

# Colts Newsletter

Issue #5: March 2023



## Women's History Month

By Leah S.

Women's History Month was originally Women's History Day during February 1909. It was a commemoration for the one year anniversary of the Garment Worker Strike. This was a strike where 15,000+ women protested about their working conditions in factories in Manhattan, NY. Most were young teenage women who were working in packed factories with sewing machines for 12+ hours each day for minimal money. These factories were not held to working standards, and one factory even burned down in 1911, killing 145 women.

Women's History Month is a month to reflect on how women have fought hard for a long time to earn equal rights in the United States. These events have impacted our country and its history. March represents the milestones that brave, powerful women have went through to get where we are today, and to celebrate those achievements. There are many places across the globe today where women are still fighting for equality.



## Holidays and Events!

February Break - Feb. 27th-March 3rd

Teen Mental Health Day - March 2nd

Daylight Savings - March 12th

STEAM Night (5-7:30) - March 13th

No School (Town Voting) - March 14th

"Pi" (3.14) Day - March 14th

8th Grade Career Day - March 16th

St. Patrick's Day - March 17th

Spring Equinox - March 20th

Karaoke Friday - March 24th

HMS Spirit Week - April 3rd-7th

\*No School Store During the Month of March\*

## HMS Monthly FOCUS

By Rylee G.

### Academic - Planning & Managing Time

Planning and managing is setting a time frame for yourself to complete things and making sure everything gets done.

### Social Emotional - Relationship Skills

Relationship skills is making friends and talking with others appropriately. You should always be polite to everyone!

### CTE - Career Exploration

Career exploration is important to figure out what direction you may want to go in life. The CTE is a great place to explore that!



*Respect, Responsibility, Hard Work*



# What's Up at HMS?

## HMS Sports & Club Updates

Over 60 students sign up for spring intramural dodgeball! It runs on Thursdays in February and March. There are six teams coached by Ms. Guilbeault, Ms. Leary, Ms. Glaude, Mr. Stilphen, Mrs. Phaneuf, and Mrs. Truncellito. Ms. Glaude is looking to defend her title of intramural champions from the Fall! We will see who wins the blue championship shirts this Spring!

The winner of the Annie Jr. design contest will be announced the week of March 14th! The Annie Jr. Musical is still preparing and sets are being made! The Musical will be performed on Friday, April 7th & Saturday, April 8th at 7pm in the HMS gym. Tickets will go up for sale during the week of March 20th online. Anyone can attend! Hope to see you there!

## Valentine's Day Dance

By Liana G.

On Friday, February 17th, the 7th and 8th graders had a Valentine's Day dance in the cafeteria from 6:30 to 8:30. The tickets were sold during lunches the week of the dance for \$10 each.

The dance was a huge success! The music was great and everyone had a good time. Thank you to all the teachers and parents that chaperoned, the dance committee for planning it, and the HMS PTO for having snacks and drinks available for students to purchase.

A special shout out to Mr. Pooler! Thank you for dancing with us and showing off your dance moves! They were great!



# STEAM NIGHT!

Hands-on activities for all ages!

Trimester 2 Art Gallery!

Nashua Area Radio Club!

Sub Zero Ice Cream!

Prizes:  
Baskets  
Gift Cards  
"Pi" an Admin

PTO Selling Pizza "PI" Slices!

## Monday, March 13<sup>th</sup>

### 5pm - 7:30pm

### In the HMS Cafeteria

Come for any amount of time! Bring friends and family!

# What's Up at HMS?

## Spring Sports!

By Olivia T.

We have some options for spring sports and activities at HMS. The spring season starts at the end of March and goes through May. Tryouts are happening in the next few weeks!

### Track & Field Information

**Coaches:** Mr. Schmidt & Ms. Leary

**Information Meeting:** March 15th after school

**Tryouts:** March 27th-29th after school

**Track Events:** 100m, 200m, 400m, 800m, 1600m, 110 hurdles, 400m Relay, 1600m Relay

**Field Events:** Long Jump, High Jump, Discus Throw, Shot Put

### Softball & Baseball Information

**Softball Info Meeting:** March 9th after school

**Baseball Info Meeting:** March 15th after school

## 8th Grade Boston Trips!

**Attention ALL 8th grade students that are NOT going to Washington D.C.!!**

This is a reminder that you MUST bring in your permission forms and cash payment by Friday, March 31.

