

Delmar School District

Wildcat E-News

October 2016

Volume 5, Issue 19

Important Dates:

10/26: Professional Development Day: Schools Closed for Students

10/28: End of Marking Period 1

11/08: Election Day: Schools and Offices Closed

11/09: Distribute Report Cards: Marking Period 1

11/10: Return's Day: Staff and Students Dismissed at 11:45am

11/11: Veteran's Day: Schools and Offices Closed

11/14 - 11/18: American Education Week

11/23 - 11/25: Thanksgiving Holiday

12/09: Distribute Interim Progress Reports

12/19 - 12/30: Winter Break: Schools and Offices Closed

01/02: Winter Break: Schools and Offices Closed

01/03: Schools and Offices Reopen

01/16: Martin Luther King, Jr. Day: Schools and Offices Closed

01/17 - 01/20: Mid Term Exams (Students dismissed at 11:45am)

01/20: End of Marking Period 2 (42 days)

01/31: Distribute Report Cards: Marking Period 2

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Superintendent's Corner



As we enter the autumn months, on behalf of the Delmar School District, I would like to thank everyone for their contributions in helping our students maximize their opportunities as exemplary students in the classroom, in the arts, and on the athletic fields. Repeatedly, throughout this fall, our staff has had the opportunity to greet our Wildcat families at our Open Houses, Heritage Day, and Homecoming; and we appreciate your support. As we approach the winter months, I'd like to share a few items of interest:

Academics:

With the release of the spring 2016 state assessment data this fall, over 220 Middle School honorees and 225 High School honorees earned the highest Performance Levels. On the SBAC (Smarter Balanced Common Core Assessment), the highest score is a performance level 4.

Delmar's students have established a strong performance level on this test administration of the national assessment in Mathematics and English/Language Arts. A few featured accomplishments:

8th Grade Math 2nd

8th Grade Science 4th

8th Grade Reading 5th



In addition, 107 students earned the highest Performance Level on the high school state Science and Social Studies DCAS Assessments. 118 students were recognized in the high school for earning the highest performance level on the ELA and Math assessments.

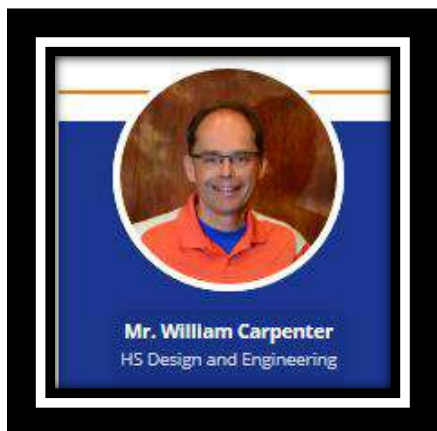


In 10th Grade Science, our students ranked 1st in the State of Delaware in meeting or exceeding the state standards.





Response to Intervention (RTI): To continue to assist our teachers, through our Curriculum Supervisor, Lisa Morris; the district’s Literacy Specialist, Rosemary Brittingham; and Math Specialist, Lori Smith, are helping our teachers during monthly Professional Learning Community team and department sessions. A major focus is on the implementation of our RTI (Response to Intervention) classes to help our students address their instructional needs. With the support of the University of Delaware’s Southern Delaware Professional Development Center, our teachers engage in on-going professional development throughout the year to dig deeper into the content areas as well as to develop strategies to help engage students in higher order thinking and in responding with text-based evidence.



Career & Technical Education CTE Programs

Throughout this year, Mr. Carpenter is working on developing our first course in the “Manufacturing and Engineering” pathway. On behalf of our CTE Department, we would like to thank the community/business partners, families, and students.

Our next Annual Perkins Vocational Advisory Night will be held on Thursday, November 3.



Delaware School Choice

As part of the state of Delaware’s School Choice program, our district will be receiving online Delaware applications beginning Monday, November 7, 2016 at 8:00 am, and will continue to accept applications through Wednesday, January 11, 2017 (4:00pm) which is the end of the state deadline. For the 2017 – 2018 school year, the random lottery will select students. The link to Delmar School District’s online application can be found at:

<http://www.schoolchoicede.org/>

The following information must be scanned and uploaded with the online application.

- Most recent report card
- Attendance records that include absences and excused absences
- Discipline records to include suspensions and expulsions



Parents will be notified of enrollment status by February 28, 2017. In turn, parents must notify the district/school of their Acceptance Decision by Friday, March 17, 2017.

Communication



District Website:

Our district website is accessible through the URL: www.delmar.k12.de.us By accessing our website, you'll have direct access to the Syllabus for each teacher within our district. The Syllabus provides not only instructional information about each course, but also contact information and course expectations that will help your child succeed in their classes.



Home Access Center:

To have continuous access to your child's grades on all of their assignments, remember to go to Home Access Center: <https://hac.doe.k12.de.us> If you have any questions about a username or password, please contact Terri Sensenig at terri.sensenig@delmar.k12.de.us

Instant Phone and Email Alerts & Announcements

Currently, our Instant Alert System will provide you access to both phone and email alerts regarding important events, announcements, or schedule updates.

Blackboard MyConnect Information



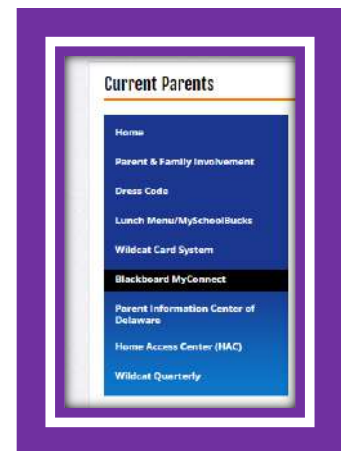
Delmar School District utilizes the Blackboard MyConnect site. This site will enable you to manage your contact information and give you the option of installing the Blackboard MyConnect app for Android and iOS to receive push notifications for the messages that are important to you.

You can access our new MyConnect site by typing the following URL into the web browser on your computer: <http://delmarschooldistrict.bbcportal.com> or going to the **Delmar Webpage**, under "Current Parents," and access the Delmar "Blackboard MyConnect" site there.

Once the page is open, click the Sign Me Up! link to setup your account. Please note that in order to create an account you will need:

- An active email address.
- Your student's Student ID # - which is located on this letter.
- The phone number that the school has on file for your student.

You will set up your account with an email address and password. Then you will receive an email link to continue – the email may take a few minutes to come through. Once you click the link, you will answer some security questions. Your account is now set up and you will



return to the login screen. Login to the system and then find your student with the student ID # and the phone number that the school has on file. From this point you will set up your preferences for contact. Once you have logged in, you can add any additional students you have attending Delmar Middle and Senior High School by clicking your name in the upper right corner and selecting Contact Information.

We invite you to visit our site and take control over your notification preferences.

Parent Night Events

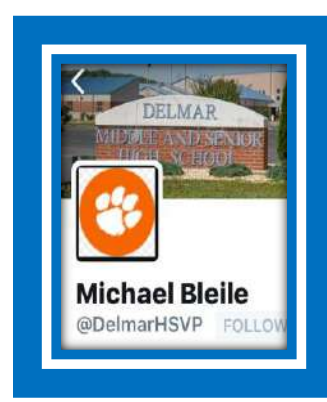


This winter, please join us at our Band and Chorus Concerts as well as our academic events such as Parent Conference Nights:

- Thursday, November 17 Parent FAFSA & College Funding Night
- Wednesday, February 1 Parent Conference Night
- Thursday, February 23 SAT/SBAC/DCAS Assessment Night

Twitter

To learn what is happening every day, join our Administrative Team in the Twitter world as we share the instructional moments of excellence in the classroom, through the Arts, as well as on the athletic field. You can also be the first to learn about any schedule changes due to delays or closings. Please follow us at:





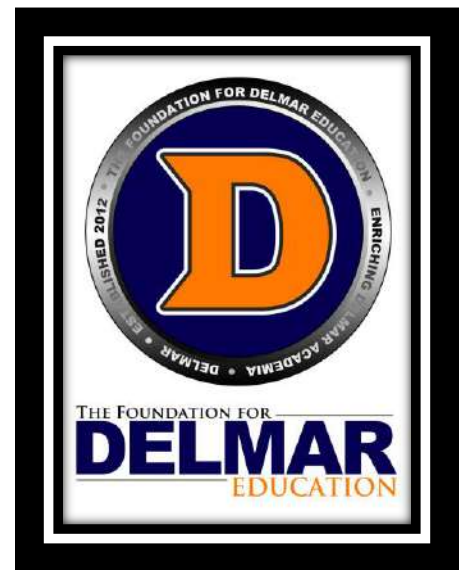
Safety & Security

All of our parents, students, and emergency contacts should now have a Wildcat Identity Card. The first issuance is free of charge. A replacement card can be purchased for \$5.00. If you need to obtain a Wildcat Card, please see Nicole Mezick or Penny Bell in the District Office. Remember to bring a photo ID such as a Driver's License.

The Foundation for Delmar Education

The non-profit Foundation for Delmar Education will be holding its annual Gala on Saturday, March 4. This annual fundraising event helps sponsor teachers' instructional project grants in Delmar Elementary School, Delmar Middle School, and Delmar High School. A live band will be performing and the LIVE Auction will be featuring our Delmar Principal Andy O'Neal as the auctioneer. Tickets will be available in the District Office.

