



# THE EAGLE HILL HSA NEWSLETTER

## HSA CALENDAR

1/27: 5/6th Tubing Night  
1/28: Big Read event @6:30pm  
1/29: No School - Lunar New Year  
2/3: Parent Council - Strategic Plan  
2/5: District Chorale Concert @7pm  
2/10: BOE Meeting @6pm  
2/11: HSA Meeting @630pm  
2/17-21: Winter Recess  
2/26: Special Education Parent Meeting Series

Happening Soon  
Gertrude Hawk Fundraiser

Chairs and Volunteers are  
needed to support new efforts!

**FULL DISTRICT CALENDAR**

## *Welcome Back!*

We hope 2025 is off to a great start for all of our families. November and December were filled with so many wonderful events and staff appreciation days. In January and February, we have our annual snow tubing events, Gertrude Hawk fundraiser, and new this year, our GotSneakers shoe recycling drive. Wellness Day will be on January 24 (half day for students), and the HSA is contributing to lots of fun activities planned for our students.

Wishing you a happy and healthy 2025!  
Hope to see you at an event soon!

Email: [EagleHillHSA@gmail.com](mailto:EagleHillHSA@gmail.com)  
Website: [www.eaglehillhsa.org](http://www.eaglehillhsa.org)

# The Spotlight

Our teachers and staff are working hard every day to provide an engaging and safe learning environment. We are taking you inside Eagle Hill to get the scoop!

## STAFF SPOTLIGHT



**Kim Welling**  
School Nurse

*Kim Welling*

*What is your position at Eagle Hill?*

I am the new school nurse at Eagle Hill. I just started at EH this year, but worked at FM High School for 16 years prior to starting here.

*What is your favorite aspect of working with middle school students?*

I really enjoy working with middle school students. I love all of their energy and enthusiasm!

*What's a fun fact you would like to share?*

Fun fact is that my husband and 2 sons (now 25 and 22) are big football fans. We have been to many NFL games over the years, but especially love to watch the Buffalo Bills play. During the winter I do like to ski, but mainly try to avoid the cold and keep active by going to the gym.

## Helpful information from the Nurse's office

Parents can call the Health Office with any attendance notifications, health concerns, health updates or any health-related questions. We do require updated physicals for all 5th and 7th graders. There are also mandatory vaccine requirements for all 6th and 7th graders. Information is sent the prior year to notify parents of the requirements for the upcoming school year, so please be on the lookout for that information before the summer vacation. Parents can call the Health Office 315-692-1402 with any questions.



## COMMUNITY SPOTLIGHT

Our sneaker drive will continue through the end of February.

Please drop off any shoes you would like to recycle or pass on that are in gently used condition. Our school will earn money for keeping old shoes out of landfills! You can also drop off at our partner locations: Manlius Library and Manlius YMCA. Thank you for your support!

# Winter Happenings

## Annual Pumpkin Pie Distribution

HSA Board members made our annual delivery of Costco pumpkin pies before the Thanksgiving holiday. All staff were provided with a pie for their upcoming holiday break. We are so grateful for our staff!

## Aladdin Jr. Musical

Eagle Hill students presented Aladdin Jr. this past November, and our students did an amazing job bringing the play to life. Students enjoyed a cast party, and listened to our 8th graders give their final thoughts on participating in theater at Eagle Hill.

## Staff T-Shirts

In November, the HSA provided all Eagle Hill staff and faculty with a t-shirt to promote community, culture and to share with them how much they mean to our families. Each shirt also had a note attached sharing our gratitude and appreciation. Thank you to our Secretary, Kala Jenkins, for her creativity and design!

## FM's Got Talent

The Eagle Hill and Wellwood HSAs would like to come together to have a talent show! We would like to hear from FM Families to see if a talent show is something you are interested in.

Please fill out this survey if you are interested in a Talent Show!  
[CLICK HERE!](#)

## The Pillow Project

This past semester, Kate Bryant and her Eagle Hill FACS class met with Enders Road students to interview them to create beautiful book pillows for them. Students gathered information to make and sew a pillow for their buddy based on their input. The results were fantastic as you can see. Ms. Bryant shared, "the kids were so thrilled...on both sides. It was an amazing experience for all."

