Mr. White's Highlights

Formative Assessment Training
This year, all staff at Harbor Lights has begun Formative Assessment training. Formative assessment is assessment for learning, not of learning. It is basically a set of strategies used throughout the hour by teachers and students to check for levels of student understanding. Information gained from these assessments is used by teachers to determine whether to reteach, enrich, or move on. A trained team of high school instructors are leading the training this year, but will be replaced next year by a team of teachers from Harbor Lights. We are very excited about this training because we know it is paying dividends in the classroom.

Athletic Information
7th & 8th Grade
SPRING SPORTS
START MONDAY, MARCH 18

Girls Soccer
Boys Tennis
Boys/Girls Track

Dress for the weather!!!
Practices will run from 3:00-5:00pm.
Locations : TBA

**Students must have a physical examination before participation.
A physical dated on or after April 15, 2012 is valid for the 2012-2013 school year. Physical forms can be downloaded from wopanthers.com under the HQ tab.

Visit wopanthers.com for additional middle school sports information.

If your child is planning on participating in sports in 7th or 8th grade, please plan on attending the Athletic Physical Night. For more information on athletics please visit wopanthers.com.

Athletic Physical Night
May 21, 2013
6:00 p.m.
North High School

PARENT SURVEY
In an effort to improve system practices, Harbor Lights Middle School is conducting a Parent Survey. We value your opinion and ask that you take the time to complete this survey by March 15, 2013. Please be assured that your responses to this survey will be anonymous. Your honest opinion is appreciated. Thank you for your time and attention to this matter. Please follow this link:

http://www.advanc-ed.org/survey/public/8240142

A Spanish version of this survey is available at the Harbor Lights office.

College, Career, and Life Ready

Counselor's Corner
The middle school counselors had the privilege of escorting 60 of the district's Hispanic 8th grade students to the Hispanic Youth Leadership Conference at Hope College on February 12, 2013. This was the 5th year of this inspiring conference hosted by LAUP and Hope College. Students attended two keynote presentations where speakers gave inspiring accounts of their own quest for education and success, as well as pitfalls along the way that can block that success. Students also attended breakout sessions on a variety of topics such as success in 9th grade, applying for college, looking for scholarships and leadership in the community. Keynote speaker Stacy Stout from Burton Middle School identified her top 5 steps students can take to succeed. They are: be brave, encourage friends to get to school and stay in schools, have goals which are a dream plus a plan, assess your relationships and say good bye to anyone who isn't helping you stay on the path to your dreams, and read. Leaders are readers was her final piece of advice. She talked about how the majority of college work consists of reading. A common theme among all the presenters was the importance that all students ready themselves for college and that they connect with an adult that can help them achieve their dreams. Thank you to all of our chaperones and volunteers who attended this event with our students.
We are looking forward to meeting with you at parent teacher conferences.

In an effort to reduce lines and wait time, we ask that you follow the schedule below:

- **Thursday, March 7, 5-8 p.m.** Parents with students whose last names begin with A-L
- **Tuesday, March 12, 1-4 p.m.** Open to all parents
- **Tuesday, March 12, 5-8 p.m.** Parents with students whose last names begin with M-Z

If you cannot attend on the evening you are scheduled, please feel free to attend one of the other dates.

The teachers will be located in the following areas of the building:

- 6th grade core teachers: gymnasium
- 7th grade core teachers: library
- 8th grade core teachers: cafeteria

A list of teacher locations and a map will be available when you enter the building.

Conferencias de Padres y Maestro

Nos da gusto de verlos durante los días de las conferencias.

Para tener mas orden y menos tiempo en línea favor de venir a estos tiempos:  

- **Jueves, 7 de marzo** Padres con estudiantes con el apellido  
  5-8 de la tarde que empieza con A-L  
- **Martes, 12 de marzo** Abierto para todos los Padres  
  1-4 de la tarde  
- **Martes, 12 de marzo** Padres con estudiantes con el apellido  
  5-8 de la tarde que empieza con M-Z

Si usted no puede atender su noche programada o la sección de la tarde, con confianza puede atender a cualquier noche.

Ubicaciones de las conferencias  
Tendremos a los maestros por el nivel de grado como listó abajo.

