A MESSAGE FROM MRS. DELLONE

Dear Hereford Parents and Community,

We would like to wish everyone a Happy Holiday Season. Enjoy the Winter Break which begins at the end of the school day on Friday, December 20th. School reopens Thursday, January 2nd.

Sincerely,

Julie A. Dellone
Principal

FROM THE PTA

Did you know the PTA has a PayPal donation link online? Please consider a year-end or new year gift to help us reach our goal of $17,500 this school year! The PTA is currently funded by direct donation only. This means all those fundraisers such as Yankee candles, Chipotle nights, spirit wear, etc., benefit wonderful groups such as Student Council and Robotics; however, the PTA sponsors events and programs solely with your direct donations. We currently have not met our goal and hope to increase that to support HMS in the second half of the school year. We hope we will be able to sponsor the following if funds allow: cookies & milk winter treats, year-end snowballs for students, a dance, more
teacher coffee days, and continued support for clubs and departmental requests.

To find our direct donation link, simply visit the school website and click on PTA under the “Parents” dropdown menu. If you'd like to learn more about us, please see the link on that same page for our Facebook Page, or simply search FB for Hereford Middle School PTA. All of our important announcements, reminders, and volunteer opportunities are listed there!

Thank you for your continued support of the PTA. We are looking forward to many exciting events in 2020!

Megan Stewart-Sicking
PTA President

FROM THE SCHOOL COUNSELING OFFICE

6th Grade - Keleigh Kongkraphun  kkongkraphun@bcps.org
7th Grade - Victoria Shields  vshields@bcps.org
8th Grade - Lilly Richardson  lrichardson2@bcps.org
School Counseling Secretary - Terri Francis  tfrancis@bcps.org
Phone 443.809.7905

Registration for next year is already in full swing! Registration forms have been distributed to all 8th graders going to Hereford High next year. Registration forms for Hereford High are due on Friday, December 6th. Registration forms for our current 6th and 7th graders will be distributed through math classes in the next few days. If you have any questions about your child’s classes for next year please contact your grade level school counselor.

December can be a stressful month. As part of the BCPS Mind Over Matters Campaign, we are focusing on mindfulness and self-care which are so important for both adults and students alike. “Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.” Jon Kabat-Zinn, Founder of Mindfulness-Based Stress Reduction (MBSR). This theme is intended to engage students, staff, and school communities in considering the use of mindfulness strategies to alleviate stress and improve focus.

Below are two links with information regarding mindfulness if you would like to learn more:

https://liberationist.org/21-simple-mindfulness-exercises-to-improve-your-focus/

https://www.verywellfamily.com/coping-skills-for-kids-4586871

A MESSAGE FROM THE GRADE LEVEL COORDINATORS:

6th Grade News

Our sixth graders continue to have a great transition to Middle school. All of the sixth graders participated in the end of quarter team activities in November, our homeroom representatives with be working with the teachers to come up with fun and engaging activities for the end of the second quarter, more information to come!
Sixth graders are going to be busy in classes in the next few weeks as well. In Science they are continuing to work on Chemistry, they are moving on to how matter is different and how it changes. In Social Studies they will be working on a Shark Tank activity on Mesopotamian inventions. They will start to learn about the geography and social classes of Egypt. In Language Arts classes students are learning about gods and goddesses and will be reading various literature relating to them.

7th Grade News

We’re in to second quarter of the school year and continuing to pursue engaging instruction in all content areas. Students in English/Language Arts classes are examining dramatic elements and how these develop mood and theme. In Math classes, students are graphing and working with systems of linear equations and inequalities. Social studies classes have students exploring manorialism and the manor system in Europe, as well as investigating the roles of the Catholic Church, art, architecture, technology, and guilds in medieval society. The inter-relatedness of cells, tissues, and organ systems are the focus in Science classes. And in World Language, students are studying healthy and unhealthy eating habits.

There’s a lot going on this holiday season, but please be on the lookout for 7th grade field trip paperwork in early December. The field trip is planned for January. Specific details will be provided when the forms are distributed. The permission slips, chaperone request forms, and other pertinent paperwork will be provided through homeroom. All forms will also be available through the Hereford Middle School website.

