



Edward Gimbel & Ty Gravett mummify chickens with Dr. Harmon and the entire fifth grade class as part of a unit on Egypt.

# Highland School

## *Middle School Hawknotes*

### *January 11, Issue 5*



Thanks to Ms. Kelly and 7th grade Latin for spreading "holiday cheer" with some caroling in Latin!



Dear Parents,

The more years I spend in Middle School the more I come to believe that these years are a balancing act for both our students and faculty. Our students are attempting to balance new found social interests and the challenges of becoming teenagers with the increased academic expectations that come with Middle School. Our teachers are trying to balance supporting our students during these times with challenging them to learn and grow and go beyond what they think they can do.

Over the break I found perhaps the best description of this balance that our faculty so diligently try and achieve in a book entitled, "*Talent is Overrated*" by Geoff Colvin. The book looks at what makes people successful and in one chapter the author identifies three zones that we all find ourselves in as we learn. The first zone is our comfort zone, then our learning zone, and then our panic zone. The general idea is that it is difficult to learn and grow when we are in our comfort zone (too easy, not challenging) or in our panic zone (we shut down, become anxious, and stop thinking). Thus the challenge for our faculty is to find just that right mix of challenge and support so that we are pushing our students beyond what comes easily to them, but not into their panic zone where they tend to shut down and give up.

This tightrope is made all the more challenging with everything else the Middle School students are going through and focusing on and I am always impressed by how hard our faculty work at walking this tightrope and finding the right balance. It is also tough at times for parents because an inherent part of the learning process is that students will be uncomfortable and uncertain at times. They will struggle and get frustrated when they are in that learning zone and it is all too easy to want to immediately comfort them and "make things right." The goal is to understand that these challenges are necessary and to help our students learn how to best deal with their frustrations and uncertainties. This dilemma reminds me of the saying that was our mantra when I was in the Peace Corps in Thailand so many years ago. "Give a man a fish and you feed him for a day, teach him to fish and you feed him for a lifetime." Helping a child with a particular assignment or school challenge that they find onerous or difficult will help them in that moment, but teaching them the skills necessary to work out that problem using their own voice and initiative (seeking out a teacher, advisor, or me) will help them for the rest of their lives.

Happy New Year!

Matt Ormiston

Middle School Director

***Highland School Mission Statement:*** *To provide a demanding academic and co-curricular program to develop the skills and character essential for students to meet the challenges of college and leadership in the twenty-first century.*

## Important Dates

**Thursday, January 12**—End of First Semester.

**Friday, January 13**—Faculty Work Day—No School.

**Monday, January 16**—Martin Luther King, Jr. Day—No School

**Tuesday, January 17**—Deadline for yearbook orders & eighth grade recognition ads.

**Monday, January 23-27**—International Week, Emphasis on China.

**Friday, January 27**—First ski day and winter activity day. Non-skiers will visit Blandy Farm & State Aboretum. More details to follow.

**Saturday, January 28**—Battle of the Books “Open Tournament” at Pennington Traditional School in Manassas. Registration begins at 11:00 a.m.

**Wednesday, February 1**—In addition to the announcements of our January Student of the Month and Most Improved Student of the Month recipients, we will also present Honor Roll certificates for the first semester. Parents are invited to attend this special event at 9:40 a.m. in the Upper School gym.



Rich Gerhardt (8th grade) gave a speech at the All School Gathering on this year's theme, “Integrity”. “To me, integrity is when you decide to choose your conscience rather than your competitive spirit.”

**Friday, February 3**— Second ski day and winter activity day. Non-skiers will visit the Marine Museum. More details to follow.

**Tuesday, February 7**—Monthly Award Dress Down day and lunch for the January award winners.

**Wednesday, February 8**—No Infraction Dress Down day for the month of January.

**Thursday, February 9**—Grade 6 Play, “A Trojan Trilogy” at 1:30 p.m. in The Rice Theater.

**Friday, February 10**—Third ski day and winter activity day. Non-skiers will roller skate and watch a movie at school.



## INCLEMENT WEATHER

Highland School does not follow the Fauquier County School System closing or delay schedule. Please note that if inclement weather is an issue, you may check the school web site, call the main number (540) 878-2700 and listen to the recording (both updated by 6:00 a.m.), or check the following TV and radio stations: WUSA 9, WRC-TV 4, WJLA 7, WINC 92.5 FM, FOX 5 News and WTOP 103.5 FM. While every effort is made to ensure that travel is safe when there is inclement weather and school is open, it is the parents' responsibility to determine whether or not it is safe for their children to come to school, arrive late or leave early.