If you would like to volunteer to help the Foundation with this event, please contact the Gala Coordinator, Mrs. Amy Waters, at AHWATERS@salisbury.edu



Delmar Citizen of the Year

The Greater Delmar Chamber of Commerce will be honoring Gary and Anna Humphreys for their contributions to the Delmar community. The Chamber will be having their dinner banquet at the Delmar VFW in late November.

Whether the focus is academics, athletics, or the arts; thank you, again, for helping continue our legacy of excellence in Delmar.

Construction & Facilities Update

The Delmar School Board approved the submission of Bid Pack 1 to the State of Delaware for approval. Bid Pack One includes the main facility renovations of the roof, stucco, and ADA compliance areas. Becker Morgan's Senior Associate, Ellis F. Hammond, AIA, has submitted four approval requests to the following agencies: Delaware Fire Marshall, Delaware Department of Education, Delaware State Architectural Accessibility Board, and the State Facilities Department. Currently, the district is in the process of gaining approval from Delaware's My Marketplace, the state of Delaware's portal which serves as an all-inclusive site to obtain information for vendors to procure business with the State of Delaware.

<http://mymarketplace.delaware.gov/>



The construction management firm that will be coordinating the bid process is Richard Y. Johnson. The new locker room facility will be part of Bid Pack 2 in the upcoming months.



Parking & Traffic

As a reminder, to ensure the safety of our students and staff, we must keep our Fire Lanes clear of all vehicles, and no vehicles can park on the grassy areas around our facility. New signage, fencing, and traffic flow patterns are helping improve the safety of our students, staff, and guests walking around our campus.



Welcome New Wildcat Staff Members!

On behalf of the Board of Education, the Delmar School District welcomes our newest Wildcat Staff members:

Chief Operating Officer & Director of Finance

Jan Jestice

Mrs. Barbara “Jan” Jestice, the Chief Operating Officer earned her Master’s degree in Business Administration from Wilmington University and Bachelor’s degree in Business Administration from Salisbury University, Mrs. Jestice brings decades of experience in the fields of accounting and finance.



**Physical Education Para-Professional,
Tim Kline
Salisbury University**

**Secondary Math Teacher
Todd Cushman
Nazareth College of Rochester**



**Secondary Science Teacher
Stephanie Miller
Millersville University of Pennsylvania**

**Secondary Math Teacher
Mark Arnold
Towson University**



**English Language Arts Special Education Teacher
Julianne Ware
University of Delaware**



Curriculum, Instruction and Assessment
 – Lisa R. Morris

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Testing:



All students in grades 5 – 10 took the Fall MAP test in math and reading in September. We will be administering the Winter version of the MAP test in December to see how our students are improving in math

and reading. MAP (**Measures of Academic Progress**). The assessments are computer adaptive achievement tests in Mathematics and Reading. The computer adjusts the difficulty of the questions so that each student takes a unique test. The difficulty of each question is based on how well the student has answered previous questions. MAP tests are based on a continuum of skills in Mathematics and Reading from low skill levels to high skill levels. MAP assessments help teachers identify the instructional level of the student.

In addition, students are placed into ACCEL classes based on results/improvement on the MAP test in Reading and Math through-out the school year.

AP/Wilmington University Info:



In Advance Placement courses, students are able to experience the rigors of college-level studies while they still have the support of a high school environment. AP Courses offered at Delmar High School this year are AP Statistics, AP English Literature, AP US History, AP World History and AP Art History. Students taking AP Courses will be expected to take the AP exam(s) in May 2016. AP exam cost is approximately \$92 per exam. Dates for the AP exams

are: AP Art History – Tuesday, May 2nd, AP English Lit – Wednesday, May 3rd, AP US History – Friday, May 5th, AP World History – Thursday, May 11th and AP Stats – Thursday, May 11th.

Wilmington University Early College Program is an arrangement between Delmar High School and Wilmington University which provides students with opportunities to simultaneously earn High School Credits and College Credits. Delmar teachers who have been approved by Wilmington University as adjunct professors will teach WU classes at Delmar High during the regular school day. Wilmington University Classes offered at Delmar High School: WU English 121, WU Math 310 (Calculus), WU Science 251 (Biology), WU Spanish and WU Photography. A Delmar student who successfully completes a WU class will simultaneously earn Delmar High School and Wilmington University credits (3 college credits per course with a “C” or better). Wilmington University courses do have a fee of \$160 per course with an additional \$25 registration fee (one-time fee per year). Registration and paperwork should have already been completed at this time for any student in one of these classes. Payment for course should have been received by **Monday, August 29th**. Checks should be made payable to Delmar High School.



Important Upcoming Dates:

- Oct. 6th** – 5:30pm – FASFA Information Night for Seniors & Parents
- Oct 13th** – 6pm- Parent PRIDE NIGHT - Title 1 Night for MS parents
- Oct 19th** – PSAT Day (Gr. 7th, 8th, 9th & 11th that have registered in advance)
- Oct 24th – 28th** – College Application Week
- Oct 26th** – Professional Day – No School for Students
- Nov 3rd** – 6pm - Parent PRIDE Night – Perkins Night
- Nov 17th** – 5:30pm – FASFA Workshop Night for Seniors & Parents
- Nov 28th - Dec 2nd**: Winter MAP Math Testing
- Dec 5th - 9th**: Winter MAP Reading Testing
- Jan 17th - 20th** – Midterm Exams
- Feb 23rd** – 6pm – Parent PRIDE Night – Assessment Info Night
- March 6th – 10th** – Spring MAP Math Testing
- March 13th – 17th** – Spring MAP Reading Testing
- March 23rd** – Parent PRIDE Night – 6pm - AP/WU Night
- March 29th** – Start SBAC Testing with all Middle School
- April 5th** – PSAT for all 10th Grade/SAT for all 11th Grade (grades 9 & 12 admin excused)
- May 1st – May 11th** – AP Exams

Parent PRIDE Nights:

We will be holding several Parent PRIDE Nights throughout this school year.

FASFA PRIDE Nights - We will have a representative from Stand By Me to help parents and students complete their FAFSA Application. The October FASFA Night will be an Informational Night and the November FASFA Night will be a workshop night. The FAFSA form is the "Free Application for Federal Student Aid". This form is completed annually by current and prospective college students (undergraduate and graduate) to determine their eligibility for student financial aid. All federal grant and loan awards are determined by the FAFSA, and nearly all colleges use the FAFSA as the basis for their own financial aid awards.

Title 1 PRIDE Night – We will have teachers and staff who will be presenting information on how to help your middle school student in Math, Reading and Guidance Information and finally.

Perkins PRIDE Night, students involved in Ag, Business and Technology classes along with students involved in FFA, BPA and TSA will present information on their experiences in the classes and organizations

Smarter Balance/SAT PRIDE Night – We will have presentations on what your child should expect during the SBAC test and SAT test and how to prepare for the tests.

Wilmington University & AP Night – We will present information on the Wilmington University and AP classes we will offer during the 2017-18 school year and requirements for these courses.

Dates	PRIDE Nights
Thursday, October 6 th 2016	5:30pm FASFA Information Night
Thursday, October 13 th 2016	6:00pm Title 1 Night
Thursday, November 3 rd 2016	6:00pm Perkins Night
Thursday, November 17 th 2016	5:30pm FASFA Workshop Night
Thursday, February 23 rd 2017	6:00pm Smarter Balance/SAT Night
Thursday, March 23 rd 2017	6:00pm Wilmington University & AP Night

SAT Resources:

As the 2016-17 school year begins we want to let you know that we will again be administering the SAT during a School Day Administration to all 11th graders free of charge on April 5th, 2017. We want to make sure you are aware of the tools and resources available to prepare your child for this newly designed assessment. Below you will find links to various resources for students.

[Khan Academy SAT \(www.khanacademy.org/test-prep/sat\)](http://www.khanacademy.org/test-prep/sat) This site has practice for students now as well as a video overview of the changes to the SAT. Students can go on now, take a short diagnostic assessment and get a personalized plan tailored just for them to practice for the SAT. If your child took the PSAT last school year, they can elect to have their PSAT scores (item level information) sent to Khan and a tailored plan will be created based on the student's individual areas of need as demonstrated on the PSAT. Best part is, it is the best practice out there AND it is **FREE!!!**

[College Board Site: \(https://collegereadiness.collegeboard.org/\)](https://collegereadiness.collegeboard.org/) This site has everything you could possibly want to know about the SAT Suite of Assessments (including all PSAT-related assessments). There are practice tests and items, information about registering, dates, college search link; it is a wealth of information.

[SAT Question of the Day App: \(https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app\)](https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app) Students can download this app from any cell device and get a daily practice question.



Principal's Page – Mr. Andy O'Neal



Hello Delmar Families,

I hope everyone had a fantastic summer and it is hard to believe that we are off to another fast start to a new and exciting school year. As always, it is great to see the classrooms, hallways, cafeteria and entire building filled with our students.

It is my pleasure to serve this school year as Principal of both Delmar Middle & Senior High School and I look forward to working with all students in grades 5-12, parents, community members and staff as we work together to prepare our students for college and career readiness at Delmar Middle and Senior High School.

The start of a new school year always seems to be exciting and busy for not only school staff and students but for parents as well. Getting back into the routine is not easy the first few weeks, but as several days pass and then a few weeks, things seem to be back to normal again, and it seems as though we never left for summer vacation.

