



LONGWOOD MIDDLE SCHOOL NEWSLETTER



APRIL 2023

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Mark Your Calendars!

- 04/03-10: Spring Recess
- 04/11: PTA Meeting
- 04/18: The Main Event Talent Showcase
- 04/19 -20: ELA State Exam (5th Grade)
- 04/24-25: ELA State Exam (6th Grade)
- 04/26: Counselor's Parents Night
- 04/27: 5th Grade Honor Roll Breakfast
- 04/28: 6th Grade Honor Roll Breakfast



Monthly Recap

March was a busy and fun-filled month for us! We began the month with our second Family Engagement night where families came out to take part in an exciting "History Mystery Night." The excitement continued with the return of a Middle School event favorite "The Masked Singer" where staff members wowed the audience with their mystery singing performances. The PTA held the Scholastic Book Fair and the Middle School Drama Club put on a hilarious performance of "Seussical, Jr." Finally, we capped the month off with another two Guidance Nights that once again, featured the Family Service League.

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, 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 research, debating in front of an audience enhances public speaking skills and makes them more confident to speak on a social platform.

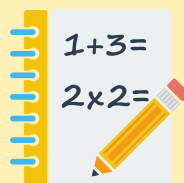
SOCIAL STUDIES

The fifth grade students will study how the American Revolution led to the birth of the United States. They will discuss how the colonists rebelled against the British and why this led to their decision to go to war with England. They will compare and contrast the differences and similarities between the British army and the Continental army. Finally, they will discover how the United States won its independence.



MATH

During the month of April, fifth grade math students will begin their exploration of dividing fractions. They will explore the concept of dividing whole numbers by unit fractions and the reverse relationship of that in which they divide unit fractions by whole numbers. They will be doing this using several different modeling strategies so that they better understand the concept and can visualize the sixth grade introduction of the algorithm. To wrap the unit up, students will discover the relationship between division and fractions. They will break down word problems to better understand which part is the dividend and which part is the divisor. Once they are able to create their numerical expression, they will then transfer those numbers into the correct spot within a fraction.



SCIENCE

The fifth grade students will continue their unit of study of the Earth and Space. The students will develop a model and conduct an investigation of the Moon's orbit and different moon phases, as well as being able to explain what causes the Moon's different phases.



LEARNING FOR THIS MONTH



SIXTH GRADE

ELA

Sixth grade ELA students are finishing their third unit, Analyzing Characters and Theme Across Text and then will begin their poetry unit. Students will use different formats to determine theme and mood, while comparing and contrasting stanza verses paragraph. The unit will conclude with a creative “black out” poem.



In writing, students will complete a literary essay stating a similar theme between a new text and the class novel/short story. They will use the correct literary essay format, including text evidence, to support their thinking.

SCIENCE

The sixth grade students are involved in their unit of study of work and energy. In this unit, they will discover how work is related to energy and power. They will understand how energy can be transferred from one object, or system, to another. Students will identify kinetic and potential energy and know how these two types of energy are related.



MATH

The sixth grade math students are continuing the unit, Geometry and Statistics. In this unit, students will be able to solve problems involving area, surface area, and volume. Students will also be able to develop a conceptual understanding of statistical variability using data displays, describing distributions, and measures of center. Students will have a better understanding of three dimensional objects and be able to make connections to real world solids they see every day.



SOCIAL STUDIES

Sixth grade students will study the ancient civilization of Rome. They will study how the Roman Empire developed and became the Roman Republic. Students will examine how the cultural achievements of Rome have influenced society today. They will understand the reasons behind the split in Judaism and the birth of Christianity. They will conclude with the many reasons why this once mighty empire collapsed.



LEARNING FOR THIS MONTH

SPECIAL AREA

MUSIC

Fifth grade students are currently learning about the notes on the musical staff and the piano. They will be continuing the piano but also move into African drumming.

Sixth grade students are currently learning about rhythm and are starting their bucket drumming challenge. Students will be continuing this for the month of April but also move into music technology.

PHYSICAL EDUCATION

The physical education teachers are very excited to be getting into the newly renovated gymnasium which was finally completed during spring break!

Classes will begin the volleyball unit with skills such as the forearm pass, the set and the serve. Eventually the students will take part in the school-wide volleyball tournament, with a champion team being crowned. The school champs will get to play in a match against the teachers for bragging rights. It's a fun unit for everyone!

