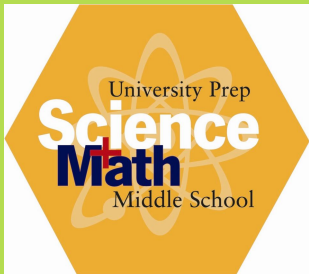


THE Catalyst



5100 John R.
Detroit, MI 48202

www.uprepsm.com

(313) 832-8400

Superintendent's Message

We've made it. One trimester down.
Two to go.

The first trimester is over, and UPSM Middle School is looking forward to new beginnings—a new trimester, a new leadership team, a New Year and a lot of new energy around our CORE Values, our mission and our goals.

Before we launch into all that is ahead of us, we owe it to ourselves and to our students to applaud UPSM's collective accomplishments over the first three-and-a-half months.

There are many. We have:

- Learned where each and every student is academically and begun to implement strategies to personalize their learning and stretch them;
- Visited the Detroit Science Center many times and integrated the exhibits into science, Spanish, Chinese and humanities programs;
- Started an AWESOME chapter of the Watch DOGS (Dads of Great Students);
- Raised thousands of dollars for charitable organizations through community service projects;
- Established several exciting after school programs including: Academic Games, Lego League, Equestrian Club, Travel Club, Chess Club and many others;



- Put together a winning Girls Basketball Team and assembled a cheerleading squad and a Girls Volleyball Team.
- Developed a plan to drop off and pick up students without incident ☺
- Established a Parent Power Center on the fourth floor for parents to use as their home base while they're volunteering and/or helping their child.

I encourage everyone to take a moment to thank Shawn Hill for giving UPSM a strong foundation. Her energy, commitment and intellect have brought us a long way.

Now, our job going forward is to maintain our focus on improving student achievement and developing the culture of excellence that will ensure that every one of our students makes it to—and makes it through—college.

I look forward to sharing much more detail with you in the New Year.

Happy Holidays!!!

Margaret Trimer-Hartley

OPEN ENROLLMENT—TELL FRIENDS AND FAMILY

It's hard to believe, but it's Open Enrollment time. UPSM Schools are accepting applications now for 6th, 7th, 8th and 9th grade students for the 2010-2011 school year.

Open Enrollment will run from December 5 – February 5, 2009. A public lottery will be held at the Detroit Science Center on February 19 at 10:00 a.m.

Students who will be entering the 9th grade can apply to attend UPSM High School - a brand new, state-of-the-art education facility opening soon on Detroit's Riverfront!

Once your application is complete, you may:

- Drop it off at the front desk: UPSM Middle School, 5100 John R, Detroit, MI 48202
- We do not recommend faxing applications, however, if you choose to fax or mail, please call to verify receipt: **(313) 832-8400**.

Families who are interested and/or willing to host "house parties," to promote enrollment please contact Margaret Trimer-Hartley at 313-269-5627 or mtrimer-hartley@uprepsm.com. UPSM will pay for refreshments.

GIFT OF READING

Instead of throwing ourselves a holiday party, the advisors and staff of UPSM Middle School have instead opted to put the resources toward giving every one of our students a Gift of Reading this holiday season. We will be short about \$1,000, and we are asking any and all parents who can spare it to contribute to this effort.

Whatever you can give is welcome and appreciated. You may drop off your donation (money orders should be made to UPSM) to Cynthia Moon or give it to your child's Advisor.

Thank you for your generosity.

Share Together. Care Together.

Beginning next Tuesday, December 15, I will be hosting weekly conversations from 3:30 to 5 p.m. in the 4th Floor Parent Power Center. Please join me as often as you can for coffee/tea and dialogue. I want to hear your ideas, your concerns, your wishes and your hopes for UPSM.

One of our greatest strengths as a school is our incredible parent involvement. UPSM is YOUR school and you are part of OUR family. I can't wait to get to know each and every one of you better.

If this time is not convenient for you, please call me on my cell phone at 313-269-5627 or email me at mtrimer-hartley@uprepsm.com to make other arrangements.

MTH

Good Health = Better Behavior

Calcium Deficiency: A Cause Of Family Turmoil

Have you ever considered calcium deficiency as a cause of family tensions?

Every age group and both sexes require calcium. Even though 99 percent of calcium is found in the bones and teeth, that is not all it does.

