

### Thomas Jefferson Middle School

### May 2022



## Important Update/Actualización Importante

Dear Patriot Nation,

We are near the end of the school year. The last month of the school year means we have many meaningful activities for our students. Please be sure to check your ParentSquare notifications for activities pertaining to your child. Students have worked hard to get to this point and we look forward celebrating them and all of their many accomplishments! In a marathon mile 20 is known to be where many runners call it the "wall." The runner has given everything physically and mentally. Yet the race is not yet finished. The last month for many can be the wall but the finish line is near and it is where we push forward assuring that we all finish strong.



And to the parents and guardians of our 8th-grade students, thank you for giving Thomas Jefferson the opportunity to be a part of your child's educational journey. Two years seems to go by so quick and we are excited for our 8th graders as their journey continues into high school. Thank you for all that you do, and have done, to support Thomas Jefferson..

TJ Admin

## Information/Comunicación:

### Year End Activities

As we near the end of the school year it is a time of recognition and celebration. Our students and staff have worked hard to get back to some sense of normalcy of school. It is important that students continue to give their best effort and a positive attitude.

We want all students to participate in the end of the year celebrations so it is important for students to continue to demonstrate RISE. Student may be placed on LOP for any behavior that does not meet our behavior expectations. It is important that we celebrate in a way that continues to demonstrate Respect, Integrity, Safety and Excellence.



## Culture and Climate/Destacados:



Students, parents, and teachers alike will be taking a Panorama Survey this month. This survey is crucial to assisting MHS in finding strengths to celebrate and needed growth items for further focus in the areas of Safety, Climate, Engagement, and Belonging. Your students will be taking their survey in their 4th period class on May 11th. Parents, please lookout for a survey link in your email, and please give us your honest feedback. Our parent survey submission goal is 70%.

## Health Information

### National Mental Health Month

May is **Mental Health Awareness Month**. NAMI's, the National Alliance for Mental Illness, message for 2022 is "Together for Mental Health," or **#Together4MH**. Talking with children about emotional topics, such as their mental health, can feel uncomfortable. It seems much easier to talk about other medical problems, such as food allergies, asthma or diabetes. However, talking openly about feelings and emotions with your children is a great way to help decrease this negative perception. It can be tough to know how to start the conversation — below is a great way to explain mental illness to children.



The *"Meet Little Monster" Coloring & Activity Book*, created by NAMI-Washington, gives parents and kids a tool to help express and explore feelings in a fun, creative and empowering way. This activity book was developed in response to the COVID-19 pandemic and includes a list of mental health resources; available for download at no-cost in both [English](#) and [Spanish](#). There are many ways to complete the activities in this book and while it can be done alone, it's more fun to do as a family. Encourage your children to be honest and make it a routine to talk about feelings at home. Help your children practice asking for help and advice, just like *Little Monster*! The cover pages of this activity book are meant to be printed out and kept as a resource. Make your **Feelings Plan with Little Monster** and keep the list of helpful community resources! Have fun!

## Counselor's Site/Sitio De Las Consejeras:

Dear TJ Parent/Guardian:

Please make sure your child is communicating with their teachers and counselors if you feel that they need extra support to finish out the school year strong. We do have free tutoring for students before school, during lunch and after school. Summer School information will be communicated to those students that need it and if you are interested, please contact their counselor. As always, your counselors are available before school, break, lunch, and after school, and via email. Please do not hesitate to reach out so counselors and teachers can support you..

## Activities and Athletics

### **Activities**

The last month of school is filled with a lot of activities so be sure to have the Parent Square message notification on so you can get all the latest information of what is happening at TJ. Also, be sure to follow TJ Instagram for information as well.