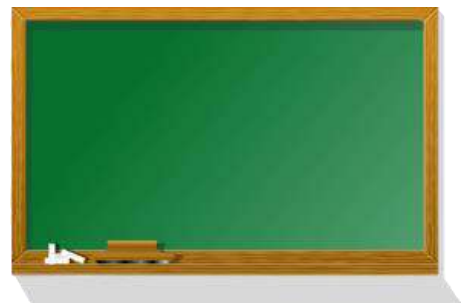
Our middle & high school would like to welcome the addition of two familiar faces to our 2016-2017 administrative team:

- **Michael Bleile – High School Assistant Principal**
- **Christy Parsons – Dean of Students (Grades 5-12)**

Below are some important upcoming dates and reminders:

- **Monday, October 3 – Distribute IPR's**
- **Thursday, October 6 – FASFA Info Night**
- **Friday, October 7 – MS Homecoming Dance Grades 6-8**
- **Saturday, October 8 – (11 am – Homecoming Parade, 1:30 pm – Football Game, 7:30 pm – HS Dance)**
- **Monday, October 10 – HS Picture Day**
- **Tuesday, October 11 – MS Picture Day**
- **Thursday, October 13 – PRIDE Night (Title I)**
- **Monday, October 24 – Friday, October 28 – College App Week**
- **Thursday, November 3 – PRIDE Night (Perkins)**
- **Wednesday, November 9 – Distribute Report Cards**
- **Wednesday, November 16 – Parent Conference Night & Paint Night Reveal for Middle School**

All middle and high school students are currently working to complete Math and Reading MAP testing to measure academic growth over the course of this school year. Students will be using higher order thinking skills not only in core subject areas but in all classes as we implement Common Core State Standards. Common Core State Standards build on the best of existing state standards and provide clear and consistent learning goals to help prepare students for college, career readiness and life. These standards clearly demonstrate what students are expected to learn at each grade level, so that every parent and teacher can understand and support their learning. Teachers will also be implementing Reading, Writing, Speaking and Listening strategies into all lessons daily.



These Standards are:

- **Research and evidence based**
- **Clear, understandable and consistent**
- **Aligned with college and career expectations**
- **Based on rigorous content and application of knowledge through higher-order thinking skills**
- **Built upon the strengths and lessons of current state standards**
- **Informed by other top performing countries to prepare all students for success in our global economy and society**



There also are many extra-curricular opportunities for our students at Delmar Middle & Senior High School. Students will have the chance to participate in numerous after school clubs such as our Multicultural Club, Science Club, and Culinary Club just to name a few in the middle school . High school students will have the opportunity to participate in Drama, SGA, and Culinary Club. Students may also participate in band and chorus. We also have a wide variety of athletics to choose from during the fall, winter and spring seasons. All sports schedules and information can be found on our website at <http://wildcats-sports.com>



I hope everyone has a wonderful 2016-2017 school year and I look forward to working with our student's parents and families to make this another great year at Delmar Middle and Senior High School.

Sincerely,

Andrew J. O'Neal

Principal



Middle School Assistant Principal's Page – Mr. James Hesen

Hello to all our Delmar Middle School Wildcats!! It feels like only yesterday the first bells of the school year were ringing and now it's almost Halloween! How time flies!

I want to take this opportunity to say THANK YOU to all of our students, faculty, staff, and substitutes for a great first marking period and beginning to the 2016-17 school year; Mr. O'Neal and I couldn't do it without your help!

There are several events coming your way in the autumn and early winter months. I'd like to share a few of them with you.:

- During the week of October 17th the Freeman Foundation will be here at the school sponsoring a mural painting for students to describe what makes Delmar Middle School so great. October is Bullying Awareness Month and on October 19th students will dress in orange as part of the school's Unity Day.
- Thanksgiving break begins on Wednesday, November 22th through November 27th. The district will be closed during this time. Enjoy what makes you most thankful!
- On Tuesday, December 6th the middle school chorus concert will be held at the school beginning at 7pm.
- Our middle school band concert will be held on Tuesday, December 13th beginning at 7pm.

Please come out and show your support in any way you can for our younger Wildcats!

I would also like to share that DMS's discipline referral numbers are down by nearly half from last school year. Students have been made aware of the new policies in place. Our referrals numbers are low; however, the referrals I see regularly include the following:

- **S0105 – Inappropriate Behavior: Disrespect Towards Student:** Make sure that your students are respectful to other students' space and make sure that we are keeping hands to ourselves.

It has been a great start to the 2016-17 school year, and I know that with 2017 right around the corner our middle schoolers will be doing great things! Please have a great fall!

Mr. Hesen

News from the Literacy Corner

by Mrs. Brittingham



MAP Assessments occur in the fall, winter, and spring. What do I need to know about MAP?

MAP Assessments:

We just wrapped up our fall MAP testing. MAP stands for Measures of Academic Progress. It is one of our school's internal assessment tools used to gauge student academic growth. The tests are not timed, and generally take students 1-2 class periods to complete for each subject: Reading and Mathematics. Teachers share information with students in regards to what the score means and help them to set personal goals. Students often record their MAP scores in their agenda. You may want to ask at your next parent-teacher conference to learn more about your child's score.

Useful Tips

Read-There are a multitude of positive effects for students being read to and seeing their families read.

Listen-Try out audio books for those long car rides. Check out iTunes, Audible.com, or the library.

Vocabulary-The more students read, the larger their vocabulary becomes.

Books & Books-There can never be enough! Visit the library, used book stores, Amazon, or Scholastic.

Choice-Let your student exercise the power of choice in what they read.



Delmar Math Corner

By Lori Smith



Math Tech Corner

Sheppard Software - <http://www.sheppardsoftware.com/math.htm>

This website offers a range of games and activities.

The engaging games practice thinking skills related to computation, number sense, and problem solving.

Math Slide (iPad and iPhone app) – This free one or more player game is great for multiplication fact practice at different levels using picture models and equations.

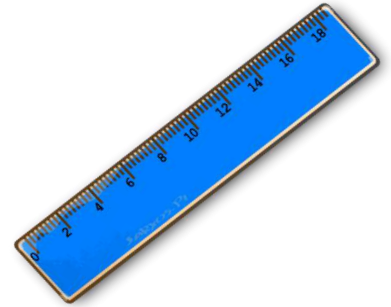
Graphing Calculator by Mathlab (iPad and iPhone app) -This **graphing calculator app** includes important concepts such as algebra, polygraphs, implicit functions, parametric equations, and inequalities. Many students' brains will be buzzing just hearing those terms so why not try out this app for both high school and college? One nice thing about this app is that it can replace very expensive old-fashioned handheld graphing calculators. Although it's advertised as free, depending on what type of computer or mobile device a student has, they may have to pay a small fee of about \$5.

Making Connections: 5 Ways to Help Your Kids with Math

Here are a few tips to help support your child's mathematics skills and understanding that they need for the 21st century.

- ❖ Have your child explain her or his thinking and listen to what mistakes your child is making rather than correcting mistakes.
- ❖ Do the everyday math you do out loud so that your child can hear your thinking and see how math is used in the real world.
- ❖ Use pictures to represent the problem's including using dot representations of arrays, helps to develop the understanding behind the algorithms.
- ❖ Combine memorization and understanding, making each one stronger. Introduce complex ideas earlier by asking questions to promote thinking.

For more about how to support your child's learning, read the full article at <http://mobile.nytimes.com/blogs/parenting/2014/07/23/5-ways-to-help-your-kid-notstink-at-math/?referrer=>



MATHEMATICS
is not about
numbers, equations,
computations, or
algorithms:
it is about
UNDERSTANDING.

William Paul Thurston

Communication Corner:

- **Math League will begin in both schools. Contact me if your child is interested in learning more about this opportunity.**
- **Math Tutoring takes place regularly on Thursday afternoons.**
- **Feel free to contact me by email at lori.smith@delmar.k12.de.us or on Twitter @DelmarMathRocks**

Fifth Grade News

Our fifth grade students are off to a great start! Please remember to check home access to keep track of how your child is doing academically.

Don't forget to sign your child's agenda each night. The agenda is a great communication tool and we do check them each day!

Special 5th Grade Open House

September 21, 2016

Thank you to those who were able to attend!

We hope this special night was a positive experience!

Field Trip News

Where: Franklin Institute, Philadelphia, PA

When: Monday November 14th

Time: 6:50 AM-5:30 PM

6th Grade News and Events

If you have concerns and would like to schedule a parent conference with the 6th grade teachers, please contact Mrs. Martie Hudson at martie.hudson@delmar.k12.de.us

Or call the school at 302-846-9544 and ask for Mrs. Hudson



Parent/Teacher Conference night-
Nov 16th 5:30pm-7:30pm

AMERICAN EDUCATION WEEK

November 14th -18th

When visiting our classrooms please:

- *turn off and put away cell phones**
- * do not bring younger children**
- * Enjoy our class and participate when appropriate**

WINTER IS APPROACHING

- Please make sure your child has a uniform approved sweater or fleece if they get chilly in class
 - Donations of tissues for classrooms are always appreciated
 - Remind your child to “cover their cough”

Please make sure your child has...

- Paper
- Pencils
- Binders

Supplies run out quickly and need to be restocked.

