

THE MEMO

PTA Newsletter

Haddonfield Memorial High School

March/April 2005

From the Co-Presidents

Congratulations to our winter sports teams for great seasons. We also tip our hats to the HMHS Drama Club for a great show and to all the students who participated in the Martin Luther King Day of Service and Operation Smile.

Thank you to the many coaches, directors, teachers and volunteers who made all these events possible. These activities are a big piece of what makes HMHS shine.

We now need some feedback from you. We have a healthy number of volunteers putting on events, but we get a very small turn out at our monthly meetings. Please give us your opinions. Is there anything that would bring you out to meetings? We often have speakers and important information, like our March meeting about the budget, but we have many empty seats. Please give us your thoughts. Should we meet every other month rather than each month? Are there speakers you would like to hear or topics you want to see addressed? Are people just too busy in the evening to come to the meetings regardless of the program? Please email us with your opinions. Thanks.

Planning for the Senior Showcase is in full swing. Many of the organizers have children graduating this year and next year. We are seeking people who want to help this year and take over the Showcase in coming years. Please call us or volunteer coordinator Nancy Manos if you would like to be an organizer in training for this great event.

Construction projects will get underway at the high school this summer. Graduation will be held at HMHS this year, but an alternative location may be needed for graduation 2006.

A hearing on the proposed school budget and an explainer of the budget vote will be held at 7:30 p.m. on March 22, at the MS Library. BOE members will have handouts explaining state laws on school budgets and how Haddonfield's budget is divided up.

The current proposal calls for a 5.8 percent tax increase. Taxpayers pay most of the cost of Haddonfield's schools with only about 7 percent of the costs financed by state aid. The budget vote is Tuesday, April 19. Both *What's On* and *The Haddonfield Sun* will have explanations of the budget.

Don't forget the Booster Club Annual Sports Social from 8 p.m. to midnight on Saturday, April 9th at the Kingsway Learning Center. Tickets are \$25 before the event and \$30 at the door. You may purchase tickets from the Athletic Office at HMHS or through Becky Malcarney Dickson (428-1423). You must be 21 or older to attend. Proceeds from last year's event and this year's social are used to purchase defibrillators.

We hope to see you at our April 11th meeting. Julie Vick has organized an excellent program on drug use and alcohol abuse. Speakers will be Ellen Sheinken, a former teacher who is now a substance abuse counselor; Officer Jose Ortiz, who has been the school resource officer for the past three years and Jeanne Runne, a mother of two HMHS graduates and a former HMHS PTA president.

If you have questions about the program, please call Julie at 428-3723.

We hope to see you at the April meeting.

Deb Nussbaum (dsnussb@comcast.net)

Mary Ann Bigelow (maryannbigelow@hotmail.com)

2005 PTA meeting schedule and MEMO deadlines:

April 11 - Meeting

May 9 - Meeting and MEMO deadline

Editorial material for the PTA MEMO may be left in the PTA Mailbox at the high school, or submitted to the editor, Liz Mikita, at

L_Mikita@hotmail.com

Want to receive an email reminder before the next deadline?
Email the editor and ask to be added to the distribution list.

Dates to Remember

March

21 Dessert Night with German Visitors (8-9pm High School Library)

22 School Budget Meeting (7:30 p.m. in the MS Library)

24 Half Day

March 25-
April 1 Spring Break/No School

April

5 Zone PTA Meeting

8 Marking Period Ends

9 Booster Club Fundraiser

11 HMHS PTA at 7:30 p.m. (Speakers on drug and alcohol issues – see below)

19 School Budget Vote

Julie R. Macier Character Award

The Julie R. Macier Character Award was established in 1995. It is named after a student from the Haddonfield Memorial High School Class of 1995, who died on October 7, 1994 after a long and courageous battle with Leukemia. The award is co-sponsored by the Board of Education and the PTA.

An 8th grade student from the Middle School and a senior from the High School will be chosen to receive the Julie R. Macier Character Award.

The nominees for this award should be candidates who have exhibited those wonderful character traits that Julie exemplified in her own life. These include: courage, faith, honesty, integrity, responsibility, sense of humor, compassion, perseverance, friendship, trustworthiness, patience and respect.

