

#MESHEROES INSPIRE



“ We are ALL connected!”

November 2020

Dear MES School Family,

I feel like I blinked and it is November! Who knew? First, thank you. Thank you for supporting your children, our students, our staff and overall our school community! We know this is hard, really hard and ever changing. We thank you for your flexibility, understanding and willingness to collaborate as we ALL learn together.

We are excited to share that most of our materials have arrived! We will have Wednesday, November 4th available for ALL families to pick up the additional materials from 10:00-3:00. Please wear a mask and be prepared to tell us your child's grade level. If you are unable to come at that day or time, please call the school to schedule a time for the following week.

Finally, I want to highlight a few upcoming dates -

- Tuesday, November 2 - No SCHOOL
- Wednesday, November 3 - Follow Tuesdays schedule

We are beyond appreciative of your support and partnership! Check out our “All About Me” schoology group to learn more about our staff. We cannot wait to return to “normal!”

Sincerely,

Lori Hutchison
Principal

lhutchison@bcps.org

Jennifer Burch
Assistant Principal
jburch2@bcps.org

All About
MES!



Middlesex
Elementary
142 Bennett Road
Baltimore, MD 21221
(410) 887-0170

Below are links to
frequently used
resources and
information.

Welcome to
BCPS One

▶ LOGIN TO: **BCPSone**

▶ Create Account

©2019 Baltimore County Public Schools. All rights reserved.



Google Meet



#MESHEROES INSPIRE

“ We are ALL connected!”

Welcome to
BCPS One

▶ LOGIN TO: **BCPS One**

▶ Create Account

All About MES!



Student Survey

This week our students participated in an anonymous survey. I did not even think to share the purpose with our families prior to completion, and for that- I apologize. The survey asked students to identify their race and gender. The wording of the questions were taken from our stakeholder survey that is shared in January. The reason why we did this was to gain information about how our students are feeling with regards to belonging to our school family.

You can view the initial data that is used by BCPS here - <https://bcps.org/system/data/school-profile/>

There is also a screenshot of the data that shows only 66% of our students have a feeling of belonging. This is NOT ok with us. It must be 100%, we are their 1st school experience - they need to feel like they belong and want to learn. From this information we dive deeper in to the responses. We look at the data through the lens of both gender and race. Based on that information, we identify research based strategies to increase to improve students' feeling of belonging (mentoring, class meetings...). Throughout the year, we monitor the responses to see if what we are doing is working. This survey was seeing if our strategies worked. We will do this survey one more time in January and our goal is for 100% of our students to feel apart of our school family! We appreciate the questions, the conversations and the interest. Thank you and please always call or email if you have any questions or concerns.

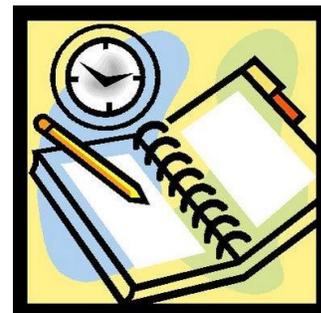
Climate		
School Year	% of Students	
	Feeling safe	Belonging
2019-20	86%	66%

Schedule Updates

We will continue to update you regarding schedules via phone, email and schoology. If you have not received the calls and emails, please let us know so we can review your contact information.

During the month of NOVEMBER, the schedule will be -

- Tuesday, November 3rd - Election Day - No School
- Wednesday, November 4th - Follow Tuesday's schedule
- Friday, October 16th - NO SCHOOL for STUDENTS
- Wednesday - November 11th - Class meeting at 9:00 for all students and then check your teacher's individualized schedules on their schoology page
- Wednesday - November 11th - Class meeting at 9:00 for all students and then check your teacher's individualized schedules on their schoology page
- Thursday, November 26th and Friday, November 27th - Thanksgiving Break
- Wednesday, December 2nd - NO SCHOOL - CONFERENCE DAY



#MESHEROES INSPIRE



“ We are ALL connected!”

