



55 Conant Street
Danvers, Massachusetts 01923
Telephone (978) 774-8590
Fax (978) 762-8686

May 9, 2019

Dear Fifth Grade Parent(s) or Guardian(s):

Welcome to our *Fifth Grade Parent Orientation Night!* Enclosed are a set of handouts that will prove very useful to our families throughout the year, including:

- a two-sided "How To" Guide. One side provides answers and directions to the most frequently asked questions our parents ask, while the other side does the same for the most frequent student situations and questions.
- the Danvers Public Schools' 2019-2020 Calendar
- a HRMS Spiritwear Flyer – online orders are due by Friday, May 24th, 2019.
- a simple guide to the HRMS Twitter account, how to follow us without a Twitter account, and how to receive HRMS Tweets as Text Messages.
- PowerSchool FAQs
- a letter regarding our all-Grade 6 Fall Environmental School Field Trip.
- HRMS Health Services Information for 2019-2020, including information and required records.
- an article about how our middle school students are "stuck in the middle".

We invite you to visit our website at <https://danverspublicschools.org/holten-richmond/> where you can find information, calendars, our Program of Studies, and more. Our Fifth Grade Parent Orientation Presentation will also be made available for viewing.

In mid-August, you will receive an email from HRMS containing the name of your child's academic team and other general information.

As email is the primary method of communication used by the school about news and events, you can expect to receive regular emails from HRMS. **Please be sure to check that your child's CURRENT ELEMENTARY SCHOOL has your current email address(es).**

Also, please add email@blackboard.com to your email contacts so that our messages are not directed to your spam or junk folder.

We look forward to you and your child joining us. Please do not hesitate to contact us with any questions or concerns.

Sincerely,

Adam Federico
Principal

DANVERS PUBLIC SCHOOLS 2019-2020 CALENDAR

- 2 Labor Day
(No school)
- 3 Staff meeting/PD
- 4 School opens
(K-12) early release
- 5 Early release
- 6 Early release
- 9 Preschool opens

September 2019 <small>19 days</small>				
M	T	W	T	F
		28	29	30
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

- 2 Early release
- 14 Columbus Day
(No school)

October 2019 <small>22 days</small>				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

- 5 Parent/Teacher Conferences
(No school)
- 6 Early release
- 11 Observ. Veterans Day
(No school)
- 27 Thanksgiving recess
Early release - 11:35 am/HRMS & DHS
12:05 pm Elementary schools

November 2019 <small>17 days</small>				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- 4 Early release
- 20 School closes at end
of day for vacation

December 2019 <small>15 days</small>				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

- 2 School reopens
- 8 Early release
- 20 Martin Luther King Day
(No school)

January 2020 <small>21 days</small>				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

School start times - DHS & HRMS at 7:30 am
Elementary schools at 8:20 am

School release times - DHS & HRMS at 1:55 pm
Elementary schools at 2:30 pm

Early release times - DHS & HRMS at 12:45 pm
Elementary schools at 1:15 pm - Lunch Served

Preschool does not have early release days.

August 28 & 29 - Professional Development Days

November 27 and last day of school - NO LUNCH SERVED

For information regarding observance of religious holidays, visit: <http://www.doe.mass.edu/news/news.aspx?id=24709>

DPS Resources

Follow us on Twitter : [Twitter @Tweet DPS](#)
Like us on Facebook : [Danvers Public Schools](#)
Find our App for IOS and Android: [Danvers Public Schools App](#)
Danvers Public Schools Website: Danverspublicschools.org

February 2020 <small>15 days</small>				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

- 5 Early release
- 14 School closes at end
of day for vacation
- 24 School reopens

March 2020 <small>22 days</small>				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

- 3 eLearning - DHS ONLY
- 4 Early release

April 2020 <small>16 days</small>				
M	T	W	T	F
			2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

- 1 Early release
- 10 Good Friday
(No school)
- 17 School closes at end
of day for vacation
- 27 School reopens

May 2020 <small>20 days</small>				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- 6 Early release
- 25 Memorial Day
(No school)

June 2020 <small>13 days</small>				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

- 3 Early release
- 3 HRMS Celebration of Learning
- 6 DHS graduation
- 17 Last day of school
(No snow days)
- 24 Last day of school
(5 snow days)

Last Day - 11:35 am/HRMS & DHS
12:05 pm Elementary schools



Early release



Teacher work day - No school for students



No school



eLearning

A HRMS PARENT'S "HOW TO" GUIDE

A brief overview of the most frequently asked questions and directions for daily situations.

