

PORTSMOUTH SCHOOL BOARD PUBLIC MEETING FOR NOVEMBER 29, 2016

ROBERT J LISTER ACADEMY

PORTSMOUTH, NH

DATE: TUESDAY, NOVEMBER 29, 2016

TIME: 7:00 PM [or thereafter]

- I. **CALL TO ORDER**
- II. **ROLL CALL**
- III. **INVOCATION**
- IV. **PLEDGE OF ALLEGIANCE**
- V. **ACCEPTANCE OF MINUTES**
 - a. NOVEMBER 8, REGULAR MEETING
- VI. **PUBLIC COMMENT**
- VII. **SPECIAL PRESENTATIONS**
 - a. SCHOOL NUTRITION PROGRAM UPDATE
- VIII. **SUPERINTENDENT'S REPORT**
 - a. ITEMS OF INFORMATION
 - i. PMS POST
 - ii. FY 18 BUDGET MEETING SCHEDULE
 - iii. NOVEMBER 8, FORUM MINUTES
- IX. **OLD BUSINESS**
 - a. CONSIDERATION AND APPROVAL OF SCHOOL START TIME
 - b. SCHOOL BOARD GOALS UPDATE
- X. **NEW BUSINESS**
 - a. CONSIDERATION AND APPROVAL OF LEAVE OF ABSENCE
- XI. **COMMITTEE UPDATES**
 - a. POLICY
- XII. **FUTURE AGENDA ITEMS**
 - a. FUTURE OF THE ARTS
 - b. ELEMENTARY WORLD LANGUAGE
- XIII. **UPCOMING EVENTS**
 - a. PORTSMOUTH SCHOOL DEPARTMENT CALENDAR MAY BE FOUND ONLINE
<http://www.cityofportsmouth.com/school/index.htm>
- XIV. **ADJOURNMENT**

THIS PAGE INTENTIONALLY LEFT BLANK

V
a.

PORTSMOUTH SCHOOL BOARD PUBLIC MINUTES FOR NOVEMBER 15, 2016- DRAFT
PORTSMOUTH HIGH SCHOOL LIBRARY PORTSMOUTH, NH
DATE: TUESDAY, NOVEMBER 15, 2016 TIME: 7:00 PM [or thereafter]

- I. **CALL TO ORDER-** School Board Chair Stevens called the meeting to order at 8:07 p.m.
 - ❖ The Board welcomed Teacher Representative Kimberly McGlinchey and Student Representative Andrew Rodgers.

- II. **ROLL CALL -** Chair Leslie Stevens, Tom Martin, Kristin Jeffrey, Jeff Landry, Ann Walker, Gary Epler, Nancy Clayburgh, Patrick Ellis, Roseanne Vozella Clark, SAU 50 Representative Ann Mayer, Teacher Representative Kimberly McGlinchey, Student Representative Andrew Rodgers, Superintendent Stephen Zadavec, Assistant Superintendent George Shea, Business Administrator Stephen Bartlett

- III. **INVOCATION**

- IV. **PLEDGE OF ALLEGIANCE -** Chair Stevens led the Board in the Pledge of Allegiance.

- V. **ACCEPTANCE OF MINUTES**
 - a. OCTOBER 25, REGULAR MEETING
 - MOTION: Motion to accept the public minutes of October 25, 2016 by Ms. Walker
 - SECOND: Mr. Ellis
 - DISCUSSION:
 - VOTE: Unanimously accepted

- VI. **PUBLIC COMMENT-** Arthur Clough- 431 Pleasant Street, Portsmouth spoke in regards to boundaries in the classroom (Mr. Clough submitted documentation for the record). Karen Allen- 81 Grove Road, Rye; Kathleen MacLeod-7 Stonewell Lane, Rye; Jenn Roelofs- 24 Geremia Street, Rye; Sharon Brown- 119 Little Bay Road, Newington; Tony Coviello- 341 Dennet Street, Portsmouth; Mike Schwartz- 161 Wallis Road, Rye; Maurra McCafferty- 15 Sanderling Way, Portsmouth; Beth Yeaton- 10 Lens Avenue, Portsmouth; Amy Bourne- 431 Wallis Road, Rye; Danielle O'Neill- 199 Gosport Road, Portsmouth; Christina Rodgers- 304 Sagamore Avenue, Portsmouth; and Michael Edwards- 64 Brackett Road, Portsmouth all spoke in support for PHS Honors Program for freshman students.

- VII. **SPECIAL PRESENTATIONS**
 - a. PHS PRINCIPAL LYONS- Portsmouth High School Principal Mary Lyons provided high school highlights including Granite State Challenge team results, PHS Clipper Band accomplishments (a

gold medal and overall 3rd place finish in Division 5), PHS presentation of High School Musical, College Counseling, Teacher Recognition of Judy Butler and Laura LaVallee, and Spirit Week. TASC Block Committee Update: The TASC Block is modeled after Conval's TASC Block. The Scheduling Committee continues to meet to work out details of the implementation, and was tasked with creating a forty minute block that all students and teachers would be available. The objective during the TASC Block is to empower students to take ownership in their learning and provide an opportunity for additional enrichment and intervention.

Honors Programs Update: There will be a change in the Honors Program for incoming freshman next year. Freshman Honors currently only exists in Science and English. There is an accelerated Math class currently listed as Honors. The accelerated Math class will still be offered but as a Level 4 class instead. The staff is committed and confident that the level of rigor in these classes will be maintained, and this will be a positive change.

COMMENTS/QUESTIONS: TASC Block- TASC Block provides the same amount of instructional time. The Board requested a presentation and additional information about TASC Block scheduling.

Honors- Clarification was provided about the structure of the classes. A presentation was requested by the Board to allow a better understanding of the rationale behind this decision. Chair Stevens suggested putting the conversation on hold until the Board is provided additional information. Chair Stevens requested Board Members send her questions and she will meet with Superintendent Zdravec to address concerns or questions.

VIII. SUPERINTENDENT'S REPORT

a. ITEMS OF INFORMATION

- i. POLICY COMMITTEE MINUTES, OCTOBER 18, 2016
- ii. *BOARD & ADMINISTRATOR*, NOVEMBER 2016
- iii. FUTURES NEWSLETTER
- iv. DOE NEWS RELEASE
- v. OUT OF STATE FIELD TRIP- DENVER, CO
- vi. NESDEC ENROLLMENT REPORT

b. ADMINISTRATOR REPORT

- i. FINANCIAL REPORT- Business Administrator Stephen Bartlett provided the month-end October financial report.

COMMENTS/QUESTIONS: Clarification was provided regarding the Mathematics Elementary line.

IX. OLD BUSINESS

- a. SCHOOL START TIMES- The Board had an open discussion regarding the options presented and the public feedback received.

COMMENTS/QUESTIONS:

Several suggestions were made:

- ♦ Develop a plan to address the multi- level ridership concern, including the cost of bus monitors.
- ♦ Monies to implement the proposal as a supplemental request from City Council.
- ♦ The ability to pull metrics to measure the impact of the change to see if it was positive two years down the road.
- ♦ Possibly select a team of individuals to preview the issue with City Council to ensure support of the increase to the budget

The Board will vote on the school start time proposal at the next Board Meeting on November 29, 2016.

- b. CONSIDERATION AND APPROVAL OF POLICIES (2ND READING):

- i. REVENUES FROM LOCAL TAX SOURCES (DEA)

MOTION: Motion to approve Policy DEA by Mr. Ellis

SECOND: Mr. Epler

DISCUSSION:

VOTE: Unanimously accepted

- ii. GIFTS AND DONATIONS (KCD)

MOTION: Motion to approve Policy KCD by Mr. Martin

SECOND: Ms. Walker

DISCUSSION:

VOTE: Unanimously accepted

X. NEW BUSINESS

- a. CONSIDERATION AND APPROVAL OF POLICIES (REAFFIRM-SINGLE READING):

- i. SALES AND DISPOSAL OF BOOKS EQUIPMENT AND SUPPLIES (DN)

MOTION: Motion to approve Policy DN by Ms. Walker

SECOND: Ms. Clayburgh

DISCUSSION:

VOTE: Unanimously accepted

- b. CONSIDERATION AND APPROVAL OF POLICIES (REVISE & REAPPROVE- SINGLE READING):

- i. BACKGROUND INVESTIGATION AND CRIMINAL HISTORY RECORDS CHECK (GBCD)

MOTION: Motion to approve Policy GBCD by Mr. Martin

SECOND: Mr. Epler

DISCUSSION: A designated volunteer is an individual that volunteers on a regular basis.

VOTE: Unanimously accepted

ii. TRANSPORTATION/PURPOSES (EEA)

MOTION: Motion to approve Policy EEA by Mr. Martin

SECOND: Ms. Walker

DISCUSSION:

VOTE: Unanimously accepted

c. CONSIDERATION AND APPROVAL OF 2016/2017 TUITION RATES

MOTION: Motion to approve the 2016/2017 Tuition Rates by Mr. Martin

SECOND: Mr. Epler

DISCUSSION: There are two non-area tuition students.

VOTE: Unanimously accepted

XI. **COMMITTEE UPDATES**

- a. POLICY- The next Policy Committee meeting is November 17, 2016.

XII. **FUTURE AGENDA ITEMS**

- a. STATE OF THE ARTS

XIII. **UPCOMING EVENTS**

- a. PORTSMOUTH SCHOOL DEPARTMENT CALENDAR MAY BE FOUND ONLINE
<http://www.cityofportsmouth.com/school/index.htm>

- i. PHS PERFORMING ARTS DEPARTMENT- "HIGH SCHOOL MUSICAL"
PERFORMANCE WILL BE NOVEMBER 17-20

XIV. **ADJOURNMENT**

MOTION: Motion to adjourn at 10:18 p.m. by Mr. Martin

SECOND: Mr. Epler

DISCUSSION:

VOTE: Unanimously accepted

- ❖ Next meeting: November 29, 2016, at Robert J. Lister Academy 7:00 p.m.

