

# EAST UPDATE SEPTEMBER 2017

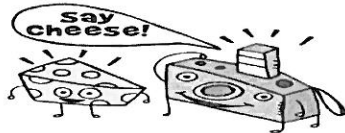
(781) - 380-0170 FAX (781)-848-4522

<https://www.braintreeschools.org>



**BACK TO SCHOOL NIGHT**  
GRADES 6, 7 & 8  
THURSDAY,  
SEPTEMBER 21, 2017  
6:00 P.M.

## PICTURE DAY



**MONDAY, SEPTEMBER 11, 2017**

## ATTENDANCE

### CALL IN LINE

(781) 380-0170

SELECT OPTION 1 ON MENU OR

Ext: 1451

Please call this number  
before 7:45 each day, if your

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# PRINCIPAL'S NOTES

By: John J. Sheehan

Dear East Middle School Parents/Families,

It is a pleasure to welcome all returning students and our new students to the 2017-2018 school year! The teachers and staff have been working hard preparing their lessons and classrooms and look forward to sharing many engaging academic experiences with our students. Partnering with parents, we will work together to provide a rich and meaningful educational experience for all.

The following information should help to answer some of the questions that you may have as the school year begins. Please do not hesitate to call the school for more information 781-380-0170.

## **Morning Routines**

The doors open at 7:53 a.m. and students are required to be in their homeroom by 8:02 a.m. Attending school on-time, every day is critical to student success.

## **Transportation**

Questions about bus routes and other transportation inquiries can be addressed by calling the Transportation Department at 781-380-0728. If you are dropping off and picking up each day, please follow the flow of traffic in front of the building.

## **Student Schedules**

Please remember that a great deal of thought and effort goes into creating student schedules, we place students in classes based on the needs of the student. Please do not ask to change a student's schedule based on where his/her friends are scheduled. If you do have questions about your child's schedule please call the East Guidance office.

## **Aspen Family Portal**

Parents may register for view-only access to their child's schedule, attendance and grades. The portal will be opened in early September. Please use the portal as an important tool in partnering with the teachers to track your child's academic efforts. Passwords from last year will work this year as well.

Please call the school with any questions. We anticipate a very smooth opening and a wonderfully productive school year.

John J. Sheehan  
Principal



# HEALTH ROOM

Ms. O'Rourke Ext: 3031  
Ms. Wright Ext: 3030

## **Immunization/Physical Exam Requirements for Entry into 7<sup>th</sup> Grade**

- a physical exam completed after 9/1/2016
- 1 dose of Tdap (Tetanus, Diphtheria and acellular Pertussis)
- 2 doses of Varicella (Chicken pox) or a physician certified history of chicken pox that includes the month and year.

*If you haven't already done so, please send in a copy of your child's physical exam.*

## **Attendance Call In Line** (781) 380-0170 Ext: 1

If your child is absent, please don't forget to call the Attendance Line. If you know your child is going to be out for longer than one day, for whatever reason (illness, travel, etc.) please let the nurses know the duration of the absence.

### 7<sup>th</sup> Grade BMI Screening

During the first week of school in the fall, all 7<sup>th</sup> grade students will participate in the Massachusetts Body Mass Index (BMI) Screening Program. BMI is a number calculated using a child's age, gender, height and weight. BMI can be a useful tool in identifying possible health risks.

Your child's screening will be conducted by a trained Physical Education teacher. Please know that your child's privacy will be respected at all times. The results of your child's height, weight, and BMI measurement are strictly confidential. You may request a copy of your child's results by contacting the school nurse. **You may waive your child's BMI screening by submitting a written request to the school nurse prior to the beginning of the school year.**

## East Middle School Soccer and Basketball Teams

If your child plans on trying out for either of these teams during the 2017-2018 school year, a physical exam that is less than 12 months old must be on file in the Health Office prior to tryouts. Soccer tryouts will be in September, basketball tryouts will be in November. If you have any questions about the physical exam requirements please call.

