

August 2011



## DMS Tribune: a PTSA publication

855 Woodlawn Drive, Marietta, GA 30068

**PTSA Co-Presidents:**  
Paulette Farley and Paty Holdmeyer

**Principal:**  
Carole Brink

### A Message from our PTSA Co-Presidents:

Dear Dickerson Families,  
Welcome to what promises to be another spectacular year at Dickerson. If Meet and Greet was any indication of the year to come, we're off to a great start. A big "Thank You" to everyone for another record breaking year for participation in the pre-sale and meet and greet events. Thanks to everyone's generosity this year, the PTSA is able to allocate \$10,000.00 for teacher appropriations which they can start using right away.

Last year was an exciting one for the PTSA. Our appropriations program and educational tools fund provided for the following: Artist at School Program, Orchestra Clinics, Robotics Equipment for 7<sup>th</sup> grade, Physics Experiment Equipment for 8<sup>th</sup> Grade, and a scanner for teachers to load documents to the blogs. We also provided funding for Anti-bully Program Materials and training for our Administrative Assistant. We continued to support our student programs like seasonal celebrations, dances for the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades and the student newspaper.

Through the PTSA, students are also encouraged to participate in the Reflections and Honoring our Heroes contests, as well as programs like Red Ribbon Week, Consequences of Crime, "The Green Team" Environmental Club, and student publications.

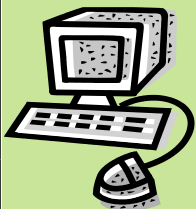
This year, both parents and students will enjoy educational programs and speakers. Rachel's Challenge will be coming to Dickerson in September. You will not want to miss this program. Rachel Scott was the first student killed in the Columbine tragedy, and her family will be at Dickerson to encourage all of us to become a part of the "chain reaction" of kindness and compassion. We will also offer "lunch and learn" opportunities for parents throughout the year, so watch for announcements in our weekly E-blast and the Tribune.

We will continue handing out hygiene packages to all the teachers this year, including hand sanitizer, tissues, paper towels and band aids. The program was a huge success last year, and we are happy to continue it.

Coming up later this year we will once again hold a Toy Drive to help students at Powers Ferry Elementary. Last year was warmly received, and we are excited to see if we collect enough games to help a second school this year.

*PTSA Co-Presidents letter continued on page 11...*

### E-News Available to Dickerson Families



The Dickerson E-News program is a weekly electronic news blast available to all Dickerson parents and faculty.

If you would like to receive periodic electronic updates of school events and activities, simply log on to the PTSA website: [www.dickersonptsa.org](http://www.dickersonptsa.org), and follow the links for E-News at the top of the home page.

## A Message from our Administration:



August 24, 2011

From the desk of Carole Brink – Parent to Parent

The older my daughter Claire got, the less she read. I was concerned. After all I am a former middle school reading, language arts and social studies teacher! Reading is fundamental to success in these classes and in life. I asked her middle school librarian for ideas.

First, the librarian said we should leave lots of reading material – books, magazines, newspapers, even comic books – all around the house. “If they’re lying around, she will pick them up,” she advised.

Second, she suggested that I stop at the library. Once inside, she said I should steer her towards sections she might like. Since Claire loved tennis and cheerleading, we found books on these subjects. I was happy when she selected a few to read.

Finally, the librarian told me to discuss the books I am reading with Claire. By discussing my books, she told me that Claire would begin to identify vocabulary and key concepts. She also stated that talking about what we read helps students frame and understand the content.

Although it was not easy with our busy schedules, we did implement these ideas. Claire is now a college student with lots of assigned reading that requires her to be attentive and engaged. Currently she is struggling with a psychology text. However, she tells me she is using some of the strategies that she learned at school and at home. For example, she is reading and then meeting with a few new friends to discuss what they have read. They are then collaborating and creating flash cards to summarize key points and to identify words that are new to them. She lives 4 ½ hours away, but I am excited that her school and I worked together to create a learner who does not know it all, but has the skills to tackle texts and passages that are challenging.

My point is that no matter what your student’s current reading level may be; he/she can improve reading skills and learn to apply them to various situations. So as you begin the 2011 school year, I would like to ask you to consider - what do you do at home to encourage stronger reading skills?

Sincerely,  
[Carole Brink](#), Principal

### Book Fair



The Dickerson Book Fair is **October 24th - 28th**.

Several volunteers are needed for this fun event. If you are interested in volunteering, please contact one of the chairpersons below.

[Tawnda Conway](#) and [Lisa Cook](#),  
PTSA Chairs

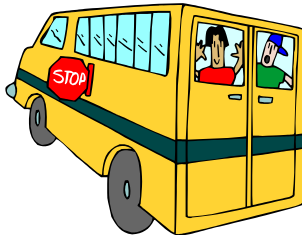
### Picture Day



Smile! School pictures are Thursday, September 8th. Your child will receive a pre-pay envelope the week of September 5th . Payment must be made directly to the photographer on picture day. If your child forgets their money, they can wait for re-takes at a later date, however **all students will be photographed for the yearbook on September 8th**. Please remind your child to look their best and to smile!

