

# HIGHLANDER HILLTOP 6/4

Dear Highlander Families,

Happy first week of June. The temperature is back up, and we can feel summer closely approaching. This week, we had our 8<sup>th</sup> grade students participate in a virtual career fair, facilitated by Junior Achievement of Southwest New England. They had the opportunity to hear from professionals in engineering, news-media, medicine, and accounting and learn more about personal branding as they prepare to enter high school, and are thinking about the future.

Next week we have two major dates to mark on your calendars for our 8<sup>th</sup> graders. The first is 8<sup>th</sup> Grade Awards Nigh, on Tuesday, June 8. Award recipients should have received invitations in the mail this past week, and the event will be held at 6 o'clock in our auditorium. Then on Friday we will have a promotion ceremony for all 8<sup>th</sup> grade students from 3 to 4, followed by a sendoff carnival organized by an exceptional group of parents here at Portland MS.

-Chuck Hershon



## FROM THE NURSES OFFICE:

This is a reminder that all medication must be picked up by a parent/guardian by noon on Wednesday, June 16th. This includes prescription and over the counter medication. Medication that is not picked up by June 16th will be disposed of in accordance with the State of Connecticut statute 10-212a-5.

Attached is a medication authorization form for the new school year. Medication orders need to be renewed at the beginning of every school year. Completed forms and medication (in original containers with a prescription label) should be given to the school nurse prior to the beginning of the school year. **Forms must be completed by a physician and signed by the parent.** Teachers and secretaries are not allowed to accept medication. The school nurse will be available 2 days prior to the start of the school year to accept medications, orders, and go over any concerns.

[Med Authorization Form.pdf](#)

## Grade 8 News:

The grade 8 team really enjoyed spending time with students during field day in a non-academic setting. We hope they had fun. They worked very hard during the SBA testing weeks and they deserved to enjoy themselves. **Grade 8 teachers would like students to bring history books, algebra books and any language arts books (dystopia or any others still at home) back to school next week so that we may collect them.** This does not include the summer reading books that are being handed out as part of summer work to prep students for high school. Students going to Portland High School will also be getting a summer math packet during the last week of school that they will need to complete before school starts in late August. It will count as a grade in math next year. Keep up the good work.... we are almost there!



gg55535156 GoGraph.com

## Grade 7 News:

As the school year winds down, seventh grade science students have been busy preparing their final presentation - a deep dive into one of the human body systems and the chance to be the teacher. The students completed a web-quest exploration of nine different systems and then chose one system to research in more detail. Next week, students will show off what they have learned in an engaging lesson for their classmates. Enjoy the following posters demonstrating some of their expertise.

### The nervous system

**Left Hemisphere Right Hemisphere**

**Cerebrum**

**Brainstem at base**

There are three main parts of the brain: the cerebrum, cerebellum, and the brainstem. The cerebrum contains the highest level of processing, including thinking, feeling, and reasoning. The cerebellum controls voluntary movements, such as walking, jumping, and balancing. The brainstem connects the brain to the rest of the body and controls basic functions like breathing and heart rate.

**Cerebrum**

**Cerebellum**

**Brainstem**

**Spinal Cord**

**Spinal Nerve**

The nervous system is a very important system because it tells other systems what to do. It tells the heart to beat, the lungs to breathe, and the muscles to move. It also carries information from the rest of the body back to the brain.

**cell body**

**nucleus**

**dendrite**

**axon ending**

**Key Notes:**

- The nervous system is made up of billions of nerve cells called neurons.
- Neurons carry messages from one part of the body to another.
- The brain is the control center of the nervous system.
- The brain sends out signals to the rest of the body.
- The brain controls all the things we do, from thinking to breathing.

**Fun Fact:** The brain is made up of about 100 billion neurons.

### Endocrine System

**Pituitary**

**Thyroid**

**Adrenal**

**Pancreas**

**Gonads**

**Key Notes:**

- The endocrine system is made up of glands that release hormones.
- Hormones travel through the bloodstream to target organs.
- The endocrine system works with the nervous system to control the body.
- Hormones control things like growth, metabolism, and reproduction.

**Fun Fact:** The endocrine system is sometimes called the 'chemical messengers'.

### Circulatory System

**Right Atrium**

**Right Ventricle**

**Left Atrium**

**Left Ventricle**

**Systemic Circuit**

**Pulmonary Circuit**

**Blood Cells**

**Plasma**

**Red Blood Cells**

**White Blood Cells**

**Platelets**

**Capillaries**

**Arteries**

**Veins**

**Key Notes:**

- The circulatory system transports blood throughout the body.
- Blood carries oxygen, nutrients, and hormones to cells.
- It also carries away waste products like carbon dioxide.
- The heart is the pump that keeps the blood moving.