***Book your child's physical exam appointment now!!!!!!***



# Guidance Department

**Mr. Devlin**  
A—F  
[kdevlin@braintreema.gov](mailto:kdevlin@braintreema.gov)

**MS. MINUCCI**  
G-M  
[sminucci@braintreema.gov](mailto:sminucci@braintreema.gov)

**Ms. Lacourciere**  
N-Z  
[klacourciere@brainteema.gov](mailto:klacourciere@brainteema.gov)

**Ms. Doherty**  
Guidance Secretary

**Ms. Holleran**  
School psychologist  
[eholleran@braintreema.gov](mailto:eholleran@braintreema.gov)

**SEPTEMBER, 2017**

Welcome back to all of our returning students and welcome to all of our new students! This school year is going to be a great one here at East Middle School. It's a new year and that means a new opportunity to do our best, so let's start the year off right. Remember, assignment notebooks are the best way to stay organized and make sure all of that homework gets done. We have extra assignment books for purchase in the Guidance Office if another one is needed. Please have your child stop by Guidance with any questions or concerns about middle school – we are here to help!

We would like to welcome our newest member of the Guidance Staff, Keith Devlin. Mr. Devlin will have students with the last name beginning with A-F, taking over for Ms. McGerigle who has since retired after many wonderful years of service. We are excited to work with your children this year!

As always, we are here to help in any way we can here in Guidance. We wish you all the best in the new school year.



INFORMATION FROM MS. MORETT—WELCOME BACK !

No better way then for East to start the new school year by collecting old sneakers! We are asking families to clean out their closets and donate old sneakers to our sneaker drive. The sneakers will be recycled and used to help build play grounds, basketball courts and gyms in our communities. We appreciate all your constant giving and help! All sneakers can be brought to MS. Morett in room 102.

Thank you,  
Community Service Club

### **Calling all Pet Lovers!**

Doggies, Kitty's, Lizards oh my! Birdies, Fishies, Hamsters oh boy! Yearbook Club would love to dedicate a page or two to students and their pets! If you and your pet would like to be in the spotlight please bring a picture or email a picture to Ms. Morett @ [mmorett@braintreema.gov](mailto:mmorett@braintreema.gov).

### **YEARBOOK SALES!**

It's never too early to think about purchasing your 2017-2018 East Middle School yearbook! Cash or checks can be brought to Ms. Morett in room 102. Yearbooks are \$25. If you have any questions, please contact Melissa Morett at [mmorett@braintreema.gov](mailto:mmorett@braintreema.gov).

Thank You!

# EAST MIDDLE SCHOOL WELLNESS WALL

Welcome back to school everyone! All of us in the P.E. department are very excited for this upcoming school year. We have a couple new additions to our program this year. Joining us are Mr. Caffelle and Ms. Leader and both of them are really looking forward to a great first year here at East.

We want to make sure all students in P.E. class start the year off on the right foot and are prepared for another great school year.

Reminders....

- All students must change out of their school clothes and into appropriate P.E. clothes in order to receive full credit for class.
- P.E. uniform: T-shirt/long sleeve shirt and athletic shorts
- Must wear sneakers. Boots, sandals, Sperry's, Uggs, etc. are not allowed.
- Each student will have their own locker and lock, where you will lock up your clothes and any other small items in our locker rooms.
- We strongly suggest that students use deodorant after class is over. You can leave the extra stick of deodorant in your locker so you don't forget it.
- Optional items: an extra pair of sneakers, extra pair of socks, athletic pants, and a light jacket.
- Most of all we want to make sure you have fun this year in P.E. and learn about how to keep your body active and health through a variety of physical activities.