The HSA was thrilled to contribute materials and donations to help support this project. If you would like to help Ms. Bryant's class next semester with materials or donations to support this wonderful work, please let us know.

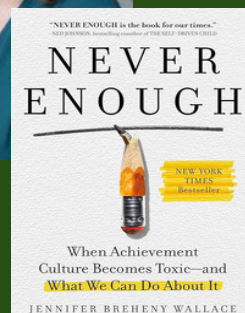


As part of our fundraising efforts this year, we are pleased to offer Gertrude Hawk Chocolates! How do you participate? It's easy! There are two ways to support our sale!

Sell Online:  
An email will be sent out.  
(Open until April 6th)

Brochure: Sell orders and  
complete the form  
(Open until March 3rd)

## THE BIG READ with Dr. Melissa Carman



On Tuesday, January 28th from 6:30pm - 8:00pm in the FM High School Auditorium the Big Zen committee will be hosting the Big Read finale, entitled "From a House of Cards to a Strong Foundation: Redefining Success in our Community" with keynote speaker, Dr. Melissa Carman, along with some special guests. You do not have to have read the book, and parents AND students are encouraged to attend. This fireside chat is not to be missed and there is no registration required. We hope to see you there!

We also recommend this past Big Read's book, *Never Enough: When Achievement Culture Becomes Toxic - and What We Can Do About It* by Jennifer Breheny Wallace. Engaging, thought-provoking and lots of solutions to help better support and engage with our children.

# Health and Wellness Matters

## THE READING CORNER

Here are a few book recommendations

The Giver by Lois Lowry  
Our 7th graders recently finished reading this young adult classic by Lowry. "It's the timeless tale of Jonas, a young boy in a society hiding under the guise of a utopia, as he grapples with themes of challenging inherent beliefs and the power of individuality." – B&N

Inner Excellence: Train Your Mind for Extraordinary Performance and the Best Possible Life by Jim Murphy  
Discover the life guide that has developed world champions, empowered athletes to become world #1, and most importantly, transformed their hearts and minds. This step-by-step training manual from one of the world's top mental skills coaches will teach you how to train your mind like the very best. – B&N

Tom Lake by Ann Patchett  
"Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born. Both hopeful and elegiac, it explores what it means to be happy even when the world is falling apart." – Goodreads

A few more books to read:

They Call Me No Sam by Drew Daywalt

Buffalo Dreamer by Violet Duncan

Smart but Scattered Teens by Richard Guare

## SWEET POTATO CHILLI



Recipe & Image By Jamie Oliver

This recipe is amazing and a fan favorite in Angelique's house. Perfect for these cold Central New York winter nights, too!

Ingredients: Gluten Free - Vegetarian Serves 12

2 HRS 12 MINS (12 MINUTES PREP, 2 HOURS COOK)

6 sweet potatoes (250g each)	½ a bunch of coriander (15g)
1 teaspoon cumin seeds	3 x 400g tins of black beans
1 x 95g jar of chipotle chilli paste	3 x 400g tins of plum tomatoes
500g fresh or frozen chopped mixed onion, carrot & celery	60g feta cheese
olive oil	

1. Preheat the oven to 180°C/350°F/gas 4. Put a large deep casserole pan on a medium-high heat. Peel the sweet potatoes, placing them in the pan as you go. Add 1 tablespoon of olive oil and fry for 5 minutes, turning occasionally, until starting to get golden.
2. Push to one side, add the cumin, let it sizzle, then spoon in the jar of chipotle chilli paste and add 2 jars' worth of water. Tip in the chopped mixed veg, finely chop and add the coriander stalks, reserving the leaves, then bake for 1 hour.
3. Remove from the oven and add the beans, juice and all, then the tomatoes, scrunching them in through clean hands, along with 1 tin's worth of water.
4. Stir well, then roast for another hour, or until the sweet potatoes are tender.
5. Season to perfection, then – if enjoying straight away – crumble over the feta and tear over the coriander leaves, to serve. Enjoy as is, batching up extra portions to stash in the fridge or freezer for future meals.