PROGRAM NEWS

LITTLE HARBOUR

New Kitchen News:

The new salad bar is a big hit at Little Harbour. The students are all serving themselves at the salad bar and loving it. The dish room will be operating by the beginning of December. Styrofoam trays will be gone!

Real trays are ready to go!

Garden News: The garden is active and producing GREAT harvests. The LHS garden inspired what we would serve for our Fall Try-It offerings across the elementary schools. Expanding on the space the school community has added bird houses and feeders with reports of diverse sightings including Cooper Hawks, Downy Woodpecker, Blue Jays, Northern Mockingbird, House Finch, Purple Finch and more.

DONDERO

Kitchen News:

I met with the kitchen designer to go over the future kitchen.

Garden News: Garden Committee has met to discuss upgrades to garden. Building up beds and boosting soil for a great spring.

NEW FRANKLIN

Kate and I attended a PTO meeting November 2nd. All the parents that attended the meeting were all impressed with what has been happening in the School Lunch Program. We were allotted 20 minutes to talk about the Farm to School program but it up to take 40 minutes because parents were so engaged offering many ideas, solutions and suggestions for future projects.

Kitchen News:

The Harvest Dinner was a great success with over 70 parents in attendance. The parents were so excited to have lunch with their children.

Garden News: The PHS Construction team is busy working on the NFS garden shed/ greenhouse that was funded by our USDA Grant and the NFS PTO. NFS is also looking for funds and folks to help with a fence.

NOVEMBER 29, 2016 PORTSMOUTH SCHOOL DEPARTMENT, FOOD SERVICES

PORTSMOUTH MIDDLE SCHOOL

Kitchen News:

We continue to offer a Second Chance Breakfast. We offer breakfast to go at 7:15, 8:30 and 9:22. The students can grab a bag and eat in the classroom.

Garden News: The Middle School garden has exceeded our expectations! Fair to say that we could not be more grateful for the donation by Kent LePage. The garden beds have been bursting with produce. Multiple classes have gone out to the garden and multiple harvests from the raised beds, and the courtyard garden, have gone into the cafeteria offerings.

PORTSMOUTH HIGH SCHOOL

Kitchen News:

We received our salad bar from the Farm to School grant and also another salad bar from Michelle Obamas Let's Move Salad Bar Grant. We are planning on having a double salad bar. Each week we will be highlighting a local farm item and a homemade salad dressing. Our plan is to have the salad bar up and running by the beginning of January. Our homemade soup on Fridays continues to be a big hit!

Garden News: Best crops in the first year have been potatoes and kale. The kale inspired the HS juice try-it, a kale-apple-lemon juice that was wildly popular. PHS Eco students plan to host another juice Try-It before winter break.

DISTRICT WIDE:

Managers in all the kitchens are receiving local produce from the school gardens and are incorporating them in the lunch lines either on the salad bars or in recipes. For example the Middle School received tomatoes, cucumbers, zucchini, basil, parsley, broccoli and just recently cabbage. The manager made a tomato basil mozzarella salad with the tomatoes and basil that was harvested. Little Harbour harvested kale from their garden which made a great Confetti soup which was served at all 3 Elementary schools. Potatoes that were harvested from Little Harbour's garden will support another Try It day in December. Butternut Squash soup in January will be harvested from Little Harbour's garden and will be homemade by the manager at Little Harbour Paula McCarthy. Just recently Little Harbour harvested 130 pounds of carrots to support all 3 Elementary Schools for their Try It day in November.

Juicing continues to happen throughout the district. The Elementary and Middle schools all had a great experience watching and tasting apple juicing with local apples.

The high school had a Try It day with Kale and Lemon juice. Kate and the students from the Eco Club were all involved helping serve and survey the students.

RJLA also experienced the apple juice. They were so excited they immediately discussed how they could fund-raise for their own juicer.

Portsmouth School District GREAT Apple Crunch!

Every October FOOD DAY inspires world citizens to change their diets and our food policies through tens of thousands of events across the globe. This annual event involves some of the most prominent food activists, united by a vision of food that is healthy, affordable, and produced with care and respect for the environment, farm animals, and the people who grow, harvest, and serve it.

Rounding out a month FULL of activities and celebrations for National Farm to School Month, the entire Portsmouth School District joined countless comrades across the country on National Food Day with a GREAT Apple Crunch at 2:00 PM on Monday, October 24th. 22 cases amounting to more than 3,000 apples were ordered from Duane Family Farm's Carter Hill Orchard in Concord, NH. At 2:00 PM Monday the entire school district took a moment to stop what we were doing, take a bite out of a delicious local apple, and give thanks for all it took to make that apple happen, and the simple yet huge impact we were all making together for our personal, community, and environmental health and wellbeing. We did not know what to expect from this day but the resounding consensus was the schools across the district enjoyed the event. We plan to do this again next year.

Also in the month of October we had a special visit from the Regional USDA office in Boston.

We toured Cheryl Fogerty, USDA School Nutrition Programs Branch Chief, Candice Stoiber, USDA Special Nutrition Division Director and Danielle Fleury, Northeast Regional Farm to School Lead. This day we were also joined by two State representatives, Cheri White, Administrator of the Bureau of Nutrition Programs and Services in the NH Dept. of Education and Carole Dennis Program Specialist II.

STATE/ USDA RELEVANCE:

Our regional USDA Farm to School lead Danielle Fleury is fabulous. We are very lucky to have her and were very excited for her visit. A couple things made the day particularly special, 1, that they visited on the day that we hosted the apple juice Try-Its at the elementary schools. The USDA had the opportunity to see their funds in action as it was the USDA grant that funded these three juicers. That day the Department of Education also presented us all with a proclamation signed by Governor (now Senator elect) Maggie Hassan, designating October 2016 as NH Farm to School Month. Read to us in the courtyard next to the garden at the Middle School, not only is this AMAZING, but word is that this was drafted and signed in 10 days. Anyone who works with the government knows that 10 days is a pretty quick turnaround. State level support feels REALLY good, and we feel blessed with the NH DOE's TWO visits in October. They are applying for the next round of USDA Farm to School grants - the Support Services grant.

NOVEMBER 29, 2016 **PORTSMOUTH SCHOOL DEPARTMENT, FOOD SERVICES**

We were very happy to connect with them and share tips and pointers for the application process. You should know too that our Sustainability Policy AND our Wellness Policy that support Farm to School also made the rounds to both the USDA and the NH DOE, raising eyebrows and garnering congrats. Thank you, our Portsmouth School Board, for your leadership!!

DISTRICT RELEVANCE:

As Deb has mentioned it has been a really busy fall. The first full school year being here has been a blast and I feel much more engrained in the district community. I am not just reaching out to folks, but folks are reaching out to me! Meetings include LHS staff introductions to parents, Middle School Wellness meeting, NFS PTA meeting, Dondero Garden meeting, PHS Eco-Club meetings, Kitchen staff meeting and training, and a meeting with the LHS librarian. Folks from across the district are sending me pictures often and enquiring how they can make their field trips more educational. Top, front and center real estate in our district newsletter has helped with district awareness, as well as the district-wide Apple Crunch. We really weren't sure how that was going to be embraced, but we learned that our schools really loved the event. We received wonderful local press that was then shared nationally through the School Nutrition Association newslettter. We definitely plan to do the GREAT Apple Crunch again next year!

GREATER COMMUNITY RELEVANCE:

Groundwork:

So we've shared our progress with district-wide relevance, and some success with state-level and regional relevance, but as we work through this integration and implementation phase, I'm working really hard to make us relevant in our seacoast community as well. October being Farm to School Month really helps us with this effort since the National Farm to School Network provides us with great, professional, branded materials that are customizable to our program work. We kicked off October with a farmers' market booth with posters and bookmarks, and brought in the student painted photo opp cutout that was a BIG hit, particularly with market farmers. A dozen PHS students came out that rainy day to help spread the word and celebrate Farm to School, many of whom were there not for credit but because they wanted to be.

We printed a total of 1,500 bookmarks that were distributed to the three elementary school libraries, as well as two city restaurants who passed them out with checks throughout the month: STREET 360 and Moxy. We are SO GRATEFUL for their continuous support. I had friends texting me photos of the bookmarks from their meals.

I distributed promotional posters to schools to be hung in front offices, libraries, or display cases. LHS gave me the display case next to the cafeteria for the entire month. This was GREAT exposure that I want to see happen again at all the schools next year.

Social Media:

Our Facebook and Instagram pages have some AMAZING followers. We may not have the quantity yet, but we do have quality interactions. Facebook is a bit harder with the algorithms these days. It is hard to justify paying to boost a post when that could cover two packets of seeds, or rather grow many meals. We don't pay to boost any posts so we do our best with Facebook. Instagram on the other hand is really great for this work and we have had multiple folks comment that our feed is wonderful. If you are on either of these platforms please follow us, and engage!

Getting Together:

We co-hosted a "Farm to School Mixer" with Farm to Seabrook (our fellow NH USDA grantee) and NH Farm to School at Throwback Brewery and their farm. It was a "pay what you can event" with nibbles provided, a massive resource table, a farm tour, and mingling. It was a casual setting where anyone involved or interested in Farm to School was invited. Attendees ranged from administrators, guidance counselors, teachers, parents, garden coordinators, farmers, land trust employees, philanthropists and more. We felt that there was a ton happening on the seacoast but folks felt very isolated and overwhelmed, and we needed to get together and celebrate all of the hard work. Both Leslie and George attended, and Leslie spoke of the importance of School Board support, which we felt was very important. MANY thanks to you both for coming!!! It meant a lot to everyone in the room. We anticipated 20 attendees but had 67 RSVPs. In all about 50 folks made it to the night representing at least six school districts. We will host again next October!