In addition, sixth grade students will need to pay a one-time \$5.00 fee for their P.E. lock that covers them for all 3 years at East. This is different from your homeroom lock. Cash or check (written out to East Middle School) should be given to your P.E. teacher, not your homeroom teacher. The P.E. teachers will collect the cash or checks and keep track of who paid for their locks. That list and all of the money will be handed into the main office at the end of each school day. For all grades, there is a \$5.00 replacement fee for any lost locks. If you lose your lock, please let your teacher know right away so we can help you find it. Almost all locks that are reported missing the same day are found. It is a lot tougher to find them when you don't tell your teacher right away. No locks from home are permitted. Please contact the P.E. department if you have any further questions.

We look forward to meeting you!

- Mr. Caffelle, Ms. Leader, & Mr. Puntiri

**ATTENDANCE  
CALL-IN LINE  
(781) 380-0170**

**Select Option 1 on menu  
or Ext: 1451**

Please call this number if your child is absent. All you need to do is call and after the message, leave your child's name, grade, and reason for absence. All calls will be strictly confidential. We strongly encourage you to use this service.

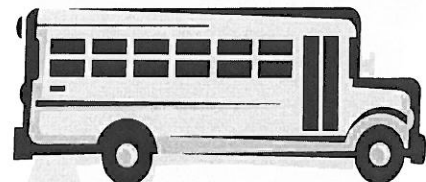
It is important that we know that your child is safely at home with your permission. Please take a moment and call the attendance line when your child is absent.

**PICTURE  
DAY**

**MONDAY -  
SEPTEMBER 11, 2017**



**PLEASE SEND IN YOUR  
CHILD'S PICTURE FORM  
ON PICTURES.**



**DISMISSALS**

Students are **not** permitted to call a parent/guardian to dismiss themselves for any reason.

All dismissals for health reasons are to be through the health office and at the discretion of the school nurse.

Students **dismissed before 11:00 AM** are considered absent.

Students **dismissed after 11:00 AM** are considered present for the day.

Students **tardy before 11:00 AM** are considered Tardy Present.

Students **tardy after 11:00 AM** are considered Tardy Absent.

**SUSTAINED SILENT READING**

Every day all students will enjoy a twenty-minute period of silent reading. Hunt through your bookshelves, find that book you haven't read and bring it to school each day. The success of SSR is attributed to the effort and cooperation of our staff and students.

Be sure to bring a book every day, including the first day of school.



**SCHOOL  
LUNCH  
PROGRAM**

**Middle School Lunch  
includes milk  
\$3.00**

**LOST AND FOUND**

If your child is missing any clothing items, please encourage them to check the shelves in the cafeteria.

Lost books, notebooks, etc. are located on the bookcase just outside Mr. Curran's office.

For missing items of value (eye glasses, watches, jewelry, etc. ) check with the main office.

**PHYSICAL EDUCATION**

**All 6th grade students must bring in \$5.00 for their Phys. Ed. padlock (this is separate from their regular homeroom locker padlock).**

**All students should bring in a pair of shorts, t-shirt, extra pair of sneakers (optional) and deodorant stick for their first day of Phys. Ed.**

**BUS INFORMATION**

All bus routes and times will be published in the Braintree Forum and the Patriot Ledger shortly before the opening of school.

East students eligible for transportation in Grades 7 & 8 will be required to pay \$180.00 for the school year. A family cap has been set at \$250.00. Fees will be waived for families eligible for free and/or reduced lunches.

All students in Grade 6, who live less than two miles from school and wish to ride the bus, will also be required to pay \$180.00 to ride the bus for the year. Students in Grade 6 who live more than two miles from the school will be able to ride the bus at no charge.

Transportation Fee Forms are available through Ms. Gaughan at East Middle School. All checks should be made payable to: Braintree Public Schools



# EAST MIDDLE SCHOOL


## 2017-2018

LOCKER BELL  
WARNING BELL  
HOMEROOM BELL

7:53-8:00 A.M.  
8:01 A.M.  
8:02-8:07 A.M.

