



LONGWOOD MIDDLE SCHOOL NEWSLETTER



MAY 2023

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Mark Your Calendars!

- 05/02 - 03: Math State Exam (5th Grade)
- 05/03: PTA Meeting
- 05/04 - 05: Math State Exam (6th Grade)
- 05/17 - 18: Volunteerism Days
- 05/17: Counselors' Parent Night
- 05/22-24: College & Career Week
- 05/23: Family Engagement Night
- 05/31: Spring Fling Begins



Monthly Recap

While April was a short month, it was still a busy month. Staff and students came back refreshed and recharged from the spring break. In April we hosted the Main Event Talent Showcase! Our students diligently took the ELA state exams. The school counselors hosted another Parent Night where Long Island Cares presented on anxiety and how to manage it. And we capped the month off by honoring our students who did phenomenally well in the third quarter with an Honor Roll breakfast!

REMINDER

Parents don't forget to order a yearbook for your child!

To place an order, simply go to **balfour.com**. There is no deadline as of yet, but if you would like to personalize your child's yearbook with their name, you should do that soon.

Yearbooks are on sale for \$25.00. Hurry and order what will be a wonderful keepsake!



LEARNING FOR THIS MONTH

FIFTH GRADE

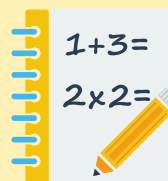
ELA



In reading, fifth grade students are beginning their poetry unit through the powerful story of "Locomotion." In writing, fifth grade students are researching debatable issues and analyzing the parts of a powerful argument. They are reading to understand the issues, answer your questions and relate credible sources to the argument. Debating gives students the opportunity to structure their thoughts and opinions logically, so they can be expressed in the proper flow, rather than being haphazardly spread out. In addition to researching, debating in front of an audience enhances public speaking skills and makes them more confident to speak on a social platform.

SOCIAL STUDIES

Students will study the origins of our nation. They will learn about the reasons why the colonists rebelled against the British which led to the decision to go to war with England, and the writing and importance of the Declaration of Independence. They will conclude the unit knowing how the United States won its independence.



MATH

This month, students will explore our geometry unit. Students will revisit concepts such as quadrilaterals and triangles all while engaging in new vocabulary, including angles and vertices. Students will then be introduced to a world of three dimensional figures. Our introduction includes both cubes and rectangular prisms. Once the students understand the concept of three dimensional figures, they will begin to dissect it into unit cubes and find its volume. All this leads up to them learning how to quickly find the volume using the mathematical algorithm of volume = length x width x height. To conclude this unit, students will break down composed figures into two separate geometrical figures and then find the volume of each.

SCIENCE

Students will complete their unit of study of the stars and Solar System. They will understand that the setting Sun isn't doing the moving, but the Earth is spinning. Also, they will discover how the Sun's path changes with the seasons and why the Moon seems to change shape over the course of a month.



LEARNING FOR THIS MONTH

SIXTH GRADE

ELA

Sixth grade ELA students will begin their fourth unit, Blending Genres to Enhance Understanding. In this unit there will be an emphasis on the author's perspective and purpose. Students will be able to identify how the author's purpose and perspective can impact their writing. In addition, students will see how an author's geographic location or culture affects his or her perspective. This work will be paired with social studies where the students will be writing their argument essay.



SCIENCE

Sixth grade students will complete their study of Motion, Forces and Energy. They will describe different types of forces and explain the effect force has on motion. Next, students will study work and energy. They will discover how energy is used to do work, and how work is related to energy and power. Finally, they will analyze the difference between kinetic and potential energy and how these two types of energy are related.



MATH

Sixth grade students are finishing the unit, Geometry and Statistics. In this unit, students were able to solve problems involving area, surface area, and volume. Students developed a conceptual understanding of statistical variability using data displays, describing distributions, and measures of center. Students will be able to use the knowledge they learned throughout the unit in the month of May. May is National Physical Fitness and Sports month and we are encouraging and promoting the importance of physical activity, physical fitness and sports participation. After completing a physical activity, students will use the knowledge from this unit to collect and analyze their data and display it on various charts and graphic organizers.



