



Eagle Express

Volume 19, Issue 5

February 2012

Horace Mann Middle School

3101 N. 13th Street
Wausau, WI 54403

Main Telephone: 261-0725

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Website: Wausau.k12.wi.us/horacemann

Office Hours

7:30 am—4:00 pm

Principal

Julie Sprague

Associate Principals

Allen Betry

Joshua Ernst

Homework Hotline

Available daily after 4:00 pm

Team 6-1 261-0761

Team 6-2 261-0762

Team 7-1 261-0771

Team 7-2 261-0772

Team 8-1 261-0781

Team 8-2 261-0782

Now Available on the website!

Wausau.k12.wi.us/horacemann

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WAY TO GO EAGLES!

Christian Boulanger won the Packer Essay Writing Contest sponsored by Badger Mutual Insurance. The topic of the essay was *Why Education is Important to Me*.

Christian and his family were awarded with tickets plus many other extras and attended the January 15th Packer game.

Congratulations to Christian Boulanger and Emily Schafer, both 7-2 students, who participated in essay writing contests as part of English classes.



Emily Schafer placed in the Patriot's Pen Essay Contest sponsored by the VFW. The topic of the essay was *Are You Proud of Your Country?*

Emily will be receiving an award from the VFW for her essay.

Nice job Christian and Emily!

Geography Bee



Our Geography Bee winner this year is Natalie Magnusson. Emily Gieger was runner up and Sam Petralia was third.

Maddie Nichols, Teagan Meier, and Greg Chang also represented their teams in the contest. Please congratulate these students on their geographical accomplishment!

8-2 would like to congratulate the following students who were finalists for the 8-2 Geography Bee:

Katherine Plier, Tao Lee, Adam Schneider, Asianna Vongvilay, Julia Cravens, Elizabeth Harvey and Nikhiel Biswas

Team Champion: Natalie Magnusson
Runner Up: Sean Carlson

Spelling Bee

Qualifiers for the Horace Mann school-wide Spelling Bee on January 31 are:

8th Grade: Olivia Roeske-Kretzer, Nikheil Biswas

7th Grade: Emily Geiger, Christian Denny, Kayla Rayburn, Rylie Grieser, Lucas Ratanawang, Miles McQuay, Brynna Griffith

6th Grade: Tamera Mickelson, Rachel McLaughlin, Jayda Newman, Nadia Bauman, Neil Biswas, Lucy Brown, Max Geiger, Julia Reising, Lillian Pineda, Siam Rezwan, Mercedes Sherwood, Sami Miles, Wyatt Jackson, Alaina Goetsch, Ben Diny, Jenifer Lao

Students qualifying will advance to the Regional Spelling Bee held at DC Everest Middle School on February 9 at 4:00 pm.

HMMS BULLETIN BOARD

Homework Hotline

Available daily after 4:00 pm

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Team 7-2 261-0772

Team 8-1 261-0781

Team 8-2 261-0782

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Did you know?

If you get an email from "campus@wausau.k12.wi.us", it is from one of your child's teachers.

Be sure to check your spam account for any messages that may not come through.

"NO SCHOOL"

February 20

Staff Professional Development Day

Parent Teacher Conferences

Thursday, February 23 3:30 pm - 6:30 pm

Monday, February 27 3:30 pm - 6:30 pm

Yearbooks are available for pre-purchase in the main office for \$21.00. Buy yours today!

Don't miss out for the yearbook signing party!

If your child will be out of school for the day or late, please call our attendance line at 715.261.0735. You can leave a message 24-hours a day.

Thank you!

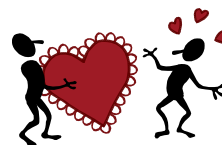
IMPORTANT!

School begins at 7:40 am.

Students are allowed in the building at 7:30 am and should be in homeroom ready to listen to announcements at 7:40 am.

7th and 8th Grade Valentine's Dance

Friday, February 10 7:00 - 9:00 pm



2012 -13 Open Enrollment: Important Dates

Open Enrollment Application Period for the 2012-2013 school year starts February 6, 2012

Wisconsin's inter-district public school open enrollment program allows children to attend a school district other than the one in which they live. An Open Enrollment application must be submitted online no earlier than February 6, 2012 and must be completed by Monday, April 30 at 4:00 pm. Late applications will not be accepted. To complete an online application, please go to the Wisconsin Department of Public Instruction Open Enrollment web page at <https://www2.dpi.state.wi.us/OpenEnrollApp>

For more information, please call Sheryl Kazda, Wausau School District, at 715-261-0570.