	2017-2018					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
BLOCK 1 8:10-8:54	1	2	3	4	5	6
BLOCK 2 8:57-9:41	2	3	4	5	6	7
BLOCK 3 9:44-10:28	3	4	5	6	7	1
BLOCK 4 10:31-11:15	4	5	6	7	1	2
BLOCK 5 11:15-12:51	5	6	7	1	2	3
A LUNCH/ GRADE 6 11:15-11:37 READING 11:40-12:02 CLASS 12:03-12:51						
B LUNCH/ GRADE 7 11:40-12:02 READING 11:18-11:37 CLASS 12:05-12:51						
C LUNCH/ GRADE 8 12:05-12:27 READING 12:30-12:51 CLASS 11:15-12:02						
BLOCK 6 12:54-1:38	6	7	1	2	3	4
BLOCK 7 1:41-2:25	7	1	2	3	4	5

EXTRA HELP SESSIONS 2:30-3:10 P.M.  
LATE BUS 3:30 P.M.



girl scouts  
of eastern  
massachusetts

# THERE IS POWER IN EVERY G.I.R.L.



Picture this: a safe place to try new things, find a sense of belonging, take on challenges and inspire others! That's Girl Scouts. A place where a **G.I.R.L.** (Go-getter, *In*novator, Risk-taker, Leader)<sup>™</sup> can transform her ideas into action, turn her questions into adventure, and grow her confidence through practice.

Girl Scout troops are organized by school grade (K-12), meet regularly during the year, and are led by a team of volunteers. Annual membership is \$40 per girl.

*Believe in the Power of* **G.I.R.L.**  
Join a troop today at [gsema.org/join](http://gsema.org/join).

You can be a part of it, too! Volunteer today at [gsema.org/volunteer](http://gsema.org/volunteer).



# Yard Sale

To Benefit  
East Middle School's  
Production of  
Seussical The Musical  
Saturday, November 4, 2017  
9-2

In the East cafeteria.  
Any and all donations are wel-  
come!!

Contact Mr. L at East  
[CLASKOSKY@BRAINTREEMA.GOV](mailto:CLASKOSKY@BRAINTREEMA.GOV)

## **Math Team Open to All Students**

**Ms. Mauro would like to encourage all students to join this year's Math Team. The club meets most Tuesdays during the school year at 2:35 p.m. in Room 213. The Math Team engages in fun explorations in math and its members will have opportunities to compete in math competitions during the year.**





348 Pond Street, Braintree, MA 02184  
 Telephone (781) 380-0130  
 Fax (781) 380-0146  
 www.braintreeschools.org  
 @BraintreeEDU

## 2017-2018 School Calendar

### Administration

Dr. Frank Hackett, Superintendent  
 Jennifer Fay, Assistant Superintendent  
 Edward Cronin, Business Manager

### School Committee

Lisa Fiske Heger, Chairman  
 Thomas Devin, Vice Chairman  
 George Kokoros, Recording Secretary  
 Cyril Chafe  
 Kate Naughton  
 David Ringius Jr.  
 Joseph C. Sullivan, Mayor

School	Principal	Phone	Regular School Hours	Early Release Hours
Braintree High	James Lee	781-848-4000	7:35AM-2:05PM	7:35AM-11:10AM
East Middle	John Sheehan	781-380-0170	8:05AM-2:25PM	8:05AM-11:45AM
South Middle	Damon Rainie	781-380-0160		
Mary E. Flaherty Elementary	Stacey Soto	781-380-0180	8:45AM-2:50PM	8:45AM-12:10PM
Highlands Elementary	Dr. Nancy Pelletier	781-380-0190	AM Kindergarten 9:00AM-11:30AM	AM Kindergarten 9:00AM-10:30AM
Hollis Elementary	Tim MacDonald	781-380-0120		
Liberty Elementary	Tara Boening	781-380-0210	PM Kindergarten 12:00 NOON-2:35PM	PM Kindergarten No School
Archie T. Morrison Elementary	John Riordan	781-380-0230		
Donald Ross Elementary	Frank McGourty	781-380-0240	9:00AM-2:35PM	9:00AM-11:55AM
Monatiquot School Kindergarten Center	Donna Anderson	781-794-8422		
Integrated Preschool	Dr. Jessie-Sue Milo	781-848-4000	AM Preschool: 8:00AM-10:30AM PM Preschool: 11:30AM-2:00PM	AM Preschool: 8:00AM-10:30AM PM Preschool: No School

