



# Middle School Newsletter

Engagement, Assessment,  
and Reflection—



creates the pathway to our  
learning success!

From: Dr. Flaherty  
Week of: December 11, 2017  
[dflaherty@masconomet.org](mailto:dflaherty@masconomet.org)

## December 2017

<b>Monday</b> , December 11	F day	After school help 2:20- 2:50 p.m.
<b>Tuesday</b> , December 12	A day	After school help 2:20- 2:50 p.m. <b>PowerSchool Portal Reopens at 3:00 p.m.</b>
<b>Wednesday</b> , December 13	B day	After school help 2:20- 2:50 p.m. Winter Band Concert, 7:00 p.m.
<b>Thursday</b> , December 14	C Day 7 <sup>th</sup> Grade Field Trip <i>A Christmas Carol</i> North Shore Music Theatre	After school help 2:20- 2:50 p.m. Math Team 3:00 – 4:00 p.m.
<b>Friday</b> , December 15	D Day	Stem Club: 2:30 -3:30p.m. Student Council Movie Night <i>ELF</i> , 7:00 - 9:00 p.m./auditorium

**Messages from Principal Flaherty:** Join Us on Twitter @Masco\_Principal

## **PowerSchool Student/Parent Portal**

Trimester 1 ended on Tuesday, December 5<sup>th</sup> and the PowerSchool student/parent portal is closed to allow teachers to input grades. The portal will reopen on Monday, December 12<sup>th</sup> at 3:00 p.m. in order for you to view Trimester 1 report cards. As a reminder, in order to access current grades and attendance via PowerSchool and the internet, you will need to follow these steps:

1. Open the internet browser on your computer.
2. Type <https://masco.powerschool.com/public> into the address bar.
3. Type in your Username and Password (both are case sensitive).
4. View the information – **be sure to click on the actual grade for each course in order to view teacher comments and individual assignment, quiz and test grades.**

## **Please Consider TTC this Season!**

This season, we at Tri-Town Council, are thinking about the gifts we give our children. Not those wrapped with ribbons and bows, but the ones they keep for a lifetime. We fill them with gifts of love and confidence to foster resilience, thoughtfulness, and responsibility. These are the gifts that matter most, that keep on giving; the gifts that shepherd them from childhood through the teen years to blossoming young adults. Likewise, your gift to TTC is a gift that will keep on giving. TTC supports children and teens by providing families and community the tools to keep our kids strong.

TTC programs annually serve hundreds parents; robust resources shared weekly with thousands of families; youth activities that foster healthy and responsible decision making - TTC is beside you every step of the way. An investment in TTC is an investment in our children, their future and our community. Yours will be a gift that keeps on giving. **Thank you!** [LINK HERE](#) to make your tax deductible donation.

### **2017 Holiday Gift Book Recommendations**

See the attachment below for Mrs. Green's recommendations for great gift book ideas for all the young people on your holiday shopping list. Help raise our Masco Million numbers by giving the gift of a book this year!

### **Project 351 Representatives**

Project 351 is a statewide youth-driven service organization that unites 8<sup>th</sup> grade Ambassadors from every city and town in the Commonwealth for an inspiring year of leadership development, enrichment, and impact. Project 351 celebrates the ethic of service, youth leadership, and the diversity of our state. Project 351 brings 351 8<sup>th</sup> graders together on Martin Luther King Day to serve, develop leadership skills, and discuss issues critical to young people and their communities. These are our three well deserving representations for 2018!



From Left to Right: Lucy Palmer from Middleton; Chase Quigley from Topsfield and Kathryn Gatewood from Boxford

### **Toy Drive**

This year the Middle School student council will be accepting donations of NEW toys for children ages 3 to 5 years old as well as cash donations for our annual Toy Drive! We will be collecting donations until Tuesday, December 12th. Toy deliveries will be made to Pathways for Children, a head start program in Beverly, MA that facilitates at-risk children in the North Shore.

### Register Now for Tribal 2018 Spring Lacrosse:

Don't miss out! Register now for Tribal Lacrosse (Boys and Girls, grades K -8, from Boxford, Topsfield and Middleton). While best efforts will be made to accommodate all players who register prior to the January 5th, 2018 registration deadline, we strongly encourage families to register early as we will be closing registration for age groups as they become full. After January 5, 2018, a late fee of \$50 will be applied to all registrations and players will be waitlisted if teams are full. To register, go to [www.triballax.org](http://www.triballax.org)

### Holiday Band Concert

What a wonderful, magical night! The middle school band filled our auditorium with beautiful music on Wednesday evening, December 6<sup>th</sup>. The performances were fantastic and a great way to start the holiday season!!