Sharing:

A mystery philanthropist in the state has donated to NH Farm to School to launch the Beacon Project. This is funding three districts over the course of three years, selected from different geographic locations in the state, with different demographics. These identified communities are Somersworth, Colebrook, and Nashua. Stacey Purslow of NH Farm to School invited both Katie Malloy - F2S Coordinator from Seabrook, and myself to these meetings to present on what our positions looked like. Granted their resources are very limited, this seed money will mean a TON for Farm to School in NH as we all know that this work cannot be tackled by the Nutrition Director alone. I've shared our comprehensive and integrated approach, the importance of Wellness Policy since this is where this work really lives within a district, how you really need a strong team of champions,

and how to best approach the work since opportunities and ideas are endless. It has been a wonderful experience meeting and sharing with these energized groups, and learning about what their opportunities and challenges may be in their work towards a healthier environment for their students and communities.

Fundraising:

We have received a \$5,000 donation towards our operating costs!!! This is HUGE because our USDA budget is maxed. Every penny has been allocated. We have NO wiggle room, but as you know our momentum is amazing. It is painful when we cannot pursue an opportunity, no matter how easy of a reach it seems to be.

We are actively pursuing donations and matches so if anyone here or watching is looking to make a year-end gift, please reach out to us. These received funds are going to program essentials like business cards, thank you cards, software subscriptions, marketing materials, professional development and workshops, and a potential pot for student stipends for summer garden care. These funds won't cover all of these needs.

ON THE HORIZON:

Fundraising and the website are the focus for the rest of the year. We will also have another PHS Eco-Club Juice Try-It before break. In 2017 we will have the salad bar in at the HS and are looking into an elementary-wide after-school garden to table program, spring community fundraiser event, district-wide garden workday, curriculum book review/ finalization/ presentation and integration with teachers, a curriculum team professional development field trip, school garden hosted professional development workshops, we have funded field trips for all schools that we need to plan, and surely more. It is going to be a very exciting spring to say the least!!! I want to encourage folks to reach out to me. My home-base is at LHS but I bop around throughout the district.








get Local @school



Farm Fresh Fridays!

Portsmouth, NH School Lunch Menu Offerings

September 9th	September 23rd	October 14th	October 28th	EVERY FRIDAY
Tomatoes and Cucumbers	Peppers	Lettuce	Beets	Apples
				

We are proud to announce that ALL of the above specified fruits and vegetables on these days will be sourced from our farm to school partners Three River Farmers Alliance and Duane Family Farm. Learn more about our partners through their websites - www.threeriverfa.com and www.duanefamilyfarm.com. Meal prices will not change and ALL students may select these local foods in the cafeteria for lunch. Brought to you by your Portsmouth Schools Nutrition Department and our CLIPPERS Farm to School Program, we hope you'll join us in celebrating in our district cafeterias Farm Fresh Fridays!

Growing with CLIPPERPride!



USDA and this institution are equal opportunity providers and employers.




<http://www.cityofportsmouth.com/school/index.htm>

www.clipperfarmtoschool.org



Farm Fresh Fridays!

Portsmouth, NH School Lunch Menu Offerings

November 18th	December 2nd	December 16th	<p>These vegetables will be sourced locally from Three River Farmers Alliance on these Fridays in our school cafeteria lunch lines! To learn more about these partnering farmers visit the alliance website - www.threeriverfa.com</p> <p>Farm Fresh Fridays is brought to you by your Portsmouth Schools Nutrition Department and our CLIPPERS Farm to School Program.</p> <p>We'll see you in the lunch line!</p>
Carrots	Brussel Sprouts	Cabbage	
			

RECIPE: Brussel Sprouts with Chestnuts from Giving Thanks: Thanksgiving Recipes and History, from Pilgrims to Pumpkin Pie, co-authored by Portsmouth Middle School teacher Kathleen Curtin.

Serves 6

- 2 pints (1 1/2 pounds) Brussel sprouts, smallest you can find
 - 4 tablespoons (1/2 stick) butter
 - 1 10-ounce can whole chestnuts, drained.
 - 2 tablespoons chopped parsley
 - 1/2 teaspoon ground cumin or a few gratings of fresh nutmeg (optional)
 - Salt and freshly ground black pepper to taste
- Trim Brussel sprouts by cutting a small slice from the stem end and removing any leaves that are discolored or dry. Wash the sprouts in fresh cold water. Cut an X in the bottom of the stem end (an old-fashioned technique that helps ensure even cooking) and steam or boil the sprouts until just tender, anywhere from 5-12 minutes, depending on their size. Once sprouts are cooked, drain and set aside. Melt butter in a large skillet or saucapan over medium heat. Add chestnuts and Brussel sprouts. Season to taste with salt and pepper. Cook for 3-5 minutes, until the vegetables are heated through. Add the parsley and cumin or nutmeg and serve.



The State of New Hampshire
By Her Excellency
Margaret Wood Hassan, Governor

A Proclamation

FARM-TO-SCHOOL MONTH
OCTOBER 2016

WHEREAS, For over half a century, beginning with the National School Lunch Program in 1946, the nation has steadily built an array of child nutrition programs to build a healthier generation of Americans; and

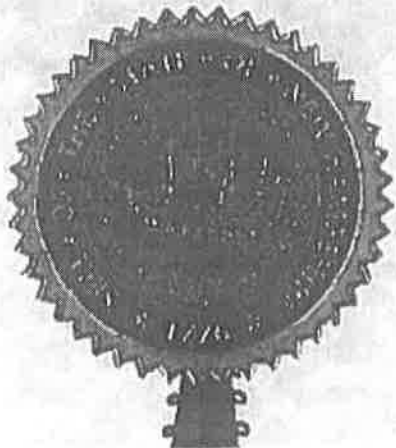
WHEREAS, Local agriculture plays a vital role in the culture, heritage, and economy of the Granite State; and

WHEREAS, It is important to ensure that every child in the State of New Hampshire has access to local, nutritious foods; and

WHEREAS, New Hampshire schools participating in the Farm-to-School Program provide fresh local product to school children; and

WHEREAS, During Farm-to-School Month, we give thanks and commend the farmers, school administrators, teachers, school foodservice staff, volunteers, parents, and communities that provide farm-to-school programs that support improved nutrition, wellness, and academic achievement among their student population and represent potential markets for local farmers, growers, and food producers in schools;

NOW, THEREFORE, I, MARGARET WOOD HASSAN, GOVERNOR of the State of New Hampshire, do hereby proclaim **OCTOBER 2016** as **FARM-TO-SCHOOL MONTH** in the State of New Hampshire and encourage all residents to join their schools in a celebration of local foods and Farm-to-School activities in your community.



Given this 12th day of October, in the year of Our Lord two thousand and sixteen, and the independence of the United States of America, two hundred and forty-one.

Maggie Hassan

Margaret Wood Hassan
Governor

THIS PAGE INTENTIONALLY LEFT BLANK

VIII
a.

PMS POST

COLLECTOR'S
EDITION!
1ST OF THE
2016-2017 YEAR!!!!

A quarterly newspaper written by students, for students... and all others who want to read it :)

TABLE OF CONTENTS

PAGE 1: FEATURE ARTICLE, "THE TRUTH ABOUT SUGAR"

PAGE 2: FEATURE ARTICLE CONTINUED, RANDOM & USELESS FACTS

PAGE 3: TREND REPORT

PAGE 4: POLITICAL PONDERING

PAGE 5: ANONYMOUS INTERVIEW & REPORTER'S RANT

PAGE 6: A FULL PAGE OF BOOK REVIEWS & ORIGINAL ZOMBIE FICTION!

PAGE 7: MORE BOOK REVIEWS!!!!

PAGE 8: PMS POST ORIGINAL COMICS

PAGE 9: HOROSCOPES!!

PAGE 10: DANTE'S CRAFT CORNER- YARN ORBS

PAGE 11: QUIZ, PUDDLE DOCK PREVIEW & MINI ART REVIEW

PAGE 12: A DOUBLE DEAR, & THE FAMOUS EUGENIA PRUNELLE RETURNS!

PAGE 13: RECIPE CORNER.

PAGE 14: THE KID LENS-PMS TRANSITIONS

PAGE 15: TEACHER FEATURES

PAGE 16: SURVEY SAYS

THE TRUTH ABOUT SUGAR

By Sophia Logan-Barré

Sugar. We all know it's bad, yet so many people just can't stop eating it. And how bad is sugar really, anyway?

Sugar is addictive - we all know it. It's delicious. Even I love the wonderful taste of sugar, and I'm writing an article about how it's killing us. We humans can't help but love sugary foods like cake, ice cream, cookies- all the amazing foods. Sugar is, after all, eight times more addicting than nicotine, a drug in cigarettes. Some people know how toxic sugar is, and yet they can't stop eating or drinking it. And yeah, I did say toxic.

Sugar, or glucose if you want to get scientific, is poisonous. But it's just a bunch of carbon, hydrogen, and oxygen atoms - so how can it hurt? Well, first of all, sugar causes obesity and type 2 diabetes - you probably already know that. In fact, so many people are eating an excessive amount of sugar that 35.7% of Americans are officially obese and 68.8% are overweight. That means that 1 in 3 Americans are obese, and over half are overweight. That weight can lead to type 2 diabetes, which causes more deaths than you may think.