Please check your child's

AGENDA

**everyday for homework
and teacher notes!**

6th Grade FIELD TRIP!

6th Grade will be taking a field trip to St. Michael's Maryland on October 19th!

We will explore local history at the Chesapeake Bay Maritime Museum and enjoyed a very informative cruise aboard the Patriot!





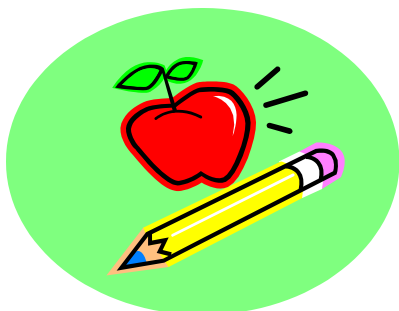
What's happening in 7th Grade?

Materials and Organization

Parents-

Please be diligent in ensuring that your child has necessary materials in their backpacks each day! Please replenish supplies of pencils, paper, colored pencils, pens, glue sticks, etc. Some students are beginning to run out of supplies!

Please check your child's agenda each night for homework assignments as well as Home Access Center for grade updates.



Clubs

- Science Club- every 2nd and 4th Wednesday of the month from 3:00-4:00 in room 701
- Multicultural Club- every 1st and 3rd Wednesday of the month from 3:00-4:00 in room 701

Math

We will continue studying integers and rational numbers.

If you have yet to sign up for the Remind messages, please do so. This is a great system that allows us to communicate with you quickly through text messaging or e-mail.

Science

Thank you to everyone who worked very hard to grow a successful corn plant! We will be using the data to create graphs. Encourage your child to remember their TAILS when they graph:

- T- Title
- A- Axis
- I- Intervals
- L- Labels
- S- Summary

ELA

We are continuing our grammar boot camp. Please encourage your child to read daily!

Social Studies

We are studying the Bill of Rights which will lead into a unit on the election process!

8th Grade News

The 8th grade team is very excited to get the 2016-2017 school year underway. The first field trip will be visiting the Smithsonian Museums in Washington, DC, on Friday, November 18th. Forms have been distributed and are due October 24th.

Each content area is studying the following units of study:

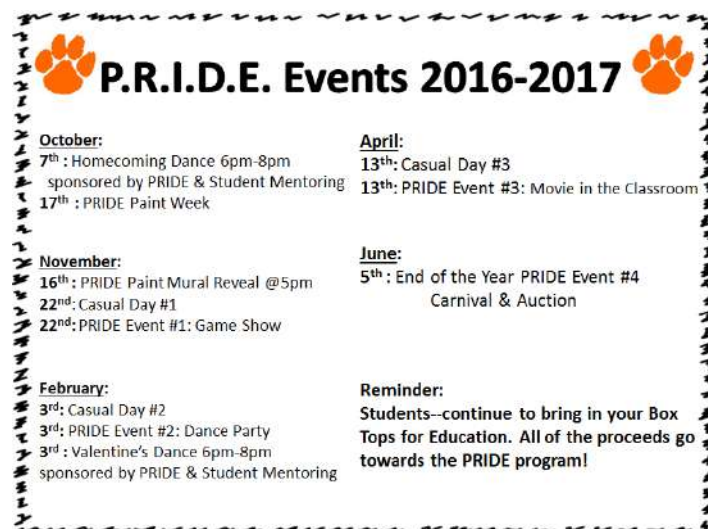
ELA is finishing up grammar and will be started a unit on the Holocaust and reading the novel The Boy in the Striped Pajamas.

Math is focusing on Operations in the Number System & Equations; while Algebra students will be working on Equations & Inequalities.

Social Studies is finishing "Thinking Historically" and next exploring the "Colonization of America."

Science will be doing labs and learning about Kinetic Energy.

The Middle School PRIDE is Delmar's PBS (Positive Behavior Support) program in which students are encouraged to show Preparedness, Respect, Integrity, Determination & Excellence. Students displaying each of these qualities by not receiving any detentions or referrals; passing all classes, having good attendance and showing appropriate cafeteria behavior will attend the quarterly PRIDE parties as an award. The first party will be a game show assembly on November 22nd.



P.R.I.D.E. Events 2016-2017

October: 7 th : Homecoming Dance 6pm-8pm sponsored by PRIDE & Student Mentoring 17 th : PRIDE Paint Week	April: 13 th : Casual Day #3 13 th : PRIDE Event #3: Movie in the Classroom
November: 16 th : PRIDE Paint Mural Reveal @5pm 22 nd : Casual Day #1 22 nd : PRIDE Event #1: Game Show	June: 5 th : End of the Year PRIDE Event #4 Carnival & Auction
February: 3 rd : Casual Day #2 3 rd : PRIDE Event #2: Dance Party 3 rd : Valentine's Dance 6pm-8pm sponsored by PRIDE & Student Mentoring	Reminder: Students--continue to bring in your Box Tops for Education. All of the proceeds go towards the PRIDE program!



Middle School Teachers

Chad Jones, Erin Keenan & Morgan Rush

High School Teachers

Jodi Hollamon & Tim Kline

Middle & High School Physical Education

Fitness Gram

The fitness gram test is given as a pre and post test in your child's 9th or 10th grade physical education class. The test includes the following components:

1. **PACER Test** – a running test to determine cardiovascular endurance
2. **Curl-up Test** – similar to sit ups used to test muscular endurance
3. **Push-up Test** – test muscular strength
4. **Trunk Lift** – test used to determine flexibility
5. **Sit & Reach** – a test used to determine flexibility

Your child's height and weight is also taken. This is to help determine a student's BMI (Body Mass Index). This test is given as a pretest at the beginning of the course and then again at the end of the course. Our hope is that each student improves from the pre to post test. Throughout the semester of physical education our department will complete a variety of activities that will help your child improve their components of fitness.



Weight Room Rules

- NO horseplay
- Rack weights after every use
- Always use a spotter
- No food or drink in the weight room
- Clean all equipment with disinfectant after each use

During with winter months the weight room becomes a great place to exercise. Usually 2 times per week your child will get to workout in our weight room. A portion of their daily participation grade will be given for their effort during their workouts.

High School Grading

Each day students are assessed a participation grade based on a 5 point scale on Straight 8 days and a 10 point scale on block days, for a total of 25 points for a full week of physical education. Some of the things we look for when assessing are: on time, fully dressed in a change of clothes, tennis shoes, fully cooperative, positive sportsmanship and actively engaged. Grades are updated in home access center bi-weekly.

Middle School Grading

Each student is expected to wear sneakers, participate in a warm-up and a class activity. Students have the opportunity to earn up to 5 points per day.

These points are broken down as follows:

- 2 points for participation & preparation
- 2 points for attitude, sportsmanship, & cooperation within your group
- 1 point for skill
- 0 points for no participation/no sneakers

Middle School Specials –Fall Edition Information

Fitness for Life With Ms. Rush

Fitness for Life is starting out with Frisbee golf. So far students have learned three different effective throws with a Frisbee. They have learned the definition of a par and will utilize this information when creating their own hole for Frisbee golf. We are however, short on Frisbees, not everyone in the class has equipment. If anyone has a Frisbee or two laying around that they never use, we would absolutely love the donation!

Middle School Business Mrs. Bailey, Mrs. Jones & Mr. Layton

Welcome back Wildcats! So far the 5th and 6th grade students have dove back into keyboarding or just started their new touch typing adventure! All students have reviewed the parts of the computer and started out their keyboarding lessons. Remind your students to always use correct typing technique and posture when using the computer at home!

7th and 8th grade students have started their lessons within Microsoft Office. 8th grade will focus mainly on Excel this year with other topics such as careers and personal finance integrated into the curriculum. 7th grade will learn the ins and outs of Word and PowerPoint and be experts by the end of the year!

Middle Level Business Professionals of America: Any student in grades 6-8 are welcome to join Middle Level BPA. Please ask your student to see either Mrs. Bailey or Mrs. Jones for more information or visit www.delawarebpa.org



BANK AT SCHOOL through M&T will start on Wednesday, October 5th. All Middle School Students will receive an application in which they can bring in with \$1.00 to open an account. A representative will be here at school every Wednesday morning during breakfast for students to make a deposit. It is a great way to teach students the importance of independently saving money! If you have any questions about this program or need an extra application, please contact Mrs. Jones at Kristen.jones@delmar.k12.de.us

Middle School Physical Education & Health with Coach Jones, Mrs. Keenan and Mrs. Rush

Physical Education students have completed their Fall Fitness Test. All students should work towards improving their fitness level to score higher on their Spring fitness tests. Our next unit starts with Kickball!

M.S. Band and Chorus with Mr. Smith

Each class of middle school music has been busy since the start of the year!

7th & 8th Grade Band

These students have been preparing for their first performance of the year, the Delmar Homecoming Parade, which was cancelled due to weather. Each student has been issued a uniform to march in. If they've not done so yet, they should pay \$10 for uniform cleaning. Some students are using a school owned clarinet, sax, trumpet, or French horn but have yet to pay a rental fee for it. The fee is \$25 for each half of year.

6th Grade Band

These students are progressing through their band books. Those who have their own book are doing better than those who don't. If your child doesn't have an "Essential Elements" band book, they can be purchased at any music store including Earle Teat in the Delmar Plaza. Some students are using a school owned clarinet, sax, trumpet, or French horn but have yet to pay a rental fee for it. The fee is \$25 for each half of year.

