



# Charging Times

Mabry Middle School  
www.cobbk12.org/mabry  
January 18, 2012

Dear Mabry Parents, Students, and Guardians,

Happy New Year! I hope you enjoyed special times with your family and friends during the recent winter break. From my vantage point of greeting students and staff in the skylight, abundant smiles and pleasant greetings would suggest a restful and fun time was indeed had by all. I hope the pleasant memories of the break will be shared and treasured in the winter days ahead.

During this first week of the 3rd nine weeks, students have been reminded of the benefits of reflecting on where we've been in order to forge ahead to reach our goals for future success. This afternoon in homeroom students reviewed their report cards, formed specific goals for the next grading period, graphed their progress, and identified personal strategies to apply in their daily work habits. This is the third

opportunity students and teachers have had to engage in these meaningful conversations, which will continue to occur each time grades are distributed. Please make a point of having conversations at home about the power of goals and ways we can work together to support their plans for success.

In each correspondence it seems I have some news to share with you relative to our measures of success. CRCT highlights have been shared with you in previous communications, and remain visible on our website (School Strategic Plan) and on our data bulletin board in the entry hallway. New to the profile are the seventh grade ITBS/CoGat scores from October 2011. This assessment shows us that Mabry student achievement continues to exceed the national and county averages. Our achievement in all five subjects is evenly developed, with national percentile rankings ranging from 76% to 79% (50 = average). The comparison of achievement with the previous year shows increases of as much as four percentage points for several subtests. The comparison of CogAT and ITBS scores show us that Mabry students as a whole achieve at a level at or above their potential. Results like these lend credence to our school theme: Mabry – the PULSE of the future – (it appears we are) Pushing the Upper Limits of Student Engagement! Thanks to our hard working and dedicated students, teachers, and parents!

There are several important enclosures and/or additional points of information I'd like to draw your attention to:

- Eighth grade students have student reports from the College Board Readiness Assessment conducted in early November, along with a guide for score interpretation. Remember, this is the first year we have participated in this assessment, and it is a joint venture between Lassiter, Mabry, and Simpson.
- Eighth grade parents please note: On Thursday, January 19, Lassiter High School is hosting an informative evening to begin planning for your future high school years. "The Realities of Rigor" presentation will begin at 6:30 p.m. in the theater. Prior to that, Mabry parents are invited to a presentation specific to understanding the Readiness Assessment, beginning at 5:30 p.m. in the theater. Come to this early session to get a jump on parking in the front lot, and to become more fully informed about the College Board resources.

## Calendar

Jan. 18	8th Grade Writing Test
Jan. 19	The Realities of Rigor-Understanding Honors Classes at LHS, 6:30pm; Interpreting Ready Step Scores, 5:30pm, Lassiter Theater
Jan. 20	FCA Meeting, 8am
Jan. 21	Future City Competition
Jan. 25	Debate Club Meeting
Jan. 26	Honor Roll Breakfast
Feb. 3	Spirit Day: Pink Out for Cancer
Feb. 9	National Jr. Honor Society Meeting
Feb. 9	PTSA Youth Day at the Capitol
Feb. 9	International Night, 6:30-8:30pm
Feb. 17	Progress Reports
Feb. 28	PTA Day at the Capitol

(continued on page 2)

(Letter from Principal Heflin, continued from page 1)

- The eighth grade Middle Grades Writing Assessment is on Wednesday, January 18. Seventh graders will also be participating in a writing assessment that morning. Please make sure your student is rested, well fed, and on time to school that day.
- All families are receiving a parent survey which we request you complete and return in a prompt manner to your student's homeroom teacher. This is another important measure of our overall school climate which we carefully review to determine future plans for improvement. Students and staff also participate in this survey, which is confidentially scored at the district level.
- Students will be participating in a health survey which is another climate indicator that will provide data at the state level. Enclosed is a parent "opt out" letter in the event you choose for your student not to participate in the survey.
- The 2nd annual "Mabry Around the World" cultural awareness night will be held on February 9 from 6:30 – 8:30 p.m. Come share a special evening with the Mabry community, conversing over dinner, browsing the displays, and learning dances with our special entertainment!
- "Annie", a Mabry Drama Club production, is coming to Mabry in March!

