Mrs. Worthington’s Message
Welcome back to school! I hope everyone had a relaxing and rejuvenating Spring Break. Now let’s make the fourth quarter the best one yet!
It’s time to start thinking about the new school motto for the 2012-2013 school year!
- The window for submitting entries for a school motto via a portal on our school website is April 16 through April 27.
- Baker students and feeder elementary school 5th graders will vote for their favorite motto May 7 through May 18.
- The new school motto will be announced on May 29.
We look forward to reading your suggestions!

Important Health Room News
There is a “breath holding” game or “fainting game” some students are participating in. This involves intentionally cutting off oxygen to the brain with the goal of inducing fainting or getting a sense of euphoria. Teens do the game to get a high without taking drugs. Some reasons teens try it are because of peer pressure, from a challenge or dare, curiosity in experiencing an altered state of consciousness, and the belief than you can get a brief sense of euphoria (a rushing sensation or high). Students will hyperventilate (forced over-breathing) until they feel a tingling sensation, light-headedness, or dizziness, then they hold their breath. Dizziness, unsteadiness, and even fainting can result. Any activity that deprives the brain of oxygen has the potential to cause brain cell death. Please speak to your children about this game and warn them that it is not safe.
Norma Calvert, RN, BSN, School Community Health Nurse
John T. Baker Middle School, 301-253-7014

Cinnamon Challenge
In a news release dated, March 28, 2012, The American Association of Poison Control Centers is warning parents and teens about the health risks associated with the abuse of the common spice cinnamon.
Following advice found on Google, YouTube and other Internet sites, teens are daring each other to take the challenge – swallow a spoonful of cinnamon without drinking water. The cinnamon dries quickly in the mouth, making swallowing difficult. Unhealthy consequences include gagging, vomiting, coughing, choking, throat irritation, difficulty breathing and pneumonia.
If you have concerns or questions, contact your health care provider or call the Poison Help hotline at 1-800-222-1222 for free confidential, expert medical advice.
The Centers for Disease Control, CDC, reminds us that “parents are a powerful influence in the lives of their teens.” CDC encourages parents to regularly monitor their teen’s activities and behaviors. Learn more at: http://www.cdc.gov/healthyyouth/AdolescentHealth/pdf/parental_monitoring_factsheet.pdf

LEARNERS TODAY ...
LEADERS TOMORROW
COMING EVENTS
Tuesday, April 10
No Activity Buses
Marking Period 4 begins
8th Grade EOY Celebrations Meeting
6:00 p.m. Media Center
PTA Meeting 7:00 p.m. Media Center

Wednesday, April 11
Blanton Studios Spring Portraits
6th Grade HW Club (Friedman)
Jazz Band (Kamuf)
NJHS (Claxton)

Thursday, April 12
8th Grade Panoramic Class Photo
Report Card/Mass Flyer distribution
6th Grade HW Club (Friedman)
Homework Club (Davis)
SGA Meeting (Andersen)
Soccer vs. Clemente 3:15 p.m.
Boys Home/Girls Away

Tuesday, April 17
MCPS Orchestra Festival at DHS (Advanced Orchestra)
Parent Coffee/Volunteer Reception
9:30 a.m. LMC
6th Grade HW Club (Friedman)

Wednesday, April 18
MCPS Choral Festival at Seneca Valley HS (Concert Chorus)
6th Grade HW Club (Friedman)
FCA Meeting (Marino)
Jazz Band (Kamuf)

Thursday, April 19
MCPS Band Festival at Seneca Valley HS (Concert Band)
6th Grade HW Club (Friedman)
Homework Club (Davis)
NJHS (Claxton)
SGA Meeting (Anderson)
Soccer vs. Rocky Hill 3:15 p.m.
Boys Away/Girls Home

April 23-28
MCPS Band Festival at Clarksburg HS (Intermediate Band)
Blanton MP3 All A photos
SMOB Elections
Jazz Band at Big Band Jam
Take Your Child to Work Day
School House Rock Live Jr.

Looking Ahead

Volunteer Reception and Parent Coffee
April 17, 2012  9:30–10:30 a.m.
Topic: Anxiety in Adolescence, Jackee Shull, Adventist Health Care
**Spring Photos**

- **Order forms** were distributed today during Bulldog Time.
- On **Wednesday, April 11**, **Spring Portraits** of all students will be taken through PE/Health classes.
- On **Thursday, April 12**, the **8th Grade Panoramic Class Photo** will be taken first thing in the morning.

