

GRMS/HS HSA

GLEN ROCK MIDDLE SCHOOL & HIGH SCHOOL HOME AND SCHOOL ASSOCIATION

Annual Report

(As of 5/28/19)

Wish List Grants • Health/Well-Being Activities

Here's what your organization has funded in the 2018-19 school year

Wish List requests are requests to the HSA for funding to pay for any school- and education-related items and activities not covered in the regular school budget.

What did the HSA fund?	How much?	When?
<u>"Calming Corners" for Six 6th Grade Block Classrooms</u> Requested by Carol Abbitt, MS Guidance Dept.	\$ 2,100	September 2019
<u>Spoken Word Artist/Poet/Musician Solomon Dixon</u> Requested by Lauren Mitchell, MS Media Center	\$ 2,000	April 2019 (2 days)
<u>Psychologist/Performer Mykee Fowlin Assembly</u> Requested by Carol Abbitt, MS Guidance Dept.	\$ 1,500	November 15, 2018
<u>Cooking/Organizing Kitchen Tools for MS Classroom</u> Requested by Susan Jensen, MS Family and Consumer Science	\$ 1,462	September 2019
<u>Kettle bells and Bumper Plates for HS Weight Room</u> Requested by Jim Kurz, HS Fitness and Athletics Dept.	\$ 1,017	February 2019
<u>Standing Desks/chairs for MS Writers Workshop</u> Requested by Theresa Simpson, MS English Dept.	\$ 745	December 18, 2018
<u>Teen entrepreneur speaks to HS Business class</u> Requested by Una Kearns, HS Business Dept.	\$ 500	November 25, 2018
<u>Costume rental for HS Musical "Mamma Mia"</u> Requested by Carl Helder, HS Music Dept.	\$ 500	February 2019
<u>Transportation to annual MS/HS Orchestra Festival</u> Requested by John Diomede, HS Music Dept.	\$ 300	April 9, 2019
<u>Preparing Learning Strategies Students for College</u> Requested by Rochelle Forstot, Learning Strategies/Special Services	\$ 250	March 2019
<u>Author Visit- a family's story of Holocaust survival</u> Requested by Kathleen Walter, Regina Scotti, HS/MS	\$ 250	March 22, 2019
Total Approved as of 5/28/19 =	\$ 10,624	
<u>Four (4) new field trips</u>	\$ 4,000	2018-19

Our Health/Well  -Being activities – [find out more](#)

Poet Solomon Dixon – April 2019



"Slam Poetry" is performance poetry that combines performance, writing, competition and audience participation. It expresses a person's personal story or struggle in an intensely emotional style.

The arts of choice for Solomon Dixon are writing, dancing, singing, and "playing the keys." He shares his passion for writing to develop young writers at their core. Co-founder of Buffalo-based The Living Poets Society, Dixon has competed at the national level for slam poetry and scored in the Top 50 worldwide for Spoken Word Art Slam Poetry. During his two-day visit, which coincides with National Poetry Month (April), Solomon conducted two presentations for 6th and 8th grade students, and poetry workshops and a "poetry slam" for 7th grade Writers Workshop students.

Poet Ross Gay, approved for HSA funding during the 2017-18 school year, visited the HS on [April 10](#) as part of National Poetry Month.

MS Assembly Celebrates Differences – November 19

Bullied as a child, Dr. Mykee (Michael) Fowlin – a psychologist and performer - told MS students how he made it through those years. In his one-man presentation, *You Don't Know Me Until You Know Me*, Fowlin had his audience reexamine core teachings from as early as 1st grade. "Imagine we are raised and trained to celebrate differences, as an inclusive process, not just a tolerable one," he said. Using humor, performance art, poetry, storytelling, psychology, theatrical monologues and his personal journey, he created a moving experience for students.



"What if our authentic self is all we have, and our pain is the gift that we use to change this world?"

Kettlebells, Bumper Plates for HS Weight Rm/Fitness Center

– February 2019

This equipment will be a great addition to our weight room and fitness center, said Coach Jim Kurz of HS Athletics, "utilized by male and female students in all PE classes, by student athletes and by most of our athletic teams."

- Kettlebells come in various weights and are used for strength and endurance training, cardiovascular fitness and flexibility while strengthening core and improving flexibility.
- Bumper plates are weights used with barbells. Made of dense rubber with a steel collar in the middle, they are preferred over traditional steel plates because they are safer and more practical to drop and lower after a lift.



