

Benjamin Banneker Academy

Guidance Newsletter

**January/
February 2016**
Volume 5, Issue 3

Mrs. Sterzel
Guidance Counselor
Mr. Greene
Social Worker/ABS

This Issue

Page 1 - Welcome; Reminders;
Marking Period Information;
Holidays

Page 2 - Anti-Bullying News; Tips
for Students; Family News

Upcoming Events:

- **Black History Month Celebration**

- **PARCC Performance Based
Assessment**

REMINDERS:

January 4– Mid-quarter notices to parents
January 13 – Half-Day (students)
January 20 – Middle School Transition
Parent Meeting (4:30 pm) /PARCC Overview
(6 pm)
January 18 – School closed
January 22 – End of 2nd quarter
January 25 – Beginning of 3rd Marking Period

February 12 – No school
February 15 – No school (President's day)
mid-quarter (3rd marking period) is February
27, 2015
February 26 - Mid-quarter (3rd Marking
Period)

A HAPPY
NEW YEAR

January is...

- * New Year's Day – 1/1
- * Martin Luther King, Jr.'s birthday
(observed) – 1/18 <http://www.thekingcenter.org>
- * Peace Month (Kindness & Justice Challenge)
www.dosomething.org
- * National Mentoring Month
www.mentoring.org/mentoring_month
- * "No Name-Calling" week of 1/18

February is...

- *Black History Month
- *Random Acts of Kindness Week (www.rak.org)
- *Valentine's Day – 2/14
- *President's Day – 2/15



Dear Parents/Guardians,

On January 20, 2016, we held a workshop for all 5th grade students and their parents/guardians on the application process for admission into middle schools in the East Orange School District. During this session, information was provided on the academic and enrichment programs offered at S.T.E.M. Academy, Whitney Houston Academy, and Cicely L. Tyson School of Performing and Fine Arts. We have been working closely with the students in assisting with the application process of each school. Please let us know if you have any questions.

The second portion of the workshop was an overview of the PARCC testing process and procedures. Please let us know if you have additional questions.

Thank you for a successful turnout at our parent workshop!

Mr. Greene & Mrs. Sterzel

February is Black History Month and places across New Jersey will be marking the observance with events celebrating African and African American culture.

Montclair Art Museum 973-746-5555
<http://montclairartmuseum.org/>

Newark Museum 973-596-6550
<http://www.newarkmuseum.org/>

Martin Luther King, Jr.

- On January 18, 2016, we celebrate the life of one of my hero's, Dr. Martin Luther King, Jr. Take some time not just to take the day off, but to honor an amazing man's dedication to making the world a better place. Check out this link. If you don't have access to the internet at home, visit the library!
<http://www.thekingcenter.org>. This site has a clip from one of my favorite MLK Sermons, "The Drum Major Instinct".

Valentine's Day

Before we can love others, we have to be able to love ourselves. One of the most important things we can do as parents is to foster within our children ways for them to feel confident in their own abilities and develop a love for themselves. Children need to learn how to value themselves as individuals and not want to compare themselves to others. A tool used to help students improve self-esteem is recite empowerment statements like the ones listed below:

- I am Intelligent!
- I am Strong!
- I am Positive!
- I am Me!

No Bullying!

Mr. Greene - Anti-Bullying Specialist
No Name-Calling Week

No Name-Calling Week is January 18-22, 2016. During this week parents are encouraged to have your children commit to:

- Not bullying other students or call them hurtful names.
- Intervene, if they can safely, in situations where students are being called names.
- Support efforts to end bullying and name-calling.

Family Fun

Here's a small list of simple activities to enjoy as a family this year.

- ✓ Visit a New Jersey Museum
- ✓ Take an art class
- ✓ Build a bird feeder
- ✓ Make cookies together
- ✓ Plan a family game night
- ✓ Picnic indoors on a rainy day
- ✓ Take a family photo
- ✓ Try a new flavor of ice cream
- ✓ Enjoy a college basketball, hockey or baseball game

The Intervention & Referral Services Team **(I&RS)**

What are we all about?

We are here to help! The Intervention and Referral Services Team is a group of concerned and dedicated school personnel who are here to work with families to make sure your children succeed in school.

- Need glasses for your child?
- Worried about how your child is doing in school?
- Have a problem with your child's behavior or study habits?
- Need clothes or food?
- Need additional strategies/resources for your child to utilize at home and/or at school?

For Information call: (973) 266-4320

Ask for a member of the Intervention and Referral Services Team:

- Mrs. Vincent, Principal
- Ms. Hayes, Assistant Principal
- Mr. Greene, Social Worker
- Mrs. Sterzel, Guidance Counselor
- Mrs. Withstrum, Child Study Team
- Mrs. Ducheine, School Nurse
- Ms. Lambert, Math Coach
- Mrs. Smith, Technology Teacher