If You Need To...	You Should...
Report your student absent or tardy	<p>Call the Main Office by 7:45 a.m. Our main number is 978-774-8590.</p> <p>Daily Attendance is taken at 7:30 a.m. If a student is not in his or her homeroom at 7:30 a.m., the homeroom teacher marks them absent. If your child comes in after that time, they should bring a note to the office for a pass to class and the office staff will adjust their attendance. All notes to the office should include the student's name and homeroom.</p>
Come into the school	<p>After 7:45 a.m., all doors to this complex are locked with a buzzer entry system at the main door. All visitors must come to the office and sign in, as well as present a driver's license to be scanned for a visitor's badge.</p>
Dismiss your student	<p>Send them in with a dismissal note to the Main Office before homeroom. Parents are required to come into the school and sign their child out if a child is being dismissed early. Students will not be released unless an authorized adult signs them out.</p>
Bring your student back after an appointment	<p>If your child is returning to school on the same day, you are not required to come into the school again, but the student must report to the office for a pass to be admitted back to class.</p>
Drop off your student's forgotten homework, lunch money, or item for class	<p>Label anything you're dropping off with your student's name, grade & team. We will do our best to get the item(s) to the student in a timely manner, but the student should check back as well.</p>
Drop off/pick up your student or are unsure about where to park	<p>The school office is open Monday – Friday 7:00 a.m. – 3:00 p.m. each school day. Students should not arrive before 7:00 a.m. After 3:00 p.m. the office is closed. Unless a student is in a supervised setting with a teacher or coach, they should not be in the building after hours.</p> <p>Please park on the street, in the parking lot by the skateboard park, or in a designated parking place leading to the school. DO NOT PARK directly in front of the school - this is a fire lane. Please do not park on the west side of the building (along Park Lane) as this is reserved for student van transportation. Please abide by the streets signs and do not block the handicap parking places.</p> <p>Please do not block or use the second loop during arrivals and dismissals, as it is designated for student buses. The buses begin arriving at the school starting at 7:00 a.m. and arrive starting at 1:20 p.m. for afternoon dismissal. You may use the first (smaller) loop of the figure-8 for dropping off and picking up students during these times.</p>
Reach your child/ leave a message	<p>It is the school's policy NOT TO INTERRUPT CLASS in order to maximize learning time. We ask you to make an extra effort in arranging all schedules between you and your child PRIOR to him/her leaving for school in the morning.</p> <p>If your child needs to call you at home during school hours for EMERGENCY REASONS ONLY they may use their classroom phones (with teacher's permission) or the office phone. Your child may bring a cell phone to school, but the phone must remain turned off during school hours.</p>
Ask for homework for your child who is absent	<p>A student out of school for ONE (1) DAY is to call a "homework buddy" for missed assignments or visit their team's homework calendar on our school's website at http://danverspublicschools.org/holten-richmond/.</p> <p>Parents may call the school for missed assignments when a student is out of school for TWO (2) OR MORE DAYS. Please call the school office before 8:00 a.m. to arrange for the request. Requested homework may be picked up between 2:00 p.m. and 3:00 p.m. in the office on the day of the request.</p>
Need to report issues between your student and peers/ classmates, or bullying	<p>Please contact your student's Assistant Principal – either Ms. Arno or Mr. Hamilton – to discuss the situation and your concerns with them.</p>
Take your student out of school for an extended period (vacation, etc.)	<p>The Danvers Public Schools DOES NOT condone or encourage family vacations during school time. If unusual circumstances warrant it, a note to Mr. Federico and the team is required three (3) weeks prior to the potential absence, or as soon as it is known. Make-up work will be given after the student returns from the absence.</p>
Find out if your student's practice or game is taking place	<p>Please call the district's Athletic Office at (978) 777-8925 after 1:00 p.m. to verify if a game or a practice will be taking place due to inclement weather. Another source of information is the HRMS Twitter feed at @HRMSHawks1.</p>

AN HRMS STUDENT'S "HOW TO" GUIDE

A brief overview of the most frequently asked questions and directions for daily situations.

More detailed information regarding the topics below and more can be located in our Holten Richmond Student Handbook. Our Handbook can be found on our website (<http://danverspublicschools.org/holten-richmond/>) under "Family Resources".