- Maestros del gardo 6: Gimnasio  
- Maestros del grado 7: biblioteca  
- Maestros del grado 8: cafeteria

Una lista de esas ubicaciones y un mapa estará disponible cuando usted entra el edificio.

---

Mid-Winter Break  
**Thursday, February 21 through Monday, February 25.**
Caleb Alexander
TJ Atsaphanthong
Jocelyne Barrera
- Galdamez
Branden Beltman
Maggie Bentley*
Collin Berghorst**
Kaitlyn Bishop
Trenton Black*
Sydney Bolt*
Samuel Bremer
Michaela Briggs
Madalene Brinkman*
Grace Bruins**
Connor Budek
Thomas Buis*
Deven Calanchi*
Frieda Campos
Elizabeth Carrillo
Garcia*
Austin Castillo*
Citllalik Castillo
Tyler Chau**
Logan Chavez*
Macy Christiaans*
Savannah Coleman*
Sonja Collins*
Noelani Cramer*
Elijah Currie*
Keenan Currie
Ithira Dabandon
Hannah Daniel**
David Dannels*
Brandon Davis
Brayden DeCoste*
Zachary Denuyi*
Mallory Dornbush*
Natalie Dunn**
Macey Dykema
Jada Ellis*
Rachel Elms**
Sergio Estupinan
Jason Fairfield
Deysi Farias
Madison Fershue
Benjamin Fought*
Marcella Frissoever**
Nathan Fuller
Stephani Gallegos
Gianni Gamez-Salas
Alyssa Gibson*
Jireh Gibson**
Aaron Glovier
Brianna Gomez*
Sarai Gomez-Canchola*
Alexandra Gonzales
Beatriz Gonzalez*
Roberto Gonzalez*
Donna Gonzalez
Larios
Justin Grasmeyer*
Sydney Groteler*
Ashley Grotenthaler*
Linus Gugino**
Camryn Gustman
Faith Haley*
Matthew Heckman
Brycen Hemeke
Betsy Hernandez*
Simon Hillebrands
Connor Hotary
Kathryn Hotchkiss
Joanna Huerta**
Ryleigh Hyma*
Cory Ives*
Tania Jarquin-Arroyo
Kallyn Johnson*
Sydney Jonas*
Chloe Karp*
Noah Kars
Jared Kaylor*
Matthew Kemp*
Kevin
Khousaknalath
Sity Kim*
Clara Klein*
Sydney Kloosterman
Joseph Kramer*
Danielle Kuiper*
Alex Lambert*
Kayla Lebster*
Analisia Levario
Gisselle Lopez
Isaac Lopez
Odalis Lopez
Elicia Lozano*
Zaira Lucio
Jaiden Luna*
Hana Lynn*
Riannon Maher
Gracey Maike
Mitchell Manosack
Ilan McConkey
Cayla McCormick*
Hunter McCrea
Odalis Medellin
Morgan Miller*
Raveena Mishra**
Nicole Modders*
Husn Mohsen*
Joseph Monetta*
Emily Moore
Nathan Moored
Isabella Moralez-Booker*
Jared Murphy
Amy Nguyen*
Kathy Nguyen**
Nikki Nguyen
Alex Nuan**
Sarah Olney*
Delaney Overman*
Dominic Penaloza
Carly Phanthathourath
Kieanna Phetvorasack
Natalie Piehl*
Hannah Piersma
Zoe Prins*
Grace Pustover
Zoe Quinn*
Laura Ramirez**
Benny Rathana*
Derek RatsAbout
Kayley Reynolds*
Heather
Riemersma**
Jordan Ringler*
Keila Rios Loredo
Collin Robbins
Kathy Rodas*
Valeria Rodriguez-Gallardo
LeXander Rosado
Berrios**
Victoria Roubos*
Natalie Saetern*
Olivia Salas*
Jose Salinas
Brennar Schopp**
Taylor Schott
Dasani Song
Jolene Soriano*
Khadin Soto*
Thiphanat Suvanhnasy
Abigail Sprick**
Christian Stam*
David Stanley*
Ryan Storteboum**
Iris Swarthout**
Cameron Taskey
Madelyn Taylor*
Kyle Thackthay
Mackenzie Thomas**
Mason Timmer*
Charisse
Timmreck
Mireya Torrero-Alvarado*
William Trammell*
Nha Megan Tran
Samantha Uribe*
Cella VanHeest**
Cecilia Vanloo*
Maggie VanTil*
Madelyn VanWieren**
Ryan VanWYk
Aric Varenhorst*
Abigail Veldhof*
Gabriella Villanueva*
Veemon Vongsipsrasom
Mikaela Weed
Matthew Weimer*
Jurrien Wilson*
Anisa Wolfe*