If you want less zits, cut down your sugar intake. Trust me, it works. And mood swings? If you cut down on sugar, you'll have less. I just have to mention that fruit

juice is not healthy in any way. Just because it's natural, doesn't mean the sugar in it is okay for you to drink. Regular fruit is okay for you because the fiber in it cancels out the sugar. When you squeeze fruit to get juice, you are extracting the sugar from the fiber. So fruit juice is basically sugar. I also need to clear up the whole "fat is bad" thing. Fat is fine, it gives you energy. If you stopped eating fat, you would actually die. If you gave up sugar,



you would be fine, and healthier than any sugar eater.

How can you stop eating sugar when it tastes so ridiculously good? It's hard to avoid - 80% of all food products have added sugar. But if I can do it, you can do it too. Think about this: is temporary pleasure really better than living a long, healthy life?

What bothers me the most about sugar is that it's horrible for us, but it triggers pleasure. We feel pain and fear because it protects us from doing things that would harm us. That's not the case with sugar, which is the biggest problem. Would you

let a poisonous snake bite you if it felt great? Probably not, but sugar is a lot like that snake.

To avoid sugar, read the ingredients. Even if you don't care about the fact that sugar is toxic, read the ingredients list anyways. Please. You might be surprised to see what has sugar in it. Heinz ketchup, which isn't regarded as sugary, actually has high fructose corn syrup in the ingredients. If there are over twenty ingredients, or there are things you can't pronounce, don't eat it! You'll be surprised by the ingredients in the things you eat.

For every four grams of sugar you eat, that's an entire sugar packet. If you drink a juice box with 48 grams of sugar, you are actually drinking 12 sugar packets. Since the average American eats 150 grams of sugar every day, that means that the average American eats the equivalent of 37.5 sugar packets every day. Yeah. It's true.

Our school is pretty good about limiting sugar, but it could be better. The school sells ice cream sandwiches and other sugary desserts. You could also buy a Switch (a combination of juice and seltzer) which says "Drink something good for a change" on the can. It is juice. Juice is sugar (I already told you that). A can of Switch has about 26 grams of sugar. Do the math. You're drinking 6 sugar packets. Please, students of Portsmouth Middle School, listen. Don't buy poison.

I have my opinions about sugar, (it's horrible and it's killing you all even though it tastes great) but everyone has different opinions. My mom says: sugar doesn't give your body anything, it only takes things away. Some of my friends say that sugar is horrible, but they like it too much to give it up. I want to educate you about what sugar does to you, but feel free to keep eating sugar. It's your choice, not mine.



RANDOM FACTS (USELESS FACTS' CLOSE COUSIN)

There's volcano in Indonesia that spews blue lava

After reading this post you will not recognize that the the brain doesn't recognize the second 'the'.

The expiration date on water bottles is for the bottle, not the water.

Tears caused by sadness, happiness and onions look different under the microscope.

Women have twice as many pain receptors on their body than men. But a much higher pain tolerance.

A small amount of stress helps you to remember things better but a large amount may hinder your memory.

WHEN A MALE PENGUIN FALLS IN LOVE WITH FEMALE PENGUIN, HE SEARCHES THE ENTIRE BEACH TO FIND THE PERFECT PEBBLE TO PRESENT TO HER.

A bolt of lightning is six times hotter than the sun.

Sitting straight up is bad for your back. You should slough at an angle of 135 degrees.

Strawberries contain more vitamin C than oranges.

Useless Facts!!!

Air pollution in China increases snowfall in California.

Forty is the only number whose letters are in alphabetical order.

TREND REPORT!

BY HEATHER SCHRUTE

If you have ever wondered to yourself what your favorite stars and classmates are wearing, well that's what we're here for! These trends that we are about to list are just the trends for now. If you're thinking of wearing any of these things in the future then CAUTION! These clothes may be out of style in a couple months tops, but who cares! No matter what you wear, you'll look good in anything! Let's get started!

First off let's start with Girl's clothing. Stripes. Stripes are very in right now. Slap on a blue, maroon, or black and white striped shirt and some jeans you're ready to greet the day. If you want to stay warm that may not be the case with this trend. They are usually made in t-shirt style, but don't worry. Keep reading and I'm sure we will find the trend for you.

Also, as I mentioned recently, skinny jeans. Preferably ripped. Everyone is wearing these! If you want to be original then this might not be for you.

Boots. Boots are very trendy, especially when they're heeled. They are also very in season. Your outfit will shout "fall!" with some ripped jeans, striped shirt, and boots.

I know you were waiting for this one-crop tops. Yes, these are still in.

If you get cold easily this would also not be a very good idea, but is on trend so we had to add this one. Also halter tops go along with the crop tops. Also trendy.

Next up, Men's Clothing. This one is pretty simple. ADIDAS, NIKE, UNDER ARMOR. That's pretty much the gist. If you aren't one of those sporty boys, you can't go wrong

with a pair of jeans and a t-shirt. Don't worry if you're one of those boys who don't like sports! There are plenty of other trends, and maybe you can even set your own.

Time for my favorite part! Hair! In all honesty how many of us can actually do hair? When you see those complicated braids, and think to yourself "Can I actually do this?" But then you can

just get your friends to do your hair, right? Your plan to have amazing hair kinda fails when you don't have the best trends. Well, that's why I'm here. Two dutch braids have been in for a while, and it looks like they're staying. Dying your ends blonde is really popular now as well, or

just completely changing your hair color, although I don't suggest getting bright colors. If you're brunette, maybe try going blonde? Or be daring, and go for a red, more

specifically, strawberry blonde, or a deep red.

Messy buns are definitely in, and half up half down hairstyles frame a lot of people's faces really well. The messier the hairstyle is, a lot of times it looks better. Obviously that does not mean just throw your hair around and call it a day, but maybe try pulling out a few baby hairs to frame your face better. Having loose waves is such a good texture to have when you're too lazy to do anything.

Next up, men's hair. Men have recently been wearing their hair in a quiff. For those of you who don't know what a quiff is it is a piece of hair brushed upward and backward from the forehead. Usually it's the trendy boy who

wears a quiff, or the pop star. Now a days middle school boys just usually wear their hair in some sort of buzz cut or something straight and simple.

I don't know about you, but I love Starbucks! PSL is back in season! Go grab yourself a Starbucks, and you might find that you're the trendiest person ever. Downtown presents lots of amazing opportunities to go be trendy, especially with all your friends!



POLITICAL PONDERING: CANDID ABOUT CANDIDATES

THE TRUTH ABOUT HILLARY

By Michael Schoff, Senior Writer

Hillary Diane Rodham Clinton is the Democratic candidate running against the detestable Donald J. Trump.

Hillary Clinton has decades of political experience as formerly being the secretary of state, and in the U.S. Senate, while Trump has zero political experience whatsoever. Clinton's plan to help the economy is to raise taxes on the wealthy, spend more on job training and infrastructure and lower taxes for companies that hire more Americans. Hillary also wants to charge companies moving overseas an exit tax to keep many American jobs.

Hillary's opinion on abortion is pro-choice while Donald Trump on the other hand is pro-life.

Clinton's education consists of attending Wellesley College and Yale University Law School. Hillary was later named one of the one hundred most influential U.S. lawyers by the National Law Journal. At Yale University Law School she met her husband and former President Bill Clinton.

Lastly, Hillary wants to prevent gun violence by expanding background checks and not allowing criminals and mentally-ill people to purchase firearms.

Hillary Clinton, making America work, together.

WHY DONALD TRUMP SHOULD BE OUR NEXT PRESIDENT

By Jack Bussiere

Donald J. Trump. What do you think of when you hear that name? You may think of a racist or a billionaire or if you actually look at the man himself instead of memes and false advertising about him, you'll see a man who helped rebuild New York. A man who had more than enough money, but he was not satisfied, no. Trump took the time to run for president because he felt that he could change things. He felt that he had ideas worth sharing.

Unlike Hillary, Trump doesn't have the political experience, but maybe that's a good thing. Maybe he, unlike Hillary and President Obama, will do something. Instead of saying, "We're going to be strong," and waiting for something to happen Trump will do something. Whether it works or not the first try, it's better than, "waiting it out," and losing more lives in attacks like the ones in San Bernardino and recent New York and Minnesota attacks. Trump is going to be president like nothing we've ever seen and Trump is going to Make America Great Again.

****The PMS Post does not endorse political candidates, but we do encourage our school community to engage in respectful discourse.****

ONE THOUGHT, TWO THOUGHT

The PMS Post believes it's important to get multiple points of view. Even if the views are similar, examining issues from varied viewpoints gives us a new way to see things. This column is dedicated to providing differing opinions on issues that are important to our school, our community, our lives. If you'd like to have an issue explored by the PMS Post staff, please email: koconnorgunn@apps.portsmouth.k12.nh.us

THE ANONYMOUS INTERVIEW!



What's your favorite:

***Food:** Mac n Cheese

***Thing to do:** Horseback Riding

***Animal:** Horses, or Cats

***Kind of music:** Shawn Mendes. Everything is Shawn Mendes.

***Time of the day:** Night

***Movie:** Grown Ups

***Season and why:** Fall, because everything is dying, yet it's so beautiful.

If you could:

***Go anywhere, where would it be:** London, or Canada... Shawn Mendes lives in Canada.

***Have a superpower what would it be:** Talking to animals

***Meet some famous who would it be:** Shawn Mendes, I loveeee himm

***Have a million dollars what would you do with it:** Donate to charity, get vip tickets to Shawn Mendes, college.

***Be famous what would you be famous for:** Saving the president's dog... or cat, you never know. But if it's Trump.... I'll have to think it over. Not that Hillary is any better.