A copy of the Handbook is included in our Student Agenda Book/Academic Planner. Each student will be provided with one HRMS Agenda Book/Academic Planner at the start of the school year at no cost to the student.

If You...	You Should...
Are late to school	Bring a note and report to the Main Office.
Will be absent	Your parent/guardian should call the Main Office by 7:45 a.m.
Need to be dismissed	Bring your dismissal note to the Main Office before homeroom. Your parent/guardian will need to bring an ID with them and sign you out in the Main Office.
Have an accident or get hurt	Tell any teachers, the nurse, or the Main Office.
Lose something	Check your classrooms, check with your teachers, and then check the Lost & Found and the Main Office.
Need to see a guidance counselor	Make an appointment with your counselor or ask a teacher to go to the Guidance Office.
Need academic help	Make arrangements with your teacher to stay after school.
Need to report a concern	See any teacher, your guidance counselor, the nurse, an assistant principal or the principal. Do it right away!
Want to join a team or group, or sign up for a club or event	Listen to announcements in the morning. Check the HRMS website, the DPS Athletics webpage, and the HRMS Twitter feed.
Need to call home	Ask your teacher to use the phone OR use the phone in the Main Office. BE SURE TO LEAVE A MESSAGE WHY YOU'RE CALLING.
Need to see the nurse	Go to the nurse's office before school, in between classes, or get a pass from your teacher.
Are worried about a friend	Speak to your counselor, the nurse, your teachers, the assistant principal, or the principal. <i>We are here to help!</i>
Have locker problems	See your homeroom teacher or come to the Main Office.
Forgot your homework, lunch, lunch money, or something for class	Call your parent/guardian and leave a message stating what you need. Check back between classes. Parents should label anything they are dropping off with the student's name, grade, & team. We will do our best to get the item(s) to the student in a timely manner, but the student should check back as well.
Need a lock for your locker	Each student is assigned a locker in the general vicinity of his/her homeroom. The locker is to be kept locked at all times. Students may purchase locks from the school store, or can provide their own if they wish. More information can be found in the HRMS Student Handbook.
Are absent and want to keep up with your assignments	<p>A student out of school for ONE (1) DAY is to call a "homework buddy" for missed assignments or visit their team's homework calendar on our school's website at http://danverspublicschools.org/holten-richmond/.</p> <p>A parent may call the school for missed assignments when a student is out of school for TWO (2) OR MORE DAYS. He/She will need to call the school office before 8:00 a.m. to arrange for the request. Requested homework may be picked up between 2:00 p.m. and 3:00 p.m. in the office on the day of the request.</p>
Have a great idea	Bring it to your grade's Student Council, tell your teachers, tell your assistant principal, or tell Mr. Federico.

HOLTEN RICHMOND MIDDLE SCHOOL SPIRIT WEAR



Through a partnership with Sports Essentials Inc., we are excited to offer a variety of HRMS clothing items with our student-created Hawks logo.

Orders can be placed online through Friday, May 24th, 2019, and will be delivered to HRMS before the last day of school, unless you opt & pay for home delivery.

Visit the HRMS page at <http://sportsessentialsinc.com/> to see additional items, a sizing chart, and to place your orders!

With three pages of items to select from, everyone is sure to find something they like! Items can be personalized with your child's name for an additional cost.

Items include:

- ❖ long-sleeve and short-sleeve performance t-shirts
- ❖ short-sleeve polo shirts
- ❖ ½ zip performance pullovers
- ❖ hooded sweatshirts
- ❖ boonie hats
- ❖ performance joggers
- ❖ cinch sacks
- ❖ performance shorts

Thank you for supporting our Holten Richmond Middle School students!



HRMS IS NOW ON TWITTER

We're pleased to announce our new twitter feed. Check out our Tweets at
@HRMSHawks1

Please also check our website for updated information on all activities happening in our school. The website includes links to teams' homework pages, PAC news, and meeting information, as well as a complete calendar of events.

HOW TO... Follow Us On Twitter Without A Twitter Account

For those who do not have a Twitter account, you can still follow the @HRMSHawks1 Twitter feed by simply typing <https://twitter.com/HRMSHawks1> in your browser's address bar. If you choose to, add a bookmark of the page to allow you to quickly see the newest texts sent from HRMS!

HOW TO... Receive HRMS Tweets as Text Messages

Another option is to receive the Twitter feed updates as text messages.

