



# COUGAR CONNECTION

## THE HELEN KELLER MIDDLE SCHOOL PTA NEWSLETTER January 2018

It is hard to believe the Holidays are over already!

We are now kicking into full fundraising mode. This year we are hosting a Bingo Night at the ECC on March 2nd at 7pm.

We have six confirmed restaurants that will be serving some of their delicious food (and cocktails!). This is sure to be fun kid-free night!

Want to help? We're looking for items for our silent auction or to include in the evening's baskets (Gift certificates to local businesses, etc.)

Stop by our next PTA meeting at 9:30 am at the Easton Library for more details or to volunteer.

Email with any questions at  
[ptaeaston.hkmspresident@gmail.com](mailto:ptaeaston.hkmspresident@gmail.com)

Yours Truly - Heidi and Christian HKMS Presidents and  
Nicole Costantino Vice President

### Upcoming Events

#### **Easton BOE**

January 15th

7:30PM

@ HKMS

#### **PTA Meeting**

January 16th

9:30AM

@ Easton Library

#### **Instrumental Concert**

January 16th

6:30PM

@ HKMS

#### **No School**

January 21st

MLK Day

#### **No School**

January 22nd

Professional Dev.

*No School for  
Students*

## A LETTER FROM ASSISTANT PRINCIPAL MOHR

Dear Parents,

Often times neuroscience and practicality don't line up. We read and learn interesting things about the brains of adolescents and yearn for a way to use that information day to day to improve our relationships and our ability to support our children. Below is an excerpt from an article entitled, "This mother's description of her tween son's brain is a must-read for all parents." by Annie Reneau. In the story on [upworthy.com](https://www.upsworthy.com), a mother reached out for advice and another mother's response is a great example of how we marry neuroscience learning and our parenting.

An anonymous mother posted a question to Quora, a website where people can ask questions and other people can answer them.

**This Mother wrote:**

**How do I tell my wonderful 11 year old son, (in a way that won't tear him down), that the way he has started talking to me (disrespectfully) makes me not want to be around him (I've already told him the bad attitude is unacceptable.**

It's a familiar scenario for those of us who have raised his into the teen years. Our sweet, snuggly little kids turn into moody middle schoolers seemingly overnight, and sometimes we're left reeling trying to figure out how to handle their sensitive-yet-insensitive selves. Jo Eberhardt, a fantasy writer and mother of two from Australia, penned a reply that is so on the spot that it keeps repeatedly popping up on social media. When you nail it, you nail it - and this mother nails it. She told her son that she'd messed up the way she'd talked to him about puberty, then explained exactly what was happening in his brain.

I've spent all this time talking to you about the way puberty changes your body," Eberhardt told her son, "and what to expect as you go through the changes, but I completely forgot to talk to you about what's going on in your brain right now. Puberty is the time when your brain grows and changes more than at any other time in your life - well, expect for when you're a baby, perhaps. So I really let you down by not preparing you for that, I'm so sorry." Her son accepted her apology, then asked why is his brain changing.

"That's the amazing thing," she told him. "Did you know that your brain grew and developed so quickly when you were little that by the time you were about five or six, your brain was almost as big and powerful as an adult's brain?"

"But here's the thing," she continued, "Even though your brain was super powerful, the instructions were for a child's brain. And all the information about building an adult's brain was a bit...let's say fuzzy. So your brain did the best it could, but it didn't really know what kind of person you were going to be back then, or what shape brain you were going to need."

Now we come to puberty," she went on. "See, puberty is amazing. Not only is your body being transformed from a child's body to an adult's body, but your brain has to be completely rewritten from a child's brain to an adult's brain."

"That sounds hard," her son responded.

"Yeah, it is," Eberhardt replied. "That's why I wish I'd warned you first. See it takes a lot of energy to completely rewrite a brain. That's one of the reasons you get tired quicker at the moment- and that, of course, manifests in you being crankier and less patient than normal." Eberhardt paused, then added, "That must be really frustrating for you."

Her son looked over at her, wiping his eyes, "It is," he responded. "Sometimes I just feel really angry and I don't know why."

It's amazing what happens when we explain to kids the physiological reasons for what they're going through.

Beyond the conversation example, this article exemplifies what we truly all need...each other. One mother asked for advice and another took the time to help. Not one person has all of the answers, but together we are stronger, wiser and empowered.

Sincerely,  
Annie Mohr  
Assistant Principal

# Order Your YEARBOOK



Don't miss out on a yearbook!