### Thank Your Favorite Teacher with a Tax-Deductible Donation

- Did a Masco teacher write a **recommendation for your senior**?
- Did your **Middle Schooler's team** make the transition to Masco easy?
- Does your child's **guidance counselor** know just what your student needs to succeed?

Don't fight the crowds at the mall to buy a gift -- order one on line from Masconomet Education Foundation! For a \$10 donation to MEF, your favorite Masco staff member(s) will receive a personalized certificate(s) with a message from you. And all proceeds will go to granting teacher requests for curriculum enhancements. It's a win-win! To purchase certificates, go to <http://masconometeducationfoundation.org/recognition-awards/> Order by December 15 to ensure that the certificate reaches your teacher(s) in time.

## **Masco Millions**

**All Team weekly** results **5,134** and the **Grand total: 519,586** pages. Please ask your students what the reading challenge should be for the month of January and send the information to me. I will announce the first Masco Million reader's challenge after vacation. Please continue to encourage your child to enter pages read from their textbooks, short stories, or any other reading you do as a class. These figures represent the numbers logged in by 3:00 PM Thursday, December 7, 2017.

<b>Team</b>	<b>Week Total</b>	<b>Total</b>
<b>Team</b>	<b>Week Total</b>	<b>Total 2017</b>
7 Blue	2,113	87,140
7 Red	2,221	68,885
7 White	800	113,527
8 Blue	0	78,275
8 Red	0	95,008
8 White	0	76,751

## **Upcoming Dates of Importance**

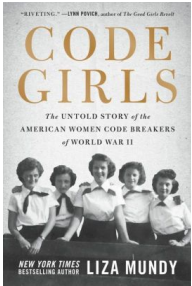
December 22, 2017	Early Dismissal, 12:20 p.m.
December 25, 2017 – January 1, 2018	Holiday Break; Homework Free Vacation
January 2, 2018	School Reopens
January 15, 2018	No School, Martin Luther King Day
January 16, 2018	MS Choral Concert, 7:00 p.m.
January 22, 2018	No School for Students, Staff Work Day



# 2017 Holiday Gift Book Suggestions

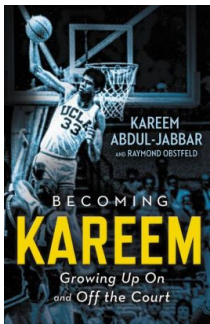
(Reviews are from professional journals on the Barnes and Noble website.)

## Non-Fiction



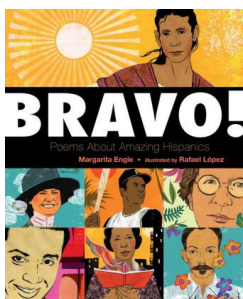
### *Code Girls* – Mundy, Liza (2017) **Women Coders, World War II**

“As the U.S. headed to war in 1941, two things became clear to military leaders: victory depended on successful code breaking, and they didn’t have nearly enough people working on it. The solution was for the Army and Navy to recruit women for cryptanalysis. Tens of thousands of women, mostly college students and teachers with an affinity for math, science, and foreign languages, answered the call for this top-secret work. Drawing from recently declassified National Security Agency files, Mundy rescues these women’s stories from anonymity and obscurity. She vividly describes the intricacies of code breaking while weaving in crucial historical information about the war and women’s participation.”



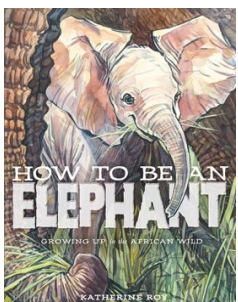
### *Becoming Kareem: Growing Up On and Off the Court* – Abdul-jabbar, Kareem and Raymond Obstfeld (2017) **Autobiography, Basketball**

“From a childhood made difficult by racism and prejudice to a record-smashing career on the basketball court as an adult, Kareem Abdul-Jabbar's life was packed with ‘coaches’ who taught him right from wrong and led him on the path to greatness. His parents, coaches Jack Donahue and John Wooden, Muhammad Ali, Bruce Lee, and many others played important roles in Abdul-Jabbar's life and sparked him to become an activist for social change and advancement. The inspiration from those around him, and his drive to find his own path in life, are highlighted in this personal and awe-inspiring journey.”



