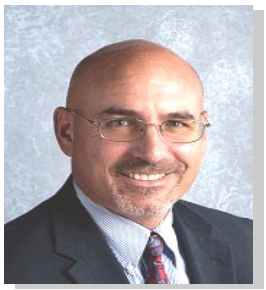
NEWTOWN MIDDLE SCHOOL

The Lion's Roar

November 2021

Special Points of Interest:

- **Counseling Office - Page 4**
- **Scarecrow Contest Winners - Page 12**
- **Ski/Snowboarding Club - Page 14**



Principal's Corner

A message from Thomas Einhorn, Principal, Newtown Middle School

Dear Newtown Middle School Families,

November is going to be a very busy month for all of us. Empowering your child to do their best and to persevere when things become challenging are important attributes that we all need to instill in our children. We as a school community have been working on creating opportunities for students to increase their capacity to demonstrate "grit". Research has shown that "grit" above all else is the single characteristic that successful individuals have in common.

I would like to take this opportunity to remind parents who are dropping their students off in the morning to use the Horseshoe or the Cafeteria drop off areas only. Please do not drop off your children on Queen Street. Thank you in advance for your cooperation.

We as a school are continuing and increasing our efforts to promote Kindness and Service. As a commitment to our students and our community, we want to continue to take an active role in fostering these important virtues. As a school, we want to provide opportunities for our school community to participate in a positive way in the coming months and through this and future school years.

We would like to wish you a Happy Thanksgiving and we look forward to the year ahead, and our shared partnership.

All the best,

Tom Einhorn

Principal

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Assistant Principal's Corner

By James Ross, Assistant Principal

NMS - Second Step SEL Program

All of our students at Newtown Middle School will have an opportunity to participate in the Second Step Social Emotional Learning Program. The primary goal is to equip students with the tools that will help them successfully navigate through middle school.

Early adolescence is a time when students' cognitive capacities, including abstract thinking and moral reasoning, increase (Steinberg, 2007). During this developmental period, students are primed to be especially sensitive to their peers and experience an increased intensity of emotions (Steinberg, 2007). This combination can result in peer conflicts that may bring on many challenges for the middle school student.

The Second Step Program will focus on the following areas:

Social Connectedness
Students will learn specific skills to help them feel connected to others and a sense of belonging inside and outside of school. Feeling a sense of social connectedness is a fundamental human need (Walton et al., 2012) and an important contributor to students' school success.

Growth Mindset
Growth mindset is a belief that success can be achieved through time and effort. Students that have a growth mindset feel they can master skills and build intelligence with effort and perseverance. They embrace challenges and learn from their mistakes.

Goal Setting and Implementation Intentions
Setting goals and having a plan is a life-long skill set that will help students have academic and personal successes. Students will create If–Then Plans, in which the "If" is a specific cue they expect to encounter and the "Then" is the action they want to carry out.

Identifying Interests and Values
When students set goals focused on developing competence, known as mastery goals, they demonstrate greater motivation and effort, adaptive learning strategies, and better learning outcomes (LinnenbrinkGarcia et al., 2016; Senko, 2016). Goal-setting and growth mindset are complementary approaches to helping students identify interests and areas for personal growth, as well as develop strong work habits. These concepts are addressed across all grades in the program.

Emotion Management
Emotional awareness and knowledge contribute to positive youth development. Children and adolescents can learn a variety of strategies to manage and cope with stressful situations (Metz et al., 2013; Wyman et al., 2010) including learning techniques to distract themselves, relax, or deliberately alter their thoughts and practice positive self-talk in an emotional situation. Teaching students to recognize strong feelings and use positive strategies to stay in control are effective ways to increase coping and reduce aggression and other problem behaviors.

Assistant Principal's Corner

By James Ross, Assistant Principal

Empathy and Perspective-Taking
Being able to identify, understand, and respond in a caring way to how someone is feeling provides the foundation for helpful and socially responsible behavior, friendships, and conflict resolution (Batanova & Loukas, 2014). Students will have the opportunity to deepen their understanding of both empathy and perspective-taking through the Second Step lessons.

Bullying and Harassment
Understanding the various roles of incidents of bullying can help students prevent or avoid these situations. Students will learn specific strategies on how to respond to mean behaviors and identify trusted adults that can assist when these incidents occur.

