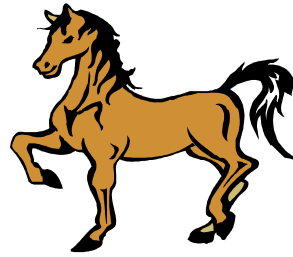


# Colts Corner

The monthly newsletter of  
Pearl R. Miller Middle School



## Notes from the Principal's Desk

Happy New Year! From all of us at PRM, we hope this year brings you health and happiness.

The coming of each New Year is a time in which many of us reflect upon the past, as well as set plans for a better future. Hence the tradition of selecting New Year's resolutions. I would encourage each of our students to think about what they would most like to accomplish this year. Then, set a plan for accomplishing those goals, and follow through on it. With a clear plan in mind, and the dedication to make it happen, you can achieve your goals.

With all of that in mind, I submit to you my New Year's resolution: this year, I will be starting the

PRM Principal's Blog. For those of you who may not know what a blog is, it is an online forum that allows us to share our thoughts. I will regularly post thoughts, comments, questions, or other types of prompts relevant to our students and/or school community. You will have the opportunity to post a response on the blog, as well as to read the responses of others. You can view the blog at <http://mmongon.edublogs.org/>, and we will post a link on the PRM website.

I encourage you to check out the blog whenever you have the chance, and hope you will have the opportunity to share your thoughts. I look forward to the enhanced communication that this new venue will allow.

## Resolve to Stick to Resolutions

Helping our children set and follow resolutions can be tough. Here are some guidelines to help your child:

- **Improve your motivation:** Describe or write down the reasons why you want to change or why this change is important to you.
- **Increase your confidence:** Look back on successful changes you have made in the past and repeat what worked or helped you succeed.
- **Tell a friend:** You are more likely to achieve your goal if you tell someone or if you have the support of a friend.
- **Keep a diary or journal:** Research has shown you are more likely to stick to a goal if you write it down and keep track of your progress.
- **Don't be too hard on yourself:** Relapsing or slipping is a normal part of behavior change, but don't beat yourself up about it, just be persistent, learn from what happened and start again.

January 4:  
Return to School from  
Break

January 15:  
Winter Dance Grades  
7 and 8 only

January 22:  
Grade 6 Teen Canteen

January 26:  
End of Marking Period  
2

### Dates To Remember

February 5:  
Grades 7 and 8 Teen  
Canteen

February 10:  
Home and School Meeting  
7:30 PM in PRM Cafeteria

February 19:  
Grade 6 Teen Canteen

# PRM HSA NEW LETTER - JANUARY 2010

Dear Fellow Parents and Guardians

With every New Year, goals and resolutions are set. This year, in addition to our regular events, we have 2 goals: to reach out to working parents, and to complete the funding of smart boards for PRM.

This year we have held an evening meeting to include those parents working during the day, as well as a workshop in drug awareness. Our next evening meeting will be held on February 10 at 7:30 PM, and will feature a speaker from the Morris County Prosecutors Office on **Internet Safety**. The presentation is free and is open to all Kinnelon parents. It is important information – please plan on attending.

To fund the remaining smart boards for PRM, the proceeds from our major fundraiser of the year – **Military Bridge** – will be used to that end. Military Bridge is a card game that anyone can learn to play in a matter of minutes. It is a great night out and a nice way to meet a lot of people. Make a table of 4 and come on out – it is only \$20 per person. Sandwiches and light snacks will be served, and there will be tricky tray baskets as well as a 50/50.

We are asking for **sponsors for the Military Bridge centerpieces**. This year the centerpieces are beautiful topiaries that feature your business card or message. Your card or message will also appear in the event brochure. Each sponsorship is only \$30 and is tax-deductible. If you would like to sponsor a centerpiece, please send 3 business cards (or message) and a check for the total number of centerpieces to:

Pearl R Miller - HSA  
117 Kiel Ave.  
Kinnelon, NJ 07405

Attention: Military Bridge

Make checks payable to “PRM Home and School Association”. The children you are benefiting are your own!

Best Wishes to all for a Safe and Happy New Year!

Mary Pitts  
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