[Kelly Melnick](#), PTSA Chair

## School Safety Message from our Administration:



**The administrative team's number one focus is for your student's safety. We appreciate your cooperation and attention in assisting us with the enforcement of the following regulations:**

- PLEASE never drop your student off before 8:00 A.M. There is no supervision prior to this time.
- Please do not park on the curb in the morning or afternoon hours. This hinders the flow of traffic.
- Please do not double park or make your own parking spot. This literally stops traffic flow and restricts visibility.
- Do not drop your child off or pick them up in the turn lane on Woodlawn Drive. *You are endangering your child's life by doing this. Plan ahead and leave a bit earlier if you are in a rush.*
- Students must wear helmets if they ride a bike to school.
- No skateboards.
- Students who must cross Woodlawn Drive may only cross where the crossing guard is located. No jay walking.
- During morning rush hours, cars in the carpool line should move all the way down to the crosswalk and unload to that we can get students into the building as quickly as possible.
- Please remember that being in the carpool line when the tardy bell rings is not an excused reason for tardiness.
- You may want to consider having your student riding the bus. You will not experience as much frustration, and the carpool line may not save you the time you desire.
- When picking up your child in afternoon carpool, students must enter cars from the curb. Do not ask your child to cross the traffic to enter your car.
- For afternoon carpool, parents should be in the carpool line at 4:15. If you are not able to arrive by 4:15 for carpool, please have your child ride the bus home in the afternoons. There is never a time where cars or parents are allowed in the bus drop off or pick up area.

**Safety will only occur if we take our time, plan ahead, be patient and follow the guidelines.**

The Dickerson Administrative Team takes pride in our students' academic achievement. We value instructional time. The Dickerson Staff is committed to enriching and challenging students' minds. Our students consistently do very well in all areas academics. Building upon students' abilities and offering them more challenges will be our focus this year.

Dickerson Middle School is a wonderful place! Each and everyday the administrative team walks around the building and watches the students learning in a safe and challenging environment. Please help us keep DMS a safe place for everyone.

**Assistant Principal:** [Patricia Alford](#) and **Assistant Administrator:** [Donald Stanley](#)

# COUNSELORS'

O  
R  
N  
E  
R

By Dickerson Counselors: [Lynn Rosado](#), [Dr. Candace Pearce](#), and [Brandi Underwood](#)

To those students who are new to Dickerson, welcome!

To those students who are returning to us, welcome back!

***We hope you will take part in a parent survey about possible parent speaker topics to be offered this year. The Dickerson counselors, along with PTSA representatives, will determine the results of the survey monkey to set up speakers for this year.***

Ms. Brandi Underwood, our Counseling Intern from last year is working with us ½ time this school year. She and Ms. Rosado are sharing the excitement of working with Dickerson's 6<sup>th</sup> and 7<sup>th</sup> grade students.

Grade 6:

Our 6<sup>th</sup> graders are in full swing! Combination locks have been tackled, lunchroom routines have been perfected, and changing classes is no longer a daunting task! We look forward to meeting all the Grade 6 and 7 students through classroom guidance wherein we'll explain our roles as professional school counselors at Dickerson.

Grade 7:

Seventh grade is an exciting time as students move to the next level. All 7<sup>th</sup> grade students will be taking the Iowa Test of Basic Skills (ITBS) and the Cognitive Ability Test (CogAT) this fall. It is important that students are in attendance. The best preparation is a good breakfast and a restful night's sleep. Scores will be given out later in the year.

The 8<sup>th</sup> grade year will move fast as we focus on preparation for high school next year. Please be sure to check eblasts and the blog for periodic updates about deadlines and upcoming events.

Grade 8:

Dr. Pearce will be visiting all the 8<sup>th</sup> grade students soon to present Career Cruising. This online program is an excellent website covering student interests, careers, high school information, and post secondary options. Every student in the grade will set up an electronic portfolio to use this year and to continue to use throughout high school. Be sure to ask your son or daughter to see the site and their portfolio. In addition, results from a Career Cruising Career Inventory will be shared with parents during parent conferences in October.

We begin the year with a parent's only meeting with Walton representatives held in the Dickerson Theater. The meeting is an excellent opportunity to find out what you and your child need to be thinking about during the beginning of the year in order to be ready for high school. Even if you have students attending Walton already, do plan on attending as there are some changes each year. The date for this fall meeting will be announced soon.

We look forward to working with you and your student this year!

## Pinnacle: view grades and attendance online

Pinnacle Internet Viewer will be available beginning Friday, August 26, 2011. Access PIV from the CCSD website at: <http://cobbk12.org/>. **The Pinnacle Internet Viewer (PIV) provides parent/guardian access to students' grades and attendance and allows parents/guardians to set up automatic e-mail notifications of attendance and/or grades.** New PIV users are required to present proper ID and sign a CCSD PIV User Agreement to obtain a user ID and password. Registration times are listed below. This procedure needs to be done in person, by the parent or guardian of the student. Email and fax are not allowed to complete registration. If you have an existing PIV account through another student, you DO NOT need to obtain a new account. You may utilize your existing account and select the appropriate student to view. If you have misplaced your account information, please email [Gail Thomas](#).

### Registration times for NEW PIV users will be:

Friday, August 26, 2011	8:30 – 4:00
Tuesday, August 30, 2011	8:30 – 4:00
Thursday, September 1, 2011	8:30 – 4:00



Location: Dickerson Middle School Lobby

\*Please be ready to present proper ID. Please allow enough time, as there may be a line to register.