October Lessons: Mindset & Goals
November/December Lessons: Recognizing Bullying & Harassment

PICTURE RETAKE DAY

Picture retakes are scheduled for

Monday, November 12th

Counseling Office

Virtual Coffee with the Counselors

Newtown Middle School

Date: Tuesday, November 9, 2021

Time: 9:00—10:00 AM

Via Google Meet

Please join the NMS School Counselors for a virtual open forum discussion to answer any questions you may have. All parents are welcome! When you RSVP, you will be sent a link to join the meeting. Please RSVP by Friday, November 5th.

RSVP: Tina Cooney
203-426-7645 or
cooneyt@newtown.k12.ct.us

PTA News

PTA For Your Child!

We invite you to join Newtown Middle School's PTA. The PTA supports critical academic needs, we invite you to join our **PTA For Your Child** because your membership and generous donations make it possible to:

- Provide *student enrichment* through **Cultural Arts program and Student Community** needs that help:
  - Support the school library media center a STEM related "MakerSpace robot building resource" area and LCD Projector.
  - Support the purchase of outdoor equipment and items for various after school clubs and activity needs.
  - Support Student Community events and activities such as "welcome back" and year end celebrations.
  - AND SO MUCH MORE.

- Provide **Teacher Grants** to create inclusive, enriched classroom.
  - Recently, Newtown Middle School PTA provided classroom needs such as stools for flexible seating, wobble chairs and balance balls to support Special Education literacy needs.

- **Provide Student Scholarships.**

- **Provide Staff Appreciation events.**

Joining the PTA does not require any time commitment from you. Your membership and donations simply support our ability to provide a robust and enriched academic community for your child.

BECOME A MEMBER TODAY!

Click here to join MemberHub

Or

Scan the QR code

Thank you,

Newtown Middle School PTA Executive Board

President: Melissa Beylouni
First Vice President: Jennifer Chaudhary
Second Vice President: Jennifer Padilla
Treasurer: Nancy White
Secretary: Debbie Clark

Email us at: mailto:newtownmspta@gmail.com

PTA
everychild. onevoice.

NMS PTA *needs* YOUR HELP *to support students and staff!*

Jose Madrid Salsa is proud to work with The Newtown Middle School PTA, 50% of your purchase supports the Students and Staff!

Jose Madrid Salsa offers 25 flavors of hand-crafted, gourmet salsas. Whether you like hot and spicy, mild, or slightly sweet we have a flavor you will love! We have won national awards in The United States, Canada, and Texas.

How to order

1. Visit **https://josemadridsalsafundraising.com/**
2. **Click on "Shop" at the upper right to begin.**
3. Scroll through the flavors and add your desired choices to the cart.
4. **When placing the order, there is a drop-down box labeled "Fundraiser Group" in the shipping address section, be sure you select "Newtown Middle School PTA Fall 21".**
5. **Add the name of the individual who contacted you in the "Salesperson" box.**
6. Finish your checkout and **the Kids and Teachers will receive $3.50 for each jar** purchased.

Questions? Email: **Fundraising@josemadridsalsa.com**, Phone: **740-521-4304**.

Library Media Center

This year Veterans Day will be observed on Thursday, November 11. Newtown Middle School will be celebrating Veterans Day by creating an honor wall and Google Slides presentation to recognize the veterans in our community and in our families. We invite Newtown Middle School students and staff to fill out the form below regarding a veteran in their family and to upload a photo. We will create a display of the veterans connected to our NMS community.

Please have your student, using their school email account, fill out a separate form for each veteran to be recognized. The deadline for the completion of this form is Friday, November 5, 2021.
NMS Veterans Day Google Form

Attention All Writers

Mrs. Colwell and Miss Lang are looking for writers to join the Writing Club for Literary Magazine.

Our purpose is to create a place for writers of all skill levels and genres to:

- Work on their own writing
  - Meet other student writers
  - Confer about writing
  - Revise and edit
  - Make friends
  - To write and edit for our Award Winning
    NMS Literary Magazine -*The Opus Optima*

When - Alternating Wednesdays beginning ***November 3rd*** *after school until 3:30*

Where - A-8

All are welcome! Members of the Lit. Mag. Art Club, we encourage you to join us as well. We work together and you can participate in both clubs.

We Hope To See You There!

YEARBOOKS ARE ON SALE NOW!

Yearbooks are on sale for just $38.00! Click THIS LINK to go directly to our Josten's page, enter your information, and you're done! You can also call 877-767-5217 during regular business hours. Please be sure all information is complete and accurate [your child's homeroom teacher is especially important!], and that you *save your confirmation email*. If you have any questions, please email Miss Lang – langs@newtown.k12.ct.us.

YEARBOOK CLUB HAS STARTED MEETING!