KNOW WHO IT IS? EMAIL YOUR GUESS TO OCG @

KOCONNORGUNN@APPS.PORTSMOUTH.K12.NH.US



REPORTERS' RANT:THE HEAD TILT

By: Sophie Lazenby & Sophia Logan-Barre

This is a special edition of PMS Post about this year's school pictures. They came out on October 11th. I am furious with mine! Actually, maybe not fully because I was having a pretty good hair day, but for the most part it makes me really upset! For one, they smoothed over my skin and made it unnaturally smooth. That's not how skin works! It looks like I just got plastic surgery or something! And they didn't even erase my zits or smile lines! What's up with that??? I don't know for sure if they photoshopped, but it definitely looked like they did and I don't think they should be doing that sort of stuff to school pictures!! Secondly, they made me tilt my head unnaturally and it really does not look correct!!! It makes my teeth look even worse than normal and nobody's head looks like that normally!!! I don't know if I am going to retake my pictures, but I am seriously considering it. I know that photographers have a lot of techniques to make kids look better in photos, but this one has gone way too far!



Thursday, November 10th is Picture Retake Day

BOOK REVIEWS & ORIGINAL FICTION PROLOGUE

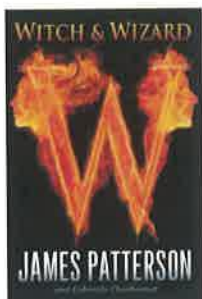
Witch & Wizard Book One

Review by Sophie Lazenby

Genre: Science Fiction

Written by James Patterson

Synopsis: In this dystopian world, the New Order has taken reign over the world, forcing everyone to comply to their wicked rules. Two young people, their magic unbeknownst to them, are captured by the New Order and taken to a prison, awaiting their execution for being 'dangerous' to this new type of government. As they start to slowly discover their magical abilities as a witch and a wizard, they struggle to survive and cope with this new and treacherous way of living.

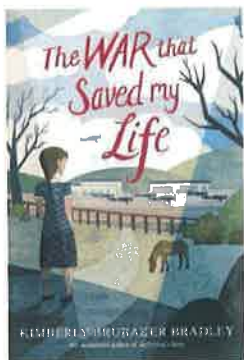


Review: I think this was a great book for exploring what the world would be like if magical people were scorned instead of embraced in their own world. Being a Harry Potter lover, I am not used to something like this, but I enjoyed the new perspective. I did think that this book was a bit easy for me, so if you are looking for a good, quick read with quick chapters then this is the one for you! I also recommend it to those who liked *Harry Potter* or *Warriors* as this will give you a good new

outlook on the realm of magic-Sophie Lazenby

The War That Saved My Life

By Kimberly Brubaker Bradley



Synopsis: "The War That Saved My Life" is about a girl named Ada who has a clubfoot, a mean mom, and a not so great life so far. She never went to school, but her brother, Jamie, is just starting.

When the German's are starting to attack, kids are being sent away to be safe. This is Ada's chance to get away with Jamie.....

This book won the Isinglass teen read award and is loved by many.

Reader Reaction:

"The story itself, when you read it, it feels so real that it feels like it's happening all in real life." -Sophia Dmytruk, 6th grade.

Zombie Apocolypse- Original Fiction

by: Sophie Lazenby

Genre: Science Fiction

Characters:

Main= Toby

Main Best Friend= Alicia

Other Main= Sarafina

Side 1= Lindy

Side 2= Holden

Storyline: A zombie apocalypse has cascaded over the nation and the whole world is in shambles. There are few survivors, but the ones who are alive have to watch their actions closely. Journey with these 3 friends as they struggle to cope in this deranged and wrecked world.

Prologue:

"GET OUT! GET OUT! NOW! MOVE! MOVE! MOVE!" I yell as I usher Alicia and Sarafina into the building, slamming the door behind me and running up the stairs behind them.

I pant as my feet slam hard into every step, the loud sound echoing throughout the vacant hall. I rush to get up the steps, hearing the growl of brain-eating monsters behind me.

"GO! GO! GO! THEY'RE CATCHING UP!"

I stumble over a step and my hand grips the railing next to me, trying to stabilize myself and make it up to the roof.

I see the door ahead marked ROOF ACCESS. I keep sprinting, ushering my friends to safety as I hear the panting of the zombies behind me.

We finally reach the door, throwing our weight against it, going out onto the roof and slamming the door behind us, trapping the monsters on the stairwell.

I catch my breath, wiping a hand across my forehead as I start to take a look around me.

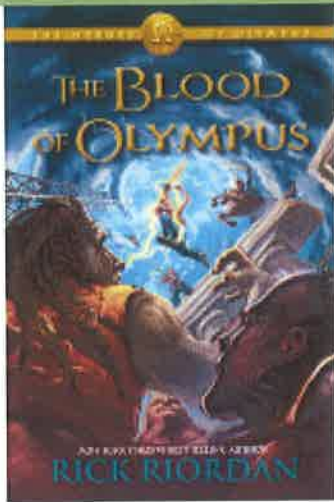
Before I can do anything else, though, I hear a whimper next to me.

"Um, Toby" Sarafina starts to say.

"What's that coming towards us?"

To be continued...

Blood of Olympus: By Rick Riordan



By: Grace Mower

"Seven half-bloods shall answer the call,

To storm or fire, the world must fall.

An oath to keep with a final breath,

And foes bear arms to the doors of death."



The stakes are higher than ever. With the Earth Mother ready to wake any second, the chosen Seven must continue their journey to the roots of the Western Civilization quickly. The gods are also having their two aspects, Greek and Roman, warring within them, and so they have closed Olympus. But for the children of Gaea and Tartarus to be destroyed, both gods and half-bloods must work together. If the gods stay isolated on Olympus, there will be no hope for their children. But that is not all the demigods must worry about.

After Leo Valdez, son of Hephaestus, fired on New Rome weeks ago, the Romans, led by their Augur, Octavian, have readied themselves for war, and are prepared to march on Camp Half-Blood. Even if Leo had not fired the ballista, the Greeks and Romans could never work together, for the only way to truly make peace is for an old wrong to finally be avenged. The most sacred statue of Greece, the Athena Parthenos, was stolen by the Ancient Romans millennia ago.

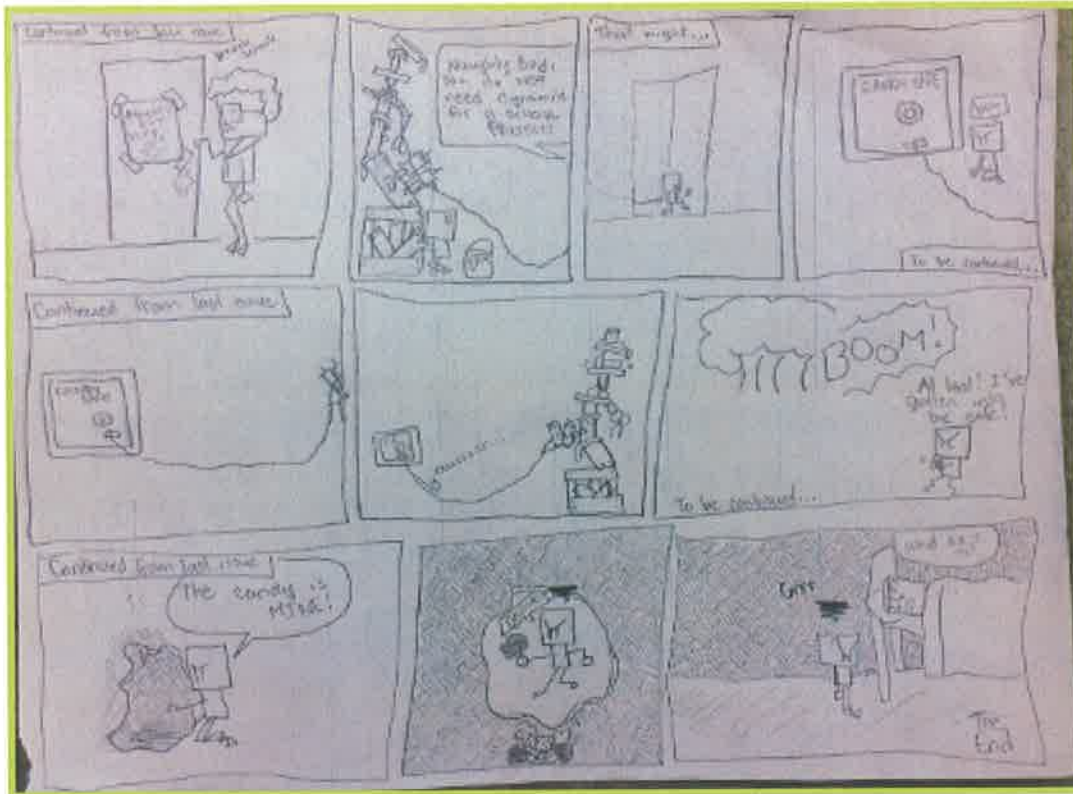
Annabeth Chase, daughter of Athena, followed the Mark of Athena to Rome, Italy, and they rescued the ancient statue. But

now, it must be returned on the wings of Rome. Reyna Avila Ramirez-Arellano, daughter of Bellona, and praetor of the Twelfth Legion of Rome, has begun her journey with Nico di Angelo, son of Hades, and the battle-thirsty satyr, Gleeson Hedge, to return the Athena Parthenos to Half-Blood Hill.

One of the Seven will die... And who the Hades are storm and fire? Leo is most likely fire, but storm... Is it Jason Grace, son of Jupiter, the controller of winds, son of the king of the gods, or is it Perseus "Percy" Jackson, son of Poseidon, the summoner of hurricanes, son of the *Stormbringer*? Or is it the two of them together?

Only one thing is clear. The blood of Olympus will be split, and the Earth Mother will rise. Join us for the fifth and final installment of Rick Riordan's epic saga, *Heroes of Olympus*.