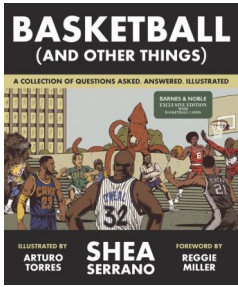
### *Bravo!: Poems About Amazing Hispanics* - Engle, Margarita (2017) **Poetry, Hispanics**

“Musician, botanist, baseball player, pilot—the Latinos featured in this collection, *Bravo!*, come from many different countries and from many different backgrounds. Celebrate their accomplishments and their contributions to a collective history and a community that continues to evolve and thrive today!”



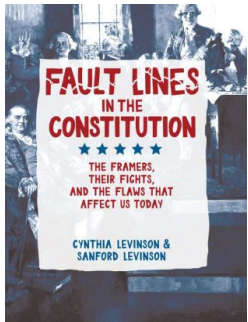
### *How to Be An Elephant* – Roy, Katherine (2017) **Elephants, Survival, Africa**

“Award-winning author-illustrator Katherine Roy's *How to Be an Elephant* delves into the intricate family dynamics at play in a typical African herd. Drawing upon the latest scientific research and Roy's own expedition to Kenya, and brimming with lush watercolor illustrations and detailed diagrams, this book vividly portrays the life and development of an elephant from an uncertain newborn into a majestic adult. Fun and informative, this beautifully illustrated, strong narrative will be a great read-aloud for all family members.”



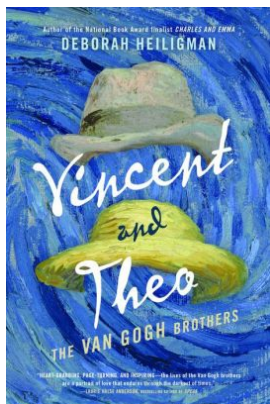
*Basketball (And Other Things)* – Serrano, Shea (2017) **Basketball, Trivia**

“This book is great for all basketball fans of any age. Who is the greatest dunker of all time? Which version of the Michael Jordan was the best Michael Jordan? What is allowed and absolutely not allowed in a game of pickup basketball? *Basketball (and Other Things)* presents readers with a whole new set of pivotal and ridiculous fan disputes from basketball history, providing arguments and answers, explained with the wit and wisdom that is unique to Shea Serrano. Serrano breaks down debates that NBA fans didn't even know they needed, from the classic (How many years during his career was Kobe Bryant actually the best player in the league?) to the fantastical (If you could assign different values to different shots throughout basketball history, what would they be and why?). With incredible art from Arturo Torres, this book is a must-have for anyone who has ever stayed up late into the night debating basketball's greatest moments, what-ifs, stories, and legends, or for those who are discovering the mythology of basketball for the first time.”



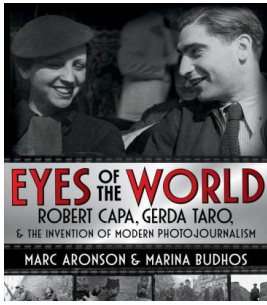
*Fault Lines in the Constitution: The Framers, Their Fights, and the Flaws that Affect Us Today* – Levinson, Cynthia and Sanford Levinson (2017) **Government, Constitution**

“The Levinsons offer a detailed and interesting account of the process that resulted in the United States Constitution, making a normally dry tale accessible to all. They guide readers through the entire Constitution step by step, complete with examples to demonstrate when the powers from each part of the document have been used by all political parties. The authors use plain language to explain what each section means, pointing out strengths and flaws, and explaining why flaws exist. Drawing from both historical and contemporary times, the authors show how the Constitution has been and is still interpreted and misinterpreted, affecting the manner in which the U.S. government operates.”



*Vincent and Theo* – Heiligman, Deborah (2017) **Van Gogh, Artist**

“The deep and enduring friendship between Vincent and Theo Van Gogh shaped both brothers' lives. Confidant, champion, sympathizer, friend, Theo supported Vincent as he struggled to find his path in life. Meticulously researched, drawing on the 658 letters Vincent wrote to Theo during his lifetime, Deborah Heiligman weaves a tale of two lives intertwined and the extraordinary love of the Van Gogh brothers.”