- To get the most recent Tweet as a text message, text '**get HRMSHawks1**' to 40404 (for US phones).
- To receive all future Tweets as text messages, text '**follow HRMSHawks1**' to 40404.
- To turn those texts off, send '**off HRMSHawks1**' to 40404.
- To turn them on again, send '**on HRMSHawks1**' to 40404.

(Please note: the message you are texting does not include the ' or need to be typed in bold font – these are simply used in this text to highlight them for our readers.



HOLTEN RICHMOND MIDDLE SCHOOL

55 Conant Street, Danvers, MA – Office 978-774-8590

PowerSchool Frequently Asked Questions (FAQs)

What is PowerSchool?

PowerSchool is Danvers Public School's student information system. The district uses PowerSchool for student demographics, attendance, storing grades, scheduling and more.

What is the PowerSchool Parent Portal?

The Parent Portal is a feature of the PowerSchool student information system that provides parents/guardians immediate access to grades, assignments and attendance records in an effort to facilitate and improve communication between home and school.

How do I access the PowerSchool Parent Portal?

You may access the PowerSchool Parent Portal from any computer with an Internet connection by launching your web browser and going to the Danvers Public Schools web site (danverspublicschools.org). From the "Schools" tab, select "Holten Richmond Middle School" from the pull-down list. Once you've reached our school website, click on "Power School" on the lower left side of the page. The minimum browser requirements are the latest editions of Mozilla Firefox, Chrome, and Java.

PLEASE NOTE THAT ACCESS TO POWERSCHOOL WILL NOT BE AVAILABLE UNTIL THE START OF THE SECOND FULL WEEK OF SCHOOL.

Is there a mobile app for PowerSchool?

The Danvers Public Schools' PowerSchool Mobile App is also available, and customizable for your convenience. The Mobile App will allow you to stay connected to all events and school information, including school calendars, staff directories, links to the PowerSchool Parent Portal, school news, handbooks, menus, payment options and more. The district will be using push notifications through the app to provide you with up to the minute notifications of important happenings in the Danvers Public Schools. You can download the app in the App Store and in Google Play - it is available for both iPhones and Android platforms.

Who may access the PowerSchool Parent Portal?

Holten Richmond Middle School parents/guardians who have a username and password may access the PowerSchool Parent Portal. **PowerSchool parent/guardian user names and passwords for incoming 6th grade students will be included as part of their Opening Day paperwork.** Please be sure to keep that letter for your records.

Students will be able to access the Parent Portal using their own usernames and passwords. They will receive their own letter containing that information later in the trimester.

What may I reasonably expect from the PowerSchool Parent Portal as a parent?

- You are able to monitor your student's attendance on a daily basis.
- You are able to monitor your student's progress as soon as the data is entered into the teacher's PowerSchool Gradebook. Teachers will generally post their grades within 10 school days of the assignment due date. Please keep in mind that teachers have different grading policies and the number of assignments will vary based on the course content. For each course, the grading policy is listed in the Class Info section.

More information on the other side - please turn over.

- Look for unusual changes in grades or attendance, but please realize that the final grade for a course is based on a number of factors, often including class participation and extra credit. Your student's grade may appear unusually high or low at the beginning of the year when there have been few assignments. Your student's grade may appear lower during the quarter, but the final grade may actually be higher once all factors have been included. The opposite may also be true. The information made available to you through the system should not be considered a substitute for a dialog with your student or your student's teacher.

What is the protocol to follow when I am concerned about my student's progress?

1. Have your child talk with his/her teacher.
2. Send an email or place a telephone call to the teacher(s).
3. Contact your child's guidance counselor.
4. Contact an administrator.

Are there any guidelines I should follow when sending an email to my student's teacher?

When sending an email to a teacher, it is advisable to use an email address with a valid sounding name. A teacher who receives a message from peanutbutter@yahoo.com might ignore the message thinking that it is junk mail. It is also important to include your student's name in the subject line of your emails. The Danvers Public Schools have an aggressive anti-spam filter in place and it may block messages with subject lines that seem suspicious.

This system is intended to improve communication between home and school and it should not be used as a vehicle to create an adversarial or challenging relationship between parents/guardians and a teacher. Questions and comments sent over email should be informational only and not excessive in length. This system is not intended to remove the responsibility of the student to be responsible and accountable for their work. Issues and/or questions that are personal in nature should be handled by meeting with the teachers personally.