* Denotes a 3.5 or above G.P.A.
** Denotes a 4.0 G.P.A.
Mikaela Adkins*
James Allen
Kira Alvarez
Jocelyn Anaya
Alyssa Anderson**
Roman Anderson*
Ian Anwiler*
Taylor Auby*
Deegan Baker
Saul Balderas
Cole Becker*
Paris Bedford**
Zoe Berghorst*
Maria Betancourt
Christian Bigelow*
Braden Book
Justin Brading*
Tyler Brading*
Braxton Brandt
Madelyn Brandt*
Peyton Bremer**
Nolan Briggs
Melissa Bright*
Julia Burkholder*
Alondra Campos*
Nicole Cano Ballinas*
Samantha Cantu
Nicole Castagna
Liam Cavanaugh*
Sean Cavanaugh
Leslie Chankongsins
Sarah Chapman
Tiffany Chau*
Nicolas Christiaans*
Allison Cook
Isabella Correa*
Alexis Coy*
Desiree Cuddington-Petzinik*
Tyler Dalpe
José de la Garza Ramos*
Tulsa Dean
Daniel deForest**
Fatima DeLarosar*
Logan DeRidder*
Brenden Dewys*
Alex Dils*
Ottom Dryfhout
Samuel Duckworth**
Kaleb Dykema*
Adam Dykens
Brynn Edwards*
Lizzie Eguiluz*
Alicia Elizondo*
Sebastian Esquivel
Alex Essink*
Dejaun Evans
Calin Firlit**
Colbey Fisher
Tucker Fritz*
Alejandra Gallagores Ordaz*
Alina Gamez
Stephanie Ganzi**
Jasmine Garcia*
Jocelyn Garcia
Thalia Garcia
Keyaira Garnes*
Jessie George*
Hannah Gerrits*
Jennavieve Gilliam*
Daniel Gonzalez*
Graham Gould*
Nicolas
Greendyke**
Samuel Gruenler*
Aleah Hahn**
Natalie Harten*
Reese Hoegen
Sok Visal Hoeng
Daniel Hoffswell*
Jon Hofmeyer
Jenna Homer**
Euvin Huang**
Hunter Ihrman*
Nicole Jiang-Kong*
Macaulay Johnson
Taryn Johnson*
Erin Jones*
Kynsi Jones
Alleena Juarez
Maria Juarez*
Nthsaksoun
Khounsombat*
Ariana Knox
Madeeck Kobylski**
Andrew Kriger
Alex Kuipers
Katelyn Kuzmanko*
Alexander Ky**
Britney Ky**
Alyssa Lacey*
Makaya Lathers*
Anthony Le
Nathan Leak
Jae Baeck Lee*
Whisper Lee
Peter Lehmann*
Citlali Leija
Anna Linderman**
Hannah Lindstrom**
Makenna Litteral*
Jaqueline Lopez
Erin Magennis*
Ian Marin
Luis Marines
Ayden Martin*
Daniel Mauger*
Margaret McCoy*
Jose Medina
Avery Meiste*
Anna Miller
Rudi Miller**
Sydney Mireles*
Kaitlyn Mitas
Madison Mitchell*
Rodtana Mok
Alexis Moore*
Stephanie Mosteller*
Martin Napoles*
Maggie Neuman**
Annie Nguyen*
Sophia Ort**
Hannah Otteren*
Jadian Ouankeo
Maelin Oudemolen*
Noah Owen
Dillon Palmer
Mia Patchin*
Drew Pedersen**
Jessica Perkins*
Trent Perkins*
Abigail Pierce*
Isabel Polanco
Alyssa Prange*
Maria Price*
Aaron Pung*
Julian Raad-Barrios*
Emma Rauckhorst*
Logan Remink*
Olivia Reiner*
Christian Ries*
Emilio Rivera
Evan Roach
Alexis Rodriguez
Nancy Roman
Lauren Rosenberger
Abigail Rosiak*
Amanda Rouwhorst*
Jacindah Rowe*
Jessica Roxbury*
Anna Saewert**
Marcos Saint-Felix
Rodriguez*
Derreck Sakun
Crystal Santoyo
Laura Sayvongsa
Matthew Schackow*
Zachary Scholten*
Anna Schwaner*
Sean Seguin*
Destiny Sharpe
Benjamin Shumaker**
Jasmit Sidhu
Andrew Sihavong
Sokhavary Siv*
Isabel Snoop*
Felicia Solomon*
Andres Solorzano*
Vanessa Soriano
Kyle Stam*
Adam Stillson
Brendan Stoe*
Meghan Sullivan*
Lauren Sweeney*
Hayden Taylor*
Jack Taylor**
Sarah Tenharmels*
Morgan Terpstra*
Jessica Thies*
Gloria Thomas*
Kathryn Timmer
Ellerie Tinholt**
Jacqueline Torres
Barrera*
Carissa Tracy*
Lauren Travis*
Marco Turrubiertes-Vasquez
Melissa Urieta*
Riley Vaara*
Jayla VaMaurick
Jaylen VaMaurick*
Mia VanValkenburg*
Lesley Vargas*
Emma Vashe*
Armando Vera*
Myriah Vixayphone
Phinkee Vongkaysone
Michael Walsh**
Jasmine Waters
Nicholas Wehrmeyer**
Aarom Weimer**
Benjamin Werkman
Gerrit Wiegerink*
Kyle Wiersma*
Austin Williams*
Teegan Wolcott*
Madison Wollenzier**
Allisa Woods
Anna Wuerfel**
Austin Yen
Thomas Yonker*
Patricia Zamudio*
Brooke Zimmerman*
* Denotes a 3.5 or above G.P.A.
** Denotes a 4.0 G.P.A.
8th Grade Harbor Lights Middle School
2nd Term Honor Roll