I hope in 2012 you will find increased opportunities to come to Mabry to support and celebrate our wonderful community. The coming months continue to offer volunteer opportunities, concerts, field days, talent show, drama, intramurals, and more. Thank you to PTSA for their on-going support in communicating and reminding us of all Mabry has to offer. If you haven't already done so, be sure to sign up for the Eblast reminders at MABRY MIDDLE SCHOOL <admin.16404@ptomanager.com> so that you can make sure Mabry remains an important priority in your busy lives!

As always, I remain grateful for all your support, and for the opportunity to work within such a great community of learners.

Sincerely,  
Merrilee Heflin, Principal

## PTA New Business/By-Laws Amendment

The Mabry Executive Board of the PTSA is recommending the amendment of Article V: Membership and Dues, Section 7, to read, "Each member of this local PTA/PTSA shall pay annual dues of \$6.00 to said organization."

Rationale: Currently our dues are \$5.00, but with the increase in dues to National PTA as of this past June, 2011, and the Georgia PTA dues increase that will take effect in July, 2012, (total of \$1.00 additional per membership) we are asking for the same increase so we can continue to keep our share of membership funds to provide the programming necessary for the needs of our students.



## International Night at Mabry on February 9

Please mark your calendar for Thursday, February 9, from 6:30-8:30 p.m., to join us at **MABRY'S 2ND ANNUAL INTERNATIONAL NIGHT**. The RSVP Dinner begins at 6:30 p.m. with live music, followed by a tour around the world... sharing and learning about the cultures of Mabry. Explore decorative and informative tables representing various countries and their rich, diverse cultures. Sample food with an international flare! Enjoy music from around the world. For more information, please contact Mrs. Pennisi at [cassandra.pennisi@cobbk12.org](mailto:cassandra.pennisi@cobbk12.org) or Ms. Israel at [eve.israel@cobbk12.org](mailto:eve.israel@cobbk12.org).



## Student Forum News

The 8th grade T-shirt design contest is going on now! Students are to create a design for our 8th grade T-shirt, which will have all of the 8th grade students' names listed on the back with the student generated design on the front. The design is due to Mrs. Suggs by Wednesday, January 18. The artist of the winning design will receive a free T-shirt!



Our next spirit day, Pink Out for Cancer, is Friday, February 3. Needless to say... wear pink!

## National Junior Honor Society



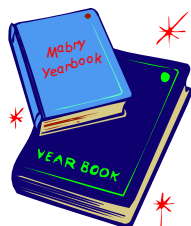
Our January meeting has been canceled. At our next meeting on February 9, we will be making no-sew fleece blankets! Seventh graders are asked to bring in one and 2/3 yards of printed fleece; 8th graders are asked to bring in one and 2/3 yards of solid-colored fleece.



December and January service hours will be collected at the February meeting!

## Yearbooks on Sale for \$30

Time is running out! Don't forget to buy your yearbook for only \$30. To order, make your check payable to Mabry Middle School and include your child's name and homeroom teacher on the check. Students should place the money in a white money envelope labeled "Yearbook" in the grade-level money deposit box. Reserve your copy today!



## Future City Competition

The Future City competition is January 21 at Southern PolyTech. Students have been working hard since September and have completed a SIMS computer city, written an essay and city narrative, written and practiced a speech for competition day, and designed and built a model of their city of the future.

We will be meeting Tuesday-Friday mornings at 8:00 a.m. and after school until

5:30 p.m. or later to make sure we complete our models and speeches. We have three teams competing and if anyone would like to come by on the 21st to check out the competition, please email Mrs. CJ at [melissa.chouinard-jahant@cobbk12.org](mailto:melissa.chouinard-jahant@cobbk12.org) for details. Mrs. CJ wishes all of her teams the best of luck!



## Honor Roll Breakfast

The Honor Roll breakfast for the second nine weeks is scheduled for Thursday, January 26. Honor Roll attendees include those students who have all As and those who have As and Bs on their report cards. The students will receive invitations in their homeroom classes which should be presented at the door of the reception. We congratulate and commend everyone for all of your hard work!