Nominations for this distinguished award may be submitted by school administrators, teachers, staff members, or students. In addition, we strongly encourage the Board of Education, PTA and Haddonfield residents to submit nominations.

Nomination forms are available in the Main Office of the High School and Middle School and also at the front desk at the Haddonfield Public Library. The deadline for entries is April 15th. Please join the BOE and the PTA in selecting two worthy students for this award named in memory of someone who was such a positive role model and inspiration to us all. Please contact Pat Flynn (795-6144) for more information.

--Pat Flynn

German Exchange

On March 17, HMHS welcomes 20 students and three teachers from Soest, North Rhine Westfalia Germany, who visit for one week while in the USA. Each student will live with a family and experience life and culture in the USA--in Haddonfield.

While visiting, the students will tour Philadelphia, attend school, spend time with host families and share their culture with our students while learning about American culture. This exchange is significant in that it brings German and American youth together to share in meaningful ways in the effort of global understanding. In June the students from Haddonfield will visit Soest in Germany and continue the exchange.

The public is invited to our dessert night to meet the visitors
March 21, 2005 8-9pm High School Library
(RSVP to high school ext 617)

--Christopher Gwin

HMHS World Affairs Council

On Saturday, February 26th, seven students from the HMHS World Affairs Council participated in Lenape Model Congress at Lenape High School in Medford. Students debated in mock sessions of both Senate and House of Representatives committees and also in full sessions. The day was highlighted by the keynote speaker, Congressman Robert Andrews. The following students received awards: Gavel Awards for Best Speaker: Kevin Morrison (Full Senate) and Rachael Carrasquillo (Senate Foreign Relations Committee); Honorable Mention: Kevin Morrison (Senate Armed Services Committee), John Marshall (House International Relations Committee) and Molly Nussbaum (Senate Appropriations Committee).

On Saturday, March 5th, 18 students participated in the inaugural Cherry Hill East Model United Nations. Cherry Hill East joins the South Jersey Model UN Consortium that includes Eastern, Haddonfield and Moorestown. The following students received awards at this event: Best Delegate: Rachael Carrasquillo (Legal Committee) and Molly Reingold (Committee on the Status of Women); Honorable Mention: Emily Cofsky (World Intellectual Property Organization) and Greg Simcox (General Assembly Plenary Committee).

The World Affairs Council's last event of the year is the third annual Haddonfield Model United Nations (HADMUN). This will take place on Saturday, April 23rd at HMHS. Officers Rachael Carrasquillo, Emily Landis, Molly Reingold and Brendan Stuart are busily planning this event.

--Jeff Boogaard

Municipal Alliance Update

The HMS Wellness Day will be held on 10/20. If you would like to participate in the health discussion groups, or know of someone to recommend, please contact John Toto. The HMHS Peer Leadership program was discussed. There are no changes to be made to the program at this time. John would like to provide a parent program some time in early April. The suggestion for a Sunday evening program was well received. More information will be provided through the elementary and middle school student packets.

The next Municipal Alliance meeting will be a discussion on an ad campaign emphasizing good decisions regarding the use of alcohol and drugs. Anyone with a talent for marketing or advertising is urged to contact John Toto. We want to promote a safe environment and safe activities for our students. A letter will go home to announce this meeting. Please plan to attend and lend your talents if you can. .

--Madelin Lee

Operation Smile Thanks

Despite the last minute location change, Operation Smile was very successful this year with over 240 students participating. They raised almost \$18,000 for the Op Smile Foundation which provides facial surgeries for people in need all over the world. Even though there was not much space in the middle school gym for sleeping, the kids had a great time.

A representative from the Op Smile Foundation came to the event, praised the students for their fundraising efforts and handed out blue rubber bracelets engraved with Op Smile. This was a big hit!

Thank you to Helene Delaney and Mindy Ignarri, freshmen parents, who jumped right in and organized the food for the evening. This is no small feat- high schoolers eat a lot of food! As in past years, we received food donations from PJ's, Acme and Westmont Bagel. Rosie Hymerling constructed her 10 foot hoagie for the 13th year in a row!