LIBRARY

The library is so excited to host poetry lessons for students this month for National Poetry Month. We will be working on projects such as creating Blackout Poetry and Poetry Book Tastings.

ART

This month art students will finalize their "grid method" drawings of their animals. These drawings are inspired by references of real animals the students had chosen for their projects. The students are learning different pastel techniques in order to guide them in completing their artwork. They are taught how to blend pastel, along with adding tints and shades, in order to make their animals look realistic.

PERFORMANCE GROUPS

Fifth grade students continue to learn new skills required for concert pieces. Attendance at Thursday morning rehearsals is extremely important. Any student who has 5 or more unexcused absences will not be permitted to perform in the concert. Students should bring their music and instruments with them to rehearsals as they are not permitted to retrieve items from their classrooms. 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. Due to the NYS ELA test there will be No early morning rehearsal on Thursday April 20th.

Sixth grade students were given a Spring Rehearsal Schedule. Schedules can be found on the Google Classrooms as well. Please be mindful of when rehearsals will take place and make sure that all students have their instruments and music on those days. Students need to make every effort to attend all rehearsals. Mark your calendars, the sixth grade spring concert is on Tuesday, June 13th. Weekly music lessons are continuing on a rotating basis. Students are to check the schedule to see when their lesson falls each week. Schedules are also posted on the Google Classroom for reference. Finally, 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

This month the SEL Coach is teaching students how to use a solution center in their classrooms. Students can use the center to independently solve simple, low-level conflicts with peers. Students are being introduced to a script and are brainstorming possible scenarios that the solution center can address. The center focuses on active listening, affective statements, and communication skills. In addition, students are finding solutions to problems and learning how to independently make agreements.

Parenting Tip: *Practice role playing and solving conflicts with your child.*

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

Dear Parents,

Now more than ever we are living in the digital world. Our students have access to several social media platforms. Here are some tips to help teach your children the importance of Digital Citizenship.

Step 1: Teach your kids how to protect their private information for themselves and others. It is important that our students know they should not share their passwords or log into someone's account.

Step 2: Stand up to cyberbullying when they see it happening. See something, say something. Let's keep everyone safe by alerting parents, teachers and adults when cyberbullying is occurring.

Step 3: Teach your child how to engage respectfully online with people who have different beliefs than them.

Step 4: Encourage your child to be kind to others.



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 has sprung!

This April, the middle school counselors will be visiting classrooms to focus on Internet Safety and Digital Citizenship. Our goal is to help our students gain the knowledge and skills necessary to use their technology in a SAFE, and RESPONSIBLE manner.

Mark Your Calendars for our April and May Parent Nights.

April 26th: Long Island Anxiety Care will be presenting about Anxiety

May 17th: Transition to Middle School Night

(look for the flyer in the upcoming May newsletter)

Join the LMS School Counselors for the April
K-12 Parent Night

Wednesday, April 26, 2023

Hosted by Long Island Anxiety Care

What Is Anxiety and Associated Symptoms,
General Overview of Coping Skills, and Parent
Involvement in Anxiety Management

For more information about
Long Island Anxiety Care
please go to the
website <http://licbt.com/>

Please join us for
this informative
evening. To register
please scan:



SOCIAL-EMOTIONAL LEARNING AND WELLNESS

WELLNESS NEWS

IT'S BACK! 2023 CAREER EXPO!

The school counselors are so excited to be able to hold our Career Expo in person this year!

With such an endless and wide-variety of career possibilities, we invite LMS parents, alumni, and community members to join us **May 24th** from **9:00 to 11:30** for ***Parent and Alumni Career Day!***

Come speak with our students about your career, the journey of how you got there, what your profession entails, and what possibilities there are for your role in the future.

If you would like to register to come and speak with our students, please [click this link](#), scan the QR code in the flyer below, or contact Amy Garbacz or Michelle Horsham, school counselors at 631-345-2752.

CAREER EXPO

Longwood Middle School

May 24th 9 - 11:30 a.m.

LMS needs Longwood parent, alumni and community members to present at the career expo. Please scan the QR code below to register to present. For more information contact Amy Garbacz or Michelle Horsham, School Counselors at 631-345-2752


SCAN ME

To register scan this QR code