Welcome to
BCPS One

▶ LOGIN TO: **BCPS one**

▶ Create Account



Google Meet

All About MES!



UPDATES and INFORMATION

STUDY/ LEARNING SUPPORT

Google Meets is open for students to visit for additional support with work completion. Students can use the code “MES Study” to join the room. They will be met by an adult and can ask questions, practice skills or talk. Depending on the amount of students visiting the Meets, we will adjust supports at given times.



COMMUNICATION

We will use Schoology as our means of communication. There is an app ([click here for directions for the app](#)) that can be downloaded to phones and you can be alerted when messages are sent (like text messages). You can also access Schoology through BCPSone. You can find the directions for gaining a BCPSone parent account by clicking [here](#).

How to Help Your Child Adapt to Wearing a Mask
7 Quick Tips for Parents

- Explain WHY**
Use easy-to-understand language and positive phrasing.
For example, 'Many people are sick right now. Wearing a mask will protect you from germs.'
- Take a Picture**
Ask family members or friends to take pictures of themselves wearing masks.
You can even arrange a virtual get together so everyone can show off their masks.
- Practice Makes Perfect**
Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.
 1. Holding the mask.
 2. Putting it against his or her face.
 3. Securing the elastic.
- Let's Pretend**
Integrate masks into your favorite pretend play schemes.
Encourage your child to dress up as a doctor, nurse, or veterinarian.
- Get Creative**
Allow your child to decorate their mask using crayons or markers.
If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.
- Start with Familiar Clothing**
Choose clothing that your child already wears and turn it into a mask.
Some ideas include: a scarf, balaclava or bandana.
- Stuffed Animals & Dolls Need Masks Too**
Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

FOR MORE INFORMATION VISIT BIASBEHAVIORAL.COM OR FOLLOW [@BIASBEHAVIORAL](https://twitter.com/BIASBEHAVIORAL) ON SOCIAL MEDIA

© 2020 BEHAVIORAL INTERVENTIONS AND SOLUTIONS, LLC

KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD

“ We are ALL connected!”

News from the Health Suite

As the fall and winter seasons arrive, so do colds and flu. It is never too late to get a flu shot! Ask your physician about getting a flu shot. This year, another concern is COVID-19.

There are a few simple steps you can follow to help keep you and your family well and prevent the spread of infections. Wash your hands often for at least 20 seconds, with soap and water. If you are unable to use soap and water, you can use an alcohol based hand sanitizer, with at least 60% alcohol. If you are sick stay home and away from others. Also stay away from others that are sick. When going out in public or if you are unable to stay 6 feet away from others, please wear a mask or facial covering, per CDC guidelines.

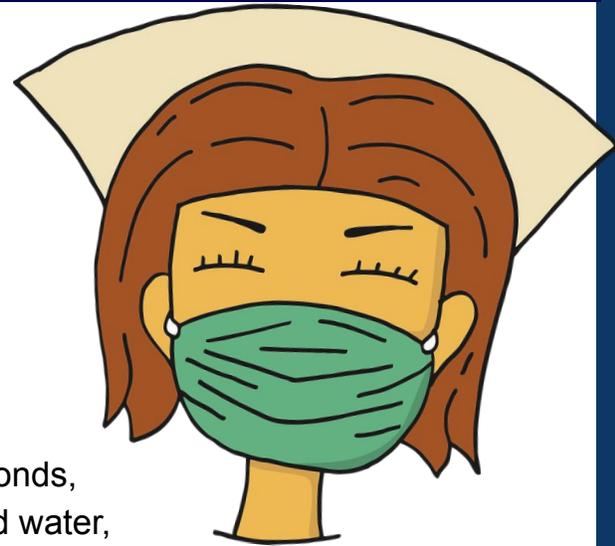
Per the CDC,

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms **may** have COVID-19:

