



JANUARY 2023

## **Reconfiguration to Begin in Fall 2023**

As you have probably heard by now, the School Committee voted on January 23 to implement the proposed School Reconfiguration Plan in two phases, with the first phase beginning this fall at the start of the 2023-2024 school year.

Currently the Jacobs School houses grades PreK-5, Memorial Middle School houses grades 6-8, and Hull High School, 9-12. During Phase One of the reconfiguration plan, grade 6 will remain at the Jacobs School:

### **Phase One: 2023-2024 school year *only***

- Jacobs Elementary School will house grades PreK-6,
- Memorial Middle School will house grades 7-8
- Hull High School will continue to house grades 9-12

During Phase Two of the reconfiguration, grade 7 will remain at the Jacobs, grade 8 will move to Hull High School, and the middle school building will be repurposed.

### **Phase Two: Begins 2024-2025 school year**

- Jacobs Elementary School will house grades PreK-7,
- Hull High School will house grades 8-12

Simply put, this year's 7<sup>th</sup> graders will be the final class to complete 8<sup>th</sup> grade at Memorial Middle School. The current 6<sup>th</sup> grade class will stay at MMS for 7<sup>th</sup> grade, and will be the first class to enter Hull High School for 8<sup>th</sup> grade. Jacobs students will now remain in that building through grade 7, and then will move on to Hull High School for grades 8-12.

Throughout the planning and implementation of both phases, "*What is in the best interest of students?*" is at the forefront of all decisions. More information will be provided to families as it comes available.

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## **Student Council News**

The Student Council is selling Valentine's Day lollipops. Some proceeds will be donated to the Hull Theater Arts Department.

There will also be a Spirit Week the week before vacation. We have a list of nominations for possible theme days, and will be voting on the final selections at our next meeting.

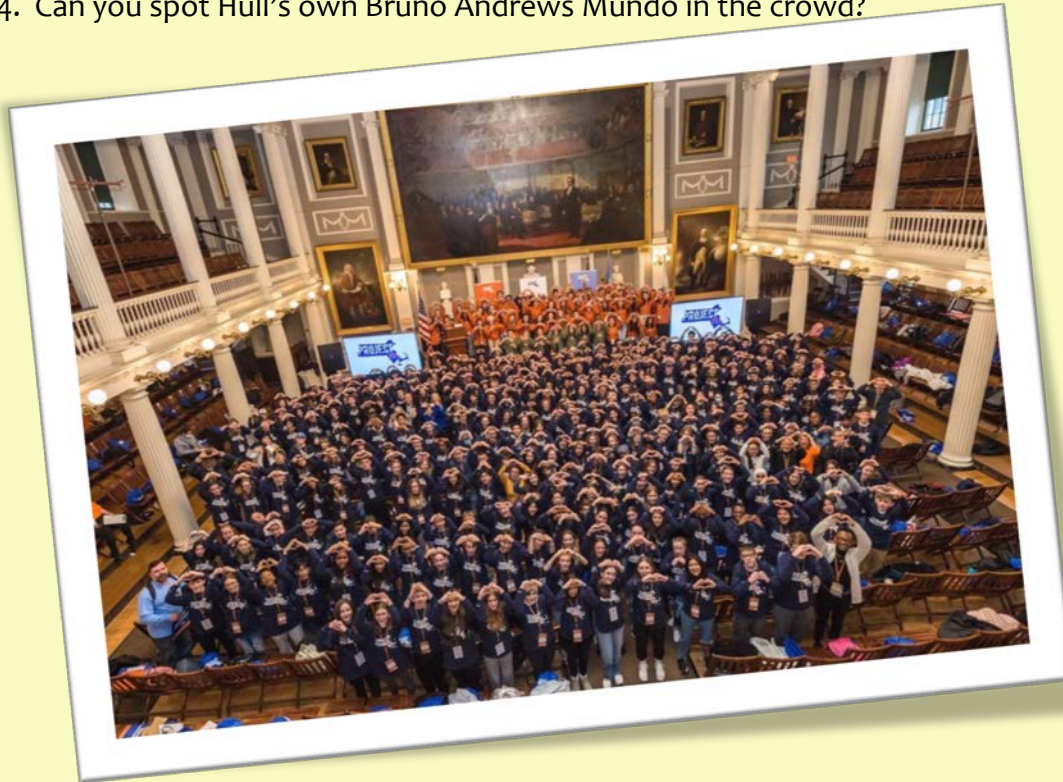
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## **Project 351**

### **Where's Bruno?**

A kickoff celebration at Faneuil Hall, Boston launched Project 351's year of service, leadership development and civic engagement. Students from all 351 cities and towns in the Commonwealth of Massachusetts- from Provincetown to Adams- participated in service projects across Boston on January 14. Can you spot Hull's own Bruno Andrews Mundo in the crowd?



