

HAWK TALK

FROM MR. RASAR



A Word from Mr. Rasar

Seasons Greetings Holmes' Families,

Our We Believe Month is underway! The halls are coming alive. Our students and teachers have been working on creating a winter wonderland throughout our building. Today, we had our first Pie Eating contest with the second contest to come on Monday. Thank you to our PTO for all their support to make this month of activities happen.

Next week we will be welcoming the RMHS Choir students to help us celebrate the month as they sing throughout our hallways. On Wednesday and Thursday of next week our students will be taking their Winter iREADY benchmark assessment. Take the time to read the details included in this newsletter. Please take a drive by our school at night to see "Holmes in Lights." I hope you have a wonderful holiday season and enjoy this time of year with your families.

Happy Holidays,
Mark Rasar
Principal

We Believe Month Calendar

- Monday, December 6
 - Lunchtime pie eating contest. (Hawks' Bill drawing)
- Tuesday, December 7
 - Candy Cane (Red & White) Dress-up day
- Thursday, December 9
 - Elf (Red & Green) Dress-up day
 - Door Decoration Judging
 - RMHS Caroling from 10:22-11:08
- Friday, December 10
 - Staff vs. Student Dance-off (Special Schedule)
 - Silver & Gold Dress-up day
- Monday, December 13
 - Lunchtime Pie-in-the Face #1 (CHAMPS Store Fundraiser)
- Tuesday, December 14
 - Ugly Sweater Dress-up day
- Wednesday, December 15
 - Lunchtime Pie-in-the Face #2 (CHAMPS Store Fundraiser)
- Thursday, December 16
 - Snowman Dress-up day
- Friday, December 17
 - Student-Staff Volleyball Game (Special Schedule)
 - Holmes: Red & Black Dress-up day

Holmes Happenings

Social Emotional Learning Updates

For parents of 8th graders. In Community this week, 8th graders were given a paper checklist of important events and deadlines for the transition to high school. Students addressed and filled envelopes to send home for your family's use. Information on the checklists was gathered from both of the local high schools (Prospect and Rolling Meadows). We hope this checklist helps your family to keep track of these important dates.

The value of getting good sleep. Did you know that the National Sleep Foundation and the American Academy of Sleep Medicine agree that teenagers need 8-10 hours of sleep per night in order to maintain their physical health, emotional well-being, and school performance? And that 57.8% of middle schoolers get less than this recommended amount of sleep on a regular basis? (National Sleep Foundation)

In January Holmes will be pushing out some activities to students and resources to families to educate and encourage healthy sleep habits. Until then take some time to check in on your teens' sleep habits. Screen time on cell phones, computers, and other devices are common causes for teenagers staying up late and not getting enough sleep. Drastically different bedtimes and wake times on weekends and breaks from school also contribute to lack of sleep. Oftentimes these sleep disruptions occur without parents realizing since teens may be in their bedrooms where it appears they are asleep. Please keep watch for more resources when they're shared in January!

iReady

On Wednesday, December 8 and Thursday, December 9 all Holmes students will be taking the iREADY benchmark assessment.

The iReady assessment is used as a screening tool which means all students take the test under the same conditions three times a year. The assessments are used to measure student growth and identify students who may need support or follow up diagnostics.

As a Reminder:

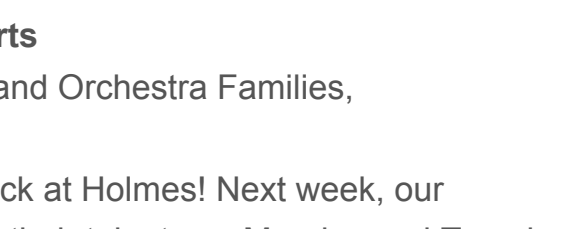
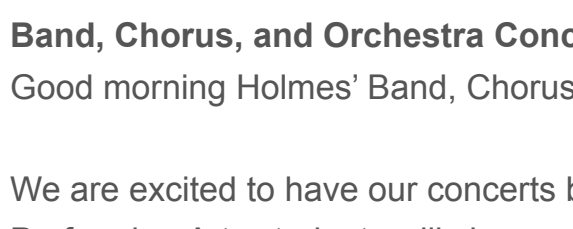
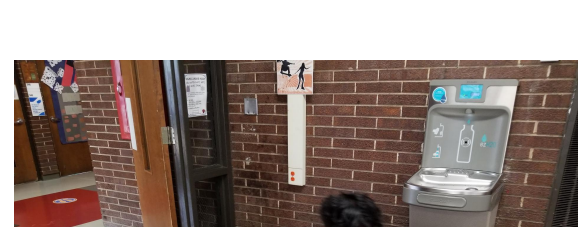
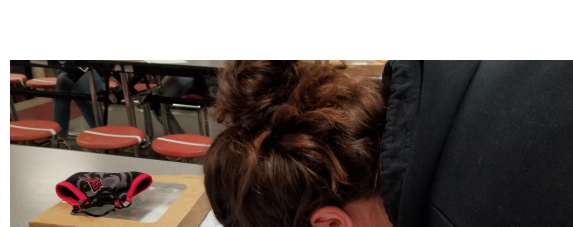
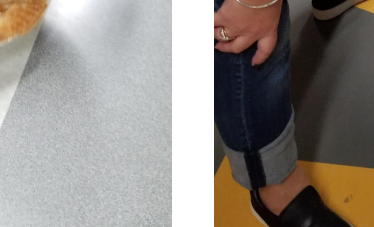
- Please make sure your child arrives on time
- Students will need their charged Chromebook
- Students should bring their Chromebook charger
- Students should get a good night's sleep
- Students should eat breakfast

