

# CHASTAIN A3 SUMMER PRESS

June 5-30, 2023

## WEEK ONE OF A3 SUMMER CAMP



<https://www.jackson.k12.ms.us/SummerReading>  
\*\*Continue to read summer reading books.

### Testimonials

“The best thing I like about camp is the enrichment classes. I enjoy Volleyball. The academic classes are simpler than regular school because I spend a lot of time with the teacher.”

-Moryah Hodges



“The best part about summer camp is all the activities that I got to do because in 5<sup>th</sup> grade I didn’t have many to choose from.”  
-Khylar Hollinshed



“I like taking different classes that I normally don’t during regular school.”  
-Samir Mayes

“I Like that I get to go to the gym. Being at summer camp is good because I get to meet new people.”  
- Payton Garner



# SPRIT WEEK

June 26-30, 2023

SHOW YOUR FULL POTENTIAL

<b>MONDAY</b> <b>Neon Day</b> Your future is bright!!!!!! Wear bright colored shirts!	<b>TUESDAY</b> <b>SUPERHERO Day</b> Wear a superhero tee or dress like your favorite superhero.
<b>WEDNESDAY</b> <b>MiX mAtCh Day</b> Let's Get siLly!! Wear your MiX-MaTcH clothes or sOcKs!!!!	<b>FRIDAY</b> <b>Team Spirit Day</b> REP YOUR TEAM!! Wear your favorite school or team gear!!!
<b>THURSDAY</b> <b>Camoflauge Day</b> August is near. Let's gear up for the 22/23 school year!	<b>Heat Safety in the Summer:</b> <ul style="list-style-type: none"><li>• Drink plenty of fluids to stay hydrated. Avoid high-energy activities or work outdoors, during midday heat, if possible.</li><li>• Check on family members, seniors, and neighbors. Watch for heat cramps, heat exhaustion and heat stroke.</li></ul>

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## Note from our Principal:

Students will take their Pre-Test for Math, and English this week. Please be on time and get enough rest so that you will do your very best.

- Mrs. Ferguson



WEEK 1 HIGHLIGHTS

Wellness Wednesday at Chastain Middle School

COUNSELOR’S CORNER

June 07, 2023 was Wellness Wednesday at Chastain Middle School. Students learned about Mindfulness Skills and how to manage and cope with their emotions.

- Mindfulness is the practice of being fully aware of each present moment and getting in touch with how we feel physically and emotionally.
- Studies show that mindfulness reduces stress hormones by calming the sympathetic nervous system, which is responsible for our responses to danger.
- One way to practice mindfulness is through focused breathing.

We are learning that it’s okay to not feel okay sometimes and anxiety is an emotion that we all should learn to cope with. Having healthy coping skills and managing emotions is optimum to student mental well-being and a healthy quality of life.

Ms. Verneatha Corey, Counselor

Intramural Sports

Basketball games and a volleyball game marked the beginning of intramural sports across the middle division of A3 Summer Camp.



A3 Chastain Basketball defeated A3 Cardoza in Basketball 15 to 11.  
-Shout out to Coach McInnis and Coach Amos.

Camp  
CHASTAIN CHAMPIONS

A3 Chastain Cheerleaders



-Coach G.

A3 Chastain Volleyball



-Coach Craft and Coach Christian



“A Taste of Africa”

RECONSTRUCTION

DANCE! EAT! FUN!

Reconstruction, our academic partners, provided our students with the ultimate African experience.

- The Purple Diamonds dance team, under the leadership of Shanika Lee, graced the stage with some of the best African dance moves we have seen.



- JPS’s very own, Mr. Femi Oloko, Web Manager, graced our stage with an African drum performance.



- In Africa, as with other parts of the world, ceremonial dance and music tells a story. More than mere entertainment, it recounts history, conveys emotions, celebrates rights, and helps to unite communities.

YUM! YUM! “MOI MOI”

- Moi Moi is an African cuisine made from peeled black-eyed peas, peppers, onions, and other condiments like fish, crayfish, boiled egg, animal liver, and other enriching condiments. Every student and teacher tasted a sample. **There was also a fish-free sample available.**