SOCIAL STUDIES

The sixth grade students will complete their study of Ancient Greece by examining the many things that are part of our culture today which originated in Ancient Greece. Next, they will study the ancient civilization of Rome. They will study how the Roman Empire developed. They will learn that Rome had a Republic, a government with leaders elected by their citizens. They will study how the Christian religion began and eventually became the religion of the Roman Empire.



LEARNING FOR THIS MONTH

SPECIAL AREA

ART

This month in art both fifth and sixth grade students will be working collaboratively on a large work of art which will help celebrate "College Career Week." During this month, both fifth and sixth grade students will also be creating three dimensional drawings. The fifth graders will be learning about and applying the concept of "foreshortening," while the sixth graders will be learning about and applying "one point perspective" to their art.

PHYSICAL EDUCATION

This month the Physical Education Department is using our brand new shiny gym to prepare students for the LMS Volleyball Tournament. All our classes have started practicing their skills and are learning the rules for the game. At the end of the tournament, there will be one winning team per class entering the finals. At the end of the finals there will be one team representing 5th grade and one team representing the 6th grade. Those two teams will challenge each other to one last game for the 2023 LMS Volleyball Championship Title. The winning team gets a party!

LIBRARY

The library is excited to announce that many of our 5th and 6th grade classes will be working on book clubs in the library this Spring! Our classes are reading some great books such as Holes by Louis Sachar, How to Eat Fried Worms by Thomas Rockwell and more!

MUSIC

Within music class, students in fifth and sixth grades are beginning brand new units. In fifth grade, students are either beginning world drumming, or piano playing, which will result in a keyboard recital at the end of January. In sixth grade, students are beginning either a study of music production, or the history of jazz music.

PERFORMANCE GROUPS

Fifth grade band, chorus, and orchestra students continue to learn new skills required for concert pieces. Any student who has 5 or more unexcused absences will not be permitted to perform in the concert. Practice logs continue to be checked weekly so please keep up the practice at home. Concert music playing exams have begun and will continue throughout the month. In-school rehearsals begin May 10th. Please check the schedule that was distributed to all students for in-school rehearsal dates and times.

Sixth grade band, chorus, and orchestra students continue to learn new skills required for concert pieces. Performance students were given a Spring Rehearsal Schedule. These are located on the Google Classroom as well. In-school rehearsals begin May 11th. Please be mindful of when rehearsals will take place and make sure that all students have their instruments and music on those days. Mark your calendars, the 6th Grade Spring Concert is on Tuesday, June 13th.

Weekly music lessons will continue on a rotating basis. Please make sure you check the schedule to see when your lesson falls each week. Also, remember that practice makes progress so please make sure you have a completed and signed practice record every week!



SOCIAL-EMOTIONAL LEARNING AND WELLNESS

WELLNESS NEWS



WHO TO CONTACT

School Counselors:

Ms. Amy Garbacz = Last Names A-K
Ms. Michelle Horsham = Last Names L-Z

School Social Workers:

Ms. Shardae Cunningham = Last Names A-K
Ms. Melisa Cartagena = Last Names L-Z

School Psychologists:

Dr. Anne Arndt
Mr. Keegan Johnson



SOCIAL-EMOTIONAL LEARNING AND WELLNESS



WELLNESS NEWS

SEL

In May, the SEL coach will be working with teachers to integrate SEL activities into the curriculum and daily activities in the classroom. When students are able to manage their emotions, make positive decisions, and develop healthy relationships they are more likely to be successful in school. The students will participate in fun and engaging SEL activities that also support the curriculum. It's a win-win for both students and teachers!

Parenting Tip: Ask your child to tell you about the Solution Center in their classroom!

SCHOOL PSYCHOLOGISTS

The school psychologists assist students with personal, social, behavioral, and educational needs. They can help families to understand the short-term, long-term, and chronic difficulties that interfere with learning.

If you have questions, or need assistance, with any of the following areas, do not hesitate to reach out to one of the psychologists:

- Special education programs and services
- The assessment process for special education services
- Individualized Education Plans (IEPs) and who may be eligible for Special Education
- Direct you to the appropriate information for your child with a 504 plan.