Permission forms must be returned even if you are not going on the field trips! Please drop off your permission forms and cash payment in Mr. Campo's office, Room 220 as soon as possible!

Students going on the trips will get to experience a full day at the CTE Center, a CSI day with Hudson PD, a Field Day, and two trips to Boston!

## Spirit Week!

By Chase M.

Spirit week is a fun activity that gets everyone excited! This event will take place the week of April 3rd-7th. The top participating homeroom will win a trophy and their choice of a pizza or ice cream party. The 2nd and 3rd place homeroom will win a ribbon and candy! Everyone can participate and have fun!

### MONDAY- 4/3 - Disney Day!

Dress as a character or in Disney gear!



### TUESDAY- 4/4 - Zoom Day

Dress fancy on top and comfy on the bottom!

### WEDNESDAY- 4/5 - Twin Day!



Dress as a twin (or more) with someone!

### THURSDAY- 4/6 - Hawaiian Day!

Dress like you're a tourist headed for Hawaii!



### FRIDAY- 4/7

### **Anything but a Backpack Day!!!**

Bring anything you can carry your supplies in except a backpack!



# Special Feature!

## The HMS Cheerleading Team's Season

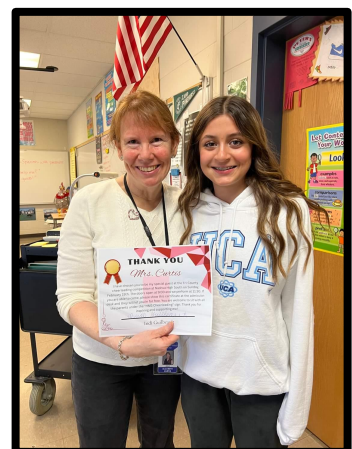
By Rylee G.

From fundraising \$256 that was donated to the #SupportUkraine War Relief Fund, to hosting a local cheer team showcase with the AHS Unified Cheer Team, to earning 1st place in 2023 Tri-County Cheerleading Championship at Nashua South the team has done so much! At the Championships the cheerleaders scored an impressive 87.1 points, 14 points over 2nd place, and won against 11 teams! This is the third Tri-County Championship year in a row now for the Colts! But these amazing girls didn't stop there, as they also won 1st place honors at the Capital City Cheerleading competition at Concord High School the next day! Each 8th grader invited a staff member from HMS to the competition that has played an important role to them.

There are six cheerleaders this year that are now 8th graders and will be moving on to high school. We interviewed two of these students to hear their thoughts on the HMS Cheer Team during the time they've spent here. Both stated that "My entire experience on the HMS Cheerleading Team was and is amazing!". One 8th grader had been on the team all 3 years and stated that what they love about the team is "how organized we are. We always have some sort of game plan going into practice and that helps a lot! I also love how hard we work. Hard working teams like ours is the true key to success." Another 8th grade student that was on the team for 7th & 8th grade stated that what they love most about the team is "how we all work as a family and 'fill each other's tanks up'. Our team had some discouraging down moments prior to the competitions with injuries and other things but we pushed through and persevered. We practiced 5 days a week, sometimes even more to prepare for the competitions."

Both 8th graders interviewed stated that they "were extremely nervous but still held their heads high for the 6<sup>th</sup> and 7th graders as we went into our competitions, which paid off". There is clearly an amazing sense of teamwork, leadership, and mentoring that happens within the HMS Cheer Team between veteran cheerleaders and those newer to the team. Next year, most of the 8th graders plan to try out for the AHS Cheer Team, but stated that they "will miss HMS Cheer in ways we can't even explain. It's made us the people, and cheerleaders, that we are today, mostly because of our coaches. Without them, we wouldn't be where we are now".

**Congratulations to Mrs. McGivern, the coaches, and the team on an amazing season!!**





# Student Artwork!

*Please give us Art or Literature!  
It can be submitted anonymously!*

*Put in the Colts Council Box on the stage OR  
email to [ablais@sau81.org](mailto:ablais@sau81.org)!*

## Swing Choir Performance!

By Lando C.

On the 17th of February the HMS Swing Choir performed in front of families and friends at the high school's Barnyard Cafe for Pasta Palooza. The following students performed the song below and did amazing! Great job!