COMIC CROSSING MEETS FILL IN THE BLANK BOULEVARD



1. Learn of religious figures that went insane; it'll be cool with Emily _____.
2. A better word for "said" is "moan;" but if you don't like it, check in with Marybeth _____.
3. Learn to speak the Language of Love so regal; perhaps under the guidance of Jennie _____.
4. Learning about the Roman Empire will be lots of fun; just ask Kristen _____.

5. History in eighth grade is interesting for certain; and definitely since this class is led by Kathleen _____.

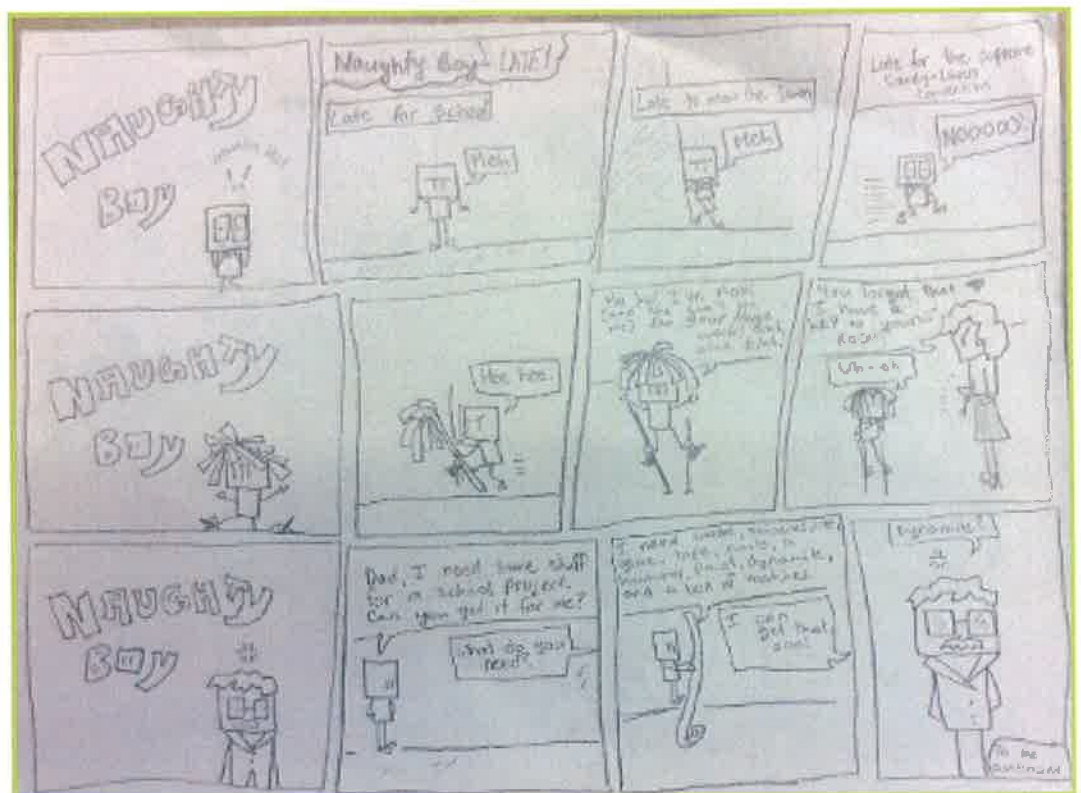
6. If you want to be creative every day; it's time to enroll in art class with Deirdre _____.

7. Do you have a headache and need some Aspirin? Just ask Kathy _____.

8. Your scientific method skills are easy to hone; and it helps if your teacher is Laura _____.

9. Math on team Discovery is always nice; especially since your teacher is Meghan _____.

10. If dropping bombs is super cool; you'll love science with Peter _____.















One must keep working continuously; otherwise, one thinks of death.

-Enzo Ferrari

Comics Authored and Illustrated by: Emma Cross
Fill in Clues by: Grace Mower

Horoscopes!

Sourced by: Sophie Lazenby from www.rashtradarpan.com

<p>Aries Mar 21- Apr 19</p> 	<p>Interests of other people will come first over personal skills and assertion and independence will not be of help. You will be deeply involved in self awareness, humanitarian activities, and improving your personality.</p>
<p>Taurus Apr 20 - May 20</p> 	<p>Home affairs and emotional aspects are in the background and progress in life will be rapid. You have to be able to adapt yourself to people and situations, and things will be attained by compromise and collaboration.</p>
<p>Gemini May 20 - Jun 20</p> 	<p>Mind and soul stability will be achieved. Social grace and skill are necessary for you this month to accomplish your goals and assertion will not be helpful. You have to be flexible and keep the happiness of others in mind.</p>
<p>Cancer Jun 21 - Jul 22</p> 	<p>The family environment will be cheerful and harmonious this month. The emotional aspect of life will dominate over academic matters and you have to adjust to society in order to succeed. There will be plenty of social get-togethers</p>
<p>Leo July 23 - Aug 22</p> 	<p>The focus this month will be more on feeling good rather than personal achievements although interests of others will dominate over personal happiness. You will require the compassion of others in order to achieve.</p>
<p>Virgo Aug 23 - Sep 22</p> 	<p>This month you want to focus on your family and friends. Spend time with them and consider their emotions. If you have been fighting with anyone, resolve it! You don't always realize how much people mean to you until you lose them.</p>
<p>Libra Sep 23 - Oct 22</p> 	<p>You will not need to rely on others much, and you can assert yourself just fine. You will get incredible support if you make your intentions clear.</p>
<p>Scorpio Oct 23 - Nov 21</p> 	<p>This month personal objectives are not important, don't waste your time with them. Work out your school plans for the future. Follow your life goals with all of the aggression and power you have in this world.</p>
<p>Sagittarius Nov 22 - Dec21</p> 	<p>This month you shall focus on resolving family differences, so don't let those take over the workplace. Spiritual matters will overpower the sagittariuses. Try to shape your own destiny.</p>
<p>Capricorn Dec 22 - Jan 19</p> 	<p>Your school life gets better by having good social connections. This month you will be very confident and independent because most of the planets are located in the eastern half of the birth chart.</p>
<p>Aquarius Jan 20 - Feb18</p> 	<p>Despite the chaotic workplace, your career will be improving this month, and you will be able to conquer it all greatly with courage and confidence.</p>
<p>Pisces Feb 19 - Mar20</p> 	<p>Concentrate on personal achievements and professional matters this month. Your career success will make you and your family happy. Use your charm and grace to achieve your personal goals.</p>

Arts and Crafts!

Sourced By: Dante Scarlotto

1. Blow up balloons to different sizes (filling balloons only halfway will help you achieve a more spherical shape) and knot each balloon.
 2. Create a drying area (If you're working outdoors or in the garage, hang up a clothesline. If you're working indoors, suspend a string between two chairs. Be sure to put a dropcloth or plastic bags under the drying area to catch any drips.)
 3. Hang balloons from strings above the drying area.
 4. Spray balloons with cooking spray (to make removing the yarn easier later)
 5. In the bowl, mix hot water with cornstarch.
 6. Add a bottle of white school glue and mix thoroughly.
 7. Dip yarn into the glue mixture and gently squeeze out the excess with your fingers — you may want to wear rubber gloves.
 8. Beginning at the knot-end of your balloon, wrap your balloon with the wet yarn. The more you wrap, the denser the ball will be.
 9. Wrap in all directions, top to bottom and side to side.
 10. When you're satisfied with the wrapping, cut the string.
 11. Repeat the process with the remaining balloons.
 12. Allow the balloons to dry completely. This may take about 24 hours. The yarn should be stiff and dry.
 13. Pop the balloon. Try very gently kneading the balloon before popping it to separate it from the yarn. Remove the popped balloon.
- Tip: If the orb collapses a little, inflate a new balloon inside the ball to gently push the collapsed spot back into place, and then remove the balloon.



Text/Photo Credit to:
www.pgeveryday.com

Décor Tips

Because you can use any color yarn for this project, yarn orb decorations are suitable for almost any occasion.

Throwing a baby shower? Hang pink and blue orbs above the table for a sweet chandelier.

Need decorating ideas for an outdoor wedding? String white lights through the orbs or put flameless lights inside and hang them in the trees!

Use orange and yellow orbs for a Thanksgiving centerpiece

Want an elegant holiday garland for your mantel? Use metallic silver and gold yarn for an off-beat alternative to the usual greenery.

Yarn orbs make ornaments for the tree as well.



FIND OUT THE BOOK YOU SHOULD READ NEXT!

QUIZ BY: APHRODITE AND ARTEMIS

What is your favorite color?

- A. maroon
- B. blue
- C. gold
- d.green

What's your favorite song?

- a. Someone like you by: Adele
- B. Heathens by: 21 pilots
- C. Safe & Sound by: Taylor Swift
- D. Hallo by: Beyonce

What is the last picture you took?

- A. Landscape
- B.photo of your friends
- C.artsy pic
- D.selfie

What app is your favorite?

- A.snapchat
- B.instagram
- C.safari
- D. musically

Favorite drink?

- A.hot chocolate
- B.pineapple juice
- C.soda
- D.coffee

Right after school you...

- A.Go home to do homework
- B. Go downtown w/your friends
- C. Go to the library,study alone
- D. Watch movies with friends



Mostly as:

The War that Saved my Life
By:Kimberly Brubaker Bradley

Mostly Bs:

Miss Peregrine's Home for
Peculiar Children

By: Ransom Riggs

Mostly cs:

The Hunger Games
BY: Suzanne collins

Mostly ds:

The school for good and evil
By: Soman Chainani

SKATING STARTS SOON!