## A WORD FROM OUR SPONSORS

### GOT CANS OR BOTTLES?

Return your cans or bottles at the bottle and can retrieval centers and let them know that you would like to donate your return to the EAGLE HILL HSA!

**Bottle & Can**  
RETRIEVAL CENTERS™

Every little bit helps! Thank you!



**TOPS**  
Supports Schools in  
Our Communities

Register your TOPS card with  
The HSA. Learn more at  
[EAGLEHILLHSA.ORG](http://EAGLEHILLHSA.ORG)

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**venmo**

**YOU!**

We are always accepting  
donations to support  
our continued efforts to bring  
supplies and enrichment  
opportunities for our students!

## See You SOON!

Don't miss our next HSA Meeting on Tuesday, February 11 at 6:30 pm in the Eagle Hill cafeteria. Every meeting includes the Principal's report, an update on previous and planned activities, and an open forum for parents and caregivers to discuss current and important topics at Eagle Hill. We hope to see you there on 4/8/25 at 6:30pm. Please let us know if you would like to attend virtually.

### Call for Volunteers

There are a variety of events we'd like to host during the rest of the school year. We are looking for volunteers to lead or participate in the following events. Please email us if you are interested in leading one of these committees, or have a new idea you'd like to initiate! Winter dances Parent/caregiver night out FM's Got Talent, Movie Night, Fundraising committee chair & 8th grade celebration committee.

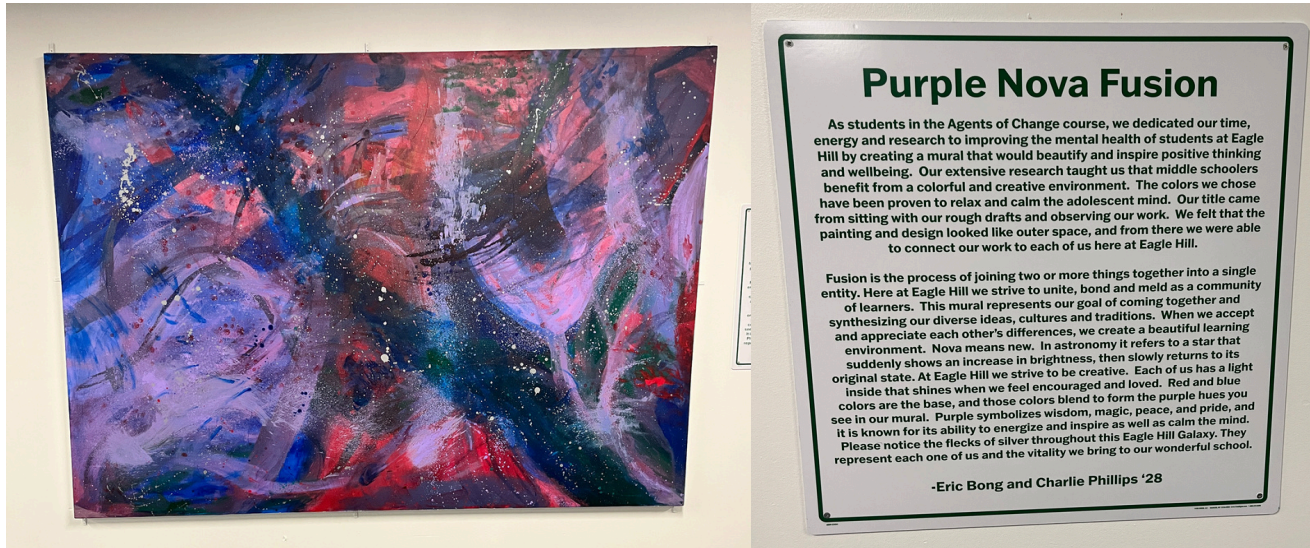
### Community Events and Resources

[Manlius Library Calendar](#)

[Fayetteville Library  
Calendar](#)

# Photo Gallery

## Agents of Change Art Project



## Aladdin Jr. Musical



## Pumpkin Pies, HSA Bulliten Board, Staff Tshirts.



## Book Fair



## The Book Pillow Project

