

Randolph Community Middle School

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Cyndi Weekes- Bradley
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~ RCMS SPEAKS ~ Principal's News

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Grade 6 & 7

Atiera Horne x530

Grade 8

Adjustment Counselors

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Amy Hardy x208

Contributing Author:

Mustapha Coker on Bullying

Happy Holiday Greetings RCMS Families,

As we enter this holiday season, we invite you to celebrate a season of giving and doing good for others in need. The month of December is an exciting and joyous season for most. We will be spending time with friends and family, bustling in shopping malls, drinking hot chocolate and decorating sugar cookies. However, this is also a time to acknowledge families who are less fortunate this holiday season and encourage your child to give back to their community in any way they can. Giving back can include volunteering at your local shelter, shoveling snow for your neighbor, or sending a holiday greeting card for soldiers overseas. We want people to feel welcomed and cared for during this time of the year. If you are a family that needs support, please contact one of the members of the Counseling Department.

Save the Dates

December 21st
early release day

**December 25-
January 1st** No
school

January 10th
Coffee with the
Counselors

January 12th early
release day

January 15th no
school

We've completed Term 1 and have now started Term 2. Our teachers and students have been working rigorously and will be ready for a break and the opportunity to recharge their batteries. Take this time to relax, rest, and enjoy quality time with the people that matter the most to you. We also encourage you to bring a little love and joy to those who need it. We wish you and your loved ones a peaceful and happy holiday season and a prosperous 2019. We will see you when we return on Tuesday, January 2nd, 2019!

Principal's Corner

We are looking for parents to give their inputs on various issues on

the following topics: Academics, Safety Public relations, Pros/Cons

at RCMS

Counselors' Corner

Community Resources:

Parents Helping Parents: in Library, Door 15 Weds. 6-7pm

(Parental Stress Line: 800-632-8188 available 24 hrs.)

Empathy is the ability to understand and share the feelings of each other. Empathy helps us to understand how others are feeling so we can respond appropriately to the situation. Empathy is an important skill for middle schoolers to learn and practice that will help them navigate social situations throughout their day.

How to help your child develop empathy:

1. Empathize with your child and model how to feel compassion for others. Children learn empathy by watching others and feeling empathy from others.
2. Practice caring for others and set high ethical expectations. Talk with your child about the importance of caring and being kind. Help them to understand that the world does not revolve around them.
3. Provide opportunities for your child to practice. Learning to empathize with others is like learning any other skill, with practice we will get better in time. Hold family meetings and encourage your child to listen to and respect others' perspectives. Ask them about challenges in their friendships, encourage them to try and understand their friend's perspective.
4. Expand your child's circle of concern. Sometimes it's easy for children to empathize with immediate family or their friends, but they may have difficulty generalizing that skill to other people. When watching tv or reading books, ask questions about how the characters might be feeling.
5. Help children develop self-control and manage feelings effectively. When children are angry with each other over something they feel the other has done wrong, the anger can get in the way of their ability to engage their sense of empathy. Encourage them to discuss their feelings. Let them see you work through challenging situations in your own life.

"A journey of a thousand miles begins with a single step."

Confucius

It's never too early to prepare for MCAS! Please encourage your student to take part in our monthly MCAS challenge. Every month in our newsletter we will offer a practice question for each grade. Students should answer the question, and submit their answer to the MCAS box located in the main office. Correct answers will be entered into a raffle for scholar dollars

Grade 7 Math MCAS Question

Brayden adds $\frac{1}{3}$ cup of flour into the mixture every $\frac{1}{2}$ minute. What is the rate, in cups per minute, at which Brayden adds flour to the mixture?

- A. $\frac{1}{6}$
- B. $\frac{1}{5}$
- C. $\frac{2}{3}$
- D. $\frac{3}{2}$