PUDDLE DOCK PREVIEW

by: Jack Bussiere

This year Puddle Dock Pond will open for the third year. It offers public skating, figure skating, and pond hockey. In past year's weather has caused problems for the rink, as well as a "malfunction" with the pipes, which was suspected to be vandalism. This year looks to bring colder weather, which should result in a longer skating season at Puddle Dock.

Portsmouth Middle School also offers a skating club which will skate at Puddle Dock regularly throughout the winter. Puddle Dock is for skaters at all levels, "It could be your first time skating," says club co-director Ms. Murphy. The club is run by Mr. Rose and Ms. Murphy. They hope to start skating the 2nd week of December if weather agrees. Ms. Murphy's goal is to, "Expose kids to skating and outdoor sports." It will run Thursdays after school. They plan to do two sessions with 24 kids per session. You could say this club was water before it got cool!



MINI ART REVIEW by: Ryan Scarlotto

Sophia Logan-Barre's drawing is a breathtaking fantasy made with only an ordinary pencil that she found on the ground. She can draw with any pencil which is out of the ordinary... Just like her drawings. Her drawing here is a mythical wyvern.



Double Dear!!!

Dear Double Dears,

I went to the Connie Bean Dance Friday, September 30th and danced with a boy. Now everyone thinks I like him. What should I do? We are just friends!

From,

Anonymous

Dear Anonymous,

I think you should start talking to people and telling them that you and the boy are not a thing and have it spread. In other words a counter rumor.

From,

Eddie Mae

Dear Anonymous,

I think you should just ignore what people are saying, because you know yourself that you guys are just friends and that should be enough for you. I know that it may be hard, but you have to find it in yourself to not mind when people say otherwise. I bet you are a strong enough person to do that and if it really bothers you, then try to clarify it with people, but don't put too much of your effort into it.

Hope this helps!

From,

Mae Eddie

YAY, NAY

YAY! BY: KATY LAZENBY

School lunch. Sometimes it's good, sometimes it's a bit of a hassle. When it is, that line is SUPER LONG. You have to run down to the lunchroom, plop your stuff down on a table, and scramble to the line. Probably, by the time you get there, the line is already long.

When you are in the kitchen area, there are usually a couple of options. If you turn left, you go to the salad bar, where you can basically choose whatever! There are croutons, veggies, salad dressing and a LOT more. If you turn right, you are going to get the main meal, which is what I usually get.

I don't always get hot lunch. It depends on the day, because some days I don't have to go to my locker after 4th period. I usually want to eat my lunch. I say that because after you get your hot lunch, there is little TIME TO EAT! I wish we could have some more time to eat.

NAY BY: EUGENIA PRUNELLE

School lunch. Children should know how to make their lunch! I learned how to sweep the floors, make my bed, and clean the chamber pots by the time I was 7!

No one was waiting on me hand and foot while I was in grade school. I packed my lunch every day. I used a brown paper bag to pack a nice, healthy lunch that normally consisted of an apple, a ham sandwich, and either carrot sticks or celery sticks. Now children are packing unhealthy things like fruit snacks and those weird orange puffs.

Children should learn how to fend for themselves. When I was 5, I had a list of chores to do every day. Feeding the animals, cleaning, and cooking, and all that stuff.

My point is that the parents of these certain children need to get taught a lesson! They need to know the basics of the world.

PS: If you forgot, I shall remind you that you should STOP creating those horrible rumors about my hair. My natural hair color IS, and will ALWAYS BE, Ultra Light Platinum Blonde.

HAVE A PROBLEM THAT NEEDS SOLVING?
DROP A NOTE OFF ON THE TABLE IN THE MAIN OFFICE!

RIGHT ACROSS FROM THE LOVELY MRS. DUBE SITS A WHITE PAPER BOX WAITING FOR YOUR NOTE!



Recipes sourced

By: Mariah Cherry

CHOCOLATE STOUT CAKE W/ BUTTERCREAM FROSTING

½ cup strong black coffee
**2 cups (4 sticks) unsalted
butter**

1 ½ cocoa powder

4 cups all-purpose flour

4 cups sugar

1 tablespoon baking soda

1 tablespoon kosher salt

4 eggs

1 tablespoon vanilla extract

1 cup plain yogurt

Frosting:

13/4 cups (3 1/2 sticks) unsalted butter softened

3-4 cups sifted confectioners' sugar

3 tablespoon milk 1 tablespoon vanilla bean paste

Directions:

Prepare the cake. Preheat oven to 350 degrees fahrenheit. Butter three 8-inch round cake pans with 2-inch-high sides and line with parchment paper. Butter paper.

In large saucepan over medium heat, bring stout, coffee, and butter to a simmer. Add cocoa powder and whisk until mixture is smooth. Cool slightly.

Whisk flour, sugar, baking soda, and salt in a large bowl to blend. In another large bowl, use an electric mixer on medium-high to blend eggs, vanilla, and yogurt.

Add stout-chocolate mixture to the egg mixture and beat until just combined, taking care the stout mixture is cool enough that it will not cook the eggs. Add flour mixture and beat on low speed until just combined. Divide batter equally among prepared pans. Bake cakes until tester inserted into center of cakes comes out clean, about 35 minutes. Cool in pans on wire racks 10 minutes, then turn cakes out onto the racks and cool completely.

Prepare the frosting. In a large bowl, use an electric mixer on medium to whip butter for 8 minutes. The butter will become pale and creamy. Add 3 cups of the confectioners sugar, milk, vanilla bean paste or seeds, and salt, and mix

RECIPE CORNER: SWEET AND SAVORY

on low speed for 1 minute. Increase speed to medium and beat for 6 minutes until the frosting is very light, creamy, and fluffy. If frosting seems too thin, add additional confectioners sugar as needed.

Place one cake layer on a serving platter and spread some of the frosting on top. Place second layer, frost, and top with third layer, spreading frosting over the whole cake. Slice into wedges and serve. Makes 10 to 12 servings.

GARLIC LEMON CHICKEN

Chicken Breasts (as many as you plan to eat)

Lemon juice (from a lemon or bottled)

Garlic Salt

Olive Oil

Tongs, Pan, Stove

-Put your pan on the stove and turn on the heat to Medium Low

-Add a little bit of olive oil in the pan and move it around so it gets on the whole bottom of the pan.

-While your pan is getting hot take your chicken and sprinkle some garlic salt, as much as desired, on the chicken

-Take your lemon juice and put a few drops all over the top of the chicken.

-After about thirty seconds, when the pan is hot, place the side of the chicken with the garlic and lemon drops on it face down on the pan.

-Take the garlic salt and the lemon juice and repeat what you just did on the opposite side. Then wait until the bottom of the chicken is golden brown and flip it over.

-Take out of the pan, place on a plate, and enjoy!



LOOKING THROUGH THE KID LENS

TRANSITIONS TO AND THROUGH PMS

BY: ELLA DIMECO



Transitions between schools can be hard, but easier for some than others. For a behind the scenes look at some people's transitions, I interviewed three sixth graders to see what they had to say!

The first sixth grader interviewed was Sophia Dmytruk.

"I was already getting prepared for a bigger environment since fifth grade. I knew that I would be coming out of this small school into a different, bigger school. Once I came here, it wasn't that hard to get used to it. My friends were there, teachers were really nice and now that I look back, New Franklin was actually a very small school and the bigger school is a better environment for some kids." For Sophia, this transition from fifth to sixth was almost too easy! Let's see what some other kids have to say!

Emma Cross has some different thoughts, but had an easy transition, too.

"I loved moving schools actually; I knew that I would be able to join so many new clubs, and once I got here, I got used to it pretty fast; since I really like here," she told me. Emma came to PMS from New Franklin, too! For those of you who don't know, New Franklin is a very small school.

Here we have one more sixth grader's opinion! Katy Lazenby's transition was easy, too! She came from Dondero and had some different perspectives as well.

"One of my friends acted a bit weird in the beginning, but she's back to her regular self. My transition was pretty smooth; my classes are really easy, and my teachers are really nice! Once we

got the tour, I was ready to say goodbye to my elementary school. I was, and am, excited to see new things and to move to this bigger school."

So that's it! Three sixth graders, Katy Lazenby, Emma Cross and Sophia Dmytruk all answered honestly about their perspectives; Easy or hard. Sixth grade transitions are all different, but here's a few who were willing to share their side.

A look at the shift from 6th to 7th. Two students share their thoughts:

What is the most major thing that you have noticed coming from 6th to 7th grade in terms of homework and social life?

There is a lot more drama in seventh grade. The teachers also expect a lot more, and there is a lot of homework that is due the next day.

How is the homework load?

More than 6th grade, but in my opinion, it could be worse. There are only occasionally light homework days.

How are the teachers?

They don't go easy on you. The jump from 6th to 7th grade, in terms of expectation, felt big and kind of jolting.

What is the most major thing that you have noticed coming

from 6th to 7th grade in terms of social life?

I have found that my social life has gotten a lot better. I got rid of some fake friends, and I am overall enjoying myself more.

How is the homework load?

It depends on what you do in class, but there is a lot more homework compared to 6th grade.

How are the teachers?

It depends on who you are. Some of you might get mad for not enough explanation, or too much homework, but I think they all have good intentions.

What is the most major thing you have noticed coming from 6th to 7th grade in terms of homework and social life?

I don't talk to many friends from elementary school, just new friends that I've made last year. I feel like my priorities aren't the same.

How is the homework load?

We mostly have a lot of homework. Sometimes there is light homework weeks, but mostly it's a lot.

How are the teachers?

Some are good and some are not as good. They have their moments - some people test them in the wrong ways and they may not be in the best mood.

