



The ENformer



Volume 20, Issue 5

The East Norriton Middle School
Parent Faculty Club Newsletter

January 2010

Principal's Message

Dear ENMS Family,

I hope this ENformer edition finds you well rested after the Winter Break. I trust that everyone had a wonderful holiday and a happy new year. As we return to our school community, we need to refocus our efforts back to the teaching and learning process. There are only 58 instructional days between our return from break and the Thursday, April 8th start of the PSSA. To be fully prepared to demonstrate our academic excellence, we need to spend every instructional second focusing on the delivery of new content and the development of additional strategies and skills.

In addition, I would like to welcome Mrs. Kelly Houston back to ENMS for the remainder of the school year. After spending most of last year with us, Mrs. Houston has graciously agreed to join us again as Mrs. Cairns and Mrs. Drumbore take leaves consecutively as they expand their families. We congratulate both on this joyous and memorable life event.

Please enjoy this issue, especially the instructional tips provided by our Reading and Math Instructional Support Teachers. The ENMS Staff looks forward to continuing our collaboration as we kick-off 2010. Again, Happy New Year!

Best Wishes,
Stephen Brandt
Principal

Important January Dates



- 1 New Year's Day - NO SCHOOL
- 4 Back to School
7th/8th Grade Assembly - Michael Fowlin
- 5 5th, 6th, 7th Grade Science Fair projects due
- 12 Early Dismissal @ 11:50 AM
ENMS Science Fair 5:00 PM - 7:00 PM
- 13 PFC Meeting - Library 7:00 PM
- 14 ENMS Spirit Night at East Norriton Chick-Fil-A on
DeKalb Pike across from Mercy Suburban Hosp. 5:00 PM - 8:00 PM
- 18 Martin Luther King Holiday - NO SCHOOL



The ENformer's on the NASD Website!

An expanded version of our monthly newsletter
can be found online at:

WWW.NASD.K12.PA.US

Select "Schools"

Select "East Norriton Middle School"

Select "The ENformer"

This month's online version includes:

Nurse's Newsletter

PSSA Reading Test Information

East Norriton Little League Registration Information

West Norriton Little League Registration Information

Math Test Taking Tips

Math Challenge of the Month

FREE SEALANT DAY PROGRAMS

In February

Montgomery County Community College and
Harcum College

are offering free sealants in February.

Appointments are limited. Call today!

Montgomery County Community College

(215)641-6483

Harcum College

(610)526-6015

From the Attendance Office

Parents/Guardians:

Please be sure that the student's First & Last Names are on absence notes. There has been an increasing influx of notes being turned in with either first name only or "my son / my daughter" listed. We cannot excuse an absence when we don't know who it is.

Also, please date the notes. This will help to input the correct absence date.

Those small details will help improve our attendance by clearing some of the absences which may be left an "unexcused illegal absence."

Thanks for your continued help.

Ms. Gonzalez

News from the Math Department

Welcome back to the New Year of 2010.

We hope your break was refreshing and you are ready for the challenges of the New Year.

Just a reminder that we will continue to prepare for our
MATHCOUNTS competition with practice after school on Mondays
(except for Jan. 11 this month).

Also, we will practice for the 24 competition before school on Tuesdays.

Please check the e-version of the Math Challenge of the Month.

Please submit any of you answers to Mr. Brendlinger in room 212.

Also, with PSSA time fast approaching, look at the test taking tips
to help your child understand how to help take any math test.

A Message from your Certified School Nurse

In this new year you may be contacted by the School Nurse with results of your son/daughter's yearly screening or other issues identified in school age students.

What should I do if my child fails the hearing test at school?

Take the letter from the school nurse to your family doctor. Your family Doctor will either treat your child or refer them to another Physician who specializes in patients with diseases or disorders of the ears, nose, throat and related structures of the head and neck. This Doctor is called an "ENT" (Ear Nose and Throat Specialist). They may also be called an Otolaryngologist.

What should I do if my child fails the vision test at school?

Take the letter from the school nurse to a vision specialist. Here are some definitions of different types of vision providers.

OPTOMETRIST (OD) examines eyes for both vision and medical problems.

He/She can prescribe eyeglasses, contact lenses and ophthalmic medications.

OPHTHALMOLOGIST (MD) is a medical doctor who specializes in the eye. He/

She performs eye exams, treats eye diseases, prescribes medication and performs eye surgery. They can also write prescriptions for eyeglasses and contact lenses.

OPTICIAN is not a doctor. Most opticians sell and fit eyeglasses, sunglasses and specialty eyewear prescribed by an optometrist or an ophthalmologist.