The last day to order a 2019 yearbook is **January 18**.

Order your yearbook online at

<https://www.yearbookordercenter.com/>

The school code for HKMS is 13361

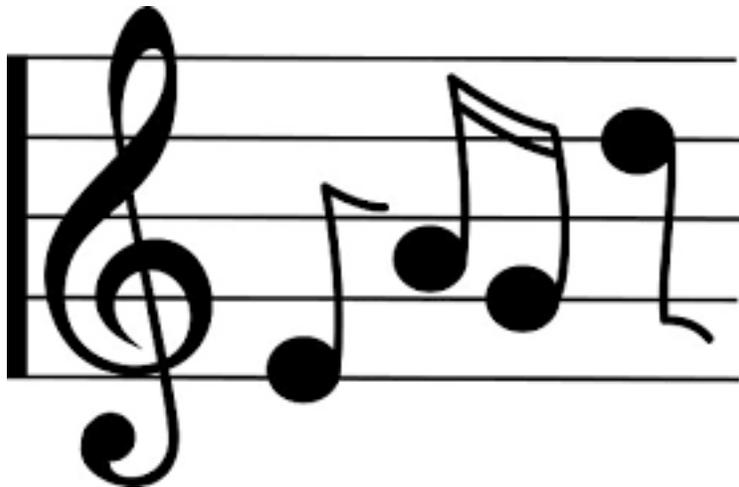
(Some yearbooks may be available in June on a first come, first served basis, but the only way to guarantee that you get a yearbook is to order one now.)

# SAVE-THE-DATE

**HKMS DRAMA CLUB PRODUCTION**

**HONK! THE MUSICAL**

**FEBRUARY 1ST @ 7PM**  
**FEBRUARY 2ND @ 3PM**



# YOUTH ART CELEBRATION

Presented by: The Easton Arts Council

March 1, 2019 - April 23, 2019

- Held in the Library, Community Room.
- Reception: Sunday, March 11, 2019 from 3:00-4:00 PM
- Two-dimensional artwork must be in frames, wired and ready to hang, (no saw tooth hangers please.)
- Sculptures also accepted.
- Receiving date: Saturday, February 24, 1:00-3:00 PM in the Community Room of the Easton Library.
- Pickup date: April 23, 2:00-4:00 PM

Questions: Please contact

Kathy Davidson-  
(203) 261-7351  
420 Westport Rd  
Easton, CT 06612  
EastonartsCouncil.org

## Special Note: Youth Art Workshop

- Held at the Easton Community Center
- February 2, 2019 12:00-1:30 PM
- Don't miss this fun-filled day of painting on canvas, then learn how to frame and hang your artwork
- The Easton Lion's Club donates all supplies

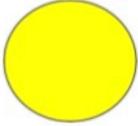
### ENTRY FORM: ART SHOW

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Age \_\_\_\_\_ Grade \_\_\_\_\_ Home # \_\_\_\_\_  
Title \_\_\_\_\_  
Medium \_\_\_\_\_  
Email \_\_\_\_\_

EASTON ARTS COUNCIL FAMILY (\$30) OR YOUTH (\$10) MEMBERSHIP IS REQUIRED FOR ALL PARTICIPANTS.

Mail to: Easton Arts Council, P.O. Box 142, Easton, CT 06612

# Save-The-Date

<b>BASKET</b>				
<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
WINE AND BEER		EASTON PTA		ADULT NIGHT OUT
<i>M</i>	<i>A</i>	<i>R</i>	<i>O</i>	<i>2</i>
AUCTION ITEMS	PRIZES		FUN	LOCAL VENDORS
<i>AT</i>		<i>E</i>	<i>C</i>	<i>C</i>
TICKETS \$50	<i>7</i>	<i>P</i>	<i>M</i>	

**SAVE THE DATE... TICKET INFO COMING SOON!**

**Easton Friends and Partners  
NOT AFFILIATED WITH HKMS**

# January @ EPL

**Teen Advisory Group (Gr. 6-12) Friday, Jan. 11th @ 3:30 PM**

This group advises the Teen Librarian on what books to buy for the collection, programs to plan, and other special

**Taste Testers (Gr. 4-8) Thursday, Jan. 17th @ 4:30 PM**

Join us every other month for fun with food! This month's task is a blind taste test of Pringles! Can you guess which is which? More importantly, which is the best? **Registration is required.**

**Register for programs here: <https://www.eastonlibrary.org/calendar-list>**

**Easton Public Library // 691 Morehouse Road 00612 // (203) 261-0134**