



PAW PRINTS

OCTOBER 2009

Dear Parents,

Welcome to the 2009-10 school year! This year began quickly and is off to a great start. Our 7th graders have seamlessly become active members of the school community and have rapidly established themselves as a group of fine learners and future leaders (class of 2011). Our eighth grade students (class of 2010) have quickly set a positive tone in the building, leading by example in actions and words as they focus on creating a positive student life climate for the school. I am very proud of our students and our school!

J.P. Case Middle School has a new website. Please feel free to visit and obtain the most up to date information for school activities and events. I encourage you to register on the site as you are now able to receive updates from teachers and administrators for real time communication. Also, J.P. Case is on **TWITTER**. If you are on the go and would like to follow school happenings, please register and follow (*mrcastellano*) for the most up to date information that is updated weekly.

There will be many events taking place this school year that will assist you and your child. Please plan to attend some of the following presentations that will be happening throughout the year: Hunterdon Central High School matriculation, J.P. Case HCRHS follow-up session for 8th grade parents, Internet Safety and Your Child, and Drug Prevention.

I would like to take this opportunity to thank all of our PTO members and parent volunteers that worked so hard facilitating the JPC PTO 5K. Even in the rain our community thrives! Thank you.

At school we are constantly reminding students to use proper respiratory etiquette such as: covering their coughs and sneezes, using tissues and staying home when feeling ill. This will help keep our educational community healthy.

As always communication remains important to us. If you have any questions about upcoming events, or comments, please do not hesitate to call or e-mail. Working together as an educational community anything is possible.

Looking forward to seeing you at our next school event, Bob

COUNSELORS' CORNER...

The counselors would like to share just some of the activities provided for your child in the Counseling Office during the months of September and October:

STARTING THE YEAR OFF RIGHT: Ms. Baills and Mrs. O'Brien met with each of their 400+ students in their grade level either in their office or counseling conference room to start building a relationship with their students. The discussion included how to request to see your counselor, the issue of confidentiality, and areas of support available to all students in the counseling office.

PEER PRESSURE REVERSAL: Ms. Baills and Mrs. O'Brien presented Peer Pressure Reversal during DEAR over three days with each team of students. This program provides students with the tools to identify negative peer pressure situations and effectively deal with them while identifying resources for more complex situations.

SURVIVING THE MIDDLE SCHOOL: Mrs. O'Brien presented a video during DEAR supporting all the information students have received from their teachers, administrators, and counselor regarding homework habits, organization, and goal setting. Throughout the school year, a variety of topics will be presented to the 7th and 8th grade during DEAR by Ms. Baills and Mrs. O'Brien to help students achieve their success.

WORKING LUNCH: Ms. Baills and Mrs. O'Brien began providing working lunches during both the cafeteria portion and DEAR portion of student lunches. Teachers have an opportunity to assign working lunches for students (as needed) that have fallen behind due to absences or not completing homework assignments as assigned. Teams 7-1, 7-2, 8-1, and 8-2 have working lunch opportunities on Tuesdays and Teams 7-3, 7-4, 8-3, and 8-4 have working lunch opportunities on Wednesdays.

SEAS and LUNCH BUNCH GROUPS for the first trimester are about to begin. Letters inviting students to participate in groups have been both carried home with students and sent in the mail to parents and guardians. SEAS, Social/Emotional and Academic Skills will meet during the EXCEL/Band/Chorus/Orchestra block.

J. P. Case Middle School
301 Case Boulevard, Flemington, NJ 08822

Lunch Bunch groups will meet on Thursdays or Fridays. If you feel your child would benefit from a group experience at some point in the year, please contact your child's counselor.

ONE ON ONE MEETINGS: One on one meetings result for a variety of reasons. Students may need assistance regarding peer relations, homework completion, choices, along with many other issues arising during the middle school years. Confidential referral to community services and agencies is also available. Contact anyone in the counseling department for more information or to request an appointment.

CREATING SUCCESS FOR YOUR MIDDLE SCHOOL CHILD: The counselors participated in the Principal's parent evening designed to help parents help their children during their middle school years.

COMING UP IN THE YEAR:

- THE KINDNESS TREE
- LOCKS of LOVE
- DON'T BE AN OSTRICH
- PROJECT PRIDE
- MENTORING PROGRAM
- VIOLENCE AWARENESS WEEK
- RED RIBBON WEEK
- CAREER UNIT
- MIX IT UP LUNCH
- PEER LEADERS and PEER MEDIATORS
- R.E.B.E.L.
- ANNUAL PARENTING FOR PREVENTION FAMILY NIGHT HIGH SCHOOL
- INTERNET SAFETY

Megan O'Brien	Colette Baills	John Lamaestra
7 th Gr. Counselor	8 th Gr. Counselor	S.A.C. All Grades
284-5110	284-5109	284-5115

FROM THE HEALTH OFFICE

To prevent the spread of the flu and other illnesses, alcohol based hand sanitizers are now in classrooms without sinks. We are also encouraging everyone to wash their hands with soap and water when available, to practice good respiratory etiquette by coughing into the elbow or into tissues and cleaning hands afterwards, and to avoid close contact with others. These practices can be reinforced at home.

Please help us contain the spread of the flu virus. Students who experience flu-like symptoms should not return to school unless

they have been free of fever for at least 24 hours without the use of fever-reducing medication and for at least 3 to 5 days if they experience flu-like symptoms. To help us monitor any potential H1N1 cases please let the health office know if your child is out with flu-like illness. These symptoms would include fever of 100 degrees or higher, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue. Some people also may have vomiting and diarrhea.

Our district is posting updates and notices on our website that reflect the recommendations and guidelines of the county health department and the Center for Disease Control. Our website is www.frsd.k12.nj.us.

You may also access the state of New Jersey site for up-to-date H1N1 influenza and vaccination information at www.nj.gov/health/flu/h1n1.shtml.

New Jersey has opened a toll-free public information hotline from 9a.m. to 5p.m., Monday through Friday. The information line number is 1-866-321-9571. Call center operators will be able to provide general information about H1N1, vaccine safety and availability information, symptoms of H1N1 and flu preventive measures.

Maryann Pack, R.N.,B.S.N
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Enjoy the Fresh Crisp Air of the Fall Season!

For additional information, call JP Case at (908) 284-5100 or visit our website at <http://www.frsd.k12.nj.us>

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