## Mabry 8th Grade Orchestra Strikes the Right Note

The Mabry 8th Grade Orchestra isn't just fiddling around! On January 18, they will be performing on-stage at Kell High School with the group Barrage. [Click here to find out more about this unique musical group.](#) Now that's music to our ears!

## Debate Club

The Debate Club has begun and will resume meetings starting January 25 once the Future City Competition has taken place. That means students should be prepared to debate in one week!



## Diversity at Mabry... Celebrating Black History Month



On January 15, 1929, the best known civil rights hero, who said "I have a dream", was born in Atlanta, Georgia, and eventually changed American history and race relations forever. Here are some little known facts about Dr. Martin Luther King, Jr.:

1. He attended Morehouse College at the young age of 15.
2. He is the youngest man to receive the Nobel Peace Prize, at the age of 35.
3. He predicted that he would not live to age 40. He died at the age of 39.
4. He was the first Afro-American to be named TIME Man of the Year.
5. Over 730 streets in the United States are named after him.

This month we also would like you to learn more about Black History. In 1915 author and scholar Carter G. Woodson established the Association for the Study of Negro Life and History. Woodson, who was the son of former slaves, created the first Negro History week in 1926 to coincide with the birthday of Abraham Lincoln. Fifty years later the Association designated the first Black History Month.

Remember: we are going to have our annual International Night on February 9. We hope to see you there!

## Mabry Drama Club Presents *Annie Jr.*

Mabry Drama Club is proud to present Broadway Jr.'s *Annie*. Our students have been working hard to bring you a professional and polished performance. Our shows this year will be held on March 22 at 7:00 p.m., and March 24 at 4:00 p.m. If you would like to purchase general admission tickets to *Annie Jr.*, please fill out the form that was sent home last week with your student. We expect a sellout, so please order your tickets now for only \$5 each.



## Community Outreach Update

Mabry students have come through again with their support and generosity! Eight boxes of snacks were collected for our sister school. The **Powers Ferry Elementary School** administration was very appreciative of all the healthy snacks collected in one week for their students! Great job!

Once again Mabry students outdid themselves...and everyone else... with our **Treats for the Troops!** The candy was weighed prior to



pickup by the Operation Stars and Stripes organization; a total of 455 pounds of candy was donated by Mabry, which was over 10% of the total amount collected (4,200 pounds) from all schools and groups! The organization was overwhelmed with Mabry's donation. (It barely fit in the vehicle brought for pickup.) Mabry had the highest candy total collected from one school! The candy was packed with toiletries, games and trinkets in holiday stockings and sent overseas to the troops. Most of the stockings were sent to Afghanistan and Columbia, with some also going to S. Korea, Kuwait and Africa. A portion of the candy was also distributed locally to a Homeless Veteran's Group. A special thank you goes to Christopher Kelley who emptied the collection bins daily and helped store the candy throughout the week! Way to go, Mabry students!

# Welcome Lassiter Class of 2016!!



## *Important Upcoming Event and Information for Rising 9<sup>th</sup> Graders*

### **January 19** *The Realities of Rigor-Understanding Honors Classes at LHS*

Join us for an informational evening designed to give parents a clearer understanding of the expectations of our 9th grade honors classes at Lassiter. All parents and students are welcome.

**6:30 PM- Lassiter Theater**

***Come from 5:30-6:30 PM for a discussion on how to interpret your child's Ready Step Scores.***

### **March 8** *8th Grade Parent Night*

All parents and students are invited to come to Lassiter to hear about all that your 8th grader has in store as a Lassiter Trojan. Department Chairmen from all academic areas will be available for questions about registration. Clubs and Sports Teams will also have booths set up to provide information about extracurricular activities at Lassiter.