5th Grade Band

By the time this "hits the press" the 5th Grade band will have selected their instruments and be playing in class. The year started with them trying each instrument as they desired. While the sounds at home may resemble more of squeaky doors or farm animals, in time they will make music! The best thing for success is PRACTICE! I encourage an average of 10 minutes each night. If all goes well, they will perform at the Winter/Holiday Concert.

7th & 8th Chorus

This is the largest group I've ever had in 7th and 8th combined chorus. Two 8th grade and two 7th grade chorus classes total about 100 students. They have and will continue to be working on Winter/Holiday concert music.

5th & 6th Chorus

This group is a bit smaller than some years past but is still well over 70 students when all three classes are combined. Like the 7th & 8th grade chorus, they have been working on Winter/Holiday music for the concert in December.

Middle School Art with Ms. Maloney

Art is in full swing! Please try and get the materials for this class if you haven't already to help make your experience in the art room productive and fun!

8th grade is working with their first element of art and creating their own personalized color wheel.

7th grade has been modeling after the Mexican technique of Nearikas and creating their own yarn paintings.

6th grade students are practicing their drawing technique to create a Caricature of themselves.

5th grade are channeling their inner Picasso and combining the side view and front view facial features to create their own creature.



High School Assistant Principal's Page – Mr. Michael Bleile



What a great start to the school year! Glad to see all the students back and actively participating with academics, sports, and other extra-curricular activities. I am so proud of all of our students so far. With a great start to the school year comes a positive school environment! I am seeing all kinds of great academic achievements in the classrooms, positive interactions with one another in the halls and lunch, and finally, a large number of the student body participating in athletics or other extra-curricular activities. The students will be continually challenged as we move forward into the school year! Put forth your best effort and Good Luck!

Here are a few reminders and updates. Please be aware of new policy changes in our student handbook.

1. Students are not allowed to bring in any outside food into school unless it is packed for lunch in the cafeteria. This includes snacks for breakfast after the bell time. Breakfast after the bell should be purchased from the school.
2. Students should not be bringing in sodas, coffee, or any other containers that are not clear plastic water bottles. This includes swell bottles and other water containers that are insulated.
3. Parking has been greatly reduced this year due to construction in the North parking lot. Seniors and juniors may buy parking passes from the main office. Anyone that parks on campus without a pass will be ticketed.
4. Seniors have all signed and turned in their late arrival / early dismissal contract. Please review the guidelines and be aware that failure to abide by the contract will result in privileges revoked.

With your support this will greatly reduce any classroom disruptions that may arise regarding these new policies!

Discipline:

Our goal at Delmar High School is for every student to be in class and actively engaged. It is important that each student takes responsibility for their own actions during the school day. Our administrative team does not want any student missing instructional time due to discipline infractions. Your challenge as a student is to be on time and respect each other.

Positive Behavior Referral:

Last year Delmar adapted a Positive Behavior Referral. If your child is caught doing a positive behavior, he/she will receive a positive behavior referral! Teachers can give out these positive referrals for students showing random acts of kindness, doing well in class, helping others, or any other positive interaction during the school day. I will inform the parents of what they did so you can be proud and share the moment with them!

I love seeing all our students, parents, staff and community members take pride in the Delmar School District and community. I thank you as part of the administrative team for your continued support. I want to make sure that Delmar High School continues to set high standards for our students. I am here to help in any way that I can. Please make sure to check our webpage and calendar for any upcoming sporting events or other extracurricular activities.

Follow me on Twitter!
@delmarHSVP



Dean of Student's Page – Mrs. Christy Parsons



Hello Wildcat Families!

Now that we are all settled in for a great 2016-2017 school year, I would like to remind everyone about a couple important district policies.



As we all know, we have outstanding students at Delmar who constantly impress us all with their academics, athletics, extra-curricular participation, behavior and overall accomplishments. Our dress code policy is an extension of our students' success by promoting student pride in appearance and school spirit. Here are a few main points to remember as the school year moves along and weather changes:

- All shirts must have a collar and be tucked in.
- Collared shirts, crewnecks, cardigans, sweaters, sweatshirts, vest or pullovers must be solid navy blue, white, orange or gray.
- Hoodies are not permitted.
- Team and club attire must be administratively approved.
- Pants, shorts or skirts must be khaki or navy blue.
- A belt must be worn if the clothing item has belt loops.
- Hats, head coverings, visors, scarves, bandanas, combs/picks and sunglasses are not to be worn in the building.

Additional dress code policy details can be found on pages 25 and 26 in the Student and Parent Handbook.



Our District Tardy Policy is on page 20 of the handbook. The building opens in the morning at 7:30 am for students wanting to eat breakfast in the cafeteria. At 7:45 am all students are permitted to enter the building and proceed to their classes. All students must be IN their assigned classroom prior to the bell ringing at 7:50 am. Students arriving between 7:50 am and

8:15 am will be required to report to the tardy office. Tardy records are maintained per semester. Once students have been tardy to school on three occasions, an office detention will be scheduled. The 6th tardy will result in one day of In-School Suspension. I am sure we can all agree we certainly do not want to see this happen for any student. Our goal is for all students to be in class at all times in order to benefit from teacher instruction and ultimately be successful in all areas.



Our middle school students have an exciting event happening in October. We will be participating in a Mural Project with the Joshua M. Freeman Foundation the week of October 17. All middle school students and teachers will have the opportunity to contribute in painting of a mural that will be displayed in our school throughout the school year. The "Big Reveal" is scheduled for November 16th at 5:00 pm followed by our Parent-Teacher Conference Night from 5:30 pm until 7:30 pm. We are all looking forward to this fun and exciting educational adventure!



Don't wait to order a yearbook! Order forms are available from Mr. Ellis or in the school office. Please note that only checks are accepted for yearbook orders placed at school, no cash or credit cards are accepted. You can save \$5 by ordering your yearbook online at www.jostensyearbooks.com. Yearbooks can also be personalized when ordering online, get your name, icons, and other add-ons to make your yearbook your own. In addition, Jostens has special offers every now and then that are only available online. Yearbooks will be shipped to school in late spring, usually in mid to late May.

Yearbook prices go up each month:

October:	\$70 in-school,	\$65 online
November and December:	\$80 in-school,	\$75 online
After December 31 st :	\$85 in-school,	\$55 online

If you have any questions, please contact the yearbook advisor, Mr. Sam Ellis at Samuel.ellis@delmar.k12.de.us.

High School Department Academic Highlights & Activities



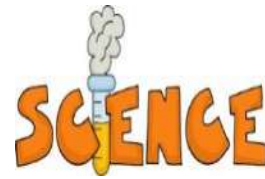
News from the High School English Department:

9th Grade English - English language arts classes are exploring narrative structure through a study of short stories. We are focusing on how authors use literary devices to make their writing more effective. Each short story will be paired with another type of text (non-fiction, poem, visual aid) that is similar to the story in some way. This pairing of texts helps students to meet Common Core State standards. Ninth grade honors classes are working on an independent reading project both inside and outside of class. Students chose a contemporary mystery novel to read outside of class. Once a week, students meet with group members who are also reading the same novel. Each student plays a different role in the Literature Circle meeting. This allows them to explore the mystery genre and exercise speaking and listening skills within their groups.

10th grade English - English II is spending the first part of the year in Ancient Greece with a unit on Greek Mythology. The unit allows students to analyze specific viewpoints of a different culture and time period through reading various Greek myths and drawing connections to our modern society. We will compare creation myths from several different cultures before focusing on how ancient Greeks believed the universe, earth and mortal man were created. We will review narrative plot structure as students write their own creation myths which could explain a mythical way any modern item or technology. Using a free educational website called [StoryBoardThat](http://StoryBoardThat.com), they will be able to share their ideas through visual story-telling. We will also spent time reviewing and developing the Point-Evidence-Analysis writing process as students complete brief writing assignments to discuss how the themes in Greek myths still resonate today. 10th grade Honors classes will begin outside reading at the start of Quarter 2 with *The Odyssey* to extend our study and use what they've learned in class about Greek mythology.

11th Grade English - English III begins the year examining early American writing. Students read about the Native American Experience, Exploration and the Early Settlers, and the Puritan Tradition through an in depth study of historical narratives, poetry, and persuasive writing. This unit allows students to analyze the historical context and cultural characteristics of the earliest inhabitants of America, while making connections to modern society. Students spend a considerable amount of time studying grammar and writing throughout this unit and write an informative essay that compares historical narratives. The unit wraps up with a study of the American Drama. Students read, act out, and analyze Arthur Miller's *The Crucible*, while concentrating on the author's use of characterization. This unit lays the foundation for the study of America's founding documents and persuasive writing.

Senior English—Mrs. Kline - Most of the seniors have been busy working on our non-fiction narrative/college application essay unit of study. They have been mastering writing techniques and strategies and working on perfecting grammar and usage skills. Student groups are working as "college admissions boards" to evaluate sample college application essays. Up next will be some résumé writing, and after that, we will begin studying the origins of British Literature.