Science

6th Grade scientists have been building knowledge to answer the question, "Why can you not function properly without one of your organ systems?". They have learned that plants and animals are made up of interrelated subsystems. We have been focusing on the human body and how groups of cells form tissues and organs that have specialized functions. One lab experience the students had was viewing samples of specialized cells under a microscope to observe the unique structures of cells and how those help with their functions. We are very proud of how the students have demonstrated proper lab safety skills while using lab equipment like microscopes to successfully collect data and make connections.

In 7th grade this year, students have been working on answering the question "What are the characteristics, properties, and behaviors of waves?". They have been doing activities about different types of waves including light waves, sound waves, and the electromagnetic spectrum. Currently, we are working more specifically on answering the questions "How does communication technology encode information?" by learning around analog and digital signals. We are very proud of how students have jumped back into doing the hands-on lab activities working together in groups in the classroom. They have done a great job working together, collecting data about waves, and then applying that information to understanding things in the real world.

8th Graders have been delving into beginning chemistry since we started the second quarter in November. We started with the question "How can matter made of the same substances look so different?" We've been building our knowledge of the different types of particles that make up matter, how they relate to each other, and how they relate to the Periodic Table of Elements. Currently, and for the rest of December, we're gathering evidence that outside factors can affect the motion of atoms in a substance. Our starting question in this part of the unit is "What happens to substances when we change the amount of available thermal energy?" We're proud of our 8th graders for working so hard to build their understanding of our content and build the skills they will need for next year.



Band, Chorus, and Orchestra Concerts

Good morning Holmes' Band, Chorus, and Orchestra Families,

We are excited to have our concerts back at Holmes! Next week, our Performing Arts students will showcase their talents on Monday and Tuesday nights. Ms. Domico, Mr. Reyes, Ms. Giliani, and Ms. Kees have been working with our students to create enjoyable performances for the season. All of us at Holmes know that our students are unable to perform without your support, patience, and time. Thank you for supporting our future musical performers and music lovers!

Our concerts will be held in our newly renovated Holmes' Gym. Please enter the school using Door 2 and head directly to the bleachers in the Gym. All family members, students, and staff must wear a mask that covers their mouth and nose at all times during the evening. Each student will be allowed to invite four (4) family members to attend the performance. Each family of four will sit in the bleachers as a group (pod) with six (6) feet of distance between themselves and the next family group. The bleachers will be marked to denote where families should and should not sit. Please understand that we cannot accommodate more than four (4) family members for each student. We are doing our very best to make sure that we are following the local guidance all the while still allowing our families to safely enjoy seeing a live student concert. Thank you in advance for helping us continue to keep Holmes Junior High School a healthy and safe school by adhering to our mitigation practices.

Performance	Date	Time	Location	Mitigation
Band Concert #1	Monday Dec. 6	5:30 pm to 6:30 pm	HJH Gym	<ul style="list-style-type: none"> • 4 family member per student can attend • Families sit together in pods. • Families will be spaced 6 feet apart from another family. • Student performers will be spaced 3 feet apart on the gym floor. • Student performers will use all mitigation requirements including masks and instrument coverings when needed. • Hand sanitizer
Band Concert #2	Monday, Dec. 6	7:00 pm to 8:00 pm		
Choir Concert	Tuesday Dec. 7	6:00 pm to 7:00 pm		
Orchestra Concert	Tuesday Dec. 7	7:30 pm to 8:30 pm		

Community Events

COVID-19 Vaccine Clinic

CCSD59 will host a COVID-19 vaccine clinic to anyone age 5 and older on Wednesday, December 15, 2021 from 4:00 p.m. - 7:00 p.m. at Holmes Junior High at 1900 W. Lonquist Blvd., Mt Prospect, Ill., 60056

Click on the flyer to register.

- Flyer [English](#)
- Flyer [Spanish](#)

Calendar Events

- **Band Concert 1 5:30-6:30pm**
- **Band Concert 2 7:00-8:00pm** - 12/6
- **Choir Concert 6:00-7:00pm**
- **Orchestra Concert 7:30-8:30pm** - 12/7
- **One Hour Early Dismissal** - 12/8
- **Board of Ed Meeting - 12/13**
- **One Hour Early Dismissal** - 12/15
- **One Hour Early Dismissal (Before Break)** - 12/17
- **Winter Break - School Closed** - 12/20-12/31
- **School Resumes** - 1/3

[View Calendar](#)

Latest News

- [Board Update 11/8/21](#)

PTO Update

PTO Meetings

- Tuesday, January 18, 2022
- Tuesday, March 15, 2022
- Tuesday, April 26, 2022

