

# Martin Luther King Jr. Middle School



## August/agosto del 2021

Welcome MLK Jaguar students and parents!



We would like to introduce myself and our MLK Administrative Team: I am Noel Jimenez, and I was a Middle School Teacher for 15 years. This will be my 4th year as Principal at Martin Luther King Jr. Middle School. We have two Vice Principals: Aurora Guzman has been a Vice Principal at MLK for 6 years. she will be supporting our parents and students with last names A-L. Kelli Spence has been a Vice Principal at MLK for 3 years. She will be supporting our parents and students with the last names M-Z. We look forward to working with you this year.

We are excited to welcome back our students! In anticipation of our first day of school, I would like to send some reminders:

1. Students should have picked up their daily class schedule, we will have staff all around our campus to help our students find their classes throughout the week.
2. The first day of school is August 9th. Our campus will open the gates at 8 am, and breakfast will be served. Please ensure you at our campus by 8:30 am to ensure our students are on campus.
3. **Students attending MTEC in the morning, you will report to MLK by 8:00 am and then be transported by bus to MTEC. Please do not walk to MTEC. Please ensure you are at MLK by 7:30 am.**
4. Per our [CDC](#) and Madera County Health Department, all of our staff and students will be required to wear masks when indoors. It will be optional when outdoors. Please complete the daily health screener in your Parent Square account (it's in Orange).
5. Please do not send any students who are sick and call our front office at 674-4681, to let them know of your child's absence. You'll receive further guidance from our

nurse.

6. Attached is the Back to School COVID Guidance.

[COVID Guidance in Spanish](#)

[COVID Guidance in English](#)

## August

### National Back to School month

|          |  |
|----------|--|
| 8/9      | First Day of School  |
| 8/9-8/20 | Student Welcome Weeks/Induction Weeks (PBIS-Character Strong)<br>Community Building Circles    |
| 8/13     | Jaguar Spirit Day<br>Club Advisor Meeting 3:30 pm Room #31                                     |
| 8/18     | MTEC Back to School Night<br>Sports Physicals in MLK Library (6-7:30 pm)                       |
| 8/25     | Kindness Initiative Kick-Off<br>MS Back to School Night/Title 1 Parent Meeting/ELAC Meeting #1 |
| 8/27     | Club Fair- Lunchtime   |

***“ Education is about improving the lives of others.”***

***- Marian Wright Edelman***

## ***PBIS***

At MLK We practice our 3 R's

**Respectful**

**Responsible and**

**Ready to Learn**

These are part of our everyday lessons and conversations with our students.

# Self Care/Autocuidado

**Grounding Techniques:** Used to build social and emotional learning, grounding techniques have been found to help children, youth and young adults self-regulate their emotions. These exercises can be taught both in the classroom setting, via distance learning



and with parents at home. Try the following grounding techniques with your children:

- Name five different things you can see around the room.
- Listen to energetic or relaxing music for one minute.
- Hold an object in our hands and focus on the color or texture.
- Take ten deep breaths, counting each one as your chest rises.
- Eat a piece of fruit and choose three words that describe the taste.

*Information derived from The [Waterford](http://Waterford.org) organization at [Waterford.org](http://Waterford.org)*

**Técnicas básicas:** Usado para crear aprendizaje social y emocional, se ha encontrado que las tecnicas basicas son utiles para ayudar a los niños, jóvenes y adultos a auto-regular sus emociones. Estos ejercicios pueden ser enseñados en ambos, ambiente de salón de clase a través del aprendizaje a distancia y con los padres en casa. Intente las siguientes tecnicas a tierra con sus niños.

- Nombrar cinco cosas diferentes que uno puede ver alrededor de la sala.
- Escuchar música energética o relajante por un minuto.
- Sostener un objeto en nuestras manos y enfocarse en el color o textura. ●
- Respirar profundamente por diez veces, contando cada vez que el pecho sube. ●
- Comer un pedazo de fruta y escoger tres palabras que describan el sabor.