---

---

---

---

**PTA News**

**April PTA Meeting**
The April PTA meeting will be on Tuesday, April 10, at 7:00 p.m. Our guest speaker will be Ms. Billie Bradshaw, Magnet Program Coordinator for Poolesville High School. This is a great opportunity to learn and ask questions about the high school magnet program.

**8th Grade Planning Meeting**
An 8th grade planning meeting will take place on Tuesday, April 10, from 6:00-7:00 p.m. The year-end celebrations are approaching quickly – please join us if you wish to volunteer in the 8th grade promotion activities.

**Box Tops**
Baker MS PTA and Box Tops for Education are sponsoring a “1st Period Class Competition” starting April 16 and running through May 11, 2012. Bring in your Box Tops! The winning class will be rewarded with donuts and juice/milk to enjoy during class (choice of day is at teacher’s discretion).

Put your Box Tops in a baggie or sealed envelope with your name and 1st period class on it and drop it into the bright yellow and green box near the office.

**USA Science and Engineering Festival SSL Opportunities**
The USA science and engineering festival will be held at the Walter E. Washington Convention Center, Washington, DC on Saturday and Sunday, April 28 and 29. There are opportunities for students to volunteer at this festival for SSL hours. If you are interested in doing this, please contact Ms. Kathryn Spivey at Kathryn_Spivey@mcpsmd.org. For more information about the festival go to www.usasciencefestival.org.

---

---

---

---

---

---
Spring 2012 Parent Academy
Registration is now under way for the spring 2012 MCPS Parent Academy. Parents can choose from an exciting lineup of sessions that include a college preparation and scholarship fair, transitioning from elementary to middle school, and Curriculum 2.0. A series of workshops for beginning computer users also are being offered.

Parent Academy workshops are free of charge and voluntarily taught by MCPS staff members and representatives from community organizations.

Interpretation and childcare services are free.

Additional information and online registration is available on the Parent Academy website at www.mcpsparentacademy.org

Brochures translated into Chinese, Korean, French, and Vietnamese will be available on the website as well.

To register by phone, call 301-517-5940 or 301-279-3100

Dr. Starr’s Town Hall Meeting
Superintendent Joshua P. Starr will be holding a student town hall meeting on Wednesday, April 11, from 11:40 a.m. to 12:25 p.m. at Wheaton High School. Only students from Wheaton High School will be attending the event.

Students from all other middle and high schools can participate by submitting questions or comments in advance via Twitter or email; a selection of those questions will be read at the town hall meeting and addressed by Dr. Starr.

The student town hall meeting at Wheaton High School will be broadcast live on MCPS TV (Comcast Channel 34) and streamed live at www.McpsStudentTownHall.org should you wish to make it available for your students to watch. The town hall meeting also will be recorded and posted for viewing at a later time.

Students may submit questions or comments for Dr. Starr between now and April 11, 2012. Students should go to www.McpsStudentTownHall.org to submit questions or comments via email or Twitter.

“Take Your Child to Work Day”
Thursday, April 26, 2012

This day allows our students the opportunity to learn about the world of work at their parent’s job site and to get exposure to possible careers.

If you are planning to have your child participate in this event, complete the form below, have your child ask the teachers to initial, and return to the Attendance Secretary by Tuesday, April 24, 2012.

“Take Your Child to Work Day” Permission Slip — Return to the Attendance Secretary by April 24, 2012

My son/daughter ________________ Grade _____ has my permission to participate in the “Take Your Child to Work Day” on April 26, 2012 by going to (place of business) ____________________________ with ____________________________ who is my son’s/daughter’s ____________________________

I understand that this will be an excused absence, and my child will have to make up any work covered on that day.

Parent name (please print) ____________________________________________ Date __________

Parent signature _____________________________________________________

Period Teacher’s Initials Period Teacher’s Initials Period Teacher’s Initials Period Teacher’s Initials
1 __________ 3 __________ 5 __________ 7 __________
2 __________ 4 __________ 6 __________
Clearspring Elementary and the Clearspring PTA announce:

**Funding Night for Families with Special Needs/Learning Disabled Students**

This FREE lecture is for any family in the Damascus Cluster.

**Thursday, April 12, 2012**
**6:30-7:30 pm**
**At Clearspring Elementary**
**9930 Moyer Road, Damascus**

Maria Dudish, ARC of Montgomery County, will present information on LISS, DDA, SSI, Medicaid, and Autism Waiver.

Find out who is eligible, what is covered, what can you receive and how to apply.

Funding could cover summer camp, additional therapy, respite or more.

Spanish interpretation available, Childcare provided.

Please RSVP if you will be using childcare.

RSVP - Shannon Fleischer, PTA Spec Ed Chair
smfplus3@verizon.net