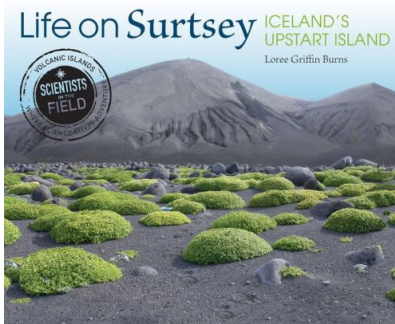


*Eyes of the World* – Capa, Robert and Gerda Tarq (2017) **Photojournalism**

“If your pictures aren’t good enough, you aren’t close enough.” – Robert Capa

“Robert Capa and Gerda Taro were young Jewish refugees, idealistic and in love. As photographers in the 1930s, they set off to capture their generation's most important struggle: the fight against fascism. Among the first to depict modern warfare, Capa, Taro, and their friend Chim took powerful photographs of the Spanish Civil War that went straight from the action to news magazines. They brought a human face to war with their iconic shots of a loving couple resting, a

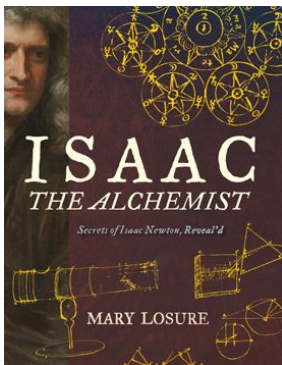
wary orphan, and, always, more and more refugees—people driven from their homes by bombs, guns, and planes.”



*Life on Surtsey: Iceland's Upstart Island* – Burns, Loree Griffin (2017) **Scientists, Iceland, Island**

“On November 14, 1963, a volcano fifteen miles off the shore of Iceland exploded under the sea, resulting in a brand-new island. Scientists immediately recognized Surtsey for what it was: an opportunity to observe the way life takes hold.

Loree Griffin Burns follows entomologist Erling Ólafsson on a five-day trip to Surtsey, where, since 1970, he has studied the arrival and survival of insects and other species. Readers see how demanding conditions on Surtsey can be, what it’s like to eat and work while making the smallest impact possible, and the passion driving these remarkable scientists in one of the world’s most unique fields ever!”

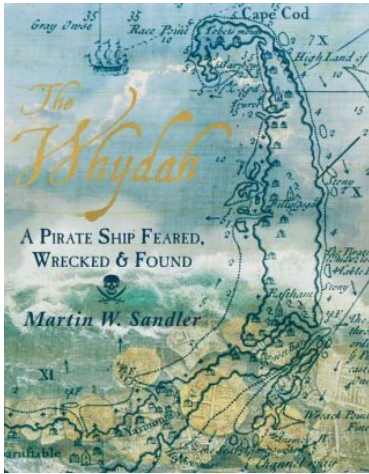


*Isaac the Alchemist* - Losure, Mary (2017) **Scientist, Isaac Newton**

“Before Isaac Newton became the father of physics, an accomplished mathematician, or a leader of the scientific revolution, he was a boy living in an apothecary's house, observing and experimenting, recording his observations of the world in a tiny notebook. As a young genius living in a time before science as we know it existed, Isaac studied the few books he could get his hands on, built handmade machines, and experimented with alchemy—a process of chemical reactions that seemed, at the time, to be magical. Mary Losure's riveting narrative nonfiction account of Isaac's early life traces his development as a

thinker from his childhood, in friendly prose that will capture the attention of today's budding scientists.”





*The Whydah: A Pirate Ship Feared, Wrecked and Found* – Sandler, Martin W. (2017) **Pirates, Shipwrecks, Massachusetts**

“The 1650s to the 1730s marked the golden age of piracy, when fearsome pirates like Blackbeard ruled the waves, seeking not only treasure, but also large and fast ships to carry it. The *Whydah* was just such a ship, built to ply the Triangular Trade route, which it did until one of the greediest pirates of all, Black Sam Bellamy, commandeered it. Filling the ship to capacity with treasure, Bellamy hoped to retire with his bounty — but in 1717 the ship sank in a storm off Cape Cod. For more than two hundred years, the wreck of the *Whydah* (and the riches that went down with it) eluded treasure seekers until the ship was finally found in 1984 by marine archaeologists. The artifacts

brought up from the ocean floor are priceless, both in value and in the picture they reveal of life in that much-mythologized era, changing much of what we know about pirates.”

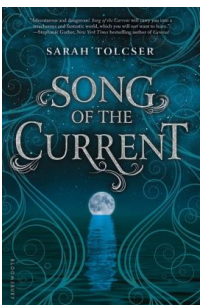
## Fiction



*One of Us is Lying* - McManus, Karen M. (2017) **Suspense, Mystery**

“Pay close attention and you might solve this. On Monday afternoon, five students at Bayview High walk into detention. Bronwyn, the brain, is Yale-bound and never breaks a rule. Addy, the beauty, is the picture-perfect homecoming princess. Nate, the criminal, is already on probation for dealing. Cooper, the athlete, is the all-star baseball pitcher. And Simon, the outcast, is the creator of Bayview High’s notorious gossip app. Only, Simon never makes it out of that classroom. Before the end of detention, Simon’s dead. And according to investigators, his death wasn’t an accident.

