



## Hackensack Middle School Guidance Newsletter

### Important Dates

- \*1/14 – 1/2 day for students
- \* 1/20 - school closed
- \* 1/24 – last day of 2<sup>nd</sup> MP

MLK Family Unity Night on  
1/17 from 6-8 PM @ HMS

Hidden in Plain Sight on Drug  
and Alcohol Awareness @  
HHS at 6:30. FOR PARENTS  
ONLY. Being presented in  
both English and Spanish

Welcome back and Happy New Year! January marks the mid mark for the 2019-2020 school year as the second marking period closes on January 24<sup>th</sup>. The counselors encourage students to reflect upon their progress, goals and future ambitions and please see your counselor if you need any additional support.

Minor academic changes may help your student start the new year off on a positive note. These changes include tackling the most difficult homework assignments first, taking ten minutes a day for organization/backpack cleanup and utilizing websites such as quizlet.com to prepare for tests and quizzes. Please see your child's counselor for additional tips/suggestions.

### Academic Websites to Assist Students in Studying/Skill Building

- Khanacademy.org
- Newsela.com
- Freerice.com
- Brainpop.com
- Quizlet.com
- Duolingo.com

### **\*\*Bergen County Resource of the Month\*\***

**Free Fresh Produce  
Market and Community  
Resource Event at the  
Meadowlands YMCA on  
January 30th from 10am-  
3pm at 390 Murray Hill  
Parkway, East  
Rutherford, NJ**

**Registration is mandatory  
- please RSVP by calling  
201-955-5300**