## Volunteer in the Media Center

HELP NEEDED!

Monday through Friday 1:30 - 4:00 p.m.

Great time for those without elementary school aged children or younger. Chance to volunteer and meet the great kids at DMS!

[Dawn Wadsworth](#), PTSA Chair

## Lunch Note



Please remember that Fast Food is not allowed in the Dickerson lunchroom. Please send in a healthy lunch from home if your student is not buying a lunch.

Thank you for your cooperation,  
Administration

## PTSA Committees: Looking for a few good chairs!



**East Cobber parade:** Coordinate parade day cars, signage, candy and be sure our administrators and staff are informed and ready; have some kids to carry banners.

Contact [Cheryl Miller](#), if interested.

**Red Ribbon Week:** Promote spirit week dedicated to teaching students to “just say no” to alcohol and drugs.

Contact [Tamara Karrh](#), if interested.

## News from the Clinic...



The School Nurse hours are 9:15-3:45 every day to provide health care, support and first aid to students who are ill or injured at school. The clinic is located on the left on the way to the connections hall. Please contact the nurse if your student has a condition that might require medical care at school like asthma, severe allergies, seizures, or diabetes. It is always best to be prepared in the event of an emergency! Action plans for most conditions are available in the clinic and on the county website: [www.cobbk12.org](http://www.cobbk12.org) under Student Health Services. If you have questions, please contact Anna Misdorn RN 770-578-2710 ext. 256. Information and medication from the last school year are NOT retained. Parents must provide us with an action plan and medication each year to allow health care at school.

Students are allowed to carry and self-administer emergency medications (Insulin, inhalers and Epi-pens) with special permission. However, the county recommends that a second Epi-pen and or inhaler be kept in the clinic if the student carries the primary one. The authorization to carry emergency medication is available in the clinic or on the county website.

Cobb County Public School District allows middle school students to carry certain over-the-counter medications with special permission. The "AUTHORIZATION TO CARRY OVER-THE-COUNTER MEDICATION" must be signed by a parent, by the student and by the School Nurse. It is kept on file in the clinic and the student must carry a copy of the original form with the medication. All medication should be kept in its original package and labeled with the student's name so the student and school staff can easily identify it. Please consider your student's needs and abilities when deciding to give them the responsibility of caring for themselves at school.

Students in every grade may carry cough and throat lozenges. But all prescription medications and most over-the-counter medicines will still be stored in the nurse's office. Medications will be given to the student only as directed by a parent via the "AUTHORIZATION TO GIVE MEDICATION." This form is available in the clinic, the office and the CCSD website.

### AED Update

Dickerson Middle School is pleased to advise our community that we have an automated external defibrillator (AED) on site in our facility! Thank you to Cobb County Public Schools for providing the equipment that can make our school safer for our students, visitors, and staff. The latest statistics indicate that more than 350,000 people die each year from sudden cardiac arrest (SCA) and most of them are not at a hospital. We are also aware of the small, but tragic numbers of students, especially athletes, who experience SCA while participating in physical and sports activities. As a result, we are establishing a comprehensive first responder program that can save lives!

The AED is located outside the clinic, between the atrium and the PE department, allowing easy access to the entire Dickerson campus. The AED is in an alarmed and unlocked cabinet on the wall. When the door is opened, a loud alarm will sound, alerting everyone that there is a potential emergency. It is a lifesaving device and tampering with the AED will result in administrative consequences.

Our staff has been trained to assist with an emergency during regular school hours. After school hours, the AED will be available to the public and we encourage any group using the building to consider similar training. If someone experiences sudden cardiac arrest after school hours, please use the AED by following the directions given by the equipment. In the event that 911 is called, please make sure there is someone outside the building to give EMS the location of the emergency. Also, if the AED is used, please notify Anna Misdorn, School Nurse, so that we may replace materials used in the life-saving effort.

**Anna Misdorn RN, School Nurse**



**Heat-related Illness: Tips for Young Athletes, from Children’s Healthcare of Atlanta**

**Hydration tips for young athletes**

Thirst is a poor indicator of hydration status. When children and adolescents begin to feel thirsty, they may already be 1 percent to 2 percent dehydrated.

- Prehydrate 30 minutes before activity. Children and adolescents should drink until they are no longer thirsty plus another 8 ounces.
- Hydrate during activity:
  - Drink 5 ounces every 20 minutes of activity for children and adolescents weighing less than 90 pounds.
  - Drink 8 ounces every 20 minutes of activity for children and adolescents weighing more than 90 pounds.
  - Encourage children and adolescents to drink water during activity instead of pouring it on their heads or faces.

Water is best if the activity lasts less than one hour. For activities lasting more than an hour, a fluid with carbohydrates (sugar) and electrolytes is best. Gatorade and Powerade were designed specifically for rehydration during exercise and contain the right amount of carbohydrates (about 6 percent to 8 percent).

Children younger than age 10 may dilute a sports drink—one part sports drink to one part water—for a better taste. Drinks, such as fruit juice and soda, contain too much sugar and can cause cramping. Avoid carbonated and caffeinated beverages because the carbonation can cause bloating and the caffeine can speed up metabolism, generating more heat.

