

Holmes Middle School

Office of School Counseling Newsletter

From Mr. C's Desk



How quickly time flies! The Office of School Counseling hopes that everyone had a successful start to the school year. We want to stress the importance of continuing to work hard and to ask for assistance when needed. Please remember that most teachers are available after school on Mondays and/or Wednesdays to provide extra help if you need it.

Don't worry if you feel anxious about asking for assistance. This is normal and many students feel this way; however, asking for help is a skill that you must learn as you go through life. I can remember not too


long ago (cough, cough) I was struggling in an economics class my freshman year in college. My professor was an ex-marine, often yelled at us, and was very intimidating. I really didn't want to, but I had to go see him for help so that I could get a better grade. After meeting with him several times, I discovered that he wasn't such a bad guy at all. He was just very passionate about his class and wanted us to have the same passion for the material.

As you go through school, you'll find that some classes are harder than others. Those students who are ultimately successful in class and in life are those individuals who can identify their problems, find solutions, ask for help when needed, then commit to fixing those problems.

- Dave Czarnecki

Quarter Interim and Grade Reporting

Quarter	Interim Distributed	Quarter Ends	Grades Mailed
1st	Oct. 9	Oct. 30	Nov. 6
2nd	Dec. 18	Jan. 28	Feb. 5
3rd	Mar. 5	Apr. 9	Apr. 16
4th	May 12	June 22	June 25



Staff

David Czarnecki
Director
703-658-5940

Vianmarie Milan
Secretary
703-658-5940

Yolma Torres
6th Grade
703-658-5943

Malvolia Gregory
7th Grade
703-658-5942

Carrie Schaefer
8th Grade
703-658-5941

“A good head and a good heart is always a formidable combination.”

- Nelson Mandela



24-Hour Attendance Line 703-658-5919

Regular attendance at school is necessary for students to achieve academic success. All Virginia schools are required to refer students to the school attendance officer when a student has accumulated five days of unexcused absences.

Please utilize the Holmes 24-Hour Attendance Line to excuse your son or daughter when they are unable to attend school.

In addition, school begins at 7:50 am daily. If your son or daughter is going to be late for whatever reason, please send in a note or call the attendance line. If not, the tardy will be marked as unexcused.

Acceptable Excuses: Illnesses, doctor/dentist appointment, religious holiday, death in the family, pre-arranged absence.

Unacceptable Excuses: Overslept, babysitting, trips to the airport, car trouble, power outages, traffic, brother or sister is late, missing the bus, etc.

Excusing Check-Ins/Tardies: Written notes for check-in are required at the time of check in. If not, students will be signed in as unexcused and have 3 days to bring in a note from their parent/guardian. Students checking in late to school, whether excused or unexcused, must report to the Attendance Secretary first before going to class.

Excusing Check-Outs: Written notes are required and need to be brought to the Attendance Secretary before school begins. A pass will be given to the student stating the time the stu-

dent is to be released from class to go to the main office. If the student returns to school that same day, he/she must report to the main office and check back in before returning to class.

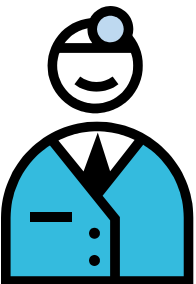
Additionally, students wishing to ride home with a friend on a bus other than their own, must submit a written request from both students' parents. This request must be turned in to the front office.

Inclement Weather

In every case of a FCPS school schedule change, the news will be carried by approximately 35 radio and television stations, which are notified as soon as a decision is made. Please do not phone the school or one of the stations for this information. Turn on your radio, television, or cable Channel 21, or check www.fcps.edu/news/weather.htm. To receive this information via e-mail, sign up for the *FCPS Keep in Touch* e-mail notification system. Go to the FCPS website and just click on *FCPS Keep in Touch* on the left hand side.

From The Clinic

The Holmes Middle School community, along with Fairfax County and the commonwealth of Virginia, is seeing an increase in reports of influenza-like illnesses. According to the Virginia Department of Health, Virginia has reached the classification of "widespread" for influenza-like illnesses, and almost all the influenza virus circulating in the state at this



time is 2009 H1N1 influenza.

Holmes Middle School continues to work closely with FCPS and the Fairfax County Health Department as we face the challenges of an active flu season. Influenza-like illness is widespread in the community, and therefore it is in the schools.

Because of this, Fairfax County Public Schools is not sending out notification to school communities regarding a single confirmed case of influenza or a group of confirmed cases at a particular school. The medical community is testing only a small number of influenza cases, so information on confirmed versus unconfirmed cases is not helpful. However, the Health Department continues to monitor absenteeism at individual schools and to monitor the severity of illness caused by 2009 H1N1. If the virus begins to cause more severe illness than what we are currently experiencing, FCPS will work with the Health Department to implement appropriate response measures.