Dylan Agema*
Francisco Aguilera
Katalina Anongdeth*
Sydney Archer*
Jose Arredondo Aguilar
Ann Arthurs*
Jamesohn Bader*
Devon Balint
Foster Barnett*
Hunter Bedford*
Steven Bocks*
Jessica Bonzelaar**
Garrett Borgman*
Kelby Bosma*
Kayla Bouaphan*
John Bou-nthapanya*
Jessica Bracamonte*
Brigitte Brault*
Brandon Buric*
Mackenzie Burke*
Sydney Burke*
Jacob Butler*
Elizabeth Campano*
Julissa Cantu
Spencer Carl*
Yazmin Castillo*
Savannah Chadwick
Sarin Chea*
Rose Chiv*
Jacinda Cole*
Dominick Compton
Paige Cook
Yuritzi Cruz*
Elizabeth Dalpe*
Bohdan Danstra*
Adam Davies
Anthony Davis
Cole Dekker
Taylor DeRidder*
Justin DeVree
Brande Dishinger
Quincy Doenges*
Luis Enriquez*
Nicholas Essenburg
Erik Estrada
Madelynn Farrell*
Cameron Flanagan
Alexandra Flores
Jonathan Folkert
Jaqueline Frias
Gonzalez
Samantha Gager*
Lauren Galien*
Kristen Gallup
Ethan Garcia
Andrew Gnegy*
Cristian Gomez
Lisyanel Gonzalez
Sanchez
Zaire Gray*
Haley Groteler**
Megan Groters*
Michael Heckman
Magdalen
Heerspink*
Leah Heidema*
Mckenzie Hoegen
Jada Holmes
Nicholas Hopp*
Evan Hotary
Madeline Hunter
Katrina Inthavong*
Rachel Ives*
Isaac Jimenez**
Nathanial Johnson
Hannah Kamper*
Megan Ketrer
Nathan Kloet*
Tyler Knipe*
Jennifer Kohl
Jared Kremkow
Kasidy Kuzmanko*
Isaac Laman**
Courtney Lambert*
Nicholas Lamberts
Nikolai Lasavath*
Saydee Lim*
Shaun Lohman*
Noemy Lopez*
Jennifer Lopez Aguilar
Melissa Lopez Cisneros
Joshua Lowell**
Matthew Lucarelli
Thiaseng Ly
Jesse Lynn**
Aubrey MacDonald*
Zosia Mackey
Alexis Manning*
Christina Martinez*
Reagan McCaw*
Isabelle
McConkey*
Alexander Miller**
Alyssa Misiajik**
Austin Mongar
Rebekah Monroe
Kyle Moody*
Alec Morris
Trent Moyer
Toni Mulder*
William Mulder
Hunter Myrick*
Kipp Nemchau
Dannie Nguyen*
Taylor Nieboer*
Myah Nyboer*
Katherine O'Brien*
Connie Ok*
Marian Pawlowski**
Mitchell Peters*
Alan Phan
Raina Piersma*
Cristian Ponce
Acosta**
Destiny Pryor-Harper*
Kaleb Pung
Angelica Ramirez*
Lizbeth Ramirez Martinez
Angie Ramos
Damiens Ratsabut
Sydney Reynolds*
Lezley Rodriguez
Elsy Rojo
Emeline Root**
Maggie Rosales*
Leslea Rose**
Sara Sawyer*
Grace Scheehorn**
Matthew Schene-man*
Jonathan Schmeling
Danielle Scholten*
Owen Schott*
Eric Schuch*
Lucas Sharar**
Kashayla Sidhu
Joseph Sigler**
Isabel Silva**
Brock Smalldon*
Chase Spooner**
Braden Stansby
Jacob Stryker
Kyra TerVree*
Cody Thamma-
vongsa* Bcyre Thomas
Lady Thorpe
Max Thorpe*
Angela Ti
Brandon Tieng
Jesus Torres*
Ana Torres Monzon
Lonya Tran
Mikaylin Trombley
Briana Trujillo
Emma Tubbergen*
Kyle Unger
Kelsey Vanderby
Jacob
VanderZwaag**
Kelsey VanDyke*
Jacob VanTuber-
gen*
Brianda Mireya
Vazquez
Riley Veldheer
Jonathan Veliz
Elizabeth Vera*
Iris Villauenue*
Alexis Vongphrachan
Maylon Vongphrachan
Sammantha
Vongphrachan
Emma VonHoltz*
Liam Walits*
Taylor Weenem
Andrew Whitaker*
Matthew Wight
Thomas Wodo-
darczyk*
Sarah Yonker**
Cassandra Zack
Adriana Zamudio*