**Cups** .....Lexi.C

Made popular by Pitch Perfect (2012)

**Schuyler Sister**....Lando C, Logan D, Grace R

From Hamilton (2015)

**A Million Dreams**.....Lina N

From Greatest Showman (2017)

**Roar**.....Maddy B

As performed by Katy Perry

**Who's Laughing Now**.....Clare G

As performed by Ava Max

**Fight Song**.....Emma M

As performed by Rachel Platten

**Reflection**.....Elie M

From Mulan (1998)

**When He Sees Me**..... Lando C

From Waitress (2015)

**Opportunity**.....Anelisse RM

From Annie (2014)

**Rewrite the Stars**.....Grace R, Emma M

From The Greatest Showman (2017)

**Scars to Your Beautiful**...Clare G, Olivia M

As performed by Katy Perry

# Time Management

By Alex H



As a student, time management can be challenging. Especially when there is so much to do with so little time. When managing your time, it is important to have priorities. Assigning priorities can be done using a combination of due dates, difficulty, end point value.

For example, you have an easy summative that's due in a week and a difficult practice assignment due in a few hours. You would want to work on the practice because the practice is harder and due sooner. The essay, you should start after and also work on over several days so that it does not feel so overwhelming or cause you to rush if you wait until the day before it is due.

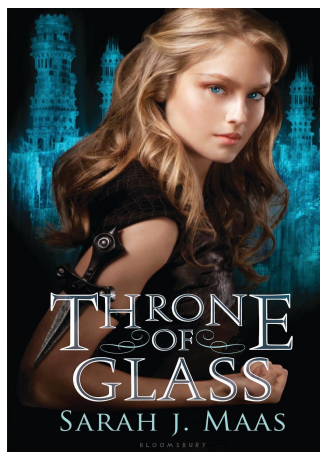
This prioritization system can help you to use your time wisely and get everything done. You can also incorporate chores or other responsibilities into your time management. Planners or your phone calendar are good ways to keep track of what you need to do! Additionally, it is important to not forget to maintain a healthy balance of exercise, relaxation, and academics.

## Literature Recommendation

Recommended by Ms.Clegg 7th grade team 5

By Hayley H-B.

**Throne Of Glass By Sarah J. Maas**



Throne of Glass is a high fantasy novel series by American author Sarah J. Maas, beginning with the entry of the same name, released in August 2012. The story follows the journey of Celaena Sardothien, a teenage assassin in a corrupt kingdom with a tyrannical ruler, the King of Adarlan.

# Quote Of the Month

“It is often the small steps, not the giant leaps, that bring about the most lasting change.” - HRM Queen Elizabeth II

## Student & Staff Shout Outs

Shout out to all the staff and parents that helped make the dance possible!

Shout out to the PTO for running the school store!

Shout out to Mrs. Spinelli for organizing Tom White to come to our school!

Shout out to Ms. Crivello and Paul for all of their hard work on the Annie Jr. Musical so far! We're so excited to perform it!

Shout out to Henry H. in 6th grade who is always taking the time to pick up trash in the hallways and outside at recess! He makes our school a cleaner and nicer place!



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@hmscolts



## Monthly Tip!

By Max I.

Getting good grades takes hard-work and responsibility, but it will help you in your life and in the future. Turning in your assignments, taking any opportunities for extra credit, turning work in on time, checking in with teachers after being absent, using FOCUS wisely, asking for help, and studying are all ways to help yourself do better in school and build skills for life.

## RECOMMENDATION OF THE MONTH

By Maddie Lamphier



Let's start off this new month with a classical show Scooby-Doo! Scooby-Doo has many different animated TV series such as "What's New Scooby-Doo?", "Scooby-Doo and Scrappy-Doo", etc. and many different animated and live action movies too! Scooby-Doo and the Mystery Inc. gang are just full of exciting mysteries to solve and fun! Scooby-Doo is ready for you!

## CONTACT INFORMATION

Want to submit something to the Newsletter? Have a comment or concern?

Email the Advisors:

Ms. Blais ([ablais@sau81.org](mailto:ablais@sau81.org)) and  
Mrs. Freemantle ([lfreemantle@sau81.org](mailto:lfreemantle@sau81.org))

Or put submissions into the Colts Council Box on the stage in the Cafeteria



*Respect, Responsibility, Hard Work*