What should I do when my child receives a letter about their BMI (Body Mass Index)?

The Body Mass Index is a number that shows body weight adjusted for height.

A high BMI can be an indication that your child is at risk for an obesity related disease such as heart disease, diabetes or high blood pressure. The letter you will receive is information regarding the current year's screening. You can share this with your child's doctor at their next medical examination.

What should I do if I suspect that my child has head lice?

Lice are small wingless gray insects. They cannot fly, hop or jump. Lice are suspected if you see the gray bug or a nit in your child's head. Nits are tiny white eggs on the hair shaft, near the scalp, especially behind the ears and at the nape of the neck.

If you suspect that your child has lice, do not send them to school. You need to treat the head lice and notify your school nurse before your child returns to their classroom.

Ordinary soaps and shampoos will not kill head lice. Ask your doctor or pharmacist to recommend a lice product for your child. Follow the package directions exactly.

You will need to wash all clothes, bed linens, pillows, and towels in hot water and dry on the hot cycle for at least 10 minutes.

Non-washable items such as stuffed animals, headphones, etc. should be placed in a plastic bag for at least 10 days or dry cleaned.

Soak all combs, brushes, barrettes, scrunchies, and headbands in hot soapy water for 10 minutes.

Vacuum carpets, mattresses, upholstered furniture and throw away the cleaner bag immediately.

A Message from your Certified School Nurse

We have made it through the first half of the school year and have only 5 months left! This is cold and flu season. Please do not send your child to school if they have a fever(100 or greater). Children who have been vomiting and have had diarrhea should also stay at home at least 24 hours. If they return to school too soon they run the risk of relapse. If they come to school sick they 'share' their illness with the school population ... teachers, students, and staff. Please remember to notify the school if your child is going to be absent. It is important to inform the school of any contagious disease including head lice. Information is kept confidential.

During the month of February students will be screened for scoliosis. Parent letters regarding scoliosis screenings will be sent home in January. If you DO NOT want your child screened for scoliosis we need a letter stating you do not want your child screened. If your child is suspected of possibly having scoliosis a referral letter will be sent home. If you have any questions or concerns please contact your school nurse.

School Physicals will be scheduled in February or March. No physical will be done without written parental permission. Notices will be sent home informing you of the date and time. If you need a private physical report let the nurse know and one will be sent home with your child. Physicals were due in October. We can accept physicals from January 2010 through the present. This is a state requirement. A list of students with outstanding physicals will be sent to the office at the end of the school year. Any questions contact the school nurse.

Vision and Hearing Screenings: 100% of the screenings are completed. If you have received a referral in the mail, please return it to the nurse as soon as it is completed by a physician. If the referral indicated that your child failed because they do not wear their glasses, please speak to your child about the importance of wearing glasses if they are prescribed. If you did not receive a referral in the mail then your child passed the screenings. If you have any questions or concerns contact the school nurse. If you do not have insurance and need assistance please contact the school nurse.

Immunizations: New immunization requirements are in the process of being passed by the state legislature. These new immunizations will affect all students. All students will be required to have a 2nd Varicella vaccine(chickenpox). Students entering 7th grade will be required to have the Tdap and Menactra vaccines in addition to the 2nd Varicella. Updates will be sent home in January/February. It is recommended that immunization updates(documentation from your health care provider) be sent to the nurse by June 1, 2010 so that you avoid having your child excluded from school in September 2010.

If you have any questions or concerns regarding the health of your child please contact the school nurse. Please inform the school if your emergency information has changed.

Mrs. McKeron, RN

PSSA Reading Test Information

The PSSA Reading test is all about students showing that they can read grade appropriate text and understand what they have read. Students need to be able to do this by answering both multiple choice and constructed response items.

The constructed response portion of the PSSA test accounts for 23% of the total number of points that a student can earn. Students in grades 5 – 8 are required to answer five constructed response items on the PSSA.

Open-ended or constructed response questions require students to draw conclusions about selections and explain their reasoning. If a short response requires students to identify the reasons why something has occurred in a passage, the item will clarify how many reasons are needed for a complete answer, or a statement will be provided. For example, statements such as “List at least two reasons why...” or “Use at least two examples or details from the text to support your answer...” will be provided.

Here are some tips for answering open-ended or constructed- response questions.

