

Randolph Community Middle School

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~ RCMS SPEAKS ~

Principal's News

Happy New Year RCMS Families!

We need your HELP to resolve the ongoing issues of bullying and unsafe use of social media. Social media continues to have an impact on our students' learning if students are not utilizing social media safely and responsibly. 100% of our physical altercations at RCMS stem from issues occurring on social media outside of school. Once students return to school, the issues intensify and have also led to 90% of our verbal altercations. We encourage you to talk about social media at home with your children and monitor their social networking usage. We need a team effort by students, teachers, parents, and administrators to change the culture and climate of schools.

Parents: please remind your children that per RCMS policy, students are not to have their cell phones on themselves during the school day. Cell phones are to be left in their locker and not to be utilized at any time. In the event of an emergency, students may utilize the phones in the front office with faculty permission. Your cooperation in encouraging limited cell phone use is appreciated and will maximize learning potential. In an effort to help manage your child's cell phone and social media usage at home, please refer to the following page where helpful tips are offered. Ongoing communication with your children regarding safe internet usage, online bullying, and sharing personal information is also encouraged.

Principal's Corner

We are looking for parents to give their input on various issues on the following topics: academics, safety, public relations, pros/cons at RCMS

781-961-6243

Guidance Counselors

Cassie Sermon x107

Grade 6 & 7

Atiera Horne x530

Grade 8

Adjustment Counselors

Rebecca Allen x519

Amy Hardy x208

Save the Dates

January 18th early
release day 11:02
dismissal

January 21st no
school- Martin
Luther King Day

January 29th
Report cards issued

February 8th early
release 11:02
dismissal

February 13th
Parent teacher
conferences

Counselors' Corner

Community Resources:

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

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

SOCIAL MEDIA AND OUR STUDENTS

Technology and social media usage for middle school students has many impacts, but the greatest impact is on their health, emotional functioning and relationships. The effects can be both positive and negative. Some of the positive effects are that students can use fitness apps to become more active, connect with others with similar interests and keep connected with family and friends that are not local. Some of the negative effects can be that more screen time is equated to a more sedentary lifestyle, self-esteem is linked to the number of "likes" a student receives on a post, students feel lonely despite have hundreds of "friends".

How to help manage your child's use of technology:

1. Have a device free dinner. By putting down your devices, you are increasing your opportunities for communication with members of your family.
2. Find a balance between online and offline activities. Instead of counting up every minute of screen time, make sure there is a balance of off line activities.
3. Use social media to strengthen relationships. Encourage your child to video chat with relatives that are not local. Use music apps to share some of your favorite music with your children.
4. Learn about the apps your child likes to use online. Engage them in conversation about why they like that app. Ask them to show you how they use the app.
5. Raise media savy kids. Teach kids how to identify truthful content online. Have conversations with you child about content that may be manipulated.
6. Tighten your privacy. Our digital footprint grows the more time we spend online. Teach your child about privacy settings for social media, apps and other online accounts. Make sure they know not to share any personal information with people they meet online.

"Our lives begin to end the day we become silent about things that matter."

Martin Luther King Jr.

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 ELA MCAS Question

The little ones often fell asleep standing up. But the machines never slept.

What is the main effect of the author's use of personification?

- A. It suggests competition between the child workers and the machines.
- B. It emphasizes a contrast between the child workers and the machines.
- C. It demonstrates the advantages that the child workers had over the machines.
- D. It shows that child workers were important to the proper functioning of the machines.