How often can I check the PowerSchool Parent Portal to review my student's progress?

The PowerSchool Parent Portal is available 24 hours a day/7 days a week. Please note that all parent access to the PowerSchool Parent Portal is monitored. The Parent Access Log lists date of login, time accessed, and duration of login in minutes.

Will report cards and progress reports continue to be sent home with my student?

Holten Richmond Middle School will continue to send report cards home at the end of each trimester. Since you may check your student's progress at any time during the school year, progress reports will not be sent home.

Who do I contact for technical support?

All questions about user names and/or passwords may be addressed by contacting our main office or your student's guidance counselor.

Due to continuing browser interaction issues, we recommend parents do not utilize or rely on the PowerSchool email notifications option. The most accurate information can be obtained by logging into your child's account.

Please keep in mind the school district does not provide technical support for home and/or work computer systems.

HOLTEN RICHMOND MIDDLE SCHOOL

55 Conant Street

Danvers, Massachusetts 01923

Tel (978) 774-8590/Nurses' Fax (978)762-8332

NATURE'S CLASSROOM AT CAMP CODY

Camp Cody

Since 1989, our middle school's sixth grade students have attended an overnight environmental camp experience. This year the entire sixth grade will attend Nature's Classroom at Camp Cody in Freedom, NH.

The sixth grade will attend Camp Cody during the third week of October 2019. **The cost of the trip including transportation is anticipated to be \$300.00, which must be paid in full two weeks prior to your student's visit.**

A packet containing forms, a packing list, and other details will be distributed by your child's science teacher once school begins. The permission slip, payment, and medical form, as well as any medications, must all be turned in no less than two weeks prior to the trip. More information will be provided to parents at our Sixth Grade Open House in September when Camp Cody staff will be available.

Our sixth grade science curriculum is designed to help students understand the interconnectedness of science by presenting the concepts of the physical, life and earth sciences with unifying themes. Some of the major units covered in grade six include ecology and astronomy. Students attending Camp Cody will have the opportunity to "do" science with a variety of hands-on activities and investigations as an integral part of the program, including a "night walk".

Beyond the obvious educational benefits of the camp, students participate in team building, establish new relationships and come away with an understanding what it means to be a community.

It is my hope that all students attend this wonderful three day, two night field trip. For more information on Camp Cody Environmental School, please visit <https://campcody.com>. Again, please begin to plan accordingly for the cost of your student's trip participation, anticipated to be \$300.00, which must be paid in full two weeks prior.

Sincerely,



Adam Federico
Principal

HOLTEN RICHMOND MIDDLE SCHOOL

HEALTH SERVICES INFORMATION

2019-2020

School Nurses: Janelle Moroney, RN, BSN, NCSN
Susan Rich, RN, BSN, NCSN

School Physician: Thomas McLaughlin, M.D.

Welcome to the Holten Richmond Middle School! Making a smooth transition to middle school for your child is important. Having the proper documentation concerning your child's medical history is imperative. Please read the information below to assist us in caring for your child during school hours.

NURSE'S SCHEDULE

- Daily office hours are from **7:20 a.m. – 2:45 p.m.** each school day that school is in session.
- The nurses are **not in the office** until the day before school begins each year. This year the nurse's office will open and the nurses will be available from **12:00 noon until 3:00 p.m. on September 3, 2019.**

GENERAL INFORMATION

Our school nurses are available for students, parents and teachers every day. Our school health services are not a substitute for the parental responsibility for medical care, but they do serve to supervise and inform parents of student needs.

Parents must present full and complete health records before enrolling a student in school. The school nurse will notify parents of students in need of an immunization update. As required by law, all students must be immunized for certain diseases. Questions regarding immunizations may be directed to the school nurse. Please see the chart below for Grade 6 immunization requirements:

Grades Kindergarten – 6^{††}

Requirements apply to all students including individuals from another country attending or visiting classes or educational programs as part of an academic visitation or exchange program. In ungraded classrooms, Kindergarten requirements apply to all students ≥5 years.