* Denotes a 3.5 or above G.P.A.
** Denotes a 4.0 G.P.A.
Holland Area Newcomers
62nd Annual
Dutch Costume Resale

MONDAY, MARCH 4, 2013
12:00 pm to 6:00 pm
Costume DROP OFF

TUESDAY, MARCH 5, 2013
5:00 p.m. to 8:00 p.m.
Costume RESALE

THURSDAY, MARCH 7, 2013
5:00 p.m. to 7 p.m.
Check/Unsold Costume PICKUP

All events are at the HOLLAND CIVIC CENTER located at 150 W. 8th Street in downtown Holland. Costumes should be freshly laundered and on a wire hanger. Handling fee is $5.00 per costume. Costumes and checks not picked up on Thursday will be donated.

For more information:
www.hollandnewcomers.com
Email: president@hollandnewcomers.com
Dear Parents and Students,

Tulip Time is just around the corner! To participate in street scuffling, parades, and Dutch dance you will need a Dutch costume.

The Holland Area Newcomers' 62nd Annual Dutch Costume Resale will be held at the Civic Center in Downtown Holland. It is the perfect place to find a new or used costume at a great price. Last year we had over 2011 costumes for sale! For over 60 years the Holland Area Newcomers have cheerfully volunteered their time to provide the Dutch Costume Resale as a service to the community.