## **HIGHLAND SCHOOL WINTER ENRICHMENT CLUBS**

**Clay Club (Grades 3-6) Thursday (1/26, 2/2, 2/9, 2/16, 2/23, & 3/1)**

**Ms. Jones – Lower School Art Room**

**Session time: 3:30 – 4:30 p.m.**

Come have a blast with clay! We will make animals, plates, bowls, cups, magnets and wind chimes. We will paint the work with colors and then glaze it. You can make wonderful presents and keepsakes!  
**(6 weeks) \$120**

**CrossFit (Grades 5-8) Wednesday (1/25, 2/1, 2/8, 2/15, 2/22, 2/29)**

**Ms. Crystal Willis – Lower School Chilton Commons**

**Session time: 3:30 – 4:30 p.m.**

Ms Willis is returning to Highland again to offer a fun and exciting workout program to our children. CrossFit is core strength and conditioning program that will be executed in a fun, yet challenging, "team" atmosphere. Her main focus will be, but not limited to, speed work, agility, injury prevention and endurance. Perfect for those involved in sports or children who are looking for a fun way to exercise! **(6 weeks) \$120**

**Girl Power (Grades 5-8) Wednesday (1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14)**

**Mrs. Edwards and Nurse Rosie – Middle School – Room #12**

**Session time: 3:30 – 4:30 p.m.**

This will be an eight week program co-taught by Rosie Saunders and Erin Edwards to encourage positive self-image and self-reliance for middle school females. This will be an interactive course. The club will offer each week discussions on the following topics: Positive body Image, practical tools in dealing with friends and family relationships, appropriate social media etiquette, stress relief techniques, valuable time management skills and accomplished women guest speakers. **(8 weeks) \$160**

**Advanced LEGO Mindstorms Robots (Grades 4-6) Monday (1/23, 1/30, 2/6, 2/13, 2/27, 3/5)**

**Mrs. Claire Mello – Lower School Lego Room #109 (Second Grade Commons)**

**Session time: 3:30 – 4:30 p.m.**

Students who have previous experience with Mindstorms robotics will build and program robots to accomplish various tasks. The focus will be on sturdy and advanced building techniques and the use of sensors to help the robot navigate and function.

**(6 weeks) \$120**

## **HIGHLAND SCHOOL COTILLION PROGRAM**

Highland's Cotillion program helps young people to develop self-confidence, courtesy and respect for others through a curriculum of social and dance education. Students meet and interact with others in a positive, fun and healthy environment. The knowledge they gain through interaction will produce the grace, pride and confidence they need to build a foundation of success.

We work according to three values:

- Our young people are our most valuable assets.
- We promote personal growth through change.
- Our goal is for young people to become leaders and to achieve their own personal potential.

**Cotillion Program – Social I (Grades 5-8) Thursday (1/26, 2/2, 2/9, 2/16, 2/23, 3/1)**

**Mrs. Kimberly Entrican**

**Session time: 3:30 – 4:30 p.m. – Middle School – Room #1**

Our beginning class is especially designed for ladies and gentlemen. The class divides the instruction between social education and dance education. A special emphasis is placed on laying a foundation of good manners and leadership skills. Role playing exercises and workbooks are used as fun and informative tools to give students opportunities to learn and practice. **(6 weeks) \$200**

**Cotillion Program – Social II (Grades 5-8) Tuesday (1/24, 1/31, 2/7, 2/14, 2/21, 2/28)**

**Mrs. Kimberly Entrican**

**Session time: 3:30 – 4:40 p.m. – TBD**

This class is for the ladies and gentlemen who have completed Social I. This class divides the curriculum between social education and dance education. Fun and informative role-playing exercises help to foster courtesy, respect, and confidence in party and dining situations. **(6 weeks) \$200**

**WINTER ENRICHMENT CLUBS  
&  
COTILLION PROGRAM**

**REGISTRATION FORM**

**PLEASE PRINT CLEARLY**

STUDENT NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_ BUS RIDER: YES OR NO

ADVISOR/HOMEROOM TEACHER: \_\_\_\_\_

PARENTS NAME: \_\_\_\_\_

PARENTS PHONE: \_\_\_\_\_ PARENTS EMAIL: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_

DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

**PAYMENT OPTIONS:**

CHECK ENCLOSED: PAYABLE TO HIGHLAND SCHOOL

BILL MY ACCOUNT: \_\_\_\_\_

SIGNATURE OF PARENT: \_\_\_\_\_

Please one club per form

**Return completed registration form and payment to Erin Edwards in the Business Office**



## It's Time Again!

Box Tops & Labels will be collected on **Thursday, January 12.**

Remember to clip along the dotted lines (any class that submits all box tops and labels cut properly will earn an extra 100 points towards the dress down contest).

The class with the most points (grade in Lower School and advisory/homeroom in Middle School) will earn a dress down day.

Look for box tops on a variety of products such as cereal boxes, Nestle, Green Giant, Pillsbury, Betty Crocker, Old El Paso, Progresso, Land O Lakes, Yoplait, Fruit Snacks, Nature Valley Granola Bars, and Welch's.

They are also found on paper products such as Avery, Ziploc, Cottonelle, Kleenex, Scott, Viva, Hefty and Brita Water Filters.

If you have any questions, please contact Kelly Kott: [kellykott@hotmail.com](mailto:kellykott@hotmail.com)