The seventh grade team wishes all of you a joyous holiday season with family and friends. See you in 2020!

8th Grade News

It is hard to believe that the first quarter is over! This school year is flying by! We have had two successful events. Our first Team Day on November 8th was so much fun! Students dressed in their team colors and participated in events in the gym (cornhole and relay races). Even the teachers and Mrs. Dellone competed in the events! Our next eighth grade activity was the JA field trip on November 13th. Students explored many career opportunities and made connections with employers from around the state. The presenters commented the entire day about the fact that our students were so respectful and will have such bright futures in whatever careers they choose.

Students are studying some very interesting content in their classes. In Science class, your child has begun the Megalodon and Mastodons Unit. This unit focuses on evolution and prehistoric history. In Math classes students are learning about how to continue to solve types of equations and Geometry students are working on proofs. American History is studying about the major battles of the Revolutionary War. Finally, in Language Arts class students are reading a novel that addresses the modes of comedy. Hopefully your child is sharing with you what they are learning about here at HMS!

Our eighth-grade teachers would like to wish your families a wonderful holiday season! Below are some upcoming dates and events for the next few months.

Upcoming Dates and Events
-Basketball Season has begun
-Strings Concert: December 6th
-Chorus Concert: December 13th
-Band Concert: December 17th
-End of December 20th Winter Break Begins
-School Reopens: January 2nd
-No School January 20th
-January 24th End of Marking Period 2: Half Day

**AFTER HOUR EMERGENCIES**

If you have an after hours emergency, please call 911 or one of the resources listed below.

**RESOURCES**

**Emergency - 911**

**Maryland Help Line - 211**

**Baltimore Crisis Response - 410-433-5175 (24 hours a day 7 days a week)**

**MD Dept of Health Crisis Line - 1-800-422-0009**

**Suicide Hotline Text CONNECT to 741741, for more information visit www.crisistextline.org**

**National Suicide Prevention Lifeline - 1-800-273-8255**

**My Neighbors Foundation - 410-374-4657**
<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Boys Time</th>
<th>Girls Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, December 9</td>
<td>Hereford at Ridgely</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, December 10</td>
<td>Northwest at Hereford</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, December 12</td>
<td>Sudbrook at Hereford</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, December 19</td>
<td>Arbutus at Hereford</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, January 7</td>
<td>Franklin at Hereford</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, January 9</td>
<td>Hereford at Southwest</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, January 14</td>
<td>Hereford at Cockeysville</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, January 16</td>
<td>Hereford at Woodlawn</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, January 21</td>
<td>Hereford at Lansdowne</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, January 23</td>
<td>Hereford at Deer Park</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, January 28</td>
<td>Windsor Mill at Hereford</td>
<td>4:00</td>
<td>5:00</td>
</tr>
<tr>
<td>Thursday, January 30</td>
<td>Catonsville at Hereford</td>
<td></td>
<td>5:00</td>
</tr>
<tr>
<td>Tuesday, February 4</td>
<td>Hereford at Pikesville</td>
<td></td>
<td>5:00</td>
</tr>
</tbody>
</table>
HMS PTA Direct Donation
2019-2020
Goal: $17,500
Received as of 11/18/2019: $13,245

How do I donate?
Option 1: Electronically. Visit the HMS school website. Go to PTA under the “Parents” dropdown menu. There is a PayPal link on our page.
Option 2: Check. Make payable to HMS PTA and mark “Direct Donation” in the memo line.
Option 3: Cash. Place cash in an envelope and leave it in the PTA mailbox in the main office.

How are my funds used?
- Funding requests for student clubs
- Special departmental requests
- Cookies & milk, snowballs, and other special days for students
- Student dances
- Back to school, holiday, and year-end teacher luncheons
- Professional development speakers
- American Education Week
- Staff coffee days & Teacher Appreciation Week

THANK YOU FOR YOUR SUPPORT!
HMS PTA