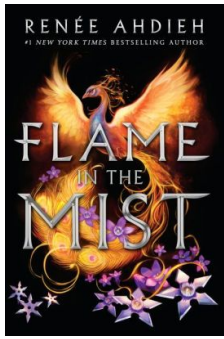
On Monday, he died. But on Tuesday, he’d planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who’s still on the loose?”



*Song of the Current* – Tolcser, Sarah (2017) **Fantasy, Mystery, Pirate Tale**

“Set in a watery world of nature gods, royal intrigue, and the river-faring life is a good old-fashioned (irresistible) fantasy adventure. Caro is a wherryman’s daughter, sailing up and down the river, delivering goods with a side of smuggling. But when she’s blackmailed into making a dangerous run without her father, who will be held in prison until her return, it makes her life a lot more complicated and her horizons a lot bigger.”

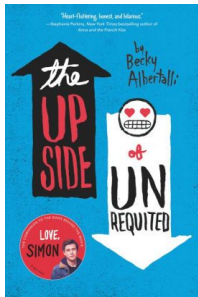




*Flame of the Mist* – Ahdieh, Renee (2017) **Fantasy, Samauri, Feudal Japan**

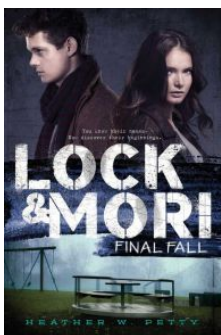
“The daughter of a prominent samurai, Mariko has long known her place. She may be an accomplished alchemist, whose cunning rivals that of her brother Kenshin, but because she is not a boy, her future has always been out of her hands. At just seventeen years old, Mariko is promised to Minamoto Raiden, the son of the emperor's favorite consort, a political marriage that will elevate her family's standing. But en route to the imperial city of Inako, Mariko narrowly escapes a bloody ambush by a dangerous gang of bandits known as the Black Clan, who she learns has been hired to kill her before she reaches the palace.

Dressed as a peasant boy, Mariko sets out to infiltrate the Black Clan and track down those responsible for the target on her back. Once she's within their ranks, though, Mariko finds for the first time she's appreciated for her intellect and abilities. She even finds herself falling in love, a love that will force her to question everything she's ever known about her family, her purpose, and her deepest desires.”



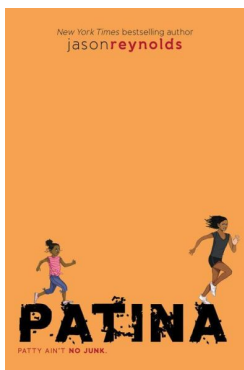
*The Upside of Unrequited* – Albertali, Becky (2017) **Realistic Fiction**

“Molly's 26 crushes have all been unrequited, but have they, really? When Cassie falls in love for the first time, and two eligible possibilities present themselves, Molly decides to risk rejection. Against the backdrop of the legalization of gay marriage in the U.S. and the planning of her moms' subsequent nuptials, Molly struggles between choosing the boy she actually likes and the one who seems ideal.”



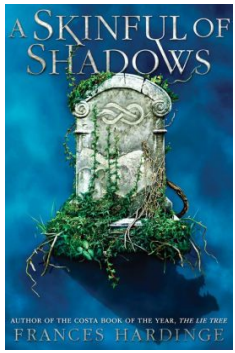
*Final Fall* – Petty, Heather W. (2017) **Mystery**

“Third book in the Lock & Mori series, readers should begin with the first two titles (*Lock & Mori* and *Lock & Mori Mind Games*), as the series must be read in order. The novel begins with Alice locking up Mori in the countryside and holding her brothers hostage as leverage over her. Mori's priorities are to escape, to see her brothers to safety, and to exact revenge. Once Mori's father is released from prison, she seeks retribution from him and his associates. Mori's determination leads to actions and consequences that will determine her fate. A reunion with Lock is complicated and problematic; his constant interference hinders Mori's rampage of destruction.”