**Tips for exercising in the heat**

- Schedule workouts during the cooler times of the day.
- Allow children and adolescents who are overweight, out of shape or unacclimated time to adjust to the heat.
- Schedule water and rest breaks every 30 minutes during activities. During these breaks, do not just encourage, but require children and adolescents to drink. This also gives the coach or trainer a chance to monitor the athletes.
- Have shade, ice and a kiddie pool available for emergency treatment and rapid cooling.
- Have a cell phone (with a charged battery) available at all workouts for emergency contact.
- Wear sunscreen with a sun protection factor (SPF) of at least 15. Apply it 30 minutes before going out in the sun and every 20 to 30 minutes if sweating or swimming.
- Wear hats with brims and light-colored, breathable clothing.
- Youth sports rules can be modified to increase the safety of athletes. For example, soccer games can be divided into

quarters rather than halves to allow for more rest breaks, hydration and monitoring. Referees can call an official time out for hydration periodically during the game.

**Be aware of the heat index**

Humidity plays a major role in athletes’ heat response. Know the heat index, which is a measure of the environmental temperature and humidity. This can be measured at the field or obtained from your local weather service or the Internet. When the temperature is 90°F and the humidity is 80 percent, the heat index is 115°F, which places athletes at risk of suffering a heat-related injury.

**ACTIVITY GUIDELINES (SEE CHART BELOW)**

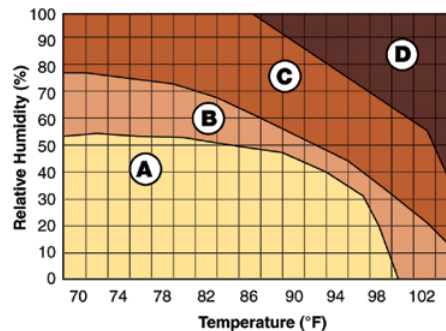
Add 5°F to the temperature between 10 a.m. and 4 p.m. from mid-May to mid-September during sunny days.

A. Children and adolescents should receive a five- to 10-minute rest and fluid break every 25 to 30 minutes of activity.

B. Children and adolescents should receive a five- to 10-minute rest and fluid break every 20 to 25 minutes of activity. Children should be in shorts and T-shirts (with helmet and shoulder pads only, not full equipment, if worn for activity).

C. Children and adolescents should receive a five- to 10-minute rest and fluid break every 15 to 20 minutes of activity. Children should be in shorts and T-shirts only (with all protective equipment removed, if worn for activity).

D. Cancel or postpone all outdoor practices and games. Practice may be held in an air-conditioned space.



Visit [www.choa.org/sportsmed](http://www.choa.org/sportsmed) for more information.

## School Store



- ◆ Open every Monday and Wednesday before school in the Dickerson Atrium.
- ◆ Pencils, Pens, Notebooks, Locker supplies, Pencil lead, and more!
- ◆ Lots of other cool stuff too– shopping is FUN!
- ◆ DMS Magnets- \$5
- ◆ School Store supports the programs of the PTSA, so keep us in mind for all your school supply needs!

[Susan Fanning](#) and [Nancy Ferguson](#),  
PTSA chairs

## Spirit Wear



Thank you to all who supported Dickerson by purchasing spirit wear through presale orders and at Meet & Greet. It was one of the smoothest and most successful sales to date. Money earned from spirit wear sales goes directly towards funding many of the current PTSA programs offered at Dickerson. Also, hoodies and sweatpants will again be offered this fall for students, parents and staff to purchase. Please watch for more information on this in the next few weeks.

[Leslee Tennant](#), PTSA Chair



## Health and Wellness

**“Breakfast is the Most Important Meal of the Day:”** this is a phrase we have heard time again throughout our lives. Why? A healthy, well-balanced breakfast gives us the necessary energy boost to start the day, and it can increase overall performance academically. The following are a few specific reasons not to miss this important meal:

- ◆ Breakfast restores blood sugar levels after hours of not eating.
- ◆ It has been found that students who do not have their breakfast before going to school can have physical and psychological problems such as headache, sleepiness and stomach pain, Indecisiveness, anxiety, irritability and nervousness.
- ◆ These physical and psychological problems can distract from the learning process.
- ◆ Eating breakfast has been shown to increase concentration and memory for better recall and retention of information learned.
- ◆ Problem solving skills, creativity and hand-eye coordination are enhanced.
- ◆ Studies have shown that there is a direct correlation between eating breakfast and higher test scores.

**Some quick and easy “out of the box” ideas for a healthy breakfast:**

- ◆ Cooked oatmeal topped with nuts and berries (frozen berries are great to have on hand for easy access)
- ◆ A whole-wheat pita stuffed with hard-boiled eggs
- ◆ A smoothie blended from fruits, low-fat Greek yogurt and a spoonful of wheat germ or flax meal
- ◆ Whole-wheat crackers with cheese and apple slices
- ◆ A scrambled egg burrito (scrambled eggs, cheese and salsa in a whole wheat tortilla) only takes 5 minutes to make, grab and go!
- ◆ Cottage cheese with fruit and some almonds
- ◆ Even a Protein Bar – one that has a good balance of protein, carbs and fat, low in sugar – is better to grab and go then to go without breakfast at all.