News for the High School Science Department:

As the 2015-2016 school year comes to a close, we would like to take the opportunity to express our appreciation for the effort that our students put forth on the state Science assessment (DCAS). This attitude is what continues to keep Delmar's test scores ranked among the top districts on DCAS Science. As we look forward to next year, the Science Department as well as some of the CTE department are the advisors for the Class of 2018 and are responsible for putting on the prom. In order to continue raising funds, we will be holding a Quarter Auction on Wednesday, October 12th. Students will be receiving information in September and any help is welcome. As always, we appreciate your support.

News from the High School Social Studies Department:



The Social Studies Department is well on their way with this school year. The freshmen are learning about the foundation of our government and the two part system as well looking toward the election that is coming up next month. The sophomores are getting into the law of demand and how the demand curve shifts. The juniors are will into the U.S. Civil War and the effects to the North and the South. The seniors in World History are looking at ancient Egypt as they analyze artifacts. In Psychology, students are studying characteristics of different types of memory. The History Club will be organizing a field trip to a local historical site within the next few months. Also the Armed Forces Club is preparing for the Veteran's Day ceremony that will be on November 10, 2016 starting at 10:00. Tell all veterans that you know. We hope to see you there.

News from the High School Math Department:

The high school mathematics competition team is preparing for a new season. We have both a ninth grade team and a tenth through twelfth grade team. These teams will compete at Sussex Central High School four times this year. Good luck to our mathletes!

We want to remind parents to check home access regularly. The mathematics teachers update student grades at least every other week. You should see your child coming home with homework. Please make sure they are completing and turning in their assignments. If students are having difficulty with assignments, then **Khan Academy** is an excellent resource for additional assistance. Tutoring is available on most Thursdays from 3-3:40pm. We look forward to a great second half of the year!

PSATs and SATs are coming soon. Khan Academy is an excellent resource for students to find practice questions for these tests.





Why learn a language? It's likely to help your child become a better thinker, as well as giving him/her an advantage in the work world!

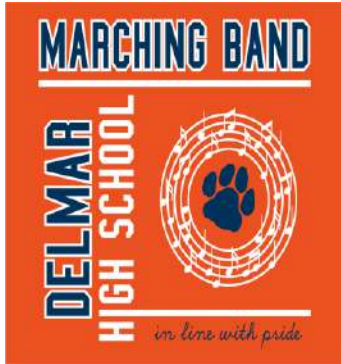
The World Language Department is happy to welcome Mr. Allen to the High School! He is an excellent addition to our team.



Want to help your child with learning Spanish, but you are not sure how? Here's what you can do to support your child's learning at home:

- **Help your child make time to practice.** Learning a language is like learning to play an instrument, says Paula Patrick, foreign language coordinator for the Fairfax County, Va., public schools. There needs to be time to practice. We make flashcards in class. Encourage your student to use these at home.
- **Have your student teach you to say something in Spanish every day.** Explaining is learning. Let your child laugh at your mangled pronunciation – and correct you.
- **Ask your child to share his/her Student Learning Map with you.** Ask them to explain the answers to each question.
- **Visit the website that corresponds to our textbook:** <http://www.phschool.com/atschool/paso> This website contains vocabulary lists, games and practice activities related to what your child is learning in class.
- **Monitor Home Access Center** to keep up with your student's progress in our classes
- Please do not hesitate to **call or email teachers** with any questions or concerns.
- We continue to encourage students to **utilize their DuoLingo apps** to increase their Spanish language skills.





The Delmar High School Marching Band is proud to present their 2016 field show, "Shipping Up to Boston." The show begins with "Shipping Up to Boston" by the Dropkick Murphys followed by "Take Me Out to the Ballgame" and ending with "Sweet Caroline" by Neil Diamond.

The band is excited about the rest of the busy fall season. They look forward to performing and supporting the football team at the remaining games. In addition, the band will be marching in the 102nd Return Day Parade in Georgetown, Delaware on November 10.



2016 Delmar High School Marching Band



Marching Band Seniors – c/o 2017

The High School Chorus is off to a great start. This year's concert choir consists of approximately 100 members. Both the women's and a Capella choirs consist of approximately 20 members.



The chorus kicked off the year with a performance of the Star Spangled Banner at the 2016 Delmar Heritage Day Festival. All three choirs are working diligently on repertoire for their winter concert and as well as diving deeper into their understanding of music notation and theory.



The chorus is excited to announce that the a capella choir has been accepted to perform in Disney World! The group submitted an application to the Disney Youth Performance Program and was accepted to perform in April. They are very excited to plan their trip and will be submitting their request to the Delmar School Board for consideration.

Rehearsals for this year's musical, "Beauty and the Beast," have begun. The cast is excited to work on and ultimately perform the show! Performances will run March 9, 10 & 11 at 7:00 PM each night.

Select students from studio art classes are currently working on portraits of orphans from the Ukraine. The portraits are created as part of the Memory Project and gifted to orphans who have few personal belongings. Advanced artists are working on design pages for the yearbook.



The AP Art History class will be combining with the AP World History class for future field trips.

Sign-ups are currently being held for Art Club. See Mrs. Hearn for more details!

Career and Technical Education Department

Plant and Horticulture Science



Plant and Horticulture I students have been learning all about the FFA Organization and how they can become involved in the Delmar FFA. Over the next few months, Horticulture I students will learn an overview of the horticulture industry and explore the various parts of the plant. Horticulture II and III students have been busy getting the greenhouse cleaned up and ready to grow different crops throughout the year. Horticulture IV students are about to start working on earning their certification through Bayer Crop Science.

Communication Tech

The Comm Tech I students have started getting into the first of the major software titles we use, Adobe Illustrator. This complex software is for professional graphic designers to create vector graphics for publications.

The Comm Tech II and III classes have been working on review projects to get back into the swing of things. Since a lot of the tools we use in the software aren't used frequently and nobody has the software at home, it's best to get back into practice with them before jumping into new projects. They are also preparing to design senior ads for the yearbook (the deadline to purchase an ad has passed).



The Comm Tech IV class is comprised mostly of the yearbook staff and they have been busy planning this year's book. The staff participated in a cover design workshop with the Jostens artist and they have a good start on the cover design and the graphics that will appear throughout the yearbook.

Business



CTE business is developing web quests which require students to generate information, organize information, interpret information, draw conclusions, and make a decision. This will allow students to arrive at "solutions" for real world problems. Organizations are desperately seeking people to do this.

We will apply this procedure to various web quest projects (including financials/cost justifications) to arrive at these solutions for real world situations. The student will then incorporate their findings into a power point presentation. The student will present it to the class with the goal to persuade them to their position. This will develop the student into a technical, financial, and sales/people person. This type of person is very hard for organizations to find! In addition, this developed skill will also greatly enhance their quality of life in general.

Project examples vary from developing a magazine, planning a vacation, insurance brochures, develop a consumer product, make a specific business more profitable, raising funds to start a business, solving problems in a business to get a promotion, develop a personal budget, develop a business budget, and many other web quest culminating projects.

Business Professionals of America



The BPA recently elected their new officers for the school year. The 2016-2017 BPA Officers are: President-Trevor Harrington, Vice President-Reenal Patel, Secretary-Vasmi Patel, Treasurer-Joy Baker, Parliamentaria -Sima Patel, and Historian Rebekah Noonan.

FFA

Delmar FFA has an exciting and busy year ahead full of fun activities and competitions. In September, FFA members Aubrie Jones, Dylan Culley, Hunter Townsend, Gabriella Morelli, Maria Morelli, Hannah Craven, and Shelby Tapman travelled to The Big E in Massachusetts to compete in food science and milk quality career development events . The FFA Officer team also recently travelled to Delaware’s Chapter Officer Leadership Training in Worton, Maryland. We are proud to announce that in October at the FFA National Convention, Delmar Alumni Evan Davis will be awarded his FFA American Degree. During the fall months, we plan to stay busy with events including: Quest Conference, National FFA Convention, corn maze, citrus fundraiser, bon-fire, ringing the bell for Salvation Army, a scholarship workshop and more!





From the Office of the School Nurses

As we are getting back into a new school year, things are very busy in the nurses' office.

We are reviewing students' medical files to be sure every student meets the Delaware School Health requirements. If we need documentation for your student, you will receive a letter from us. Please be sure to bring in any update medical documentation on your student so we can update their medical file at school.

Also, we are doing health screening, as required by the State of Delaware. All students, grades 5 through 9, will be screened for scoliosis. If we have a concern regarding your student, you will be contacted. Hearing and vision screening will be done on all 7th and 9th grade students as well. Again, if we have a concern regarding your student, you will be notified.

It is also a busy time of year for student sick visits to the nurse, perhaps related to allergies, cold, or flu. Attached is a flow chart how to tell the difference between cold and flu. The best treatment is preventative- good hand washing, plenty of sleep and rest, good nutrition, and vitamin C. However, treating the symptoms can certainly minimize how bad you feel. Treat headaches, sore throats with over the counter analgesics, like Tylenol or Advil. For nasal congestion, a decongestant like Sudafed, or Mucinex can decrease mucus and congestion, or an antihistamine Benadryl. Check with your health care provider before taking any over the counter medications. Please note that the school nurses can only provide Tylenol, Ibuprofen, or lozenges for symptoms at school, and only with your consent from the emergency data sheet you completed.

Cold or flu symptoms usually last a week. If the symptoms persist or worsen, please follow up with your health care provider to rule out complications such as strep throat, ear infections, sinusitis, bronchitis, or pneumonia. If your child has a fever and /or is vomiting, PLEASE do not send them to school.