DTaP	5 doses; 4 doses are acceptable if the 4th dose is given on or after the 4th birthday. DT is only acceptable with a letter stating a medical contraindication to DTaP.
Polio	4 doses; 4th dose must be given on or after the 4th birthday and ≥6 months after the previous dose, or a 5th dose is required. 3 doses are acceptable if the 3rd dose is given on or after the 4th birthday and ≥6 months after the previous dose.
Hepatitis B	3 doses; laboratory evidence of immunity acceptable
MMR	2 doses; first dose must be given on or after the 1st birthday and the 2nd dose must be given ≥28 days after dose 1; laboratory evidence of immunity acceptable
Varicella	2 doses; first dose must be given on or after the 1st birthday and 2nd dose must be given ≥28 days after dose 1; a reliable history of chickenpox* or laboratory evidence of immunity acceptable

§ Address questions about enforcement with your legal counsel. Enforcement of school requirements is at the local level.

† Meningococcal vaccine requirements (see Grades 7-12 table) also apply to residential students in grade pre-K through 8, but only if the school combines these grades in the same school with students in the grades 9-12.

† Medical exemptions (statement from a physician stating that a vaccine is medically contraindicated for a student) and religious exemptions (statement from a student or parent/guardian, if the student is <18 years of age, stating that a vaccine is against sincerely held religious beliefs) should be renewed annually at the start of the school year.

* A reliable history of chickenpox includes a diagnosis of chickenpox, or interpretation of parent/guardian description of chickenpox, by a physician, nurse practitioner, physician assistant or designee.

Per the policy of the Danvers School Committee, students whose inoculations or physicals are not up to date will not be allowed in school in order to insure the health of all.

Please note that a Tdap and updated physical exam are required for entry into Grade 7.

More information on the back of this page – please turn over.

MEDICATION POLICY

We are obligated to adhere to the policy of the Danvers Public Schools that states that no medication, prescription or non-prescription, is to be administered unless accompanied by written authorization from the student's physician and parents.

Information required must include the name of the medication, dosage and time to be administered. We realize that in certain situations, this may seem unnecessary from a parent's point of view, especially when it comes to over the counter medication. We are, however, governed by this policy.

MEDICATIONS MUST BE BROUGHT TO SCHOOL BY A PARENT AND GIVEN TO THE SCHOOL NURSE.

The medication will be counted (when necessary) and locked in the medication cabinet. Medication administered at school must be in a prescription bottle or in the original labeled container. No medication will be accepted in plastic bags, Tupperware containers, etc. No one but the school nurse, acting within the above restrictions, may give medication to any student.

School nurses are able to administer TYLENOL to students who have a written consent form on file. Please access the HRMS Website at <http://danverspublicschools.org/holten-richmond/> to complete the online Tylenol Policy and Online Consent Form and to read more details about the policy.

In the case of **asthma** - with required documentation (including a letter from a physician), the student may be allowed to self-administer prescribed inhaled medication. The student must demonstrate competency in self-administration, then they will be permitted to carry their own inhaler. For safety, we strongly recommend keeping another inhaler in the nurse's office and an adult supervisor or nurse must log in the usage.

If your child has a severe allergy and requires an **Epi-pen**, please bring in your child's Epi-pen and medication order signed by a physician by **September 3, 2019**. Please contact the school nurses if you would like information about having your child carry and self-administer an Epi-pen. For safety, we strongly recommend keeping another Epi-pen in the nurse's office. Please note that all staff are trained by the nurses annually per state guidelines on how to administer an Epi-pen, as it is a lifesaving medication. Nurses will send your child's Epi-pen with teachers on field trips.

FINAL NOTE

- If you are not sure if we have a current physical on file, please consult your elementary school nurse before the end of this school year.
- If your child will be taking medication during school hours, please pick up a special medication packet at the Middle School or through your elementary school nurse's office.
- Please do not drop off any medication until the first day of school (note school nurse's schedule).
- You can complete the online Tylenol Policy and Online Consent Form and download and complete a Medication Consent Form for other medications by visiting the Health and Medical Office page on the HRMS website at <http://danverspublicschools.org/holten-richmond/health-services/>
- Our confidential fax line directly to the Nurses' Office is **978-762-8332**.
- **Keep in mind the necessary immunizations for Grade 7 when scheduling your medical visits during sixth grade, and please send in a copy of your child's updated physical and immunization records following that visit.**

We look forward to meeting and caring for our new sixth graders. Please do not hesitate to call the office if you have any questions or concerns.

STUCK IN THE MIDDLE

The years between childhood and adult hood can be turbulent. But they don't have to be. The two don't have to be. The two articles on these pages tell how parents and schools can make the best of the "tween" times.