Kettlebells



Bumper Plates



Standing Desks help MS students focus on their Writing –

December 18

"Many students do not love to sit still for hours upon hours throughout the school day," notes 7th Grade Writer's Workshop teacher Theresa Simpson. She found that being able to offer students a standing desk allows them to focus more on their work. With the HSA's Wish List grant, she now has three (3) desks and chairs. The chairs give kids an option to lean or sit as needed.

Costume Rental for HS Musical – February 2019

This year's musical, the iconic *Mamma Mia*, requested the HSA's help in paying for a portion of its costume rental budget from [Fourth Wall Scenic](#). More than 75 students were in the show as actors, singers, dancers, AV crew, stage crew, costumers and makeup artists.



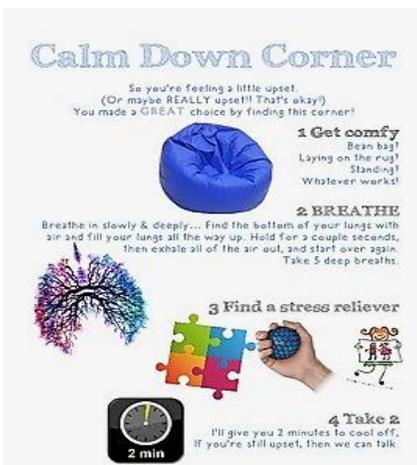
"Donna and the Dynamos"

Young Entrepreneur's Story Spurs Invitation – Nov. 25

Cory Nieves of Englewood, NJ, also known as "Mr. Cory," took his passion for making the world better for everyone, combined with a love of treats and an entrepreneurial spirit, and became the owner of Mr. Cory's Cookies. Una Kearns showed her Intro-To-Business class [an episode of CNBC's "The Profit,"](#) so they could get introduced to what it takes to start a company and the problems that can occur. She deliberately chose the episode involving Cory because of his age (13), his story and the fact that his business is so close to Glen Rock. "The class asked if we could get him to speak," she said.



Cory Nieves, owner of Mr. Cory's Cookies



Calming Corners for Sixth Grade Block classrooms – Sept. 4

The first year of middle school can be stressful at times for students. During difficult times, Calming Corners provide a safe place for students to learn to self-regulate when they become overwhelmed, angry or sad. The CC provides a break, where students can practice and use "cooling down" strategies; stress-reducing techniques.

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North Jersey School Music Association MS/HS Orchestra Festival

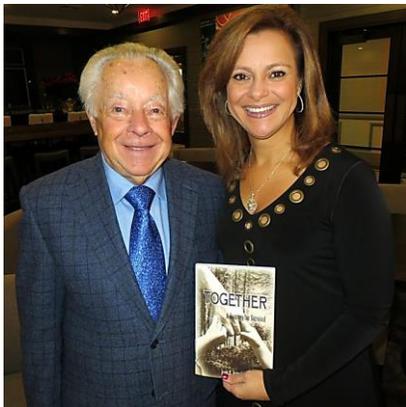
– April 9, 2019

The 17 GRHS Chamber Orchestra members will perform for orchestras at other schools and receive evaluation from qualified music professionals at the festival, held this year at East Brook Middle School in Paramus. Each orchestra has a 30-minute session to perform two pieces of music on stage and then work with two clinicians, post-performance.



Author Visit/Assembly with Holocaust Survivor

– March 22, 2019



The author and her father, Mark Schonwetter

Author Ann Arnold and her father Mark Schonwetter, a Holocaust survivor, will speak to the 11th grade junior class (who will have completed their WWII unit by that time) about her book, "[TOGETHER: A Journey for Survival](#)," which recounts the Schonwetter family's story. They will address 8th graders from Regina Scotti's English class separately. A number of U.S. History students (juniors) will host and act as panel moderators for the question-and-answer period in each assembly. In preparation, they will accompany U.S. History teacher Kathleen Walter to preview the author presentation.

Learning Strategies Students: Prepping for College –

March 2019

GRHS alum Jonathan Miller, now an Accommodation Coordinator at the Academic Support and Access Center at American University, will discuss special services available and transitioning to college with Learning Strategies HS classes.



Cooking/Organizing Tools for MS Kitchen – September 2019

The revamped Family and Consumer Science classes help MS students in all grades learn how to cook for themselves and take care of basic sewing repairs. About 25 students per class work in five color-coded kitchens, which helps with organization skills and accountability. The request replaces very old, rusty and unsafe (not heatproof) pots, pans, bakeware and measuring tools with color-coded, modern materials that are safe and efficient.