As always, please feel free to contact the nurses for any questions or concerns regarding your student's health.

Have a happy, healthy fall!

Colds versus Flu: How to Tell the Difference

Are you coming down with a cold? Do you have the flu?
Look below to see some differences and similarities between colds and flu.

Differences Between Colds and the Flu	
WITH A COLD:	WITH THE FLU:
Symptoms are usually less severe than flu symptoms	Symptoms are usually more severe than cold symptoms
Symptoms develop gradually over a few days.	Symptoms come on quickly and severely .
You rarely have a fever	You almost always have a fever .
You feel sick mostly in your head and nose.	Your entire body feels sick.
Body aches, headaches and pain are usually mild if you have them.	Body aches, headaches and pain are common and can be severe.
You may or may not feel tired and weak.	Tiredness and weakness are common .
There is no vaccine to protect you.	You can get vaccine to protect yourself.
Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.	The flu can result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.
Similarities Between Colds and the Flu	
WITH A COLD:	WITH THE FLU:
Caused by a virus.	Caused by a virus.
Affects the body's breathing system (nose, throat, windpipe and lungs).	Affects the body's breathing system (nose, throat, windpipe and lungs).
Usually goes away on its own.	Usually goes away on its own.
You should contact your doctor if symptoms change or get worse.	You should contact your doctor if symptoms change or get worse. There are antiviral medicines, by prescription, to treat the flu.

Sally M Irwin RN sally.irwin@delmar.k12.de.us Kelly B. Dryden RN kelly.dryden@delmar.k12.de.us



Wellness Center Updates

What is HPV and Why Does My Child Need the HPV Vaccine?

Recently you may have seen a number of commercials on TV about the HPV vaccine and cancer. I know I have. With that in mind, I pulled together a little bit of information about the HPV and the HPV vaccine.

HPV is short for Human Papilloma Virus. More than 150 related viruses are part of the HPV group, each one being called a “HPV type”. Some of these “types” lead to cancers both in men and in women. According to the CDC, “each year there are about 17,500 women and 9,300 men affected by HPV-related cancers” in the United States. HPV is the most common sexually transmitted infection; symptoms can develop years after becoming infected. Most of the time the body can fight off the infection before it causes problems and you never even know you were infected, but when it does not, it can cause significant problems like cancers. For women, screening is available to detect HPV-related cervical cancer; unfortunately, there is no routine screening for several other HPV-related cancers. That is why prevention is so important. The HPV vaccine protects against cancers caused by HPV.

So, a very reasonable question, if HPV is a sexually transmitted infection, why the need vaccinate preteens? The CDC gives 3 reasons: first, the HPV vaccine is recommended be given to preteen boys and girls age 11 or 12 so they are protected **before** ever being exposed to the virus; second the HPV vaccine also produces a more robust immune response during the preteen years and third, older teens are less likely to get health check-ups than pre-teens.

The HPV vaccine is given as a series of 3 shots. The second shot is given 1 or 2 months after the first, and then a third shot is given 6 months after the first. For more information about the HPV vaccine contact you’re Primary Care Provider or the Wellness Center (302-846-0303), information can also be found on the CDC website at <http://www.cdc.gov/hpv> .

(The Wellness Center is open to all Delmar Middle/Senior High School Students in grades 6-12 with parental consent. Services include: Physical Health (assessment, diagnosis and treatment of minor illness and injury including limited lab test and prescriptions) Nutritional Counseling, Mental Health Counseling, Education, and Reproductive Health Services. Parents can select which services they consent to for their student. For more information or consent forms call 302-846-0303).

Cindy Madden, ARNP
Wellness Center NP/Coordinator

If you would like any additional information, please give us a call at 302-846-0303.



Foodservice News You Can Use

In October, several things take place in the foodservice department about which you need to be aware.

First, note the expiration of the grace period from the previous school year that is granted to all students that participate in the Free and Reduced Breakfast/Lunch Programs. If you have not received a letter that your new application has been processed for the 2016-2017 school year, it means we have not received your application. Please stop by to fill out a new application or give us a call at 302-846-9544 x 148 and we'll send one home to you. If your application is not processed by Monday, October 10th you will be responsible for all charges your student incurs until the matter is resolved.

Second is called Verification. Every year on or about October 1st we run a program that selects random households that participate in the Free/Reduced meals program to prove that what they submitted on their application is accurate. A handful of Delmar families will be chosen and should receive letters this week. Please read the letter carefully and send in the information as soon as possible. If you have any questions feel free to give us a call at the number listed above.

Lastly, you can find the monthly menu is posted on the Delmar School District website and we post the daily menu on Twitter where you can find us under the name Delmar Lunch.

Guidance Department News

We hope everyone is having a great start to the school year. IPRs were distributed on October 3, 2016. If your children did not show you their report card, please ask them. If they have lost or misplaced it, call the School Counseling Office at 302-846-9544.

Scholarships are being updated in the School Counseling Office with new ones being added as they arrive. Please make sure if you have a student in the 12th grade, they are checking for any new additions. All seniors should be collecting Recommendation letters for college applications. They should have registered through parchment to order transcripts sent to respective universities.

The PSATs will be given here at Delmar on October 19, 2016 during the school day. School will remain in session for all students during this time. Only students who have signed up to take the test will be testing during this time.

First marking period report cards will be issued November 9, 2016. Please mark your calendars. If at any time your child does not have their report cards, do not hesitate to call the office and request or speak with one of the Counselors for any questions.

We hope everyone has a great year!



DMSHS Student Mentoring Program	
Questions regarding student mentoring...	...and answers
What is the purpose of this program?	The purpose of this program is to provide guidance and support to young people in need.
Who are the mentors?	DMSHS teachers and staff members
How can you sign your child up to take part in the program?	Complete & return the “ Parent Referral Form” found at: http://www.delmar.k12.de.us/apps/pages/index.jsp?uREC_ID=285099&type=d&termREC_ID=&pREC_ID=569691 Questions? Contact: Kelly.Tingle@delmar.k12.de.us
What is the relationship between mentor and mentee?	Mentors often focus (but are not limited to) on the following areas: ~Academic support ~Behavioral support (i.e. incentive plans) ~Decision making ~Self-esteem and confidence ~Positive attention ~Emotional support (i.e. coping with family dynamics) ~Making friends
Upcoming after-school events...	...what students will be doing
October—Pumpkin party	Students will paint/carve pumpkins to take home.
November—Thanksgiving dinner	Students will prepare multiple side dishes and dessert, added to our turkey. Then, they will enjoy a meal together.
December—Cookies & Cocoa	Students will make and bake dozens of cookies to snack on and take home.



End of year Newsletter from the Athletic Director

Winter Sports Update:

Winter Sports tryouts and practices begin on Friday, November 11th. Varsity, JV and Middle School teams in Boys & Girls Basketball, Wrestling, and Cheerleading will be participating in events which begin in early December.

A DIAA Sports Physical must be on file at school in order to tryout. Any questions regarding teams or practices should be directed to David Hearn, Athletic Director, either by email or phone.

David Hearn: david.hearn@delmar.k12.de.us Odell Jones: odell.jones@delmar.k12.de.us

Delmar HS/MS - Winter 2016/2017 - Sports Schedules

Basketball - Boys V

11/29 Tue	4:00 H	Bennett
12/2 Fri	7:15 A	Lake Forest
12/6 Tue	5:45 H	Milford
12/9 Fri	7:15 H	Indian River
12/12 Mon	5:45 H	Richardson
12/15 Thu	5:45 H	Seaford
1/3 Tue	5:45 H	Laurel
1/6 Fri	7:15 A	Sussex Aca
1/12 Thu	6:15 A	Woodbridge
1/17 Tue	5:45 H	Lake Forest
1/23 Mon	5:30 A	Pocomoke
1/24 Tue	6:15 A	Milford
1/26 Thu	5:30 A	Indian River
2/3 Fri	7:15 A	Seaford
2/7 Tue	6:15 A	Laurel
2/9 Thu	5:45 H	Parkside
2/14 Tue	5:45 H	Sussex Aca
2/17 Fri	7:15 H	Woodbridge

Basketball - Boys JV

11/29 Tue	4:00 H	Bennett
12/2 Fri	6:00 A	Lake Forest
12/6 Tue	4:30 H	Milford
12/9 Fri	6:00 H	Indian River
12/12 Mon	4:30 H	Richardson
12/15 Thu	4:30 H	Seaford
1/3 Tue	4:30 H	Laurel
1/6 Fri	6:00 A	Sussex Aca
1/12 Thu	5:00 A	Woodbridge
1/17 Tue	4:30 H	Lake Forest
1/24 Tue	5:00 A	Milford
1/27 Fri	4:00 A	Indian River
2/3 Fri	6:00 A	Seaford
2/7 Tue	5:00 A	Laurel
2/9 Thu	4:30 H	Parkside
2/14 Tue	4:30 H	Sussex Aca
2/17 Fri	6:00 H	Woodbridge

Basketball - Boys MA

12/5 Mon	4:00 A	Chipman MS
12/7 Wed	5:15 H	Fifer MS
12/12 Mon	4:00 A	Sussex Aca
12/14 Wed	5:15 H	Grgetwn MS
1/4 Wed	5:15 A	Seaford MS
1/5 Mon	4:00 A	Selbyville
1/12 Thu	5:15 H	Millisboro
1/18 Wed	5:15 A	Providence
1/23 Mon	4:00 H	Dover AFB
1/25 Wed	5:15 H	Woodbridge
1/30 Mon	4:00 A	Laurel MS

