

SLIGO STAMPED

We Expect the Best!



**2017 Fall Edition
Happy Thanksgiving!**

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Micha Moore—Photographer

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expressing gratitude and relief. "an earnest and thankful prayer"

synonyms: grateful, appreciative, filled with gratitude

I am so thankful for my friends and family. They always support me in whatever I do. I would not be the person I am today without them. They mean the world to me.

I am thankful for my family, friends, school, home, water food and for amazing school staff.—Karla D.

I am thankful for my sister who I appreciate because she always has my back.

I grateful for my friends and family—Chloe R.I am very thankful for my existence. It is very enjoyable. It is me.

I am very thankful for all of the caring staff here at Sligo because they take their lunch and personal time to help us succeed. I am also thankful for my family because they try to help me in any way possible. I would not know a lot of what I know without them. Ben F.



Montgomery County

Thanksgiving Parade

Downtown Silver Spring
On Georgia Avenue from Ellsworth Drive to Silver Spring Avenue

Saturday, November 18, 2017
10:00 am

Sligo staff and students participated in Montgomery County Annual Thanksgiving Parade. Here is their take on this event:



Principal's Message



As we enter into the last month of 2017, I wanted to take moment to thank *all* of our community for a wonderful first marking period. We once again had a record-setting academic performance by our students - with close to 65% of our students making the honor roll in the first quarter. I am so proud of our teachers in the daily work they do to prepare for, and implement, creative lessons that fuels our learning environment. The dedication they demonstrate on a daily basis is phenomenal. I also want to acknowledge the diligent work of our counselors, school psychologist, pupil personnel worker, and parent-community coordinator their never-ending support of our student's academic and social-emotional needs. An lastly, I am so proud of the work of our students, especially as they demonstrate resiliency, hard work, and personal dedication to your education. Let's continue with the amazing work everyone is doing.

I also am forever thankful to our supporting services and the work they do to also support our school. Our building services staff continues to maintain an aging, outdated building, and all the challenges that creates. Our cafeteria staff continues to maintain a supportive environment to serve our students healthy, balanced meals - all of which within a warm and welcoming eating environment. Our para-educators have continued their amazing work with students, supporting both the teachers and students in a diverse teaching and learning environment. And lastly, our front office and counseling office staff consistently serve our community in a friendly, supportive manner - setting a positive, welcoming tone for visitors and families as they enter our wonderful school. Sligo MS would not be able to be such a positive experience for our students and families if it wasn't for the amazing work of our supporting services.

In closing, I wish everyone a happy holiday season. Please take the time this year to thank those people who have been a positive influence in your life - be it a staff member, family member, mentor, or close friend.

Let's have a great December Stallions!

Mr. Cary Dimmick

Principal



SLIGO SPIRIT

By Mr. Scott

Your spirit is a shadow, Lingerin made of light

Your spirit is a shadow growing longer into night

Your spirit is a shadow none can capture all can see

Your spirit is a shadow set free

Your spirit makes Sligo a great place

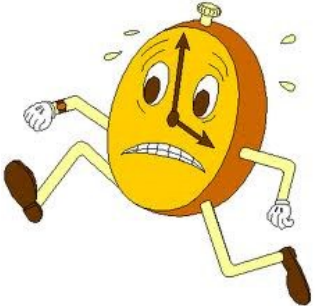
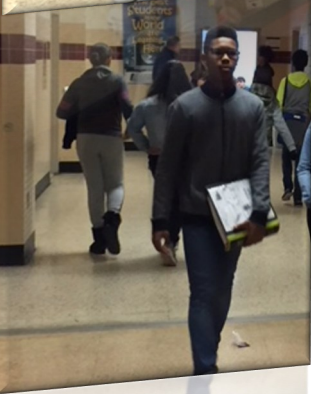
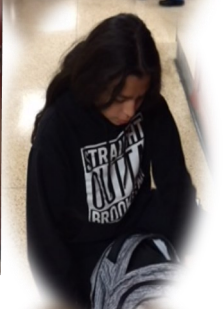
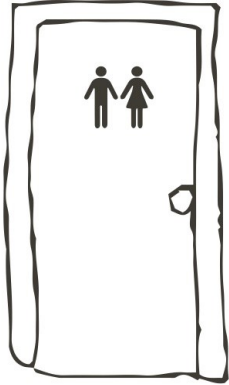
Your spirit makes us all keep pace

Your spirit is what we know to be true

The best is yet to come for the gold and the blue

Go Sligo!