1. Read the question carefully. Make sure you understand what you are being asked to do.
2. Plan out your answer before you begin writing. Jot down notes or make a graphic organizer.
3. BE SURE THAT YOU:
 - Answer the question that is asked.
 - Answer all parts of the question.
 - Find and include specific details and examples from the passage to support your answer.
 - Use quotation marks if you quote something from a passage.
 - Stay on target (focus).
 - Use your own ideas but be sure they have something to do with the story.
4. BE SURE THAT YOU DO NOT:
 - Answer with just one or two words, or one or two sentences.
 - Simply retell what the passage said.
 - Simply state your opinion without examples from the passage.
5. Once you have your response, carefully write it down.
6. Read over your answer carefully. Ask yourself if it is clear and easy to follow.
If you are having difficulty reading your response, the person(s) scoring your writing most certainly will, too.

To help you write a strong constructed response item, remember to follow the steps of the constructed response strategy, “CAP IT A THREE”.

1. Restate the question (Turning the prompt or question into a statement)
2. Answer the prompt (Constructing an answer)
3. Provide specific, accurate, and appropriate details (Giving evidence and examples from the passage to support your answer).

EAST NORRITON LITTLE LEAGUE – 2010 BASEBALL SEASON

East Norriton Little League Spring 2010 Registration is now open!
You may register on-line at www.enlittleleague.com or
obtain a registration form at the East Norriton Township Building.
In-person registration is scheduled for Saturday, January 9th
from 10am-2pm at the East Norriton Middle School.
Registration will close on January 31, 2010.

WEST NORRITON LITTLE LEAGUE – 2010 BASEBALL SEASON

Boys and girls ages 5-16 are encouraged to register TODAY at
WNLL.com for West Norriton Little League's 2010 baseball season!
Those wishing to register in person can do so on January 23 at the
West Norriton Township Building and February 14 at the
Norristown Area High School.

For complete registration and league information, please frequently
visit West Norriton Little League online at WNLL.com!

Math Test Taking Tips

- ✓ Repetition is important in math you learn how to solve problems by doing them so keep on practice problems but don't do it blindly. Make sure you learn how to recognize when/why you should use a specific method to solve a problem.
- ✓ Work on practice problems for each topic ranging in levels of difficulty.
- ✓ When practicing, try to solve the problem on your own first then look at the answer or seek help if you are having trouble.
- ✓ Mix up the order of the questions from various topics when you are reviewing so you'll learn when to use a specific method/formula.
- ✓ Make up a sheet with all the formulas you need to know and memorize all the formulas on the sheet.
- ✓ When you get your exam, write down all the key formulas on the margin of your paper so if you forget them when you're in the middle of the test you can look back at the formula.
- ✓ Read the directions carefully and don't forget to answer all parts of the question.
- ✓ Make estimates for your answers... i.e. if you are asked to answer $48 \times 12 = ?$, you could expect a number around 500, but if you end up with an answer around 5000, you'll know you did something wrong.
- ✓ Show all your work (especially when partial credit is awarded) and write as legibly as possible.
- ✓ Even if you know the final answer is wrong, don't erase your entire work because you may get partial credit for using the correct procedure.
- ✓ Check over your test after you are done with it. If you have time redo the problem on a separate piece of paper and see if you come up with the same answer the second time around. Look for careless mistakes such as making sure the decimal is in the right place, that you read the directions correctly, that you copied the numbers correctly, that you put a negative sign if it is needed, that your arithmetic is correct and so on.

Math Challenge for January

Football

5th and 6th Grade

1. In football, teams can score 6 points with a touchdown, 3 points with a field goal or 2 points with a safety. Additionally, after a touchdown, teams can score 1 bonus point with a field goal kick or 2 bonus points with a 2-point conversion. The final score of a particular football game was 13 to 11. If every touchdown is followed with a successful bonus point attempt (1 or 2 points), how many different scoring combinations could have resulted in the losing team's 11 points?

7th and 8th Grade

2. There are 32 teams in the NFL. Sixteen of the teams are in the American Football Conference (AFC) and the other 16 teams are in the National Football Conference (NFC). At the beginning of the season, Julia tried to predict the teams that would be in each conference's championship by randomly drawing 4 teams (2 AFC teams and 2 NFC teams) from a hat. What is the probability that the 4 teams she selected are the same four teams that will be in the conferences' championships? Express your answer as a common fraction.

Parent's Problem

3. The minimum starting annual salary for rookies in the NFL is \$295,000. The minimum annual salary is \$370,000 for second year players and \$445,000 for third year players. For a player earning the minimum salary for their experience, what is the positive difference between the percent increase the \$75,000 represents from the first to second year and the percent increase the \$75,000 represents from the second to third year? Express your answer as a decimal to the nearest tenth.