**For all the excuses there are for skipping breakfast, the benefits above are compelling reasons to stop making excuses and start the day off right!**

[Amy Waldner](#), ECCC Health and Wellness Chair



## National PTA Reflections 2011-2012: Diversity Means



PTA REFLECTIONS

National PTA has been honoring students' artistic achievements through the Reflections Program since 1969. Students are challenged to create artwork inspired by a specific theme.

To participate, students submit artwork to their local PTA. Works are judged at the local (school) level, and the winning entries advance to the council and state levels. The top state award-winning entries then advance to the national level.

Six arts areas – photography, visual arts, musical composition, dance choreography, literature and film production – are judged on interpretation of theme, creativity, artistic merit and mastery of the medium.

“Diversity Means” is the 2011-2012 theme. The deadline for receipt of entries is **Friday, October 21, 2011.**

Please click [HERE](#) for details about each category and check out last year's winners. You will see that Dickerson was well-represented! Watch for more information on the morning announcements and in the Dickerson e-blast.

[Alice Kerber](#), PTSA Chair or call 770-518-1506

## 16th Annual East Cobber Parade and Festival



EAST COBBER Parade & Festival

**SEPT 10, 2011**

Parade begins at 10a.m. at Mt. Bethel Elementary School, ending at the Fountains of Olde Towne Shopping Center.

Festival from 11-3pm

[www.eastcobber.com](http://www.eastcobber.com)

Come see Dickerson Administrators, Mrs. Brink, Mrs. Alford, and Mr. Stanley, as well as Teacher of the Year, Mr. Scott McCord.

**NEEDED: 3 convertibles and drivers to drive in the parade.**

Contact [Cheryl Miller](#) to help.

## Recycle Those Dead Tennis Balls!!!

Every classroom has been updated with tiled floors, and these tennis balls will be placed on the legs of each desk and chair to protect the floors from being scratched. Look in your garage, ask your tennis coach, stop by your tennis Academy, or grab a can at the grocery store! We still need 7,000 tennis balls! The DMS Environmental Club, "The Green Team," has set up bins in the front entrance way for the collection of these balls.



[Susan Villanueva](#) and [Kathy Minter](#), PTSA Chairs

## The 2011 FALL FRENZY is coming!!

6th Grade Dance: WEDNESDAY, OCTOBER 5th, 4:15-5:45pm  
7th Grade Dance: WEDNESDAY, OCTOBER 19th, 4:15-5:45pm



Parents, this event is supervised by administration and teachers.  
Pick up your child at 5:45 in the back parking lot.

Students, don't miss out on an afternoon of music provided by  
*VIBE Entertainment*, munchies and fun!



Admission is \$4 or FREE with your PTSA membership card.

**Bring Extra \$ for...**

Pizza - \$2.00

Soda - \$1.00

Smoothies - \$3.00

Candy - \$1.00

**Beth Gilliland and Natalie Collins, PTSA Chairs**

## 100+ Years...and still Going Strong

**PTA**<sup>®</sup>  
everychild.one voice.<sup>®</sup>

For more than a century, PTA has provided support, information and resources to families focused on the education, health, wellbeing and safety of children. Our association was created by a few courageous women to meet a profound challenge: to better the lives of children. And today, it continues to flourish because PTA has never lost sight of its mission - **to make every child's potential a reality** - by engaging and empowering families and communities to advocate for all children.

Because of the determination and courage of volunteers throughout the decades, dreams became reality and we now have programs like public kindergarten classes, hot lunch programs, immunization requirements, and child labor laws. And who can forget just a couple of years ago here in Georgia when PTA/PTSA members across the state rallied to save funding for our school nurses via the "popsicle" campaign? As members of the Dickerson Middle School community, we are a part of this rich tradition. Your PTSA will send representatives to the Georgia PTA Advocacy Conference next month so we can learn about and report back to you on the latest political/educational news, issues to watch in 2012, the ascent of social networking and grassroots advocacy as well as network with other volunteers.

Here are a few ways that you can become involved right now without even leaving your house!

**National PTA** staff and volunteers track and communicate legislative issues affecting families, schools, and communities. Keep up with what's happening on Capitol Hill by joining the **PTA Takes Action Network**. The *Federal Policy Update* is the monthly newsletter and *Action Alerts* are breaking news items from Capitol Hill that urge you to take action. Sign up [HERE](#).

**Georgia PTA** volunteers track issues and post updates to **Capitol Watch**. To join, click [HERE](#). Study the issues and learn to use *your voice* to speak on behalf of Georgia's children and public education. Use this system to contact your elected officials and let your PTA voice be heard. For instance, legislative districts currently are being reapportioned in light of the 2010 Census. You can read the latest update from the Georgia PTA Legislative Team [HERE](#).

Stay current with the latest news from our school district by joining the **CCSD** alert system [HERE](#). You can also receive emergency alerts by texting "CCSD" to 84700.

These are just a few ideas to get you informed. Choose what issues are most important to your family and school and commit to be involved with that for the year – whether it's state funding formulas for public schools, reauthorization of NCLB, nutrition, etc. The reward is knowing that you are helping to make not only **your** child's potential a reality, but **every** child's potential a reality as well.