**Fun Fact:** The heart pumps about 2000 gallons of blood every day.

### The Respiratory System

**The Trachea**

**The Bronchi**

**The Alveoli**

**The Diaphragm**

**The Esophagus**

**Circulatory System**

**The muscular system**

**Fun Facts:**

- The respiratory system takes in oxygen and gets rid of carbon dioxide.
- The diaphragm contracts and relaxes to help breathe.
- The muscular system allows us to move.
- The circulatory system carries oxygen and nutrients to the cells.

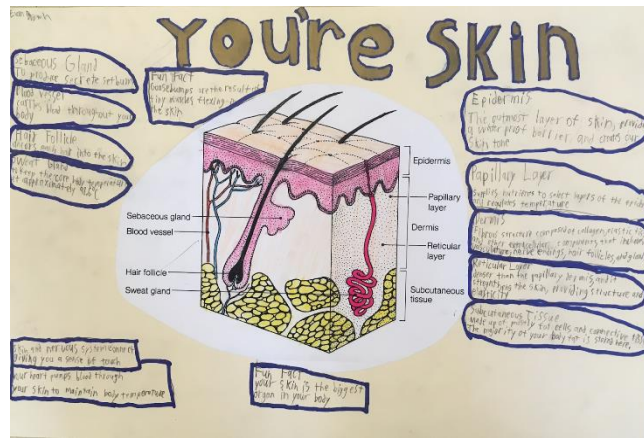
### Muscular System

By: Brady Daggett

<h4>Cardiac Muscle Cell</h4> <p><b>Heart</b></p> <p>Cardiac muscle cells are found in the heart. They are striated and have a central nucleus. They are connected to each other by gap junctions, which allow them to contract together.</p>	<h4>Smooth Muscle Cell</h4> <p><b>Stomach</b></p> <p>Smooth muscle cells are found in the walls of internal organs like the stomach. They are non-striated and have a single nucleus. They contract to move food through the digestive system.</p>	<h4>Skeletal Muscle Cell</h4> <p><b>Bicep</b></p> <p><b>Tricep</b></p> <p>Skeletal muscle cells are long, cylindrical, and striated. They have multiple nuclei. They are attached to bones and are responsible for voluntary movements.</p>
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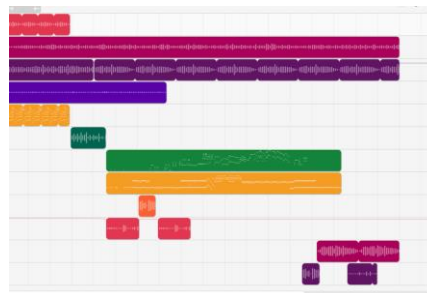
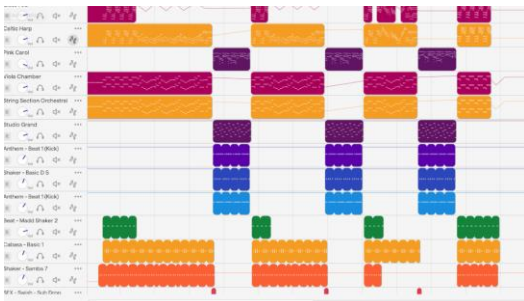
**Fun Facts:**

- There are over 600 muscles in the human body.
- The muscular system helps you move and stay healthy.
- Muscles need oxygen and nutrients to work properly.



**7<sup>th</sup> Graders: Please make sure you have turned in your course selections for 8th grade world language and music courses!**

**Music Tech:** Students are hard at work completing their final projects of the year. In this path, they have chosen to follow the career path of either a Foley Artist by creating a story based on found and created sound effects, and utilizing the appropriate tools within our digital audio workstation to compile and master those sounds, or the path of a Producer, where they digitally remix and remaster an existing piece of music using the knowledge they've gained about song composition throughout this course.



Chase VanDeventer, Grade 7



Evan Piacente, Grade 7



Emily Bernard, Grade 8 PVLA



Nick Dumais, Grade 8 PVLA



Nate Quesnel, Grade 7



Grace Thrasher, Grade 7

**Great morning yesterday for a kickball game with the Library Crew!**



**The class of 2023 (current sophomores) are hosting a drive-in movie on Friday the June, 11th at Portland High School at sundown. See the attached flyer for details!**

[Drive in Movie Ad.pdf](#)

## **Volunteer Hours Available at the Portland Library This Summer!**

The library has made the decision to welcome Summer Reading Volunteers again this year after a hiatus last year. This position counts as community service for school or religious organizations so it's a great opportunity for those who need hours. Volunteers should be entering grades 7-up and will need to attend an online training session and adhere to COVID-19 safety requirements, including wearing a mask and social distancing. Hours are flexible and there is no minimum requirement. Please see Mrs. Jenn Renk at the library for more information. Click the link to apply!

[2021 Internship Application Portland Public Library.pdf](#)