Thank you to the 60 volunteer parents and teachers who chaperoned, officiated, kept score or worked in the kitchen. This event can not happen without parent participation. A special thank you to all of you who worked in the wee hours of the morning!

Finally, thank you to Bruce & Pat Haines and Carla & John Coyle who have worked at every Op Smile for the past 6 yrs. This will be their last year at HMHS and they will be missed at Op Smile time!

--Beth Pease & Terri Sikkema

Encouraging Physical Activity

The latest government figures show more children and teens than ever are overweight and out of shape, largely due to inactivity and junk-laden diets. We have been focusing on a healthy diet as a means to a healthy weight, but smart eating should be accompanied by regular exercise. Behaviors involving physical activity and nutrition are the cornerstone of preventing obesity in children and adolescents. Regular activity strengthens the heart, lungs, and muscles and increases flexibility. Exercise also burns excess calories and helps to reduce body fat. In addition, exercise can help to relieve stress and helps kids feel better about themselves. Active children tend to become active adults, and thus it is important for children to get into the habit of exercising regularly.

The Food and Nutrition Service of the United States Department of Agriculture recommends ten steps for parents to make physical activity easy:

1. **Create safe places.** Watch over children's activities.
2. **Set a good example.** Be active with your children. Take the whole family on walks and bike rides and to ball games.

3. **Promote physical activity.** Encourage children to be physically active at home, at school, and with friends. Playing tag, having foot races, skating and playing other active games allow children to have fun, be social, and gets them moving.
4. **Limit sitting-around time.** One of the best things you can do for your child is to limit TV time. Alternate time spent sitting with time spent moving.
5. **Establish a routine.** Set aside time each day as activity time.
6. **Coach a team.** Encourage your child to join school and community sports teams.
7. **Set up a home gym.** Get children involved in creating a gym using household items. Canned foods make good weights.
8. **Try aerobic activities.** Check children's heart rates before, during, and after activities to see how hard they are working.
9. **Throw an activity party.** Make your child's birthday party activity-centered.
10. **Work with your school.** Make sure your children are prepared for physical education class with the proper clothing and shoes.

--Laurie Lipiecki

Drinking, Drug Use and Teenagers: A PTA Program for Parents

Topics discussed will include:

- Why some teenagers drink and take drugs
- How to recognize the signs of abuse in adolescence
- Helping your teen stay away from drinking and drug taking
- Liability you face if underage drinking takes place in your home
- What happens when teens are picked up by the police for drinking
- Parental survival strategies.

Speakers:

Ellen Sheinken, has worked with teens for many years, originally as a high school teacher, and for the last 14 years, as a Substance Abuse Coordinator and Crisis Counselor.

Jose Ortiz has been in Law Enforcement for 13 years. He was an Undercover/Detective in Camden for six years and has been a School Resource Officer for 3 years.

Jeanne Runne is the mother of a 2001 and a 2002 graduate of HMHS and is also a former president of HMHS PTA.

Monday, April 11, HMHS Library

PTA meeting begins at 7:30; the program will begin around 8 PM

(Questions? Contact Julie Vick, 428-3723)

**GREAT
FOOD,
DRINK,
&
MUSIC**



**FABULOUS
GIFT BASKETS**
(CHECKS & CASH ACCEPTED)

JOIN YOUR FRIENDS AT THE HMHS ALLSPORTS BOOSTERS' SOCIAL!

- Date:** Saturday, April 9th, 2005
- Time:** 8:00 PM until midnight
- Place:** Kings way Learning Center
144 Kings Highway west, Haddonfield
- Cost:** \$25.00/Person in advance
\$30.00/Person at the door
(Tickets are limited)
Persons 21 and older only

**PROCEEDS WILL BENEFIT ALL SPORTS BOOSTERS CLUB
PROJECT TO PROVIDE ALL HMHS ATHLETIC SITES WITH A
DIFIBRILLATOR.**

Make checks payable to HMHS All Sports Boosters

Checks can be mailed to:
Rebecca Malcarney Dickson
460 Westminster Ave.
Haddonfield, NJ 08033

Questions regarding the event, call Becky Malcarney Dickson 428-1423