**Irene Barton, PTSA Chair**

## ***PTSA Co-Presidents letter continued from page 1...***

We also want to thank all the families at Dickerson for working as PTSA volunteers. On a daily basis you will find office, library and copy crew volunteers helping to make teacher and student activities run smoothly throughout the day. Many parents start volunteering over the summer making sure the calendar, pre-sales, meet and greet and the school store run smoothly as soon as students return. If you have not yet signed up to volunteer, there are lots of opportunities to help out this year.

We are privileged to be your PTSA presidents at Dickerson and look forward to working with parents, teachers and students to continue to uphold the incredible reputation our school has in the community. Over the summer we learned that our PTSA came in Third Place statewide winning the award of Outstanding Local Unit. We are lucky to have parents who are involved in their children's education and are willing to make Dickerson the great school it is. Thank you!!

**Paulette Farley and Paty Holdmeyer, PTSA Co-Presidents**

### **Help others, help the planet, and clean out your closets!**

4th annual Reuse A Shoe Drive  
September 26-30  
Sponsored by Environmental Club,  
benefitting local shelters and children  
globally.



Shoes and gently worn tees are welcome.  
Volunteers will collect in carpool—  
no need to leave your car!  
Bins inside school as well.  
**Susan Villanueva and Kathy Minter,**  
**PTSA Chairs**



### **Make Healthy Snack Choices**



Many nutritionists believe that we should eat smaller meals every three to four hours, instead of three large meals per day. This can help your body's blood sugar levels stay stable. Providing a steady supply of glucose to your brain helps keep you from having mood swings and getting cranky. It also helps to reduce the chances of binging on those sweet or salty snacks we all love.

Here's the good news: the best way to maintain a normal weight, and be smarter and stronger, is to stop depriving yourself. Eat a healthy snack between meals, and enjoy it! Snacking between meals ensures that your body will not run out of fuel, and common sense tells you that it's hard to make wise choices at dinnertime if your stomach is growling.

The best snacks include complex carbohydrates, and complete protein, and yes, even a little bit of fat...as long as it is a good fat, like nuts or avocado.

The following snacks will help fill you up and keep you going until your next meal. Many can be pre-packaged the night before:

Peanut butter/banana sandwich on whole-grain bread  
Bean burrito  
Edamame (steamed Japanese soybeans)  
Hummus on a whole-wheat pita  
Red grapes and string cheese  
Rice cakes spread lightly w/peanut butter  
Small whole grain bagel with cream cheese  
Slice of cheese or veggie pizza  
String cheese and whole-grain crackers  
Trail mix (one serving)  
Vegetable soup with whole-grain crackers  
Whole-grain cereal with low-fat milk  
Banana sliced in half ; spread lightly w/peanut butter

Tuna sandwich on whole-grain bread  
A hard boiled egg w/cut up veggies and low fat dressing  
Greek yogurt with a tablespoon of chopped walnuts and  
fresh fruit  
Leftover grilled chicken and guacamole w/ whole-grain  
crackers  
Popcorn without butter (you can even sprinkle with  
Parmesan cheese)  
Apple slices spread with peanut butter and sprinkled with  
raisins  
Turkey and low-fat cheese sandwich on whole grain  
bread with lettuce and tomato

**Amy Waldner, ECCC Chair**

# 2011 DMS 4th Quarter Honor Roll

## 6th Grade Principal's Honor Roll

Ruth	Aaron	Merrill	Jackson	Nottely	Seagraves
Dylan	Adams	Kiyan	Jalili	Jay	Seckman
Sam	Alexander	Phillip	Jensen	James	Skinner
David	Anderson	Blake	Jones	Warren	Spann
Adam	Aronstein	Emily	Jordan	Emily	Surry
Christopher	Ashby	Owen	Kadow	Asher	Susman
Danya	Awad	Piyush	Kancharlawar	Maggie	Sweeden
Sammy	Berman	Ryan	Kim	Alex	Szumow
Samara	Beton	Dylan	Kim	Jackson	Thompson
David	Brodsky	Jun Ho	Kim	Gracelyn	Thrash
Rachel	Burns	Claire	Korfas	Cole	Vacheron
Chris	Cherian	Kelly	Kramlich	Thomas	Walker
Jun	Cho	Melody	Malek	Lucy	Wang
Nolan	Condle	Jules	McNeice	Sofia	Watson
John	Connell	Harper	Melnick	Emily	Webb
Nicole	Cruikshank	Bianca	Mers	Emily	West
Hannah	Culbertson	Arnovi	Moinuddin	Mason	Wewer
Helen	Dyer	Liam	Mullican	Nikki	Williams
Julia	Edmunds	Maria	Nielsen	Forrest	Wilson
Delaney	Erwin	Emily	Orenstein	Kirsten	Wittich
Emily	Evans	Trisha	Pahawa	Patrick	Wu
Connor	Flagel	Isabella	Paredes	Kaylen	Xie
Abby	Fortier	Samuel	Patterson	Jun	Yoon
Josh	Getty	Max	Pavlik	Allen	Zhang
Elise	Ghattas	Nick	Peeples	Kevin	Zhang
Mackenzie	Gibbs	Anna	Pierce	Max	Zhou
Livia	Gobbi	Chris	Piper		
Katherine	Greenway	Morgan	Pollack		
Michael	Grooms	Ben	Reale		
Caroline	Hakes	Kyle	Richardson		
Dalaney	Hans	Trey	Robinson		
Ryan	Heinrichs	Jordan	Rooks		
John	Hillock	Armon	Sarkhail		
Ross	Holt	Gabriella	Schmid		
Austin	Hwang				