SOCIAL WORKERS

How to help support your child's mental health:

1. Encourage them to share their feelings by checking in and asking how their day has been. Finding ways to spend quality time is a great way to maintain a connection and be available to address issues as they come up. It is important to acknowledge your child's feelings in order to create a safe space.
2. Work through conflict together. Listen to your child's point of view and try to come up with a resolution calmly. Be honest and transparent and show them how you deal with your own feelings as a way to help them know their feelings are okay.
3. Teaching your child how to cope with stress and anxiety will set them up for success.

Here are some tools and tips to teach children how to calm down and relax when experiencing a negative emotion. These tips will come in handy at those times:

- Imagine your favorite place
- Think of your favorite things
- Name animals alphabetically
- Squeeze something
- Get a cold drink of water
- Give yourself a hug
- Remember words to a song you love
- Deep Breathing (breathe in like you are smelling a flower, breathe out like you are blowing out birthday candles)



SOCIAL-EMOTIONAL LEARNING AND WELLNESS



WELLNESS NEWS

PSYCHOLOGISTS' CORNER

Stress – Few things are more detrimental to a child's overall wellness than stress. According to the Mayo Clinic and Kidshealth websites stress manifests itself in children in numerous ways. This can include the following:

Mood swings, acting out with siblings or peers, headaches and stomachaches, poor attention, poor focusing and concentration, withdrawing from preferred activities, difficulty sleeping or eating, and a significant drop in school performance.

It is recommended that fifth and sixth grade students would benefit from the following interventions to alleviate stress:

- **Exercise** is critical for the release of endorphins. Children at this age need exercise to energize, relieve stress, maintain healthy weight and blood sugars, and proper growth and development. Exercise can be as simple as a bike ride, long walk, club activity, or a town intramural sport or organized team sports. Sedentary children are at risk for a host of health concerns and mental health issues to include anxiety and depression. **Eating well** is an important part of any health regimen as well.
- **Advocating for themselves** is a critical skill to navigate stress and academic demands. So often we as psychologists see children when a problem has become overwhelming and in some cases debilitating. Teach your child to ask for help from the teacher, or a wellness team member. It is as simple as saying the following to the teacher or a trusted adult: "I need some help with something that is bothering me. Can I see a wellness team member?" The teacher then reaches out to us and we will respond as soon as possible. Wellness team members include our psychologists, counselors, social workers and our behavioral specialist. Have your child practice this request out loud. You can also reach out as the parent to the teacher who will direct the request to the appropriate staff.

The Connections Academy by Pearson stresses the need for sleep in middle school children. Ensuring that your child is getting enough sleep often goes a long way toward managing stress in school. Kids 6–13 years old should get 9–11 hours of sleep each night and teens need 8–10 hours. To ensure a restful night of sleep, students should take time to wind down before going to bed. Limiting use of technology and exposure to blue light i.e., screens—right before bed and talking out any current worries are two steps toward better sleep.

Resources:

<https://kidshealth.org/en/parents/stress.html>

<https://www.connectionsacademy.com/support/resources/article/how-to-deal-with-stress-at-school-every-grade/>

<https://www.mayoclinic.org/tests-procedures/stress-management/about/pac-20384898>



SOCIAL-EMOTIONAL LEARNING AND WELLNESS



WELLNESS NEWS

SCHOOL COUNSELORS

Spring is an exciting time for our School Counseling Department!
It is when we host our Annual College & Career Week!

This year, we will be speaking with our students about college and career opportunities May 22nd through the 24th. Students will be meeting virtually with some SUNY Colleges' Admissions Departments. They will be able to ask the representatives questions, hear about how their academics and actions now can impact their college experience, and take a tour of the campus. Throughout the month, they will be working on college and career based projects, to be presented to their class on Tuesday. On Wednesday, the 24th, we are hosting our College and Career EXPO from 8:45 am-11:00 am.

If you have volunteered to speak at the Career Expo, Ms. Garbacz and Mrs. Horsham will be contacting you with additional information.

To wrap-up the school year, the School Counselors will be hosting an "Incoming Middle School Parents Moving Up Night" on Wednesday, May 17, 2023 at 7:00 p.m. All current 4th grade parents of students at Charles E. Walters, Coram, Ridge, and West Middle Island are invited to attend. This is a parent only event. A formal orientation for students and their parents will be held in August.

Come learn a little more about Longwood Middle School and meet the Counselors!