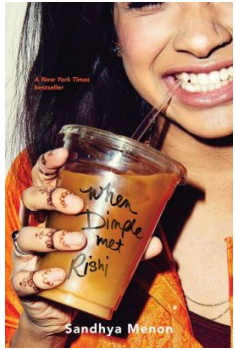
*Patina* – Reynolds, Jason (2017) **Realistic Fiction**

“The sequel to *Ghost*. Ghost, Lu, Patina, and Sunny are four kids from wildly different backgrounds with personalities that are explosive when they clash, but they are also four kids chosen for an elite middle school track team, a team that could qualify them for the Junior Olympics if they can get their acts together. They all have a lot to lose, but they also have a lot to prove, not only to each other, but to themselves.”



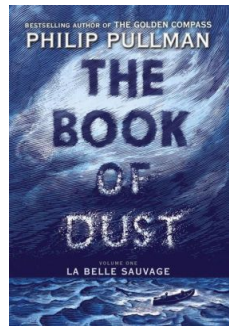
*A Skinful of Shadows* - Hardinge, Frances (2017) **Historical Fantasy**

"Fans of Frances Hardinge's *The Lie Tree* will enjoy her latest book. *A Skinful of Shadows* is a dark YA historical fantasy set in the early part of the English Civil War. Makepeace is an illegitimate daughter of the aristocratic Fellmotte family, and as such, she shares their unique hereditary gift: the capacity to be possessed by ghosts. Reluctant to accept her appointed destiny as vessel for a coterie of her ancestors, she escapes. As she flees the pursuing Fellmottes across war-torn England, she accumulates a motley crew of her own allies, including outcasts, misfits, criminals, and one extremely angry dead bear."



*When Dimple Met Rishi* – Menon, Sandhya (2017) **Realistic, Humor, Romance**

"In this bright and funny debut novel, Menon introduces two intellectually gifted teens from traditional Indian families who meet at a summer tech conference in San Francisco. The twist: Dimple and Rishi's parents have arranged their marriage. Rishi is aware of the arrangement; Dimple is not. Rishi longs for a traditional marriage like the one his parents have, but Dimple is adamantly opposed to her parents' efforts to push her toward the same, favoring a career and education over family. After a disastrous initial meeting (Dimple throws iced coffee at Rishi), the two creep toward friendship and love, a slow process recounted through their alternating points of view."



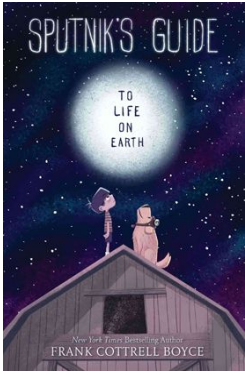
*The Book of Dust: La Belle Sauvage* (Book 1) - Pullman, Phillip (2017) **Fantasy**

"Fans of Pullman's *Dark Materials Trilogy* will enjoy the prequel, *The Book of Dust*.

Whether readers are new to the series or long-time fans, all will enjoy his latest book.

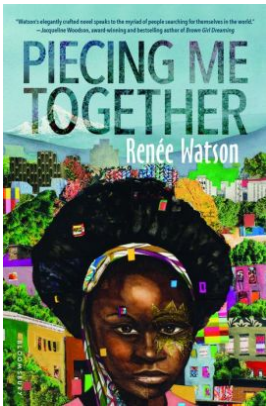
Lyra, the beloved heroine of the original books, is just a baby; 11-year-old Malcolm Polstead is the hero this time, and a worthy one. Malcolm helps out at his family's inn in Oxford and at the priory where Lyra, sought by her mother, Mrs. Coulter (younger, but no less chilling than in the *His Dark Materials* books), and her father, Lord Asriel, is being cared for by nuns. Inquisitive and observant, Malcolm gets involved with

scholar-spy Dr. Hannah Relf and meets (and adores) baby Lyra. But free thinkers are at war with the oppressive religious regime, and everyone wants control of Lyra, who is "destined to put an end to destiny." Amid the roaring waters of a historic flood, Malcolm and his daemon, Asta, attempt to keep Lyra safe, braving kidnappers, government enforcers, murderers, and classmates who, chillingly, are being trained to turn in those perceived to be disloyal to the regime."