### Honor Roll Criteria

**Principal's Honor Roll:**  
All A's in all classes and  
S's in conduct.

**Honor Roll:** A's and no  
more than two B's in all  
classes and S's in  
conduct.

# 2011 DMS 4th Quarter Honor Roll

## 7th Grade Principal's Honor Roll

Nadia	Ali	Sharyn	Kosasi
Ali	Amirfazli	Aditya	Krishnaswamy
Olivia	Baggett	Jacob	Lamar
Caitlynn	Baldwin	John	Lee
Bryce	Bartow	Lois	Lee
Sarah	Baumann	Camila	Lezcano
Suzanne	Bugbee	Peiji	Liang
Gabrielle	Cohen	Meredith	Lischer
Alexis	Conway	Elaine	Liu
Allison	Conway	Rachel	Luckcuck
Rachel	Cornell	Avi	Lyons
Jenna	Dandan	Madeline	McClish
Brooke	Daniels	Amanda	Miller
Erin	Donoghue	Robert	Moore
Sydney	Dorawa	Abhita	Moorthy
James	Dornbush	John	Mori
Cooper	Driskell	Lindsey	Neel
Megan	Ellingwood	George	Newi
Emma	Ensley	Maria	Newsome
Campbell	Eshleman	Matthew	O'Brien
Jason	Fan	Sean	Ozyazgan
John	Farley	Lalin	Ozyazgan
Autumn	Gabe	Dam Byol	Pak
Babak	Gholami	Clark	Price
Sofia	Gratas	Carson	Roberts
Anete	Grinberga	Grace	Ryan
Kathryn	Harper	Bridget	Seery
Will	Holmes	Jennifer	Simon
Kevin	Irani	Grace	St. Urbain
Valentino	Italo	Caneel	VanNostrand
Eujin	Jang	Monica	Velasco
Nitish	Jindal	Weston	Wadsworth
Caroline	Kester	Janet	Wang
Coleman	Kilpatrick	Francis	Yang
Suji	Kim	Nicholas	Zviovich

# 2011 DMS 4th Quarter Honor Roll

## 6th Grade Dickerson Honor Roll

Jessie Anderson	Patrick Guthrie	Anna Quinlan
Kathleen Arasin	Nikos Haralabidis	Devin Quinn
Blaire Arndt	Kailey Hoard	Sanjana Raghavan
Ashley Asbury	Carly Hochhauser	Aastha Rai
Gregory Babic	Elise Hoffman	Kendall Ray
Prerna Balaji	Ethan Hoffman	Anna Renou
Kyle Barker	Cullen Holt	Nick Robinson
Chase Barker	Maddie Huff	Sophie Rogers
Kaitlin Bassett	Drew Hunter	Jackson Ruff
Meredith Batson	D.J. Jang	Blair Schoen
Taylor Biccum	Elise Joffe	Mikaela Seeman
Vivian Bridges	Christopher Jones	Margaret Shaw
Katherine Buckner	Will Jordan	Kiran Shenoy
Emily Burns	Margeaux Kanwisher	Katherine Siewert
Brooklyn Busman	Aidan Kedzierski	Emily Silagy
Marina Cavanaugh	Alan Kim	Marie Smith
Archit Chawla	Jenny Kwak	Renee Smith
Philip Choo	Blake Landon	Ben Sterling
Lauren Cicerchia	Jeff Lee	Ben Story
Naki Cole	Alex Lopazan	Greg Stratton
Jaspreet Collie	Lisa MacBeth	Christopher Swart
Luis Colon	Aubrey MacMillan	Caroline Swenson
Chloe Cooksey	Saman Malek	Faiz Syed
Tyler Crow	Matthew Maloof	Hannah Tant
Sarah Dagher	Charlotte Marshall	Kinzah Tanwir
Parisi Dayani	Josh Marx	Lauren Tennant
Spencer DeMink	William Mcarthy	Allison Thompson
Abby Dennis	Sean McLoughlin	Rachel Titshaw
China Ellis	Caleb Meredith	Justin VanLoan
Andrew Falls	George Missailidis	Elizabeth Vitulli
Laura Floyd	Pouya Mofazali	Alexandra Volkov
Chase Forlini	Emily Moosbrugger	Jean Watts
Griffin Fraser	Kristen Nissley	Laurie Weinstein
Will Frits	Ryan O'Loughlin	Caroline Weinstein
Brandon Garten	Azaziah Parker	Lauryn Wellington
Gabrielle Gaunt	Janki Patel	Ryan Wolpert
Gabrial Goldner	William Perry	Olivia Woodman
Rory Granros	Alexandria Phelps	Jonathan Yim
Sam Greenburg	Amaan Pirani	
Ben Griffin	Brian Qualey	