To ensure the success of the Dutch Costume Resale, please follow the guidelines listed below:

Costume DROP-OFF: Monday, March 4, 2013 12:00 pm to 6:00 pm

- Anyone wishing to sell a costume, new or used, may bring it in on Monday only.
- Costumes must be freshly laundered, on a wire hanger, and in good repair.
- You set the price. There is a $5.00 handling fee for each costume, whether the costume is sold or not. This fee is not for profit, it covers the expenses to hold the resale event.
- Costumes brought in on Monday are sold on Tuesday; checks and unsold costumes are then picked-up on Thursday. Regrettably, we cannot be responsible for lost or stolen costumes.

Costume SALE DAY: Tuesday, March 5, 2013 5:00 pm to 8:00 pm

- Admission is free.
- Costumes are available in many Dutch styles and sizes: from infant to adult.
- Costumes may NOT be tried on or taken off the hanger but assistance will be available to help determine sizes.

Check/Unsold Costume PICK-UP: Thursday, March 7, 2013 5:00 pm to 7:00 pm

- Anyone who brought in a costume should plan to pick up your check or unsold costume on Thursday.
- You must present your receipt(s) to receive your check. NO CHECKS WILL BE MAILED.
- Costumes or checks not picked up on Thursday will be donated.

Please check out our website at [www.hollandnewcomers.com](http://www.hollandnewcomers.com) or email president@hollandnewcomers.com with questions.

Sincerely,

Elizabeth Murales
President, Holland Area Newcomers

Holland Area Newcomers is an all-volunteer, not-for-profit organization服务in community since 1951.
PREPARING FOR COLLEGE AT EVERY AGE

Learn what students can do to prepare for college at every grade level. Hear from a panel of experts on preparing for and choosing a college. Visit with college representatives to get information about local options. Parents are encouraged to bring their students. The panel will present from 6 to 7:30 PM and there will be college information tables from 7:30 to 8 PM.

Allendale High School Fine Arts Center
March 6th, 2013 - From 6 PM to 8 PM
Nurturing Parenting
By Steven Bavolek

Parents learn the basic philosophy and practices of Nurturing Parenting in raising healthy, caring children and the importance in making time to nurture themselves. Includes topics such as Discipline, Communication, Empathy and Child Development.

Wednesdays 1:00-3:00 pm
February 6-April 3, 2013
At Loutit District Library, Grand Haven

The program is FREE!
BUT, space is limited and Pre-registration is required

For more information or to register contact
Julie Leeson at 616-396-2301 ext. 145
Or email: jleeson@pathwaysmi.org

*Childcare is not provided for this group*

Michigan State University Extension

Funded by Lakeshore Coordinating Council
The Bavolek Nurturing Parent Program is provided through a collaboration between Pathways, MI and MSU-Extension

*Recipients of substance abuse services have rights protected by state and federal law and promulgated rules. For information contact (Jeanette Hoyer at jhoyer@pathwaysmi.org or 616-396-2301) or the Bureau of Health Systems, Division of Licensing and Certification, Substance Abuse Licensing Section, Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.*
Spike Tikes
West Ottawa Youth Volleyball Program
3rd-6th Grade Girls Volleyball

Dates: March 2nd – March 23rd
Registration: Please drop off or mail registration form to the West Ottawa Athletic Office by February 22nd, 2013.
Cost: $40 per participant ($5 late fee for any registration received after Feb. 22nd)

This is a great opportunity to introduce your young West Ottawa athlete to the fun and exciting sport of volleyball! Spike Tikes is a 4 week program that will begin on March 2nd and will run the next 3 consecutive Saturdays in March. The first 3 Saturdays will consist of volleyball skill clinics followed by a mini tournament for 5th & 6th grades and developmental games for 3rd and 4th grades with prizes on March 23rd. The purpose of the clinics will be to instill proper form and technique as well as to learn the rules of the game. The clinics will be run by the West Ottawa High School Coaching Staff along with your very own Varsity Volleyball players. We look forward to working with your daughters, developing teamwork and sportsmanship and building some positive relationships along the way!