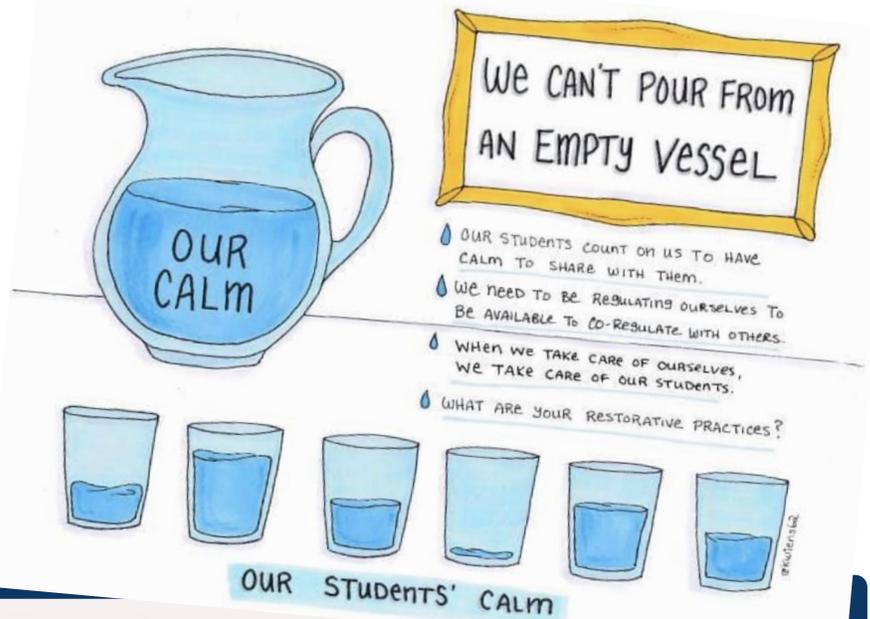
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Contact your physician with any concerns or symptoms of illness. As always, please call me at 443-809-0494 or email me at nmiller5@bcps.org with questions or concerns. Stay safe and healthy—Nurse Miller



“ We are ALL connected!”

Take care of yourself and your family!



SELF-CARE FOR FAMILIES



Emotional

- watch a good movie
- write positive notes
- talk about feelings
- draw self portraits
- say "I love you"
- spend time writing
- have a sing-a-long
- tell some jokes
- try a new craft

Physical

- have a dance party
- go for a walk
- do a family bike ride
- take a hike
- play kickball
- play the game "tag"
- go roller skating
- go to the pool
- wii fit games

Spiritual

- make a gratitude list
- go outside
- pray or meditate
- talk forgiveness
- write thank you's
- volunteer
- enjoy nature
- practice positive talk
- plant a tree

Mental

- read together
- write stories
- do a meditation
- find shapes in clouds
- take belly breaths
- find new things
- make vision boards
- create mandalas
- practice mindfulness

Practical

- clean the house
- declutter old toys
- assign chores
- make a grocery list
- organize
- pay the bills
- do homework/study
- have morning routine
- have night routine

Social

- play in the park
- visit relatives
- have family dinner
- play boardgames
- host a sleepover
- plan a bbq
- join a team
- do a food drive
- start new friendships

2020
VIRTUAL
FAMILY RESOURCE ACADEMY



In partnership with professional child development specialists and veteran family members, the Family Resource Academy has designed a series of FREE workshops just for you. The Family Resource Academy may be just what you need for support, strength, and understanding that can enhance your ability to parent a child with intensive behavioral health needs and to understand and reduce the effects of Adverse Childhood Experiences.

Friday, October 30 1:00 pm – 2:00 pm	Back To The Future: How To Use Your Baggage to Your Advantage
Saturday, November 14 11:00 am – 12:00 pm	A Personal Story of Trauma and Recovery

The workshops are FREE!

Registration is required.

Please email or call:

FamilyNavigator@cc-md.org 667-600-3074