



# Horizon Middle School

Principal's E-News  
February 3, 2012

"The Sky's the Limit"

WE ARE CVSD!

## Exercise for a Healthy Mind-

Everyone knows that exercise is good for our body, but few know that it's good for our brain too. Cardio exercises are extremely healthy because they improve our cardio-vascular system which in turn helps the oxygen to flow in our body. Many studies have shown that exercise is good for preventing aging and common diseases, but also brain performance. The good news is that it doesn't matter how old you are and if you haven't exercised regularly until now, as our body can easily adapt and you can see dramatic improvements by starting to exercise regularly now. Our brains were built for walking — 12 miles a day! In order to improve your thinking skills, move. Exercise gets blood to your brain, bringing it glucose for energy and oxygen to soak up the toxic electrons that are left over. It also stimulates the protein that keeps neurons connecting. Aerobic exercise just twice a week halves your risk of general dementia. It cuts your risk of Alzheimer's by 60 percent. So get up and get those bodies moving.

Mrs. Crooks,  
Principal Designee

## IMPORTANT NOTICE FOR 7<sup>TH</sup> GRADE STUDENTS

There is a requirement that has recently been defined that affects **THIS YEAR'S 7<sup>th</sup> grade students**. Washington State law requires successful completion of a non-credit Washington State History unit, which is currently found in our 7<sup>th</sup> grade curriculum. This means that your 7<sup>th</sup> grade child **MUST** pass the 2nd and 3rd trimester of 7<sup>th</sup> grade History in order to get that checked off for high school graduation. This course is NOT offered in high school (at this time) and would probably have to be made up in summer school. Attached to this newsletter is the official notification letter. Please read it carefully as it outlines the issue further. If you have a 7<sup>th</sup> grader please talk with him/her about the critical nature of successfully completing 7<sup>th</sup> grade History during the 2<sup>nd</sup> (now) and 3<sup>rd</sup> trimester. We will work closely with parents and students to meet this requirement through the year.

## SUSPICIOUS VEHICLE INCIDENT

Parents—A student reported that last Friday after school a newer, white Toyota SUV passed her while she was standing on the sidewalk. It stopped and backed up; the driver (male) opened his door and looked at her. Wisely, the girl quickly turned back to the school. These incidents do occasionally occur. If your child talks to you about a suspicious incident such as this one, please contact the school. We report all of these to law enforcement. Obviously, if an incident occurs that warrants immediate police involvement, please call them first.

## Counselor's Corner

by Connie Mott

It's been a busy week for our 8<sup>th</sup> graders. On Monday and Tuesday most of our 8<sup>th</sup> grade students started learning about careers. They were introduced to the Discover program and started their online career portfolio. Students took an interest inventory that helped guide them to careers that fit their particular interests. This information will be a resource for their career projects that they started in their Language Arts class and will be presented to parents at conferences. Students can access the Discover program from home with their Horizon log-in and password. 8<sup>th</sup> grade students were also informed about high school registration starting on March 6<sup>th</sup>. Please ask your student about what they learned, I have been asking students for feedback and have only received positive responses.

Also, on Tuesday and Wednesday, for the first time at Horizon, students were introduced to Mako the "arson dog" in their science classes. Mako was escorted by Bill Clifford, Assistant Fire Marshal/PIO and Rick Freiar, Deputy Fire Marshal who provided an interesting and engaging presentation. Students learned about fire safety and prevention. The discussion also included how fire cases are solved by using the scientific method and the transfer of heat. Mako is used to find the accelerant and origin of fires.

We would like to extend our sincerest *thank you* to the Valley Fire Department for enriching our education opportunity about fire safety. We look forward to their visit again next year.

## GIRLS' BASKETBALL PRACTICE

In order to ensure that everyone is able to attend the Stinky Sneaker game at the Spokane Arena on Tuesday, February 7<sup>th</sup>, our girls' basketball practice will end at 4:00 PM that day.


## PTA News

TONIGHT : "Show your Love for Central Valley Schools" 6 - 8 PM. Catered dinner, music & wine for minimum donation of \$20/person. Please contact Rondielle Frye at [Rondielle@yahoo.com](mailto:Rondielle@yahoo.com) for tickets and information.

**HAWKS FOR FUN DAY:** Feb 20<sup>th</sup> (school holiday) Noon - 3:00 p.m. Just \$5 gets you in the door for a variety of games & Laser Tag. Tickets will be pre-sold during lunch & limited number at door. Proceeds go towards the Fitness Center.

June 2nd "Hoops Over Horizon" – We need volunteers & hoops, which will be picked up Friday & returned by Saturday. Contact Rondielle at [rondielle@yahoo.com](mailto:rondielle@yahoo.com).

February



**HONESTY**

Sincerity and reverence or  
love for the truth

**PACE**  
PARTNERS ADVANCING  
CHARACTER EDUCATION