Spike Tikes Schedule
Clinic Dates
March 2nd, 9th, & 16th
3rd-4th Grade 8:30-10am @ WOHS North
5th-6th Grade 10:30-12pm @ WOHS North

Tournament Play
March 23rd
3rd-4th Grade Games @ TBA
5th-6th Grade Mini Tournament @ TBA

**5th-6th grade Players will receive their teams and tournament info on March 16th.

2013 West Ottawa Youth Sports Program Registration
3rd-6th Grade Girls Volleyball

*PLEASE FILL IN ALL AREAS BELOW*

Players Name: ________________________________ Address: ________________________________
Age: __________________ Grade: ____________ Parent’s Name(s): ________________________________
Home Phone: __________________ Work Phone: __________________ Cell Phone: __________________
Elementary School: __________________ T-shirt Size (circle one): YS YM YL YXL S M L XL

I authorize my daughter to participate in the West Ottawa Youth Sports Program. I assume all risk of accident and/or injury to my child while participating in this program. I authorize the program staff to attain for my child whatever medical treatment staff deems necessary. I assume all financial responsibilities for any medical expenses or other charges in connection with the attendance at this program.

Parent Signature: ________________________________ Date: ________________________________

**Mail to: West Ottawa Athletics, 3685 Butternut Drive Holland, MI 49424 – 616.994.5030**
THE CAT’S PAJAMAS VOCAL BAND
Coming Soon!

7:30pm Friday, March 8
West Ottawa Performing Arts Center

As Seen on Oprah, America’s Got Talent, and The Sing-Off!

$6 Students, $12 Adults
Purchase Online: www.seatyourself.biz/westottawa
Buy Tickets at: 616-738-6865
piersonp@westottawa.net
or from any WOHS Choir Student

“You guys are amazing!” - Randy Jackson
Partial Proceeds benefit the High School Choral Department
Did you know 6th graders need immunizations for school?

The following immunizations are **REQUIRED** by Michigan law for 11 year olds who are entering into 6th grade

**REQUIRED:** 1 dose of Tdap for children 11 through 18 years of age **IF** 5 years have passed since the last dose tetanus/diphtheria containing vaccine.

Tetanus-diphtheria-acellular pertussis (Tdap) vaccine: This shot protects against whooping cough, or pertussis, which causes severe coughing fits. The coughing fits can be so bad that pre-teens and teens can miss weeks of school and social activities. They can even break a rib from coughing. Whooping cough is very contagious. It can be passed on to infants, who can become very ill and die from it.

**REQUIRED:** Meningococcal vaccine - 1 dose of quadrivalent (A,C,Y and W-135 strains) vaccine for those 11 years and older upon entry to 6th grade.

Meningococcal conjugate vaccine (MCV4): This shot protects against meningitis (infection of the brain covering) and blood infections. The disease can become deadly in 48 hours or less. Even with treatment, people die in about 10% of cases. About 20% of survivors will have a long term disability such as deafness, brain damage or an amputated limb.

**REQUIRED:** Varicella (chickenpox) vaccine - 2 valid doses on/after the age of 12 months

OR reliable history of disease

OR current lab evidence of immunity

Varicella vaccine: Chickenpox is a disease caused by the varicella zoster virus. It causes a rash and fever and can be serious, especially for babies, adolescents, adults, pregnant women and people with weakened immune systems. The chickenpox vaccine protects against this disease.

The Vaccines for Children Program (VFC Program) provides free vaccines for children birth through 18 years of age with Medicaid, without insurance, and for those with insurance that does not provide any immunization coverage. Parents may be responsible for a small administration fee for each vaccine. Call your doctor or the Ottawa County Health Department to learn more. **DON’T WAIT UNTIL THE LAST MINUTE.** If your child is 11 years old... **immunize now!**
Sports & Youth Substance Abuse

Parent Workshop

When: Monday, February 25, 2013, 6:30 - 8:00 pm
Where: Grand Haven Community Center

We will have a panel of the following:

- Cavin Mohrhardt, Spring Lake Public Schools Athletic Director
- Steve Hewitt, Grand Haven High School Boys Basketball Coach
- Patrick Wykes, Shoreline Sports & Spine Certified Athletic Trainer
- Leigh Moerdyke, Pathways, MI Children, Youth & Families Program Director

Teens are allowed to attend this workshop with their parent(s).