Getting to Class on Time is VITAL!



1. Lockers are close to most of your classes. This way, in the morning when you come, you can go straight to your locker and your books for morning periods. This will help you avoid hallway traffic.
2. Keep your locker organized! Keep a calendar, an organizer, perhaps a locker shelf, and pens and pencils in your locker. A pad or a white erase board can assist you also. This way, you can get in and out of your locker and to class quickly
3. Carry a map of the school. This will help you can mark your classes and your routes to each of them. Use different colors for different classes, and draw arrow marks to which direction you're going and at what time
4. Make sure you know when to go to your locker. You shouldn't go to your locker without permission. If you pass your locker on the route to one of your classes, keep walking to your class for that period. Try not to move out of your pathway to access something.
5. Get to school early. This way you have some time to organize your locker. Put your books in the order of your schedule to cut off on in between-classes time. Get your books for your first few classes (or the classes that you have until you can get to your locker) and put them in your bag. Then go to your first class.
6. Be assertive. If you aren't very assertive, you may get held up in the hallway. Sometimes you may need to excuse yourself as you kindly move through your fellow peers.
7. Avoid having to go to your locker between classes. If you can, it's always better to go to your locker before your lunch break (since you can't be late to that period) and get the necessary materials for the rest of the day. It will make it easier for you to get to your classes after lunch, while avoiding crowded hallway staircases
8. Request permission to use the restroom. If you need to go to the restroom, ask a teacher.
9. Wear a watch. Knowing the time can easily help you keep track of how fast you need to move. Train your watch to the same scheduling as your school bells
10. Do not socialize in the halls! It's almost unavoidable, but the only way to make it to class on time is to go straight to it. However, you can walk with a classmate who has the same class as you and talk.

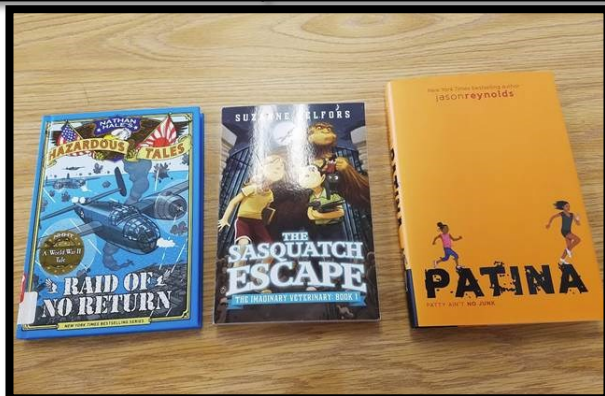
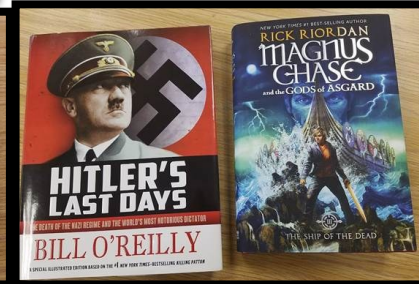
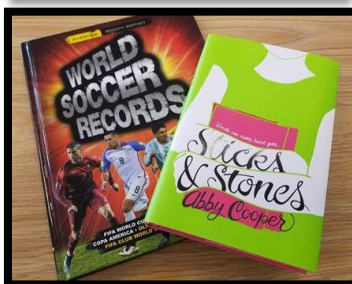
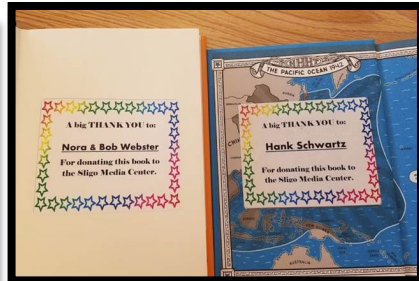
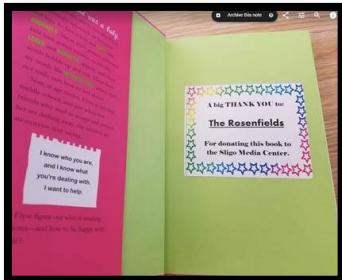


