

Randolph Community Middle School

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Cyndi Weekes- Bradley
Principal

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~ RCMS SPEAKS ~ Principal's News

Dear Friends and Families,

During the month of November students receive

As you all are familiar or becoming familiar with the traditions at RCMS, the month of November is when families receive the first report card of the school year. As teachers and students get acclimated with each other, the classwork becomes the central focus. Please take this opportunity to familiarize yourselves with your children's grades so. This is important because it will allow us to work together as a team to make sure your children are achieving their fullest potential.

Among the strong pillars of educational growth and development, are our cornerstones of Respect, Responsibility and **Scholarship**. This month of November is focused on SCHOLARSHIP. What is scholarship? What is expected from our scholars at RCMS you may ask? A scholar is someone who is caring, responsible, sharing their academic grit and work ethics with not only teachers but with other students as well. Our staff and teachers are always looking for ways to celebrate scholarship in the form of giving rewards like shout-outs during lunch, and giving out our special currency or achievement recognition money called Scholar Dollars. Students are rewarded with scholar dollars **\$scholar Dollars\$** for their academic grit and hard work, their empathy and kindness to other students and demonstration of respect towards other students, teachers. Staff and administrators. RCMS prides itself in celebrating scholarship of all kinds, but most importantly the demonstration shown on your children's report cards.

RCMS celebrated great scholarship achievement as a school for being recognized by the State of Massachusetts during STEM (Science, Technology, Engineering, and Mathematics) week last month. We had dignitaries from the Department of Education come visit to see firsthand what the students and teachers are doing every day as scholars. As a school, we are taking that recognition and high accolades as fuel for the month of November as a scholarship month and the impending months to follow.

Lastly, I had asked you to share your stories of academic concerns and suggestions, safety issues and things that you want to see improve at RCMS. I'd love to hear these concerns and would like for you to continue sharing positive stories that you've heard from your child. Please feel free to send us email or note with your experiences.

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

781-961-6243

Guidance Counselors

Cassie Sermon x107

Grade 6 & 7

Atiera Horne x530

Grade 8

Adjustment Counselors

Rebecca Allen x519

Amy Hardy x208

Contributing Author:

Mustapha Coker on Bullying

Save the Dates

November 21st: Early release day

November 22-23rd: Thanksgiving Break

December 5th: Early release day- Parent Teacher Conferences

December 6th: Coffee with the Counselors 8-9am

Basketball Tryouts

November 15th

Boys (grades 6-8) 3:00-4:30p

Girls (grades 6-8) 4:00-5:30pm

November 16th (rosters posted)

Boys 3:00- 4:30pm

Girls 4:00- 5:30pm

Counselors' Corner

Community Resources:

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

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

High School Tour Dates:

On November 15, 2018 the 8th graders attended *Randolph High School Tour*

November 20, 2018
8:30 - 10:45am
Blue Hills School Tour

The holidays can be a festive but also stressful time for families to navigate. Here are some tips to reduce stress at the holidays.

For parents and guardians:

- **Simplify your routines**- sometimes holidays can bring about added commitments. Remember to prioritize what's important and keep your focus there.
- **Manage expectations**- you can't be all things to all people. Always go back to your priorities and start there.
- **Take the focus off of gift giving**- focus on less consuming ways to celebrate (e.g. spending time together rather than buying something)
- **Defuse drama**- large gatherings may raise tensions. Take a deep breath or a break. This is a good opportunity to model these skills for your children.

For children:

- **Stick to routines**- children experience comfort through routines
- **Schedule in some downtime**- Even a 15- 30 minute break can help children recharge and decrease the likelihood of emotional outbursts.
- **Just say no**- the holidays can bring on some craziness. An easy way to tame this is to just say no to some activities.
- **Keep yourself in check**- Children look to adults for cues on how to act, so make sure you take time to manage your own stress.

MCAS Monthly Challenge

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 8 Science MCAS Question

White blood cells help protect the human body from disease. This is an example of which two body systems working together?

- A. muscular system and immune system
- B. muscular system and digestive system
- C. circulatory system and immune system
- D. circulatory system and digestive system

"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE."

Nelson Mandela