Please RSVP to Leigh Moerdyke by February 22, 2013
imoeveryke@pathwaysmi.org

Ottawa Substance Abuse Prevention (OSAP) OSAP Vision Statement
We who live, work, and care about youth in Ottawa County will prevent substance abuse through effective, coordinated, and sustainable action.
**Happy Valentine's Day!**

Menus for February 2013
West Ottawa Public Middle Schools
Macatawa Bay & Harbor Lights

---

Our Daily Breakfast consists of:
Hot Entrée or Cereal Choice & Juice, Toast, Fruit and Milk

Our Daily Lunch includes:
One Daily Entrée special or Daily Choice: Pasta Bar with Marinara or Meat Sauce, create your own Sub or Wrap station, Pizza, American Fare, Chef & Taco Salads, Nachos & Tacos.

All meals are served with Fruits and Vegetables & choice of Milk. Water is available.

Each Student MUST select
1/2 Cup of Fruit and/or Vegetable.

---

**Featured Specials of the Day**

**Monday, February 4**
Whole Wheat Penne Pasta w/Meat Sauce  
Seasoned Broccoli

**Tuesday, February 5**
Beef & Bean Burrito  
Mexican Corn

**Wednesday, February 6**
Baked Chicken Drumstick with Dinner Roll  
Sweet Potato Waffle Fries

**Thursday, February 7**
Breaded Chicken Patty on a Whole Grain Bun  
Baked Beans

**Friday, February 8**
Pepperoni Pizza on a Whole Grain Crust  
Seasoned Carrots

---

**ADJUSTMENTS.**

Healthy eating is all about making adjustments. And our new menu guidelines are no exception. We now have the flexibility to offer you somewhat bigger servings of grains and proteins, while staying within the same calorie maximums and still serving lots of fruits and veggies!

---

**Groundhog Day**

Another name for the groundhog is the "whistle pig." Wonder where they came up with that name?

Groundhog Day is February 2. We're pretty sure he'll see his shadow!

---

**Featured Specials of the Day**

**Monday, February 11**
Ham Slice with Whole Grain Dinner Roll  
Sweet Potato Puffs

**Tuesday, February 12**
Beef & Cheese Taco  
Refried Beans

**Wednesday, February 13**
Roast Turkey with Gravy  
Whipped Potatoes  
Whole Grain Dinner Roll

**Thursday, February 14**
Dream Waffles with Turkey Sausage Links  
Golden Hash Brown  
Valentine Sugar Cookie

**Friday, February 15**
Chicken Nuggets w/ Whole Grain Dinner Roll  
Vegetable Blend
**Remember the Alamoo!**

Every complete meal we serve includes your choice of nonfat milk.

---

**Featured Specials of the Day**

**Monday, February 25**

NO SCHOOL TODAY—WINTER BREAK

---

**Tuesday, February 26**

Beef & Bean Chili with Saltine Crackers
Broccoli
Cinnamon Roll

---

**Wednesday, February 27**

Scrambled Eggs & Whole Grain Waffle Sticks
Golden Hash Brown

---

**Thursday, February 28**

Beef & Cheese Nachos
Roasted Black Beans

---

**Friday, March 1**

Chicken Nuggets with Whole Grain Dinner Roll
Steamed Cauliflower

---

**Please see reverse side for daily items**

---

**Hollywood Hero**

Hedda Hopper was nominated for a best acting award, but she didn’t win the Oscar, but she set the stage for future African-American winners Sidney Poitier, Denzel Washington, Halle Berry, Jamie Foxx, and Forest Whitaker.

**African American History Month**

Learn more at blackpress.org or do a search for Dorothy Dandridge

---

**Inside the Teen Brain!**

An Occasional Series

Do you ever see things differently than your parents or other adults? Let’s rephrase that—do you ever see ANYTHING the same as your parents or other adults? It’s not because of hormones or attitude or “Growing to be independent” (or at least it’s not JUST because of these things)! Your brain is physiologically different. When adults were asked to interpret the expressions in this picture, they answered “fear” when interpreting it as either an attack or surprise or anger. With adolescents, that same image was interpreted as a completely different part of their brain to reveal from adults norm. But don’t worry. As you get older, you’ll see the adult part of your brain norm and norm. And before you know it, you’ll be thinking just like your parents!