**September - 18 Days (18)**

M	T	W	T	F
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

9/4 NO SCHOOL - Labor Day  
 9/5 NO SCHOOL - Teacher Workshop  
 9/6 First Day Students Grades 1-12  
 9/7 Kindergarten Story Hour  
 9/8 First Day for All Kindergarteners  
 9/11 First Day for Preschool  
 9/26 1/2 Day - Teacher Workshop

**February - 15 Days (109)**

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

2/19-2/23 NO SCHOOL - February Break

**October - 21 Days (39)**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	18	20
23	24	25	26	27
30	31			

10/9 NO SCHOOL - Columbus Day  
 10/25 1/2 Day - Teacher Workshop

**March - 21 Days (130)**

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

3/8 1/2 Day - Teacher Workshop  
 3/27 1/2 Day - Teacher Workshop  
 3/30 NO SCHOOL - Good Friday

**November - 18 Days (57)**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

11/7 NO SCHOOL - Teacher Workshop  
 11/10 NO SCHOOL - Veteran's Day  
 11/22 1/2 Day - Day Before Thanksgiving  
 11/23 NO SCHOOL - Thanksgiving  
 11/24 NO SCHOOL - Thanksgiving Break

**April - 16 Days (146)**

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

4/16-4/20 NO SCHOOL - Spring Break

**December - 16 Days (73)**

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

12/7 1/2 Day - Teacher Workshop  
 12/25-1/1 NO SCHOOL - Winter Break

**May - 22 Days (168)**

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

5/28 NO SCHOOL - Memorial Day

**January - 21 Days (94)**

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

1/1 NO SCHOOL - New Year's Observance  
 1/15 NO SCHOOL - Martin Luther King Jr. Day  
 1/30 1/2 Day - Teacher Workshop

**June - 17 Days (185)**

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29


6/2 BHS Graduation  
 6/15 Last Day of Preschool  
 6/25 Last Day of School if 5 snow days are used: 1/2 Day for Students\*

\*The end date of 6/25 includes 5 snow days.  
 If no snow days are used, school will finish on 6/18 for all students and teachers.