This mineral aids in the movement of nerve impulses, aids in muscle contraction and relaxation, blood clotting, blood pressure and even is used by the immune system. The body works to keep a tight rein on an exact amount of calcium in the blood. Your body wants to keep the blood concentration levels at normal.

Teens are prone to calcium deficiency. Puberty is a fast changing time for the body. With this, the need for calcium increases. For girls as early as one year before their first menstruation they require more of this mineral.

For boys it is required for the rapid growth period. When the bones grow to provide the height of growth, calcium is needed.

One of the symptoms of calcium deficiency is being quick tempered. Another sign is irritability. Both of these symptoms are also common complaints from parents about their teens. These years can be trying for the teen as well as the family.

With symptoms such as mental depression, irritability, inability to relax and insomnia it is not surprising that this deficiency is often the missed cause.

Today, it is estimated that more teens are depressed than ever before. More of our children are being medicated for ADHA, ADD and other behavior disorders than ever in the history of man.

Healthy food for kids is one way to overcome the challenge of getting kids to eat healthy. When many of us were growing up, we took our lunch to school. Even so, we could still get junk food once in a while. Today it is school lunches that feed our kids.

Our children are bombarded with industry ads. Schools have received funding from companies like Pepsi on the condition of promoting their products. And yet, soda pop and health show an exasperation of the calcium deficiency. Removing soft drinks and replacing them with the diet version puts your kids at risk of neurological disease.

A healthy alternative would be to replace all these drinks with 100% fruit juice. And to make plain, simple water available to the kids at cost.

A deficiency would be resolved by getting more calcium and/or removing the cause of calcium loss as in soft drinks. Healthy eating would provide more calcium. Another option is to

supplement this nutrient. When supplementing any nutrient it is important to know that every vitamin or mineral has an ally. That would be another nutrient that it needs in order to be absorbed, be effective, or to partner with.

In order to be able to use and absorb calcium-it must arrive with magnesium and Vitamin D in a slightly acidic base. So taking the supplements with Vitamin C or orange juice would work.

Just take a look at the list of symptoms below. Now, can you just imagine how peaceful your home would be if no one had a calcium deficiency?

Symptoms of Calcium Deficiency

- nervous tension
- inability to relax
- fatigue (not in proportion to the amount of work done)
- restlessness
- irritability
- quick tempered
- insomnia
- muscle spasms
- spastic colitis (muscle spasms of the colon)
- tooth decay
- bone loss
- mental depression
- Premenstrual Syndrome
- menstrual cramps (cramps of the uterine wall)
- menopausal symptoms (irritability, hot flashes, night sweats, leg cramps, mental depression)

Partners as Partners

Happy December!

It's hard to believe that 2010 is almost here. It seems as though just yesterday we were all coming back to school. The first trimester flew by and I know we are all looking forward to a much needed break.

With the new changes occurring in our school community we are looking to parents to help facilitate our changes. Starting in January our new Parent Power Center will be up and running. I am pleased to say that my office will become the parent hub. Ms. Trimer-Hartley has wonderful insight and vision about parent involvement within our learning community and the Parent Power Center will allow parents to come into UPSM and work as full participants in their child's education.

On another note it is with great sadness that we say good-bye to Mrs. Hill. Shawn Hill has been with the UPA system since its inception in 1999 and helped create our beautiful environment. She has worked very hard to create a first-class learning opportunity expecting nothing but the best from everyone involved. We will miss her but please know that Mrs. Hill has a wonderful opportunity ahead of her. We wish you all the best, Mrs. Hill!

Please feel free to contact me over the break if you would like to help develop the Parent Power Center at ccampbell@uprepsm.com. Have a safe and happy holiday and I'll see you in the New Year.

~Carol Campbell, Volunteer Coordinator

NEW WEBSITE

Check out www.uprepsm.com, our new marketing Website. Please use the advisors' sites for internal school business.

Thanks to Jill Woodward of Woodward Consulting, LLC, for her expertise in putting it together.

REMINDER

Students who are not picked up by 3:45 p.m. and who are not in a scheduled/approved after school activity will be sent to latchkey and families will be charged \$5 per hour by the "Y".

We regret that we have to send this reminder, but our students get into too much mischief and are in danger when they're allowed to loiter after school.