Our first meeting was very successful - over 15 students attended , and we generated some great ideas! Our next meeting will be after school on November 10th. We will meet until 3:30 in Room A-8. If you didn't make the first meeting, you are still welcome to join us! Please be sure to arrange a ride home.

School Based Health Center

Adolescent Depression

Teenage depression is no different medically from adult depression. Symptoms in teens may differ somewhat than in adults due to the different social and developmental challenges facing them due to peer pressure, sports, changing hormone levels and their developing bodies.

Depression is connected with high levels of stress, anxiety, and often affects their personal life, school life, work life, social life and family life.

Many adolescents experience some symptoms of depression, which typically include some of many of the following symptoms:

*appearing sad, irritable, or tearful

*a decreased interest in activities your child once found pleasurable

*feelings of guilt, worthlessness, or helplessness

*major changes in sleeping habits

*withdrawal from friends or after-school activities

* worsening school performance

*changes in appetite or weight

*a decrease in energy

*difficulty concentrating

*regular complaints of boredom

*talk of suicide

Some of these symptoms may not always be signs of depression. Still, looking out for changing signs and behaviors can help them to successfully cope with this difficult aspect of adolescence that some experience.

For proper assessment of depression, it is helpful for your child to be evaluated by a Clinical Social Worker, Psychologist, or other mental health therapist.

Teenagers must meet the criteria outlined in the Diagnostic and Statistical Manual to be diagnosed with major depressive disorder (DSM). Their episode must involve at least five of the following symptoms for at least two weeks:

*agitation or psychomotor retardation noticed by others

* a diminished ability to think or concentrate

*fatigue

*insomnia or excessive sleeping

*significant unintentional weight loss or gain

*a depressed mood most of the day

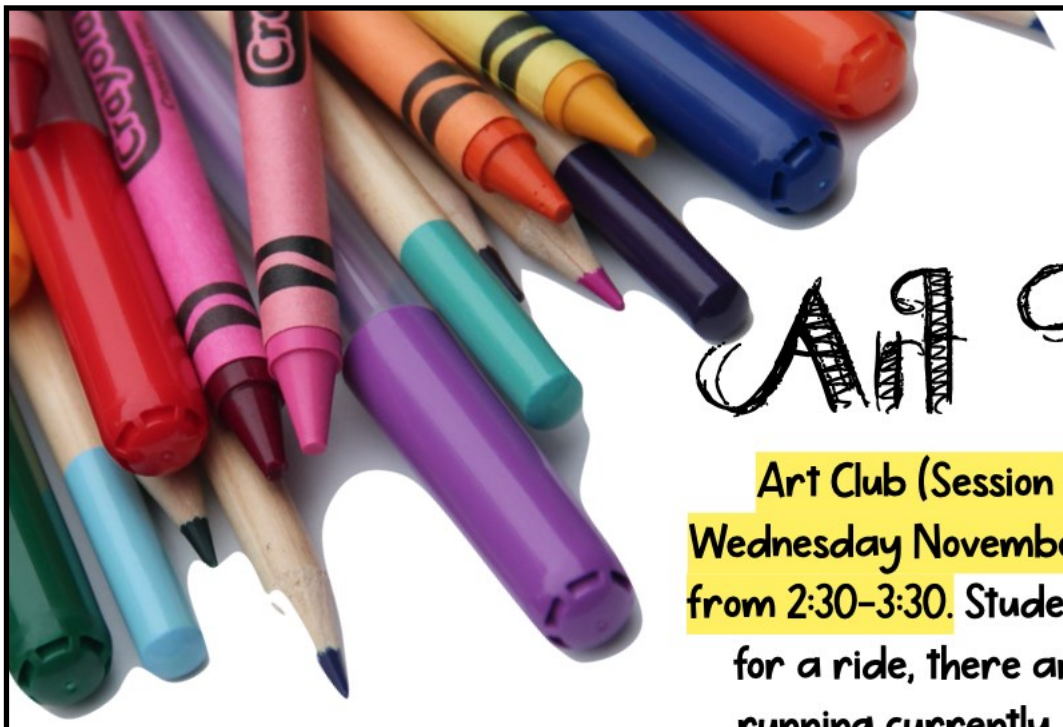
*a diminished interest in most or all activities

*feelings of worthlessness or guilt

*recurring thoughts of death

If parents are concerned about the possibility that their child might be experiencing depression they are encouraged to contact Jennifer J. Sawyer, LCSW in the School Based Health Center at 203-270-6114.