**6:30 PM- The Lassiter Gym**

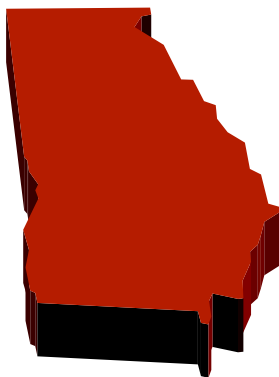
**During this important transition time from Middle School to High School, the Middle School Personnel will be your best resource for all information regarding dates and times of the registration process.**

*For more information about Lassiter please visit our website:*

**[www.cobbk12.org/Lassiter](http://www.cobbk12.org/Lassiter)**

## Georgia Ranks 7th Nationwide in Education Quality

A report released last week by Education Week ranks Georgia seventh in the nation for overall education quality. The annual "Quality Counts" report is an investigation of key education outcomes that provides ranks and grades for each state based on their commitment to improve educational policies and practices. Read the full report from Education Week at: <http://www.edweek.org/ew/qc/2012/16src.h31.html?intc=EW-QC12-CTR>.



## Mabry Spelling Bee

The Mabry Spelling Bee held in December had the audience on the edge of their seats! Our winner this year was 8th grader Alissa J. Second and third place finishes went to 8th grader Kelsie S. and 7th grader Vivek P., respectively. The County Bee will be held on Saturday, January 28 at 9:00 a.m. at Kennesaw Mountain High School. Congratulations to our top winners and to everyone who qualified for the spelling bee. You all did a wonderful job and should be very proud! Our sincere appreciation goes to Mrs. Parades for organizing the event.



(L to R) Kelsie S., Alissa J. and Vivek P.

## The Season for Giving

During the month of December, Mabry sponsored a drive to collect presents which were donated to children who might not otherwise receive a gift during the holiday season. The response was overwhelming! We'd like to thank all of the students, families and staff who took time to make someone else's holidays a little brighter. Your donations were much appreciated!



## FCA Huddle

FCA at Mabry will have a special huddle on Friday, January 20 at 8:00 a.m. in the theater. There will be a weight lifting presentation. Everyone is welcome! Please note: this is not a school sponsored event.

## Videos Wanted!

A student competition for Underage Drinking Awareness is underway. Cobb Alcohol Taskforce and Cobb County School District's Prevention Intervention Center are again co-sponsoring a Video PSA Competition for local students! The deadline for entries is March 30. Check out the guidelines and get started: [http://r.b5z.net/i/u/10049889/i/usr/162/2012\\_PSA\\_Contest\\_Flyer\\_9.pdf](http://r.b5z.net/i/u/10049889/i/usr/162/2012_PSA_Contest_Flyer_9.pdf).



## LJTB Is a Slam Dunk!

The season for Lassiter Junior Trojan Basketball is nearing a close. Only a few games remain, so students and families of Mabry are invited to come out and watch the teams play their final games. Details on Jr. Trojan Basketball can be found on the website at [www.jrtrojanbasketball.com](http://www.jrtrojanbasketball.com).

2011-2012 Basketball Schedule									
Lassiter Jr Trojans									
Version 4.0									
Kevin Kayler, Director									
Day	Date	Opponent	5B	6G	6B	7G	7B	8G	8B
Saturday	1/21	McEachern	12:45pm	9:00am	9:00am	10:15am	10:15am	11:30am	11:30am
Sunday	1/22	Etawah	5:00pm						
Sunday	1/22	Alpharetta		1:00pm	1:00pm	2:15pm	2:15pm	3:30pm	3:30pm
Sunday	1/22	Blessed Trinity				6:15pm	6:15pm	7:30pm	7:30pm

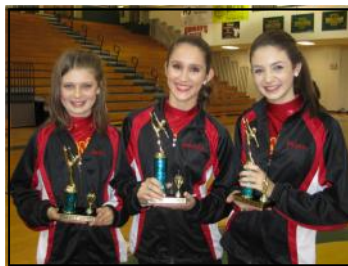
\*\* Region Games

Home Games      Auxiliary Gym      Main Gym

## Congratulations to LJT Dance Team

On December 17 the Lassiter Junior Trojan Dance Team attended its first competition of the season at the Grayson Invitational. The girls walked away from the competition with several trophies. They placed first in the Pom division, which was especially exciting since they were up against junior varsity high schools. They also received second place in their Hip Hop routine. In addition to placing in the group routines, three of our girls placed first, second, and third place for their solo routines: Ashleigh C. (8th grade), Megan C. (8th grade), and Sarah T. (6th grade), respectively. Congratulations also to MacKenzie H. and Morgan L. (6th grade) for their second place trophy in the small group division.