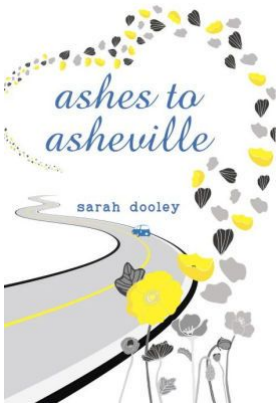
*Sputnik's Guide* – Boyce, Frank Cottrell (2017) **Science Fiction**

“Prez Mellows is a list expert. He's been making lists for years on sticky notes to help his granddad remember important life facts, such as ‘Prez is your grandson’ and ‘Do not go out without trousers.’ His lists help save the planet when a space-traveling alien, Sputnik, shows up on Earth and enlists Prez's help to come up with 10 reasons Earth should be spared; otherwise, it will be shrunk to oblivion. To Prez, Sputnik looks like a boy wearing a kilt, a leather helmet, and flying goggles, but to everyone else, he looks like a dog.”



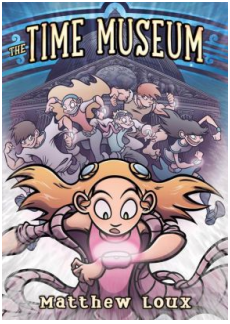
*Piecing Me Together* – Butler, Jade (2017) **Prose, Realistic Fiction**

“Jade Butler, an African-American artist-in-the-making, lives with her mother in Portland, Ore., and travels by bus to private school, where she is both grateful for and resentful of the opportunities presented to her. In short, poetic chapters, Jade ponders her family, school, and neighborhood relationships, wondering where she fits in: ‘How I am someone’s answered prayer, but also someone’s deferred dream?’”



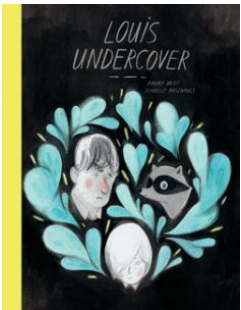
*Ashes to Asheville*– Dooley, Sarah (2017) **Adventure, Humor**

“Following the death of one of her mothers, Mama Lacy, 12-year-old Fella is ripped from the only other parent she has ever known, Mama Shannon, and her 16-year-old sister, Zoey Grace, a.k.a. Zany. Fella is forced to move in with her grandmother Mrs. Madison, who has never approved of the relationship between her daughter, the more serious Mama Lacy, and the free-spirited Mama Shannon. When Zany shows up in the middle of the night, whisking away Fella and Mrs. Madison's stowaway poodle, Haberdashery, they set off on a misadventure of epic proportions. Zany is steadfastly determined that she and Fella return to Asheville, NC, to honor Mama Lacy's dying wish that her ashes be scattered there.”



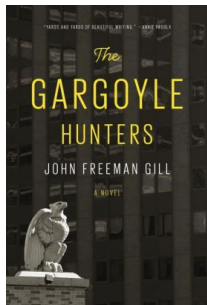
*Time Museum* – Loux, Matthew (2017) **Graphic Novel**

“In a time-bending series opener that mixes adventure, goofiness, and whimsy, Loux (*SideScrollers*) introduces Delia Bean, a science-minded loner whose family is spending the summer at her uncle’s estate. After arriving, Delia unexpectedly finds herself competing for an internship at the Time Museum—run by her Uncle Lyndon—which disregards the rules of time and space and features artifacts from across the planet’s existence. As she meets and trains with her fellow competitors, who include a girl from 23rd-century Japan and boys from prehistoric and Roman eras, Delia and her new friends realize that, despite centuries of difference, they have much in common.”



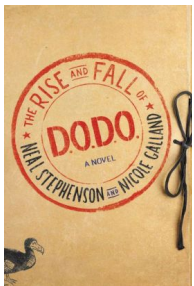
*Louis Undercover* – Britt, Fanny (2017) **Graphic Novel**

“After his family is split apart by his father’s alcohol problem, Louis tries to adjust to his new life of being shuffled back and forth between his parents, all the while searching for the courage to speak to his crush, a girl named Billie. Beautifully illustrated by Arsenault, this graphic novel poignantly deals with topics such as divorce and alcohol abuse in an age-appropriate manner, perfect for middle grade readers, and portrays a young male character with sensitivity, a welcome take on masculinity.”



*Gargoyle Hunters* - Gill, John Freeman (2017) **Realistic Fiction**

“New York City changed rapidly in the 1970s as buildings were demolished to make space for new ones. In the midst of this transformation, 13-year-old Griffin is having troubles at school and at home, and he misses his father after his parents split up. He begins visiting his father's workplace, where he sees decorative items that his father and his crew have rescued from demolition sites: gargoyles, busts, and flowers to be sold to collectors. Soon agile Griffin begins braving dangerous heights as he helps his dad. (His mother and older sister do not worry about where he is after school, although he frets about them.) His father's appreciation of beautiful detail leads him to liberate a few gargoyles that are not slated for destruction.”