As a student at Newtown Middle School (NMS), your child can to take advantage of medical and mental health services offered during school hours, through the School Based Health Center (SBHC). To take advantage of the SBHC services, please complete, sign and return the 2-page Permission/Medical History Form on the NMS website. Please call us with any questions at 203-270-6114.



Art Club

Art Club (Session 1) will begin on Wednesday November 10th, in room A1 from 2:30-3:30. Students must arrange for a ride, there are no late buses running currently. Any interested students must see their art teacher to sign up.

Lit Mag...for artists

Lit Mag for Artists will be starting on Monday November 8th, in room A1 from 2:30-3:30. Students must arrange for a ride, there are no late buses running currently. Any interested students must see their art teacher to sign up.

Congratulations
1st place
Forky
Created by:
Amanda F.
Riley R.
Avery M.
Annabelle F.
48
Congratulations
2nd place - tie
Stay Puft Marshmallow Man
&
McDonalds Order
←Created by:
Nate H.
Chris G.
Created by:→
Sonya F.
Kayla S.
Annika V.
1
23
Congratulations
1st place
3
Covid Pumpkins
Created by:
Vika A.
Congratulations
2nd place
49
The Seven Dwarves
Created by:
Sierra M.
Congratulations
3rd place
31
Aliens from Toy Story
Created by:
Hayden V.

RISE

Kerry Begin, RISE Teacher

The RISE program has been busy this month with so much growth and learning. The team has taken the month to learn and become aware about Anti-bullying. Each day we talked about ways to be kind, what bullying was, who to talk to about bullying, the different forms of bullying, and how to be a good friend. Kid President taught us all kinds of ways to be kind and we made advertisements looking for best friends.

The students have been active in the community recycling and shopping for their yummy cooking projects.

The book fair was a great success. Each student made a wish list to represent their special interests and showed off their money skills that they have been practicing in math. Thank you to the PTA for their help and support with the RISE students.

This month we have been excited to read and learn more with Winn Dixie and the Warrior Kid about Main idea and details and develop more about self awareness. Science has been about diving into the earth and its surfaces. The students are starting to investigate what the Earth is all about and why it is important. Social Studies has been all about current events such as Columbus day exploration and the Statue of Liberty. We will wrap up the month with a fun Fall festival with spooky fun Fall games, treats, and activities. We continue to work hard and look forward to another month of practice and growth in November."

Skiing and snowboarding….the ORIGINAL "masked" sports!!!

Would you enjoy skiing and/or snowboarding with other NMS families at Mohawk Mountain?

Five Outings…

- January 7th, 21st & 28th
- February 4th & 11th
- *2/25 make-up date

Families need to provide own transportation.

All family members benefit from discounted group lift tickets.

If you may be interested, please email Kerry McKeegan (mckeegank@newtown.k12.ct.us) by Monday, November 22nd for additional information (put SKIING/SNOWBOARDING in subject line).

Image courtesy of Jeff Bucchino, "The Wizard of Draws"
http://www.wizardofdraws.com

Lions Library

Newtown Middle School

Veterans Day: November 11

This year Veterans Day will be observed on Thursday, November 11. Newtown Middle School will be celebrating Veterans Day by creating an honor wall and Google Slides presentation to recognize the veterans in our community and in our families. We invite Newtown Middle School students and staff to fill out the form below regarding a veteran in their family and to upload a photo. We will create a display of the veterans connected to our NMS community.

Please have your student, using their school email account, fill out a separate form for each veteran to be recognized. The deadline for the completion of this form is Friday, November 5, 2021.

NMS Veterans Day Google Form

Lions Library Renovations: Complete!

After closing for a day in late September, Lions Library reopened with beautiful and functional new furniture thanks to a generous grant from Steelcase Education.

The new Flex Flip Classroom —featuring colorful chairs, foldable tables, white board walls, and a soft seating lounge area — was unveiled to students and staff. The furniture installation was undertaken with the goal of creating an environment that encourages engagement, collaboration and creativity.

Many thanks to Steelcase Education for their generous support of the LMC.

Dates to Remember

Look for details in the Lion's Roar or on the NMS website http://www.newtown.k12.ct.us/nms/cal/

November 11th
Veteran's Day
Full Day for students

November 12th
Picture Retake Day

November 24th
Thanksgiving break
3 Hour Early Dismissal

November 25th-26th
Thanksgiving break
No school for students

December 23rd
Early Dismissal
11:32PM

December 24th-January 2nd
No School
Holiday Recess

HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS
SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AWARENESS
RELATIONSHIP SKILLS
RESPONSIBLE DECISION-MAKING
SOCIAL AND EMOTIONAL LEARNING
SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS
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