On January 14, the girls head to Kennesaw State University for their second competition, and we wish them all the best.



## Just Desserts

In December, Mabry faculty and staff were treated to an incredible dessert buffet, compliments of the Mabry PTSA. Three tables were filled with every tempting pastry, cake and confection imaginable. Many thanks go to our dessert contributors and to Amy Ernest, Donna Doran and Sandy Olsen for creating a display that was as appealing to the eye as it was to the palette.



## Helping Families Make Wise Food Choices

Overall nutrition is crucial to children's health. Breakfast gets them to lunch, lunch gets them home, and dinner nourishes them overnight. Having a good dinner in the evening isn't enough; kids need to make wise food choices throughout the day!



As parents, we carefully choose for our children many aspects of their lives until they are old enough to make their own choices. Yet, we sometimes pay little attention to what they eat and why they eat it. How do we get them to eat right?

Practice what you preach when it comes to nutrition. You are your children's first and most important teacher, even if your children, particularly your preteens and teens, don't always see it that way. If you start your day with a large latte and donut in the car, your children may believe that caffeine and sugar are wise breakfast choices and that eating on the go is normal. Here are some ways to be mindful of what you eat as a family:

- Shop for groceries together. Read food labels for nutritional content, and choose foods that are low in sugar and fat.
- Discuss the school lunch menu with your child in advance to help him or her make wise food choices. Or, if your child takes a lunch from home, have him or her help pack a healthy one.
- Allow your kids to cook with you, and let them help plan the week's meals.
- Slowly introduce some new wholesome foods.
- Dine together as a family as often as possible. Remember, the car is not the dinner table; refrain from eating there as it encourages eating fast food on the run.
- Stock your home with low-sugar foods and rid the pantry of refined sugar, i.e., processed white sugar found, for example, in many boxed snacks and cereals.
- Avoid fast-food restaurants by planning your meals and snacks before leaving home. Be prepared for meal-time changes and food substitutions if necessary.
- Do not give food as a reward.

Parents should also be aware of their own dieting endeavors and how they affect their children's perception of health. Fad diets, for example, that cut out an entire food group or a substantial amount of calories in order to achieve weight loss are neither balanced nor healthy. When a parent embarks on such a diet, a child is led to believe it is okay to eat only one meal a day or to live entirely on grapefruit! As parents, you need to dispel the myths surrounding the latest fad diet and be an example to your child.

Educate yourself about the nutritional needs of your children. For a visual example of what constitutes a healthy diet, look at the U.S. Department of Agriculture's Food Guide Pyramid. The pyramid is divided into six sections, with a suggested daily amount (number of servings) for each food group. These amounts, however, are much too large for children.

A food guide that takes into account children's nutritional needs would contain a smaller number of servings per day from each food group and a section for treats or extras. See the new food guide pyramid that I developed for children ages 2 to 12. Serving sizes for children also are generally smaller than those for adults. Keep in mind, however, that there are other variables to consider, including individual eating patterns.

Remember, you know your child better than anyone and are capable of providing food choices that are better for their health. The new food pyramid and examples should help guide you and your family toward healthier food choices. As a result, you and your family will achieve a dietary balance that will reward all of you in many ways throughout life!

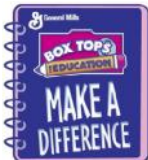
*Article by Kelly A. Hammer, posted on the National PTA website. Kelly A. Hammer is the founder and owner of Hammer Nutrition, which provides education on how nutrition and physical fitness can make for a well-balanced, healthy life. She is also the coauthor with Vicki Caruana of the forthcoming book *Brain Food: Feeding Children for Success in School*.*

## Holiday Musical Performances

Mabry parents were treated to the delightful sounds of the season with holiday performances from the band, orchestra, and chorus in December. Teachers and students earned well-deserved accolades. What a wonderful way to usher in the holiday season! Many thanks go to Mr. Chris Doemel, Mrs. Jill Barnocki, Mrs. Kimberly Limnick and Mrs. Jennifer Stepp for orchestrating such memorable performances.