*The Rise and Fall of D.O.D.O.* – Stephenson, Neal & Nicole Galland (2017) **Science Fiction, History, Romance**

“This insightful novel shows off the author’s signature blend of science fiction, history, and romance in a richly imagined world. Dr. Melisande Stokes writes a diary, chronicling the events that brought her to 1851 London, where she has been marooned against her will, in the hopes that someone in 2017 will learn how D.O.D.O., a secret government organization, unlocked the secret of time travel.”





## **NEXT OPEN GYM** **Saturday 12/16!**

**Saturday, December 16<sup>th</sup>**  
**7-9pm @Masco Field House**

**Shoot hoops, play floor hockey, volleyball,  
Frisbee, hula hoops, board games and more.**



**Open Gym is open to current Masco Middle & High  
School youth.**



**So... get some friends together for a  
pickup game and join us for some fun!**

**Remember... IT'S FREE & FUN!**

**Bring your Masconomet School ID and a WATER BOTTLE**

### **Open Gym Nights 2017-2018:**

**12/16; 1/6; 1/27; 2/10; 3/3; 3/17 & 3/24 (snow date)** weather cancellations will be posted on our FB page, TTC website (calendar page) and via email to TTC email subscribers.

*Tri-Town Council and Masconomet are teaming up to host  
OPEN GYM NIGHTS for YOU!*

**Contact TTC if you have any questions (978) 887-6512**

**[www.tritowncouncil.org](http://www.tritowncouncil.org)**



## Do you have a child under 5? Are you pregnant or breastfeeding?

### WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Free healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Call **1-800-WIC-1007**  
or visit **mass.gov/wic**

TDD/TTY: 617-624-5992

This institution is an equal opportunity provider.

Check these guidelines to see if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$22,311	\$1,860	\$430
2	30,044	2,504	578
3	37,777	3,149	727
4	45,510	3,793	876
5	53,243	4,437	1,024
6	60,976	5,082	1,173
7	68,709	5,726	1,322
8	76,442	6,371	1,471

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.



GOOD FOOD and A WHOLE LOT MORE!



## ¿Tiene un hijo menor de 5 años? ¿Está embarazada o amamantando/lactando?

### WIC OFRECE A LAS FAMILIAS

- Alimentos saludables gratis
- Apoyo de lactancia
- Consultas personalizadas de nutrición
- Referidos para atención médica y dental, seguro de salud, cuidado de niños, asistencia para combustible y vivienda, y otros servicios que pueden beneficiar a la familia entera!

Llame al **1-800-942-1007**  
o visite **mass.gov/wic**

TDD/TTY: 617-624-5992

Esta institución es un proveedor que ofrece igualdad de oportunidades.

Verifique estas pautas para decidir si WIC es el programa adecuado para su familia.

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SI USTED ESTÁ EMBARAZADA, DEBE CONTARSE POR 2.



BUENOS ALIMENTOS y MUCHO MÁS!

# TAG IT! TUESDAY - Social Media "Rules"

Are WE listening? Our KIDS have a lot to say!

Tag It! Tuesdays@ lunch prompts kids to shout out about questions, issues or concerns. Because connecting with and listening to youth builds **Assets!** \*

(A proven Prevention Strategy)

For many teens, social media is a part of their every day. We asked about on-line "unwritten rules" of posting - were there any? If so, what?



Girls posts have to be "aesthetic" or "gorg", boys don't really need that to get the same amount of likes

Don't post any thing about anybody else.

Tag It! On 12/05 we asked...

Are there "unwritten" rules when you are posting on social media? What are they? Are there different "rules" for boys and girls?

Not to post inappropriate pictures

Girls Posts have to be "artsy"

Don't Talk Politics

Girls' pictures have to be "perfect", whereas boys can post whatever.

don't post a pic of friend w/out permission

Don't talk trash, but talk about "Pizza"! And don't hate

\* The 40 Developmental Assets are positive experiences and qualities that influence youth development, helping them become caring, responsible, and thriving adults. As a prevention strategy, the **ASSETS** support healthy decision making.



For more info on guiding teens and social posts by age and topic [link HERE](#)

**CAR CONVO TIP:** Ask your kids what they think are ways to use social posting for "good"; give an example of a time when you saw or posted something to help or boost someone. Conversely, ask them what kinds of posts are hurtful to others. Have they seen them from anyone? What could they do to counter it? Listen to them and have a dialogue. This builds **Assets!**