SURVIVING ADOLESCENCE: A PARENT'S GUIDE

By William J. Doherty, Ph.D.

I remember the day my son became an adolescent. In earlier years, he had liked how I would break into a quiet song while we walked through the aisles of the supermarket. He seemed delighted with my spontaneity as he walked close by my side, mouthing the words along with me if he knew the tune.

Things changed abruptly on a spring evening when he was 13. I started on one of standard 1960's songs in the condiments aisle. This time he spun around, reproached me with a stern "Dad!" and then fled toward the other end of the supermarket. In an instant, I had switched from "Cool Dad" to "Dork Dad".

When I asked my son about this incident later that evening he told me that it was highly embarrassing to him that his father was singing in public. And then came the clincher: What if one of his friends were to witness this scene? He didn't care if I sang Verdi when I was on my own, but he did not want the world to know that he was related to a supermarket singer. I agreed to tone myself down in public when my son was present, out of respect for his new sensibilities.

Surviving your child's adolescence means accepting the inevitable: Your popularity will go down in direct proportion to rise in popularity of friends; your child's growth spurt and hormone surge will bewilder both of you; and your companionable child will suddenly become a privacy freak. The day I knew my daughter had become an adolescent was when she posted a sign on her bedroom door informing the adults in the household to never enter without explicit permission and to conform to the occupant's "no nagging" rule.

Other than being gracious about your drop in popularity, what else can you do to survive the early teen years? Here are some pointers from my experience as a parent and family therapist.

Keep your perspective. Adolescents are not irritable or uncooperative because they want to hurt us. They are more consistently pleasant with their friends because they fear that their friends will reject them if they are unfriendly and uncooperative. Teens grouse more with their parents because family is a safe place to ventilate adolescent frustrations. It's not personal, it's hormonal, and it will eventually pass.

Keep your cool. The biggest mistake parents make is to allow themselves to become emotionally triggered whenever their teen acts like a teen. If I had yelled at my son for being ashamed of me in the supermarket, an uncomfortable situation would have become a fight.

My daughter once confessed, following a big blowup over doing the dishes that she enjoyed seeing her parents get worked up. That was the last time we permitted ourselves an emotional breakdown when dealing with our teenage daughter. Keeping your cool is even more important

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when your daughter comes home with pierced eyelids and a scruffy new boyfriend. Blowing up or giving speeches at this moment accomplishes nothing but raising your blood pressure.

Keep your standards. Some parents give up legitimate rules and expectations in the face of withering debates with their teen. Be willing to reexamine your standards to see if they are reasonable, but hold fast to those you believe are good for your teenage and the family. For example, you might allow your teens to stay out later, but insist that you be informed about their whereabouts at all times. Although teens will lobby for no rules, don't give up your essential standards: Your child will feel abandoned and unloved if you do.

Keep your distance. Don't pursue an adolescent who is reluctant to be open with you. You have the right to expect basic information about where they are and what they're doing, but you cannot make them share what they are feeling or thinking. Inquire respectfully about their thoughts and feelings, and accept whatever they give you without driving them farther away.

Keep yourself ready to listen. Once in a while your teenager will actually want to talk to you. Not at a time you plan for, of course, but when he or she chooses. My son would signal the moment by coming into my study and saying, "How's my dad today?" I learned to drop everything because I never knew when this door would open next.

Keep your connection rituals. Don't let your kids absent themselves from family dinners, visits to relatives, vacations, and other rituals. Job and school activities will inevitably cut down on these family times, but preserve them as much as possible. Family rituals give teens a sense of being part of a family who values its time together. Even if they act bored or disconnected, they will feel more secure knowing that their family is still a family and that they have a central place in it.

Create new connection rituals. Look for opportunities for one-to-one connection with your teenage. It might be shopping together, going to ball games, or playing chess. When my daughter resigned from bedtime talks with Dad, we evolved a weekly ritual of going to an ice-cream store for a treat to talk. We did this every week for five years, until she let home. Getting ice cream was the ostensible purpose of the ritual, but we both knew it was about the father-daughter connection.

When my son was a 20-year-old college student home for a visit, the whole family went to the supermarket one day to make sure the cupboard had food acceptable to a young adult. When I started softly singing in the canned goods aisle, he smiled at me and went about shopping business. Maybe he was once again proud to have a father who can be spontaneous in public. Or maybe he just saw me as more lovable dork. Either way, I knew the storm of adolescence was over.

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