Basketball - Girls V

11/29 Tue	4:00 A	Bennett
12/2 Fri	7:30 A	Worcester
12/3 Sat	3:00 A	DCHS
12/6 Tue	6:15 A	Milford
12/9 Fri	5:30 A	Indian River
12/13 Tue	5:45 H	Lake Forest
12/15 Thu	7:15 A	Seaford
1/3 Tue	6:15 A	Laurel
1/12 Thu	5:45 H	Woodbridge
1/17 Tue	7:15 A	Lake Forest
1/23 Mon	4:00 A	Pocomoke
1/24 Tue	5:45 H	Milford
1/27 Fri	7:15 H	Indian River
1/30 Mon	5:30 A	Richardson
2/3 Fri	7:15 H	Seaford
2/7 Tue	5:45 H	Laurel
2/10 Fri	5:30 A	Parkside
2/17 Fri	7:15 A	Woodbridge

Basketball - Girls JV

11/29 Tue	4:00 A	Bennett
12/6 Tue	5:00 A	Milford
12/9 Fri	4:00 A	Indian River
12/13 Tue	4:30 H	Lake Forest
12/15 Thu	6:00 A	Seaford
1/3 Tue	5:00 A	Laurel
1/6 Fri	4:30 H	Sussex Aca
1/12 Thu	4:30 H	Woodbridge
1/17 Tue	6:00 A	Lake Forest
1/24 Tue	4:30 H	Milford
1/27 Fri	6:00 H	Indian River
1/30 Mon	4:00 A	Richardson
2/3 Fri	6:00 H	Seaford
2/7 Tue	4:30 H	Laurel
2/10 Fri	4:00 A	Parkside
2/14 Tue	6:00 A	Sussex Aca
2/17 Fri	6:00 A	Woodbridge

Basketball - Girls MA

12/5 Mon	5:15 A	Chipman MS
12/7 Wed	4:00 H	Fifer MS
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12/14 Wed	4:00 H	Grgetwn MS
1/4 Wed	4:00 A	Seaford MS
1/5 Mon	5:15 A	Selbyville
1/12 Thu	4:00 H	Millisboro
1/18 Wed	4:00 A	Providence
1/23 Mon	5:15 H	Dover AFB
1/25 Wed	4:00 H	Woodbridge
1/30 Mon	5:15 A	Laurel MS

Printed: 9/25/2016

Wrestling V

11/23 Wed	10:00 H	*Play Day @ Delmar HS/MS
12/3 Sat	H	Polytech Invitational
12/7 Wed	4:00 H	Arcadia, Northumber @ Arcadia HS (VA)
12/9 Fri	A	Milford Invitational
12/16 Fri	4:30 A	Appo HS, Archmere, McDevitt, Brandywine, Charter, Christiansa, Concord, Conrad, DMA, Delcastle, Glasgow, Hodgson, Carroll, Mavem, Moksian, Mt.Pleasant, Nwrik Chrtr, Newark, Polytech, Tattall, Towler Hill, Wm Penn
12/17 Sat	10:00 A	Appo HS, Archmere, McDevitt, Brandywine, Charter, Christiansa, Concord, Conrad, DMA, Delcastle, Glasgow, Hodgson, Carroll, Mavem, Moksian, Mt.Pleasant, Nwrik Chrtr, Newark, Polytech, Tattall, Towler Hill, Wm Penn

Wrestling JV

12/29 Thu	A	Battle at the Beach
12/30 Fri	H	Battle at the Beach
1/4 Wed	6:30 A	Woodbridge
1/6 Fri	4:00 A	Delcastle Invitational
1/7 Sat	9:00 A	Delcastle Invitational
1/11 Wed	5:00 H	Milford
1/18 Wed	5:30 H	Polytech
1/25 Wed	6:30 A	Laurel
1/28 Sat	A	Warriors Duals (VA)
2/1 Wed	5:00 H	Indian River, Seaford @ Delmar HS/MS
2/10 Fri	6:00 H	Lake Forest
2/11 Sat	12:00 A	Caravel, Conrad, Wilm Christian @ Conrad School

Wrestling JV

1/4 Wed	6:00 A	Woodbridge
1/11 Wed	5:00 H	Milford
1/18 Wed	5:30 H	Polytech
1/25 Wed	6:00 A	Laurel
2/1 Wed	5:00 H	Indian River, Seaford @ Delmar HS/MS
2/10 Fri	6:00 H	Lake Forest

Delmar HS/MS - Winter 2016/2017 - Sports Schedules

Wrestling MA

12/5 Mon	4:00 H	Chipman MS
12/7 Wed	4:00 A	Fifer MS
12/14 Wed	4:00 A	Grgetwn MS
1/4 Wed	4:00 H	Seaford MS
1/5 Mon	4:00 H	Selbyville
1/11 Wed	4:00 A	Millisboro
1/18 Wed	4:00 H	Postelthwa
1/23 Mon	4:00 H	Smyrna MS
1/25 Wed	4:00 A	Woodbridge
1/30 Mon	4:00 H	Laurel MS

Athletic Training News



A Note from Craig Yingling: craig.yingling@delmar.k12.de.us

Basketball season is just around the corner and many middle and high school-aged children will be hitting the court or maybe you choose to hike through the woods, walk around the neighborhood or play another sport. Injured ankles are a common injury this time of year. Every day 25,000 people in the US sprain their ankle. Men between the ages of 15 and 24 have the highest incidence of injury followed by women over the age of 30.

There are many ways to injure your ankle but the most common injuries are sprains and fractures. A fracture is a break in one or more of the bones. A sprain is damage to the ligaments that hold the bones together. You have 3 ligaments on the outside of your ankle and a larger fibrous band that makes up a ligamentous complex on the inside of your ankle. The outside or lateral side of the ankle is injured much more frequently than the inside. This is often done by stepping on something and “rolling” your ankle to the outside, landing awkwardly, tripping or falling, or by walking or running on an uneven surface.

When you injure the ankle, a fracture or sprain can often have very similar signs and symptoms. This is why it is important to have a doctor or other healthcare professional evaluate the injury as soon as possible. Both of these injuries can produce pain, which can be sudden and severe; swelling; bruising; and the inability to walk or bear weight on the injured side.



Treatment

Remember the first aid principles of R.I.C.E.

Rest – rest the ankle to prevent further damage and keep weight off of it.

Ice – Ice will help slow or reduce swelling as well as ease the pain. Ice for 15 to 20 minutes at a time, several times a day. Ice bags, ice immersion in a bucket of ice and water or even using bags of frozen vegetables like peas or corn is a good option.

Compression – wrapping the injured ankle with an elastic bandage or compression wrap will help keep it immobile and reduce swelling. Start all the way at the toes and continue to mid-calf. If the toes turn blue, get cold, or lose sensation then the wrap is too tight.

Elevate – Elevate the injured ankle to at least the level of the heart to reduce swelling and pain.

If your injury persists or doesn't improve, make sure to have it evaluated by a doctor to rule out further injury. Injuries that are not treated properly or are ignored can lead to long term chronic problems such as repeated injuries, ankle weakness, or arthritis.

Technology Corner

From the Desk of Eve Mothicka and Terri Sensenig



Pokemon GO!

8 Tips for Safety & Etiquette

1. This may seem obvious, but. ... do *not* play "Pokemon GO" while driving! In a statement, AAA Mid-Atlantic is warning that distracted driving results in at least 3,000 deaths per year, according to the National Highway Traffic Safety Administration. And using handheld electronics while driving is illegal in both Maryland and Delaware!
2. Avoid suspicious locations, advises the Better Business Bureau (BBB). According to police, a Missouri [man was targeted by armed robbers while hunting Pokemon](#) at a gas station at 2 a.m. To avoid potentially dangerous situations, make sure that people can see you if you're playing at night, and be aware of strangers in the area you are "hunting."
3. Do not trespass while playing. The BBB said one man reported that his house was listed as a "PokeStop," where players can collect free items in the game and a sheriff's department in central Virginia [linked increased reports of trespassing and suspicious activity](#) to "Pokemon GO."
4. Be aware that the more characters you catch in Pokemon, the higher the cost is to train and store those characters. You can win "PokeCoins" while playing, but catching more Pokemon might mean you have to purchase some "PokeCoins" with real money. Decide ahead of time how much money -- if any -- you're willing to part with, and try to stick to that decision.
5. Don't forget that the app's GPS demands will take up a lot of your phone's data, so if you don't monitor the app's data usage, the game will become a lot less fun when you get your phone bill!
6. Signing into "Pokemon GO" using your Google account risks a breach in privacy if you have an iPhone, because it would give the game access to all of your Google data. Avoid this by creating an account in the app itself.
7. Be respectful of where you are playing. For example, don't hunt Pokemon at memorials on the National Mall (in D.C.) where people want to reflect. Any memorial site or museum is an inappropriate place to try to "catch them all."
8. Remember that Pokemon characters disappear and move to different locations in the game. If that coveted Pidgey is hiding in an unsafe or inappropriate location, you can wait for it to move to more suitable hunting ground.

Enjoy the fall and winter Wildcats!