November Is American Diabetes Month

Observed every November, American Diabetes Month is an important element in the American Diabetes Association’s efforts to focus our nation’s attention on the disease and the tens of millions of people affected by it.

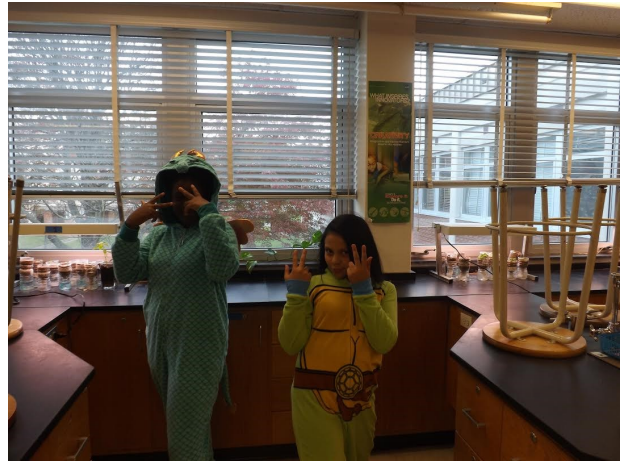
Because there is no cure for diabetes, the focus is on prevention. If you have risk factors or are pre-diabetic, the following are ways to prevent or delay onset of diabetes:

- Get physically active. Just 30 minutes of aerobic exercise, five times a week, reduces your risk of diabetes. If you haven’t been active, start with 5–10 minutes a day and gradually work your way up to 30 minutes.
- Eat healthy. It may seem hard to eat healthy if you are on a budget or always crunched for time. You are more likely to adopt healthy eating habits if you start with small changes. Look for ways to make your meals healthy by choosing:
 - Non-starchy vegetables—carrots, broccoli, green beans, kale, and cauliflower
 - Lean meats—skinless chicken and turkey and lean cuts of pork and beef
 - Low-fat dairy products—skim milk and fat-free yogurts
 - Whole grains—brown rice, barley, farro, and quinoa
 - Healthy fats in small amounts—olive, canola, sunflower, and peanut oil



Dear Sligo Family, We would like to give a big THANK YOU to the following community members for fulfilling some of the wishes on the Sligo Media Center Amazon Wish List. Throughout the year, we add books and other materials to the wish list that students and teachers have requested! From: Samantha Wallack Mekler, Christa Maher

We would like to give a big THANK YOU to the Rosenfield family for fulfilling some of the wishes on the Sligo Media Center Amazon Wish List. Throughout the year, we add books and other materials to the wish list that students and teachers have requested! We recognize every donated book with a bookplate on the inside front cover:



WHY DO WE CELEBRATE HALLOWEEN???

On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future.