The Centers for Disease Control and Prevention (CDC) encourages school systems to remain open whenever possible due to the social and economic impact that school closures have on the community. FCPS continues to follow this guidance.

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include fever plus a cough and/or a sore throat. Persons with influenza-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. We encourage everyone

in our community to help keep the flu from spreading by washing hands regularly and covering coughs and sneezes.

Scream Free Parenting Session

Thanks to all of the parents who attended the "ScreamFree" parenting session on Thursday, October 28th. This session was sponsored by Holmes' Office of School Counseling and led by 7th grade counselor Malvolia Gregory. One of the main themes of the presentation was to encourage parents to pay attention to their own emotional reactivity and remain cool, calm, and connected. Those parents who were present have asked for a follow up meeting to discuss additional parenting concerns. Please be on the look out for dates for a future meeting.



Flag Football Standings

	<u>Wins</u>	<u>Losses</u>
Team Patton	2	0
Team Farmerie	1	1
Team Yayboke	1	1
Team Abbott	0	1
Team Batchelder	0	1

Week 1

Team Patton	35
Team Farmerie	19

Team Yayboke	24
Team Abbott	14

Week 2

Team Patton	33
Team Yayboke	27

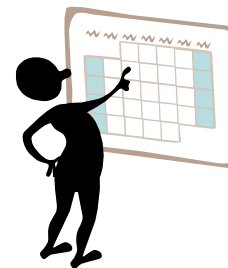
Team Farmerie	13
Team Batchelder	12



November & December

November

- 12 6th Grade Mini-Conference Night
- 16 Picture Make-up Day
Music Fundraiser Delivery
- 18 6th Grade Honor Roll Celebration – 2:00 p.m. – Lecture Hall
- 20 7th Grade Honor Roll Celebration – 1:15 p.m. – Lecture Hall
8^h Grade Honor Roll Celebration – 2:00 p.m. – Lecture Hall
- 23 PTA Meeting
- 25 **2 Hour Early Closing – School dismisses at 12:40 p.m.**
- 26-27 **Thanksgiving Holiday – No School**



December

- 3 Band Concert (7th & 8th Grades) – 7:30 p.m. – Cafeteria
- 10 – 12 Holmes Musical Production
- 15 Orchestra Concert (7th & 8th Grades) – 7:30 p.m. – Cafeteria
- 17 Choral Concert (7th & 8th Grades) – 7:30 p.m. – Cafeteria
- 22 6th Grade Winter Concert – 7:30 p.m. – Gymnasium
- 23 **2 Hour Early Closing – School dismisses at 12:40 p.m.**
- Dec. 24 –**
- Jan. 3 Winter Vacation – No School**

Insiders

For over 10 years, Holmes Middle School has had a working relationship with a group of local businesses called the Insiders. The Insiders meet biweekly to share leads and to network. Members from this group have been mentors to some of our students, speakers at Career Day, and have donated supplies and financial support to our school. In return, Holmes assists them in anyway we can. Please support these businesses whenever possible. Some of the listed businesses offer discounts to Holmes' staff members and parents. Thank you.

Air Conditioning & Heating

Chuck Moran

Moran's Refrigeration Service, Inc

703-642-1200

Chuckm45@aol.com

Computer Services

Bob Havey

D2D Computer Services

703-569-8195

havey@dtwod.com

Home Improvements

Edward Cassidy LLC

703-569-1138

Fisheye069@aol.com

Insurance

Health/Long Term Care/
Disability Life

Bernie Cohen

Insurance Solutions

703-933-9111

703-933-9111

www.BernieCohenInsurance.com

Investments & Financial

Planning

Carol Goldstone & Eric Goodson

Citigroup, Smith Barney

703-739-3680 or 703-739-3684

Carol.t.goldstone@smithbarney.com

Eric.v.goodson@smithbarney.com

Mortgages

Dan Clark

Wells Fargo Home Mortgage

800-385-8671 x 5583

Daniel.clark@wellsfargo.com

www.wfhm.com/dan-clark1

Printing

Charley Kramer

Minuteman Press

703-440-0642

ckramer@minutemanpress.com

springfieldva.minutemanpress.com

Real Estate Sales & Marketing

June La Marca/Max Allegiance

703-250-8500

llamarca@erols.com

www.junelamarca.com

Reverse Mortgages

Larry Tate

Wells Fargo Home Mortgage

703-333-5575

Larry.tate@wellsfargo.com

www.wfhm.com/larry-tate

Taxes & Payroll

Charney Weber, CPA

703-922-5882

www.nationalpayrollcorp.com

Video Production Services

Abby M. Sternberg

Media Masters, Inc.

703-503-5924 or 703-978-2198

abby@mediamasters.tv

www.mediamastrs.tv