HMMS BULLETIN BOARD

February 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10 7th & 8th Grade Valentines Dance 7:00 - 9:00 pm	11
12	13	14	15	16	17	18
19	20 NO SCHOOL Staff Professional Development Day	21	22	23 Parent Teacher Conferences 3:30 - 6:30 pm	24	25 District Solo Ensemble at DC Everest
26	27 Parent Teacher Conferences 3:30 - 6:30 pm	28	29			

WSD E-communications

There is still time to sign up for the District’s electronic newsletter, *The WSD E-Dialogue*. All you need to do is go to the District’s homepage and click on Sign up for our E-communications. That will take you to the registration form. Just provide your first and last name, as well as your e-mail address and you will receive the next edition. *The WSD E-Dialogue* will not be posted to the Wausau School District website, so you will have to register if you want to receive this electronic community newsletter. Take a few minutes and register today!

Eagle Express

COUNSELOR'S CORNER

MANN MESSENGERS

Mann Messengers are students selected by the counselors and teachers to help out during their team study. Two students from each grade level spend their team study at the Guidance Office, where they are "ready to go" at a moment's notice to deliver messages to various classrooms. These messengers are greatly appreciated by the Main Office, the Health Office, and the Guidance Office.

January

Team 8-1: Gabriela Antolik & Molly Lattimer

Team 7-1 & 7-2: Nikolai Duerst & Ka Yang

Team 6-2: Sophie Maahs & Julia Reising

8th Grade Planning Conferences

The counselors started meeting with students and parents discussing a number of different topics during the 8th Grade Planning Conferences. We will continue to meet with students and parents through the end of March. Counselors will also be available during Parent/Teacher Conferences on February 23rd and 27th. If you have not received a letter and would like to schedule a planning conference with your child during this time, please contact the Counseling Office at 715.261.0740.

Single Parenting When You're Really On Your Own

Many single parents rely on the help of grandparents or other family members. But some single parents find themselves without family or friends that can lend a hand.

Build a support network

If you lack a good network of friends or resources, you need to get to know people. If you're feeling shy, depressed or overwhelmed, seek professional help from a therapist, counselor or clergy. Ask that person to be your "coach" as you build a support network.

Explore your neighborhood

Walk (don't drive) around the neighborhood and show your child where the police, fire department, pharmacy and grocery store are located.

Find out where organizations such as the YMCA or a teen center are located.

Get to know your neighbors. Make an effort to introduce yourself.

Get to know local merchants. Courtesy always works in your favor.

Investigate your local religious organizations for networking resources and support groups. If you are in a financial crisis, many religious organizations will help with temporary housing or food assistance.

COUNSELOR'S CORNER

Citizens of the Month

DECEMBER

Team 6-1



Tsw Yee Lor
Quinn Lodholz

Team 6-2



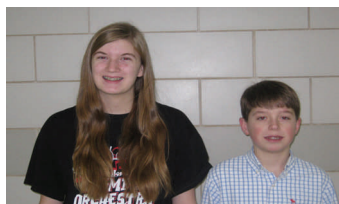
Jennifer Lao
Skyler Pauls
Nadia Bauman
Nathaniel Hustedt

Team 7-1



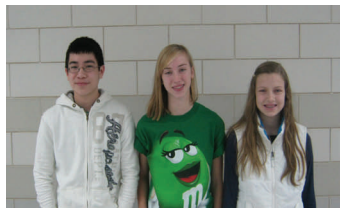
Grace Nass
Tyler Kramer

Team 7-2



Robyn Michalec
Christian Boulanger

Team 8-1



Greg Chang
Jordan Burton
Cierra Hess

Team 8-2



Valerie Condon
Julia Cravens
Moua Thor

TEAM NEWS

Team 7-1 and 7-2

The new semester brings along some exciting learning activities for 7th grade students. On January 27, we experienced Diversity Day, a day where community members teach classes on tolerance. During the afternoon of the same day, we went to the Boy's and Girl's Club for a fun filled day. Students had opportunities to participate in the many offerings provided such as open gym, art and computer classes plus much more. Later in February, we hope to have some World War II Veterans visit our classrooms and give presentations on their experiences in the war. We are also asking students to bring in any photographs or items related to a WWII veteran to create a show case in the 7th grade lobby area. In addition, we are asking students to make a donation for the Never Forgotten Honor Flight.

The 7th grade math students have been working on a Geometry Unit in which they're drawing a floor plan for an apartment they'd like to live in. Please talk to your children about their floor plans and how they're using the knowledge gain in class about Geometry to make them.

Finally, we would like to thank parents who donated extra money so everyone could go on the bowling trip.



Our students are hard at work volunteering in the community! Several groups – the 8th grade Student Council and the Girls 8th Grade Basketball Team rolled up their sleeves and volunteered at the Neighbors Place food pantry. Each group helped in several capacities – stacking pantry shelves, sorting through the volunteer boxes, and helping customers shop for items in the food pantry themselves. Each group learned valuable civic lessons of volunteering and the importance of giving back their time in the community.