Keep clipping those  
Box Tops!  
Mabry earns 10¢ for  
each one donated.



As you celebrate the upcoming holidays with family and friends, don't forget to save your My Coke Reward codes from fridge packs and bottle tops. These points are an easy way for Mabry to earn FREE items for our school and are found on all Coca-Cola products, including Minute Maid juices, Powerade and Dasani water. Just go online to [www.mycokerewards.com](http://www.mycokerewards.com) and request to donate the points to Mabry Middle School. Don't feel like entering the codes? Simply leave them at the Welcome Desk or in the PTSA mailbox, and we will enter them for you. Thanks for supporting Mabry!



## Help make great things happen for our school

**Our school has joined the My Coke Rewards for Schools program.** That means by drinking the Coca-Cola products your family already enjoys, you can get My Coke Rewards points and donate them to help our school.

Your donations will go towards rewards like sports equipment that will help our students learn, play and have fun.

### It's easy to donate:

- 1 Purchase your favorite Coca-Cola products to get codes (they're on hundreds of different packages, in a variety of sizes and flavors).
- 2 Go to [mycokerewards.com/school](http://mycokerewards.com/school) & sign in (register if you aren't a member).
- 3 Enter your codes to collect points - then search for our school to donate points.
- 4 Enter the amount of points you'd like to give, then click "Donate".

### Check out

[mycokerewards.com/school](http://mycokerewards.com/school)  
for more information and start turning My Coke Rewards points into rewards for our school.



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EXCLUSIVELY FOR PTA MEMBERS



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**T-Mobile® Sidekick™ 4G**  
**\$29.99**  
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the activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees).  
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• Skype  
• 1GHz Processor

**HTC® Sensation 4G**  
**\$149.99**  
after \$50 mail-in-rebate.  
• Super high-speed 1.2GHz processor built for T-Mobile's 4G Network.  
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**Samsung 4G Exhibit™**  
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### Make the switch to T-Mobile

There's never been a better time to switch. Don't miss out on big-time savings!

- Discounts on phones and devices for new lines of service
- 14% off monthly recurring charges
- Waived activation fee for each new line of service
- Special 30-day return policy on new activations
- Award-winning customer service

Remember, this offer is only available for PTA MEMBERS.

\*While supplies last, only available with the Classic Unlimited - Plus (Individual) or Classic Unlimited - Plus (Family) or higher plan, maximum of 2 devices per purchase.  
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Unlimited-time offers expire 12/31/2011, subject to change. While supplies last. Not available in retail stores. Taxes and fees additional. Must call number listed above and use promotional code. Device offer: Postpaid only, one device per family activated line on qualifying plan may require date. Rebates provided in form of VISA prepaid card; must remain active and in good standing on account at time rebate is processed. Valid rebate card requests take up to 8 weeks from receipt to process. See rebate card form for additional details. Mail-in rebates applied as instant rebates at point of sale in CA, HI and Maryland County. Credit approval and \$39 per line activation fee required. Up to \$200/line early cancellation fee applies to 2-year agreements. Monthly Discount/Qualifying postpaid individual bills plan on new 2-year contract required; certain plans excluded. Discount applied to recurring charges and does not apply to overage, long distance, roaming, taxes and fees, or other charges. May not be combined with other discounts. See brochures and Terms and Conditions (including activation process) at [www.T-Mobile.com](http://www.T-Mobile.com) for additional information. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG. © 2011 T-Mobile USA, Inc.

America's  
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Network  
4G

### Get Your Publix Partner Card!

Be sure to pick up your Publix Partner card at the Welcome Desk. Just show your card each time you check out at Publix, and a portion of your grocery total will be returned to Mabry to support programs for our kids. Thanks for your support!



## Scholastic Saturdays

Texas Roadhouse Restaurant  
Saturdays from 11:00 a.m. - 3:00 p.m.  
2475 Barrett Creek Parkway

Texas Roadhouse will donate  
15% of your total bill to Mabry!  
Simply fill out a quick form  
naming the school  
of your choice!

