

Martin Luther King Jr. Middle School

November/noviembre 2019



Important Update /Actualización Importante

Hello parents! Welcome to the new school year. We are excited to announce that our schedule has changed to allow more teacher preparation time and accommodate three parent-teacher conferences this year! **Regular day first bell is at 8:40 a.m, classes begin at 8:45am**

¡Hola padres! Bienvenidos al nuevo año escolar. ¡Nos complace anunciar que nuestro horario ha cambiado para permitir más tiempo de preparación para los maestros y para dar cabida a tres conferencias de padres y maestros este año! **Día regular la primera campana suena a las 8:40 a.m., y las clases empiezan a las 8:45am.**

Upcoming Events/ Próximos Eventos

11/3

Daylight saving time (Fall back one hour)

11/7

1st Quarter Honor Roll Awards

2nd period=7th grade;

3rd period=8th grade;

4th period=4.0 GPA)

11/8

Veterans' Day Presentation
@10:45-11:30am

11/11

No School-Veterans Day

Event Highlight/ Evento destacado

Five special minutes a day

Building positive connections with our children can take as little as five minutes. Even setting aside five minutes every day, for mom or dad to do something chosen by a child can help that child manage stress at other points in the day. It's a time for positive connection, without parental commands, just attending to your child and letting her be in charge.

It can help a child who's having a tough time in school, for instance, to know she can look forward to that special time.

"This five minutes of parental attention should not be contingent on good behavior," says Dr. Samar. "It's a time, no matter what happened that day, to reinforce that 'I love you no matter what.' "

11/12

Show Stop It video (2 min.) in Period 1 classes. Please see invite with the video embedded.

11/21

Spanish Placement Exam: Open to all 8th grade students (IFEPs, RFEPs, ELs) @ MLK Cafeteria

Cinco Minutos Especiales al Día

Crear conexiones positivas con nuestros niños puede tomar apenas cinco minutos. Pudiendo apartar aunque sean cinco minutos cada día, para que mamá y papá hagan algo escogido por un niño; puede ayudar a que ese niño maneje el estrés en otros puntos del día. Es un tiempo para una conexión positiva, sin las ordenes de los padres, solo poner atención a su hijo/a y dejarlo/a que esté a cargo.

Esto puede ayudar a un niño que está teniendo tiempos difíciles en la escuela, por ejemplo, saber que él/ella puede esperar por ese tiempo especial. “Estos cinco minutos de atención de los padres no debe estar basado en el buen comportamiento,” dice el Dr. Samar. Es un tiempo, sin importar lo que pasó ese día, para reforzar que “Te quiero a pesar de todo.”

November

National American Indian Heritage Month

11/1	ASB Day of the Dead Dance - 3:30-5:00pm
	Art Club / Art 2 field trip to The Fresno Art Museum and Arte Americas
11/2	Pomegranate Festival (Cheer performing at 12:20 pm)
11/3	Daylight Savings
11/4	DELAC Meeting #2 (6-7:30 @ District Boardroom)
11/6	Quarter 2 Progress Gradebook opens
11/5	Election Day
11/7	1 st Quarter Honor Roll Awards (2nd period=7th grade; 3rd period=8th grade; 4th period=4.0 GPA)
	SSC Meeting #2 (4-5pm) MLK Library
11/8	Veterans' Day Presentation @10:45-11:30 Quarter 2 Progress grade ends ASP Lights ON @ Desmond 6:00-8:00pm
11/11	No School/Veterans' Day Holiday
11/12	Parent Club Mtg @ 5:30pm in the library
11/12-11/14	MLK Cheer Competition 3:30-5:30pm

11/13	Quarter 2 Progress gradebook closes
11/15	Quarter 2 Progress report cards mailed home Staff VS Student Flag Football
11/20	ASP Talent Show Tryouts
11/21	Spanish Placement Exam (MLK Cafeteria)
11/22	ASB Scavenger Hunt
11/25-11/29	Thanksgiving Break
11/25	After School Program - 8:00am-2:00pm
11/26	After School Program - 8:00am-2:00pm
11/28	Thanksgiving Day

Attendance Policy/Politica de Asistencia

Please call our front office to report any absences (674-4681). You can send a not with your son/daughter when they return to school.

Llame a nuestra oficina principal para reportar cualquier ausencia (674-4681). Puede enviar un no con su hijo / hija cuando regrese a la escuela.

Student Health Wellness/Salud del Estudiante

Mis-use of Prescription Drugs

Substance abuse amongst teenagers has been around for years. The misuse of Xanax, however, is on the rise. Often times teens have access to these pills by searching their parents or grandparent's medicine cabinets. Side effects of this medication include drowsiness, irritability, feelings of elation, forgetfulness, clumsiness, insomnia, weakness, headache and nausea.

School Climate and Culture/Clima Escolar y Cultura

What is bullying?

The word bully at times is loosely used, but what is bullying? According to stopbullying.gov, the definition of bullying is "unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time".

¿Que es bullying?

La palabra intimidación a veces se usa libremente, pero ¿qué es la intimidación? De acuerdo con stopbullying.gov, la definición de bullying es "comportamiento agresivo no deseado entre los niños en

edad escolar que implica un desequilibrio de poder real o percibido. El comportamiento se repite o tiene el potencial de repetirse con el tiempo".

IF YOU ARE EXPERIENCING BULLYING PLEASE VISIT OUR MARTIN LUTHER KING JR. WEBSITE AND PLEASE REPORT IT. <https://www.madera.k12.ca.us/Domain/669>

SI ESTÁ EXPERIMENTANDO ABURRIDOS, VISITE NUESTRO MARTIN LUTHER KING JR. SITIO WEB Y POR FAVOR INFORMARLO. <https://www.madera.k12.ca.us/Domain/669>

If it is not bullying, then what is it?

Teasing - Everyone is having fun, no one is getting hurt and everyone is participating.

Conflict - No one is having fun, there is a possible solution to the disagreement and there is an equal balance of power.

Mean Moment - Someone is being hurt on purpose, reaction to a strong feeling or emotion, isolated event that does not happen regularly.

Si no es intimidación, entonces ¿qué es?

Burlas: todos se divierten, nadie se lastima y todos participan.

Conflicto: nadie se está divirtiendo, hay una posible solución al desacuerdo y hay un equilibrio igual de poder.

Momento malo: alguien está siendo lastimado a propósito, reacción a un fuerte sentimiento o emoción, evento aislado que no ocurre regularmente.