbet
Assorted Fruit

Philly Cheesesteak
FF Shaved Steak, American Cheese, and Peppers and Onions in a Hoagie Roll
Cucumber Slices w/ Dip
Snickerdoodle Cookie
Assorted Fruit

Big Daddy's Pizza
Greek Salad with Cherry Tomatoes, Cucumbers, Feta, and Red Onion
Petite Banana
Assorted Fruit

28

29

30

31

No School
MEMORIAL DAY!

Cook's Choice

Breakfast for Lunch!
French Toast w/ Syrup
Sausage Patty
FF Home Fries
Blueberries in a Cloud
Assorted Fruit

Local Turkey Dinner
FF Turkey from Diemand Farms w/ Hearty Gravy
Warm Breadstick
FF Mashed Potatoes
FF Honey Carrot Coins
FF Applesauce
Assorted Fruit

Sal's Pizza
Rainbow Salad w/ Spinach and Fresh Berries
FF Fruited Yogurt Parfait
Assorted Fruit

Eat ChicopeeFRESH!

Support your health & the local economy by choosing farm fresh options on the menu. Just look for the "FF" symbol!

Follow our Farm to School Movement at www.chicopeefresh.com or on Instagram & Facebook @ChicopeeFRESH

Local Vendor Spotlight



North Coast Seafood – Boston, MA
North Coast provides us with sustainably-caught local red fish from the Gulf of Maine!

USDA is an equal opportunity provider and employer. Menus may contain allergens. Menus subject to change.

To view our menus online:
<http://chicopeepeeps.nutrislice.com/>