# 2011 DMS 4th Quarter Honor Roll

## 7th Grade Dickerson Honor Roll

Eashan	Ahuja	Baqar	Husain	Jeffrey	Parker Conn
Sakthidharan	Alapakkam	Zenia	Irani	Cameron	Patterson
Michael	Anand	Dong Yoon	Jang	Jack	Peterson
Kylie	Andrews	Paola	Jareno	Ilana	Pinkhasova
Josh	Astarita	Shannon	Jean	Kresta	Pollard
Priya	Bandyopadhyay	Rachel	Jordan	Eva	Rackowski
Ashley	Bauer	Armaan	Joseph	David	Rackowski
Michael	Baxley	Rory	Joy	Mia	Reilly
Ilyasha	Belegradek	Lynsey	Joy	Ryan	Roegge
Stephanie	Birnbaum	Emily	Justice	Matthew	Rosseland
Brian	Boven	Jenna	Kahn	Allison	Rzucidlo
Charles	Burstiner	Rotem	Kalah	Sophia	Sbiti
Elena	Buter	Heajin	Kang	Bryce	Scherer
Michael	Butler	Riley	Kerber	Jamie	Schwartz
Bethany	Chou	Chae Won	Kim	Addie	Searcy
Ethan	Cook	Julie	Kim	Matt	Segler
Sarah	Cooper	Justin	King	Maya	Shapira
Quinn	Cunningham	Sharell	Kosasi	Shrish	Singh
Viha	Desai	Foster	Kupbens	Benjamin	Spencer
Matthew	Fibus	Emma	Lager	Jack	Surry
Jasmine	Fisher	Chet	Lagod	Leanne	Villanueva
Sam	Fisher	Hannah	Lagod	Grace	Vookles
Matthew	Flectcher	Emerson	Lee	Adam	Voss
Isabela	Fogaca	Christine	Lin	Max	Waldner
Madeline	Freiman	Stella	Martin	Miah	Walker
Machaela	Galiano	Erika	Mast	Andrew	Wang
Joseph	Goodman	Erin	McBride	Vincent	Watkins
Nathalie	Gratas	Matthew	McGuire	Coleman	Wellstead
Nicholas	Hall	Brendan	McKnight	Aaron	Whisenant
Layla	Heidari	Savannah	Meaux	Megan	Williams
Cassandra	Helsel	Natalie	Murphey	Destin	Winata
Barrett	Hess	Madison	Nash	Vivian	Yang
Kaitlyn	Holtzclaw	Thomas	Newsome	Andrew	Yowell
Jack	Hoskyn	Amber	Nicholson	Kathleen	Yund
Sara	Howard	Ergin John	Ozyazgan		



## Dickerson Middle School PTSA

### Stand up, Stand strong, Stand together!

**Principal:** [Carole Brink](#)  
**Assistant Principal:** [Patricia Alford](#)  
**Assistant Administrator:** [Donald Stanley](#)  
**PTSA Co-Presidents:**  
[Paulette Farley](#) and [Paty Holdmeyer](#)  
**School website:** [www.cobbk12.org/dickerson](http://www.cobbk12.org/dickerson)  
**PTSA website:** [www.dickersonptsa.org](http://www.dickersonptsa.org)

The DMS Tribune is published four times each school year by the Dickerson Middle School PTSA (Parent Teacher Student Association). The deadline for the next issue is Nov. 4, 2011. The Tribune will be available on-line approximately two weeks after this deadline.  
**[Kelli Evertsen](#), PTSA Chair**

## Join the PTSA and support Dickerson!

The PTA is the largest child advocacy group in the country. Join the Dickerson PTSA and invest in your child's future! [Membership benefits](#) include discount coupons and promotions to many stores and restaurants in our community. To join, download and fill out a [Membership Form](#) and return it with a check (made out to Dickerson PTSA) to the homeroom teacher. Your membership packet will be delivered to your child within a week. Your support of Dickerson's PTSA is greatly appreciated!

**[Kiki Missailidis](#), PTSA Membership Chair**



## Mark your calendars...

*Every Monday and Wednesday: School Store open from 8:15-9:00am	10/5 6th gr. Dance "Fall Frenzy"
8/30 Pinnacle registration, 8:30-4	10/5-10/7 CogAT testing, grade 7
9/1 Pinnacle registration, 8:30-4	10/10-10/17 ITBS testing, grade 7
9/2 School Council Elections, 8:15am-3pm	10/14 End of 1st grading period
9/5 Labor Day: No School; School Council posted	10/18 PTSA Board Meeting, DMS, 9:30am
9/8 Picture Day (Yearbook photos taken)	10/19 7th gr. Dance "Fall Frenzy"
9/10 East Cobber Parade and Festival	10/21 Reflections Deadline
9/12 School Council meeting, 8:00am	10/24-28 Conference Week; 2:15pm Dismissal; Book Fair
9/13 Rachel's Challenge	11/1 7th/8th gr. Chorus Concert, 6:30pm
9/14 4 1/2 week midpoint	11/4 Tribune deadline
9/21 Progress Reports	11/6 Daylight Savings Time Ends
9/23 GA PTA Advocacy Conference	11/7 6th gr. Orchestra Concert, 6:30pm
9/26-9/30 ReUse A Shoe Drive	11/8 Election Day: Student Holiday
9/30 8th gr. Band Night at WHS, 7:00pm	11/10 6th gr. Chorus Concert, 6:30pm
	11/11 Rachel's Challenge at GA Dome