Teacher Features: Old and New

Old School: Mr. Mac

by: Ella DiMeco

The sixth grade science teacher on team Odyssey; the one the only..... Mr. Mcelroy! You may know him as Mr. Mac, or even Mr. Macaroni. You may be surprised to learn that has experience in far more than 6th grade science teaching! Mr. Mac has taught fourth grade up to high school at at least 3 schools. He taught high school for eight years, and has been teaching at Portsmouth Middle School since 2012. He also taught at a middle school that had grades 4-8!

"I taught all grades there," Mr. Mac said. "It was a pretty small school."

But Mr. Mac hasn't always taught science; he also taught math! "I prefer teaching science. Especially because I enjoy teaching 'hands on' subjects," he said.

So you may or may not have known these facts, but Mr. Mac is, and will always be, an awesome teacher.

New School: Ms. Crane, Ms. Dudman, Ms. Scala

by: Grace Mower

Ms. Crane

What do you teach?

7th grade history

Do you have any previous experience?

Student teaching last year

Do you like your position? Why or why not?

Yes, because the students, team, school, admin is great and teaching history is great

What was your favorite class growing up?

Science

When did you decide you wanted to teach?

Third grade

What inspired you to join Portsmouth Middle School?

Love the area, there was an opening, wanted to teach middle school, and heard some great things

What do you like to do in your free time?

Watch TV: Dancing With the Stars, West Wings

What education/degrees have you received?

Bachelor's degree in history and master's in education

Ms. Dudman

What do you teach?

Skills class, help kids who need a little support

Do you have any previous experience?

Taught for four years in Baltimore, Maryland

Do you like your position? Why or why not?

Yes, because work with small groups and get to know them, see progress

What was your favorite class growing up?

History and gym

When did you decide you wanted to teach?

Middle of college

What inspired you to join Portsmouth Middle School?

Grew up in NH, knew Portsmouth had a good school district, and it was a good place

What do you like to do in your free time?

Hike, yoga, hang out with dog named Grace, hang out with boyfriend, take road trips, watching football

What education/degrees have you received?

Bachelor's in special ed and secondary English

Ms. Scala

What do you teach?

6th grade math

Do you have any previous experience?

Long-term sub, for the 1st half of last year in Somersworth, NH, 2nd half Little Harbor

Do you like your position? Why or why not?

Loves it because she likes to work with team of teachers, students ar fun, have lots to say, it's exciting, everyday it's something different

What was your favorite class growing up?

math

When did you decide you wanted to teach?

A couple years ago--always loved kids

What inspired you to join Portsmouth Middle School?

Heard great things, be a part of the community

What do you like to do in your free time?

Volleyball, run, hang out with Gia (the dog), hike, outdoor activities

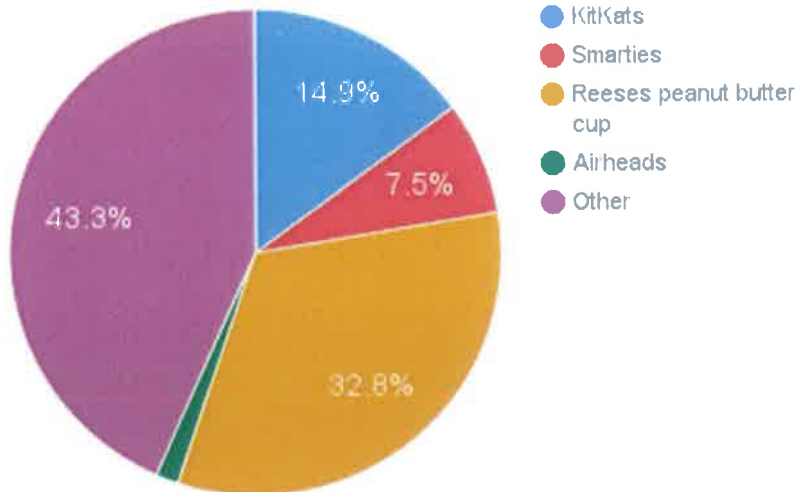
What education/degrees have you received?

Undergrad--bachelors in architecture, minor in art, masters in education, focus in teacher leadership

SURVEY SAYS!

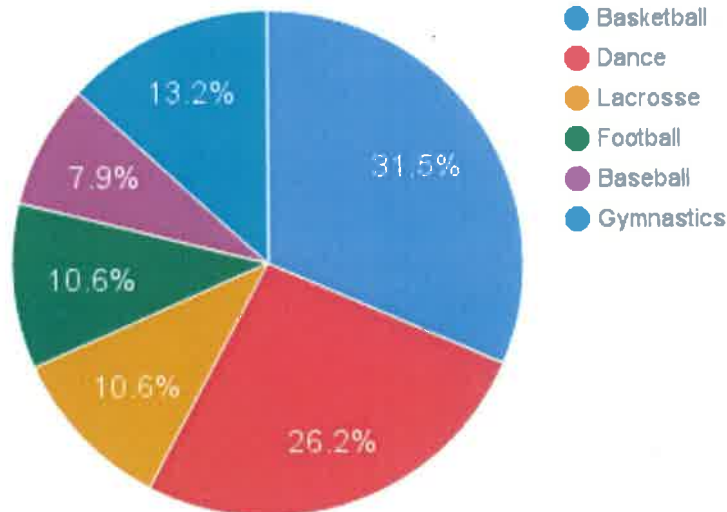
What is YOUR favorite candy?

- KitKats
- Smarties
- Reese's Peanut Butter Cups
- Airheads
- Other



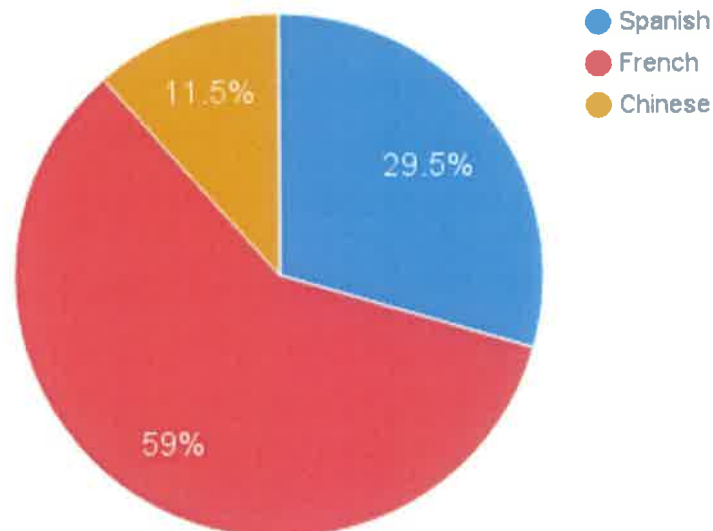
What is your favorite sport?

- Basketball
- Dance
- Lacrosse
- Football
- Gymnastics
- Baseball
- Field Hockey
- Other



What language do you take?

- Spanish
- French
- Chinese



FY18 SCHOOL BOARD BUDGET MEETINGS

JANUARY – MARCH 2018

DATE	MEETING	LOCATION	TIME
1/10/2017	REGULAR BUSINESS MEETING SUPERINTENDENT'S RECOMMENDED BUDGET FOR FY17 (#1)	COUNCIL CHAMBERS	7:00 PM
1/17/2017	WORKSHOP SESSION #2	SCHOOL BOARD CONFERENCE RM	6:30 PM
1/24/2017	REGULARLY SCHEDULED WORKSHOP SESSION	PHS LIBRARY	7:00 PM
1/31/2017	WORKSHOP SESSION #3	COUNCIL CHAMBERS	6:30 PM
2/14/2017	REGULAR BUSINESS MEETING FIRST PUBLIC HEARING	COUNCIL CHAMBERS	7:00 PM
2/21/2017	WORKSHOP SESSION #4	PMS LIBRARY	6:30 PM
3/7/2017	WORKSHOP SESSION #5 RE-OPEN PUBLIC HEARING ON BUDGET	COUNCIL CHAMBERS	7:00 PM
3/14/2017	REGULAR BUSINESS MEETING ADOPTION OF FY17 BUDGET	COUNCIL CHAMBERS	7:00 PM

THIS PAGE INTENTIONALLY LEFT BLANK

PORTSMOUTH SCHOOL BOARD PUBLIC MINUTES FOR NOVEMBER 15, 2016

PORTSMOUTH HIGH SCHOOL LIBRARY

PORTSMOUTH, NH

DATE: TUESDAY, NOVEMBER 15, 2016

TIME: 7:00 PM [or thereafter]

I. **SCHOOL START TIME FORUM-** Superintendent Stephen Zdravec presented a PowerPoint on the School Start Time proposal. The presentation provided an overview that included the purpose of the forum, history/ timeline behind the discussion of the school start time, sleep research facts, and concerns raised in the parent survey.

- ❖ Option 1: No changes to the Elementary times, later start times for the Middle and High School
- ❖ Option 2: Elementary, Middle and High School all start together

PUBLIC COMMENTS/QUESTIONS: Appreciation was expressed to Administration and the Board for a thoughtful, well presented plan.

THOUGH MEMBERS OF THE SCHOOL BOARD WERE PRESENT TO HEAR THE PRESENTATION, NO BOARD ACTION WAS TAKEN.

THIS PAGE INTENTIONALLY LEFT BLANK

X
a
Dear Mr. Zdravec,

11/4/16

I'm writing in regards to requesting permission to take a leave of absence. The issue is a family matter that involves me taking care of my son. I am requesting to take a leave Dec. 22nd 2016 until the end of the school year June 2017. My goal is to return for the 2017-2018 school year. I have shared my request with Laurie Melanson and Principal Lyons

Sincerely,



Elizabeth Phillips

PHS Student Services Case Manager

THIS PAGE INTENTIONALLY LEFT BLANK