



COUGAR CONNECTION

THE HELEN KELLER MIDDLE SCHOOL PTA NEWSLETTER February 2018

Happy February! We are in full planning mode for our Bingo Night at the ECC on March 2nd from 7pm-10pm.

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

Tickets are just \$50 and include open bar and one bingo card. Other cards are available for purchase that evening. Visit here to purchase yours today before we are sold out!

<https://one.bidpal.net/ptabasketbingo/welcome>

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.)

Email us if you are interested in volunteering or donating an item ptaeaston.hkmspresident@gmail.com

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

Upcoming Events

Early Dismissal
Professional Dev.
February 14th
12:50pm

February Break
February 15th-
February 18th

BOE
Education
Workshop
February 21st
7:30pm
@ HKMS

Ski Club
February 22nd

BOE Meeting
March 12th
7:30pm @ HKMS

A LETTER FROM PRINCIPAL KAPLAN

Dear Parents,

As adults we all know how we feel each morning upon waking. We can tell if we feel refreshed, or sleep deprived. Your children can too.

Middle school aged children require between 8-11 hours of sleep each night (different sources have different recommendations). Scientific research into our brains now reveal why a good night's sleep matters much more than just how we feel upon waking.

The August 2018 edition of *National Geographic* includes an article entitled, "The Science of Sleep." The cover has the following quote from Robert Stickgold, director for the Center for Sleep and Cognition at Harvard Medical School: "We are now living in a worldwide test of the negative consequences of sleep deprivation." This deprivation can be attributed mainly to the growth of electric lights, computers, large screen televisions, and of course... smartphones.

My purpose for writing is not another plea about smartphone use and your children, but specifically to focus on the results of neuroresearch, which find that sufficient sleep is critical for allowing our brains to consolidate and store new learning for further retrieval, as well as to prevent serious physical illnesses. "The waking brain is optimized for collecting external stimuli, the sleeping brain for consolidating the information that's been collected. At night, that is, we switch from recording to editing, a change that can be measured on the molecular scale - the sleeping brain actively curates which memories to keep and which to toss."

I encourage those of you interested to learn by picking up this edition of the National Geographic. Generally speaking though the scientific evidence is in, and we as adults must do all we can to create the circumstances that allow children to get the sleep that their minds and bodies require. For a less technical summary you may also read this article from the NY Times [New York Times on Sleep](#) from October 2018.

Sincerely,
Susan J. Kaplan
Principal

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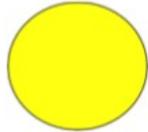
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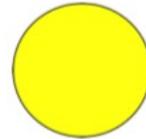
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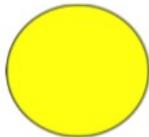
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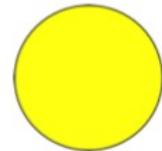
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TICKETS
\$50

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GET YOUR TICKETS AT EASTONPTA.COM



PTA BINGO FEATURED ITEMS

Benefit Boutique Beauty Bash for 8 and dinner

Dinner for 4 @ Barcelona

Dooney & Bourke Purse & So Much More!

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

Easton Friends and Partners
NOT AFFILIATED WITH HKMS

The Physiology of Addiction: Effects of Drug-Taking Behavior on the Brain

Ruth Potee, MD



Dr. Potee provides an overview of how substances and addictive behaviors impact the brain and how the brain is injured by prolonged exposure to these substances and behaviors.

This presentation explores normal risk taking behaviors of the developing brain, as well as the impact of marijuana on the adolescent brain acutely and long term.

Dr. Potee will also address the risk and impact of addiction on adolescents with ADHD.

This program is appropriate for parents of middle and high school parents. You are encouraged to bring your children.

Thursday, March 7, 2019
7:00-8:30 p.m.

Wilton Library
137 Old Ridgefield Road
Wilton CT

Free; registration is recommended
www.wiltonlibrary.org or 203-762-6334.

Please contact Genevieve Eason at
GEason@wiltoneyouth.org with questions.

Sponsored by: Wilton Library, SPED*NET Wilton,
Wilton Youth Council, Wilton Youth Services, Weston Youth Services

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

364 Sport Hill Rd • Easton, CT • 06612 • www.eastoncc.com • 203.459.9700

5 Sessions

INDOOR
Golf
LESSONS
Saturdays

Indoor Golf Class (Youth) • Code 111072-02

Ages 6-9 | 4-5PM | Feb 2-March 9
Members \$225 • Non-Members \$250

Indoor Golf Class (Teen) • Code 111072-03

Ages 10-14 | 5-6PM | Feb 2-March 9
Members \$225 • Non-Members \$250

No Classes March 2, 2019

ECC
Easton Community Center

501 c(3) Non-Profit Organization

Register online: www.webtrac.eastoncc.com

Choose Love Poetry Contest

A Celebration of Choose Love Social and Emotional Learning Awareness Month

What does Choosing Love mean to you? Using poetry as a creative expression, illustrate Choosing Love and how that thoughtful choice shapes and impacts your life and/or how it affects the lives of people around you.

We want to see how creative you can be and what influence Choosing Love has had in your life, your class or at home.

- Choose any style poem, short or long, rhyming or not.
- Choose one component of the Choose Love formula or the overall Choose Love message.
- Be creative and expressive.
- Write about a particular experience or general thoughts.
- Entries are open to students, educators and parents.

Selected Choose Love Poems will be posted on our social media and all submissions will be compiled in a book celebrating Choose Love SEL Awareness Month.

Prizes will be awarded for select poems in Elementary, Middle and High School levels.

Love

You're always there
When no one cares
You make me warm
And keep me from harm
Hold me tight
Even though we fight
You hold my hand
You make me stand
Always on my side
All the times I have cried
My heart is tender
But I will not surrender
You flew away like a dove
No one can ever replace your love

*-Breanna, 8th Grade
Washington Island School
in Washington, WI*

Submit poetry, for yourself or your class, online.

Deadline: February 20th.

[Learn More and Submit Poetry](#)

For more information, visit:

<https://www.jesselewischooselove.org/selawarenessmonth-2/>