Attention all Horace Mann Volunteers!

Start the 2012 out right! Horace Mann has a new way to volunteer at our school. Introducing **O.N.E.**, Our Network for Education, the Wausau School District's NEW Volunteer Program! **O.N.E.** is designed to assist schools in recruiting and managing volunteers and to help volunteers, both parents and community members, become more involved in our school and ensure the safety of our children. Parent volunteers working with students will need to fill out a Volunteer Profile online (or a paper copy if you do not have internet access). Go to www.wausau.k12.wi.us and click on the "Volunteer Now" icon. Once you are on the O.N.E. volunteer web page, click Horace Mann on the left hand side and sign up. If you have any questions, please contact Roxane Hagedorn, with questions at 715-261-0584 or at rhagedorn@ausau.k12.wi.us.

O.N.E. Begins New Partnership

This school year, O.N.E. has started a new community partnership with United Way's RSVP program. RSVP is part of the Corporation for National and Community Service's Senior Corp. program. RSVP is for volunteers age 55+ and want to make a difference in their community through volunteering. The partnership with RSVP gives the Wausau School District a unique opportunity to increase community involvement in schools while volunteers work with students.

Volunteers who are already District volunteers can become RSVP members and still continue volunteering at the school they're in. The only difference will be the added benefits for volunteers because of their RSVP membership, including:

- Secondary auto liability, accident and volunteer liability insurance (which is in effect while volunteering at a Wausau School District school),
- Regular social and educational activities and an annual volunteer recognition event, and
- 98% of RSVP volunteers nationwide report that their service has improved their knowledge, health or social connectedness.

To learn more about RSVP, visit their website <http://unitedwaymc.org/rsvp.htm>, email rsvp@unitedwaymc.org or call 715.848.2927.

United Way
RSVP of Marathon County

Helping Teens Manage Stress

Teenagers may experience stress daily, and could benefit from learning stress management skills. Poorly managed stress can lead to anxiety, withdrawal, aggression, illness or poor coping skills. When we perceive a situation as difficult or painful, changes occur in our minds and bodies to prepare us to respond. This “fight, flight or freeze” response includes faster heart and breathing rate, upset stomach or a sense of dread.

The same mechanism that turns on the stress response can turn it off. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and calm down. This “relaxation response” includes decreased heart and breathing rate and a sense of wellbeing. Teens that develop a “relaxation response” and other stress management skills feel less helpless and have more choices when responding to the stress.

Parents can help teens in these ways:

- Monitor if stress is affecting their teen’s health, behavior, thoughts or feelings closely
- Listen to teens and watch for overloading
- Learn and model stress management skills
- Support involvement in sports, social activities

By using these and other techniques, teenagers can begin to manage stress. If a teen talks about or shows signs of being overly stressed, a consultation with a child and adolescent psychiatrist or qualified mental health professional may be helpful.

Teens can decrease stress with the following behaviors and techniques:

- Exercise and eat regularly
- Avoid excess caffeine intake
- Avoid illegal drugs and tobacco
- Learn relaxation exercises like abdominal breathing and muscle relaxation techniques
- Develop assertiveness skills
- Rehearse/practice situations that cause stress
- Learn practical coping skills
- Break large tasks into smaller ones
- Decrease and challenge negative thoughts with alternative neutral or positive thoughts
- Learn to feel good about doing a competent or “good enough” job rather than demanding perfection from yourself and others
- Take a break from stressful situations - listen to music, talk to a friend, draw, write
- Build a network of friends who help you cope in a positive way

Eagle Express



At Horace Mann

Do you like to work on projects? Do you like science? Do you like Math?
Do you like to make things?

Attend the Horace Mann EGL after-school 3 week program.

Attend on Tuesdays and Thursdays in March -

March 6, 8, 13, 15, 20, 22

From 3:00 – 4:00 PM, in room 213.

Class limit to 24!

March 6 and 9 – Simple machines Make a mouse trap car! This class will use the mousetrap powered vehicle as a teaching tool to highlight the six simple machines. Topics such as mechanical advantage, gear ratio, technical drawing will also be a focus. The vehicles will be designed, constructed, and tested in a distance competition at the end of the last day.

March 13 and 15 – Physics of Roller Coasters – Model Construction

This class will focus on the physics behind one of the most popular amusement park rides. Acceleration due to gravity, roller coaster design considerations, and inclined planes will be some of the topics covered. Students will choose one of several roller coaster models to construct collaboratively in small groups.

March 20 and 22 – Harnessing Solar Power – Parabolic Heating Device

This class will focus on different applications of solar power currently being used or developed, as well as, other green energy sources. Students will research, design, construct, and test a simple device which will harness the energy from the sun and focus it in one location in order to roast a marshmallow.