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### **A Note from MMS School Nurse Mrs. Striglio**

#### **The Buzz on Energy Drinks**

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##### *What is an Energy Drink?*

- A beverage or powder that typically contains large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, energy, as well as increase blood pressure, heart rate, and breathing.
- These drinks are often used by students to provide an extra boost in energy. However, stimulants in these drinks can have a harmful effect on the nervous system.

*Energy drinks come with a warning on the label: "Not intended or recommended for children, pregnant or breastfeeding women, or those sensitive to caffeine."*

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##### *Some of the Potential Dangers of Energy Drinks and Increased Consumption of Caffeine Include:*

- Dehydration (not enough water in your body)
- Heart complications (such as irregular heartbeat and heart failure)

- Increased blood pressure
- Headaches
- Stomach aches (nausea or vomiting)
- Anxiety (feeling nervous and jittery)
- Insomnia (unable to sleep)
- Dependence

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### *How much Caffeine is Okay?*

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- The American Academy of Pediatrics states that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.
- Energy drinks hold no health benefits for children

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### *Safety*

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- Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm children's still-developing cardiovascular and nervous systems.
- Caffeine use may also be associated with anxiety, digestive problems, and dehydration.
- Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the drink's total caffeine content.
- Excessive energy drink consumption may disrupt teens' sleep patterns and may be associated with increased risk-taking behavior.
- A single 16-oz. container of an energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugars recommended for an entire day.

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### *What Can Adults Do?*

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- Teachers, nurses and other staff can educate about the danger of consuming too much caffeine, including energy drinks.
- Coaches and nurses can educate athletes about the difference between energy drinks and sports drinks and potential dangers of consuming highly caffeinated beverages (Sports drinks are used for rehydration after working out and contain no caffeine).
- School cafeteria staff provides only healthy beverages such as fat-free/low-fat milk, water and 100% juice.
- Parents, school staff and community members can join the school council that set guidelines in the MMS handbook.
- Everyone can model good behavior by not consuming energy drinks in front of children.

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**CDC Healthy Schools** (Center for Disease Control and Prevention- CDC Healthy Schools Home) **US Department of Health and Human Services/**

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## PTO Corner

- **READ-A-THON!** This year marks the 20<sup>th</sup> anniversary of the Hull PTO Read-A-Thon, running from March 3-12. MMS will be having a book swap during the kick-off assembly on March 3. Each student is asked to bring in a gently used book that they'd like to share with a classmate by February 3, 2023. On February 6 there will be an after school book wrapping party with Mrs. Cappadona and Ms. Hyde. ***This counts as community service!*** Sign up in the office. MMS will have its own theme for the Read-A-Thon which is "Battle of the Books". The MMS student Read-A-Thon committee is busy planning lots of fun ways to celebrate. The PTO is still planning prizes and happily accepts donations. If you have questions please reach out to Ms. Hyde at [aloohyde@yahoo.com](mailto:aloohyde@yahoo.com).
- PTO's next meeting is scheduled for Thursday, February 9, at 7pm at the Jacobs School Library.

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## Strrrretch Your Food Budget

During Enrichment & Intervention this week, students were able to sign up to cook with Mrs. MacDonald and Mrs. Striglio. Julia Effinger, Matteo Bartorelli and Monica Minelli made Mexican Chicken Casserole and Apple Cinnamon Oatmeal, courtesy of SYFB. Yummy!!!!!!



The Stretch Your Food Budget (SYFB) program is a service project of the Nantasket-Hull Rotary. Its goal is to help Hull citizens stretch their food dollars by enjoying free, nutritious, delicious dinners packaged in easy to prepare kits. The meal kits contain all the necessary ingredients for the recipe along with simple directions. The prepared dinners provide 4-6 servings—enough to feed a family!

To learn more and to sign up for delivery, click on this link: <https://www.syfb.space/>

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### **MMS: Reminders & Important Dates**

Feb 1–Parent-Teacher conferences 5:30-8:30 (Sign up at [School Appointments - Memorial Middle School](#))

Feb 2–90-minute early release

Feb 2–Parent-Teacher conferences 1:30-3:30

Feb 20-24–Vacation Week

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### ***In Other News...***

Ever miss those elementary school days? You can get a taste of those times by becoming an instructor for the Jacobs after school program better known as JASPER. Instructors are still wanted, but the deadline to commit is this Wednesday, February 1. To keep our kids safe, JASPER instructors must have a CORI Report and Fingerprint Background Check on file prior to the start of the program on February 27. Please see the attached flyer for more details.

That's all for now!

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