

The banner features a blue background with a white URL 'http://www' on the left and the school name 'Spangdahlem MS' and 'Podcast Audio Transcripts' in white text on the right. The URL is partially obscured by a white graphic element.

http://www

Spangdahlem MS

Podcast Audio Transcripts

January 2009

5 January 2009

This is Mr. Malloy welcoming you to Spangdahlem Middle School's first podcast of 2009. I hope that the holidays brought you the rest you deserve and that you enjoyed your time with your students. As we approach the end of the first semester it is very easy for students to slack off. We ask that you please stay involved in the process by checking GradeSpeed regularly and talking to your students about what they need to do at school. Continue good communication with your student's teacher via email, agenda books, or phone. If you are having difficulty with any of these please contact me immediately. I have an open door policy and you are always welcome to call or visit me.

I need to remind everyone that we do have a few end of the semester tests right around the corner. On 13 January students taking German will take their exam. On 14 and 15 January 7th and 8th grade students will take their Language Arts Review Tests, and finally those students lucky enough to have Algebra will take their final exam on Friday 16 January. Please make sure that your students are prepared well rested and have a balanced breakfast on the day of their exams.

Our nurse and health teacher are joining our podcasts with a brief health message each week. Here they go.

Hello and welcome to Spangdahlem Middle School's first health portion of our school's podcast. This is your Nurse and your Health teacher, reporting in. Today's topic is an explanation of the overall goal for our portion of the podcast. As our school moves into more of a wellness mindset with the implementation of our district's wellness policy, so do we hope you our listeners; students, parents and staff, will as well. Through our weekly podcasts we aim to provide you with wellness information to help you make it a lifestyle, daily lifestyle, filled with overall wellness; balancing physical, emotional, mental and social health through health filled habits on a daily basis.

This coming week on Wednesday, January 14th, we have a Fitness opportunity here at SPMS. You can come directly after school to play volleyball with other students, staff and parents. We'll start at 2:45pm and go until around 4:15. Please stop by the Health room, room 202, to sign up. Tune in next week to hear how to care for yourself and others during Flu and Cold Season.

Thank you for listening and be sure to tune in next week for weekly podcast.