6 th grade speakers	
Joseph Gonzalez	Architect Self employed
Priscilla A. Velpert	Brokerage Coordinator for Jones Lang La Salle
Leticia Barr	Freelance writer, blogger and social media consultant TechSavvyMama.com
Jeff Eng	Chef Clyde's Tower Oaks Lodge
Wilfredo Santiago	Navy Officer US Cybercom
Amelia Draper Present to all grades in gym	Meteorologist with Storm Team 4, Channel 4 News
Eric Heyer	Attorney Thompson Hine LLP
Derek Willis	Journalist ProPublica
Stephen Morris	Engineer and Entrepreneur Catalator Makerspace
Tracey Valle	Veterinary nurse/tech Internal Medicine Technician Blue Pearl Veterinary Partner
Lynn Rose	social worker Montgomery County Coalition for the Homeless
Cedric Lewis	Realtor Former Bullet's player
Bianca Grey	Owner/creator of Bye Bye Blemishes
Mr. Colby Poore	Fire Fighter

Career Day 2017



Special thanks Ms. Benner, 2017 CDay Committee, each staff person and to each CD 2017 Presenter. Awesome Support!

7 th grade speakers	
Officer Robert Rose Officer Melvin Garcia Officer Patrick Dronsfield with K9	Metro Police with K9 dog
Ms. Cara Stuart	Music Education
Tony Sanchez	Cyber Security Analyst Johns Hopkins Applied Science Lab
Ricardo Leon	Entrepreneur - Tech Megapixel Software
Gary Lattanzio	Karate Instructor ASK Martial Arts Foundation, Inc.
Tracey Wright	Journalism/communications TSC Advantage
Amelia Draper Present to all grades in gym	Meteorologist with Storm Team 4, Channel 4 News
Dr. Clive Callender	Transplant Surgeon Howard University Hospital
Ranger Jason Barna	Park Ranger National Park Service
Molly Ruland	Multi-media company CEO and Founder One Love Massive
Douglass Benning	Foreign Service Officer for the US Department of State

8 th grade speakers	
T. Michael Peay	International Law and Diplomacy
Mr. Mark Drury and Ms. Stacey Holsinger	Opportunities in construction
Pamela Davis - Ghanami	IT Project Manager with Nuclear Regulatory Commission
Zubin Bamji	Energy Economics and Communications World Bank
Ms. Florence Ingram	IT Project Manager Federal Government
Gregg Baron	Criminal Defense Attorney Solo practice
Kerri Dorsey	Epidemiologist GW School of Public Health HIV/AIDS/STD, Hepatitis and TB
Amelia Draper Present to all grades in gym	Meteorologist with Storm Team 4, Channel 4 News
Sargent Mary Davis	Police K9 Supervisor/handler MCPD
Dr. Cody Swilley and Marcia Jacques	Veterinarian and hospital manager
Deshawn	Dental hygienist Dr. Camps Pediatric Dental Center



Fitness Fun Day At SMS



Checkout the Special Support Ads

Stallions, walking to their locker and class, as they enjoy amazing life at Sligo Middle School



SLIGO

FITNESS FUN DAY
2017

**THANK YOU TO
OUR BRONZE
SPONSORS!**



Manny & Olga Pizza

TW Perry

Catylator Maker Space

Cross Fit Inner Loop

Far East Motors

Fenwick Beer & Wine



Kensington Boot Camp

Pediatric and Adolescent Care
of Silver Spring

Righttime Medical Care

Spring Garden Restaurant

Pacci's Pizzeria & Trattoria

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FITNESS FUN DAY
2017



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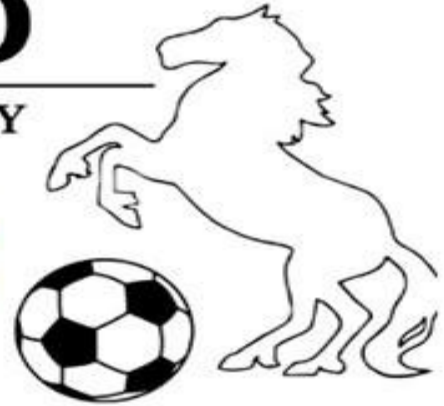
Kindness

ANIMAL HOSPITAL



SLIGO

FITNESS FUN DAY
2017



Kids and alcohol don't mix.



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**THANKS TO OUR
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FITNESS FUN DAY
2017



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Orthodontists

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