Key:   =NO SCHOOL   =1/2 Day

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 LABOR DAY NO SCHOOL	5 NO SCHOOL TEACHER WORKSHOP	6 FIRST DAY OF SCHOOL GRADES 1-12 DAY 1	7 DAY 2	8 DAY 3	9
10	11 Picture Day	12	13	14	15 Earthview	16
17	18	19	20	21 Back to School Night 6:00pm to 7:30pm	22	23
24	25	26 1/2 DAY TEACHER WORKSHOP	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday
 Crispy Chicken Patty on a bun Tomato & Lettuce Toppers Carrot Coins Crispy Crunchy Chic Peas Fruit B: Snack'n waffle	BBQ Rib Sandwich on a Bun Garden Side Salad Light Ranch Dressing Roasted Potatoes Apple Crisp B: Mini Maple Pancakes	Choice of Hamburger or Cheeseburger on Whole Wheat bun Tomato and Lettuce Toppers Condiments Tater Tots Carrot coins Pickles B: Cheesy bagel	Chicken Caesar Salad Half Pita Bread String Cheese Peaches B: Blueberry muffin	Big Daddy's Pizza Slice Baby Carrots Celery Sticks Creamy Ranch Hummus dip Cookie B: Ham & cheese on a bagel
Crispy Chicken Patty on a bun Tomato & Lettuce Toppers Carrot Coins Crispy Crunchy Chic Peas Fruit B: Snack'n waffle	Beefy Nachos Cheese Salsa Shredded Romaine Lettuce Lowfat Sour Cream Mixed Fruit B: Ham & cheese on a bagel	Unbelievably Good Homemade Lasagna Steamed Broccoli Breadstick Fruit B: PBJ	Chicken Fajita Cheese Salsa Corn Mixed Fruit B: Egg & cheese on a bagel	Personal Pizza Baby Carrots Green Pepper Slices Cucumber Wheels Lite Ranch Dip Creamy Ranch Hummus Assorted fresh and cupped fruit Cookie B: Cheesy bagel
Hot Ham & cheese flatbread sandwich Baked Krinkle Cut Fries Ketchup Corn Blueberry crisp B: Blueberry muffin	HALF DAY NO LUNCH SERVED B: Cheesy bagel	Turkey and Cheese Sub Lettuce and tomato Topper Condiments Honey Glazed Carrot Coins Fruit Jell-O B: Snack'n waffle	Spicy Thai Noodles Sunflower Seeds Steamed Broccoli Mandarin Oranges Fortune Cookie B: Mini Maple Pancakes	Domino's Smart Slice Pizza Pears Baby Carrots Green Pepper Slices Lite Ranch Dressing Crispy Crunchy Chickpeas Cookie B: PBJ
Chicken Nuggets Mixed Veggies Potato Wedges Dinner Roll Condiments Fruit B: Egg & cheese on a bagel	Price of lunch: <b>\$3.00</b> (free and reduced price (\$0.40) lunch available for families who qualify) Price of breakfast: <b>\$1.25</b> Reduced price of \$0.30 or free for those who qualify	Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles Condiments Homemade Baked Beans Peas B: Blueberry muffin	Teriyaki Glazed Chicken & Rice Bowl Steamed Broccoli Mandarin oranges Candied Chickpeas Fortune cookie B: Ham & cheese on a bagel	Big Daddy's Pizza slice Baby Carrots Cucumber Circles Light Ranch Dip Cookie B: Snack'n waffle
You can now prepay and check balances and transactions online! Go to <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to register. Then follow the instructions on the site.	Fresh Salads and Deli Sandwiches are available daily at EMS and SMS. Milk and assorted fresh and cupped fruit and fresh veggies included with every meal, every day. A la Carte Milk: \$0.75	Applications for free or reduced price meals available at school office and at <a href="http://www.braintreeschools.org">www.braintreeschools.org</a>	Fresh Salads and Deli Sandwiches are available daily at EMS and SMS. Milk and assorted fresh and cupped fruit and fresh veggies included with every meal, every day. A la Carte Milk: \$0.75	*B: = Breakfast. All breakfasts include 100% Fruit Juice, Fruit and choice of Milk.

# Braintree Middle School Lunch and Breakfast Menu September 2017

MENU SUBJECT TO CHANGE WITHOUT NOTICE  
 (All Weekly Specials include the choice of the day's fruit, veggie and milk)



Did you know...

**September is peak harvest time for corn, potatoes, and apples in Massachusetts!**

An ear of **corn** is part of the flower and individual kernels are seeds.

Insects such as bumblebees pollinate **potato** plants.

Over 2,500 varieties of **apples** are grown in the U.S., but the only apple native to North America is the crabapple.



Contact Megan Ahrenholz, RD with questions or comments at [mahrenholz@braintreema.gov](mailto:mahrenholz@braintreema.gov) Or 781-848-4000 x 7045

**PICTURE DAY**  
MONDAY, SEPTEMBER 11, 2017

**BACK TO SCHOOL NIGHT**  
THURSDAY, SEPTEMBER 21, 2017  
6-7:30 PM



**EAST UPDATE**  
East Middle School  
305 River Street  
Braintree, MA 02184