Led and/or directed by EGL Academy students and staff.

For registration, listen to announcements and watch the Study Zone bulletin board.

Women & Science Day

Women & Science Day is an annual conference catered to girls in grades 7 and 8 showcasing professional women from throughout Wisconsin holding careers in science or technology. It provides a venue for girls to emulate professional women, see the variety of career options available, and engage in science. Presenters come from a variety of professions and provide fun, hands-on activities to introduce students to a range of careers options related to science.

Participants attend a welcome keynote presentation, three one-hour workshops, and lunch. Workshop choices and registration for the event are only available online. Pre-registration is required. Workshop availability is based on a first-come, first serve basis. Registration opens January 27, 2012 and is available at www.uwsp.edu/conted/women_science

Date: Friday, February 24, 2012

Times: 8:00 am - 2:30 pm

Where: UWSP

Cost: \$30

Save the Date!

Family University Network presents:

Healthy Families
Let the F.U.N. SHINE

When/Where:
Saturday, February 25, 2012
9 am—1:30 pm

Registration forms will be available January 2012

Visit us on the web: http://bit.ly/F_U_N

Horace Mann Middle School

Proudly sponsored by:
Marshfield Clinic

For this event, FUN has partnered up with Marshfield Clinic to create a healthy, FUN event. The event is \$5 for families and includes lunch. There is a variety of breakout sessions for parents and kids. Some of the events for speakers are Riverview Spinners, Beyond PB&J-Better Lunch Options, How Does Your Garden Grow with Kevin Korpela from Downtown Grocery, Internet Safety, Finding the Balance Between the Huxtables and the Simpsons (parenting course) and much more! Additional flyers are located at on the Study Zone bulletin board across from the main office.

You can also register at : <http://www.wausau.k12.wi.us/departments/FamilyUniversityNetwork/index.html>

The Eagle Express

Horace Mann Middle School
3101 North 13th Street
Wausau WI 54403-2317

WSD CONTINUOUS NONDISCRIMINATION NOTICE

The Wausau School District does not discriminate against individuals on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Federal law prohibits discrimination in education and employment on the basis of age, race, color, national origin, sex, religion, or disability. Anyone who believes that the Wausau School District has inadequately applied the principles and/or regulations of Title VI, Title VII, Title IX, Section 504 or the Americans with Disabilities Act, may file a complaint with the WSD Equity Director at the Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-059, or by telephone at 715-261-0500.

Lub Wausau School District txwv tsis pub leejtwg ua saib tsis taus ib tus neeg twg txawm yog hais tias nej yog pojniam los yog txivneej, yog haiv neeg dabtsi, ntseeg dabtsi, poj koob yawm txiv yog leejtwg, nyiam pojniam los yog txivneej li cas, muaj mob nkees li cas los yog xiam oob qhab li cas. Kevcai nyob rau tebchaws no txwv tsis pub leejtwg yuav ua saib tsis taus nej yog nej tuaj nrhiav haujlwm ntawm peb txawm yog nej yog haiv neeg twg, muaj noob nyoog li cas, cev nqaj daim ntawv yog xim dabtsi, nyiam pojniam txivneej, ntseeg dabtsi, los yog muaj kev xiam oob qhab li cas. Yog leejtwg ntseeg tau hais tias lub khoog tsev kawm ntawv Wausau School District ua tsis raws li txojcai thiab/los yog cov lus teev tseg nyob rau Title VI, Title VII, Title IX, Section 504 los yog Txojcai Tiv Thaiv Haiv Neeg Mekas uas Xiam Oob Qhab, nej sau tau ib tsab ntawv tsis txaus siab tuaj rau tus saib xyuas tej teebmeem zoo li no uas yog tus WSD Equity Director nyob tom Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-0359, los yog hu rau nws ntawm tus xovtooj 715-261-0549.

El Distrito Escolar de Wausau no discrimina contra las personas por motivos de sexo, raza, religión, nacionalidad, ancestro, credo, embarazo, estado civil, orientación sexual, o discapacidad física, emocional, mental o de aprendizaje. La Ley Federal prohíbe cualquier tipo de discriminación en la educación y empleo por motivos de edad, raza, color, nacionalidad, sexo, religión o discapacidad. Cualquier persona que crea que el Distrito Escolar de Wausau ha aplicado inadecuadamente los principios y/o reglas del Título VI, Título VII, Título IX, Sección 504 o del Acta para Americanos con Discapacidades, podrá presentar una denuncia ante el Director de Igualdad del Distrito Escolar de Wausau al Centro de Administración Longfellow, 415 Seymour Street, Wausau, Wisconsin 54402-0359, o por teléfono al 715- 261-0596.