And....



Note: Our \$15,000 [Field Trip Fund](#), established in December 2016, has provided new grants during the 2018-19 school year to subsidize:

- **Garden State Scholastic Press Assn. Fall Student Press Day (Oct 29)** – In partnership with the Rutgers journalism program at Rutgers University’s Busch Campus Center in Piscataway, NJ, the GSSPA offered HS journalism students a day packed with information and advice, networking with other schools, and contests and awards. Highlights included an On-the-Spot Writing Contest, announcement of the Summer Contest winners, and display of the winning entries. Workshop topics included editing, layout & design, technology, social media, advising, career development, yearbook design, news writing, and in-depth reporting. Teacher: Mara Siegel
- **HS Tour of the NJ Vietnam Veterans' Memorial (June 10)** – A tour of this facility in Holmdel, maintained and run by Vietnam War veterans, will provide students with information pertinent to the 11th grade curriculum. Teacher: Kathleen Walter
- **8th Grade Broadway Show Outing (June 5)** – 50 students and five staff members will be attending a matinee performance of "The Prom," which also includes a Broadway classroom experience in the morning with performers from the show and lunch at a venue close to the theater. FTF money kept the total student price at about \$114. Teacher: Mike Ficocelli
- **"Exploring Chinatown"** - 20 Students in the HS Mandarin Chinese class will participate. Teacher: Zhengyang Yu



We are proud to declare that the Field Trip Fund has been fully utilized and we thank the HSA community and the incredible teachers for their support.



HSA President Heidi Ryan

The HSA's 2018-2019 platform aligns with GR School District's goals: "to support initiatives that enhance the safety, health and well-being of our staff and students, thus enabling every student to achieve their fullest potential as a lifetime learner." The HSA supports GRMS and HS in achieving their goals related to health and well-being of staff and students, promoting **Community, Empowerment, Mindfulness and Gratitude** through our program funding, sponsorship of activities and fundraising.

Thankful Leaves – November 2018

This was a way to help foster an atmosphere of gratitude and kindness at school by showing appreciation for a particular MS/HS teacher, coach, administrator, parent, student, advisor, custodian etc. with a Thankful Leaf! The leaves, which all started with, "I'm Thankful For..." were displayed in the hallway leading to the cafeteria. Many students were taking time to stop in the hall and read the leaves. "This little bit of niceness in their day is the type of health and well-being benefit that the HSA pledged to focus on this year," said HSA President Heidi Ryan. "In that regard, it was a worthy endeavor. Thank you to all who participated!"



"Super-Secret Pre-Winter-Break Surprise" –

December 2019

In support of providing an uplifting health-and-well-being benefit to staff and students in a show of appreciation, a team of upbeat volunteers (despite the rain) - headed by Jackie Pappas, HSA executive board secretary, greeted students at the doors the morning of the pre-winter break half-day with POPCORN! They not only created surprise, but positive feelings as well. Our aim was to make our kids' (half) day at school better," said HSA President Heidi Ryan. "These kids and teachers lived through the contract stalemate and deserved a little lift."



From left: Andrea Potto, Jackie Pappas (chair), Jen Scherer, Lynn Kassoy, Stasha Vicinanza

Health/Well-Being activities *(continued)*

"With Ice Cream, Anything is Popsicle" – May 6, 2019

In support of providing an uplifting health-and-well-being benefit to staff and students in a show of appreciation, a team of upbeat volunteers - headed by Heidi Ryan, HSA president, [greeted students at the doors after school with ice cream!](#) The aim was not only to create surprise, but positive, stress-free feelings as well. All grades were appreciative, particularly the sports kids and those coming out after the first day of AP exams.



His face says it all!

Teacher Feature – January 2019

To promote a closer bond of understanding, parents and other district citizens will get to know (a little bit better) two of our schools' incredible teachers - one from the MS and one from the HS - through [a brief Q & A and photo posted each month on GRChips.com.](#)



Teacher Appreciation – a surprise in the mailboxes –

January 2019

In support of providing staff with an uplifting boost, HSA Executive Board member Sandi Stern and a team of vivacious volunteers –Michele Sapoff, Julie Weber and Julie Sullivan – have been leaving a small but positive reminder in everyone's mailbox. These ongoing gestures of appreciation and support came in a variety of formats - something different every month!



Pen, sweets and a note of appreciation!