

Randolph Community Middle School

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- Grade 6 & 7

Atiera Horne x530

- Grade 8

Adjustment Counselors

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Contributing Author:

Mustapha Coker on Bullying

Save the Dates

Food Drive
November 5th-9th

Report Cards:
Grades close November 5th

Report cards issued
November 14th

Next PTO Meeting:
November 1

No School
November 6

Veteran's Day
(No School)
November 12

~ RCMS SPEAKS ~

Principal's News

Dear Friends and Families,

As you all are familiar with the traditions at RCMS, the month of October was the National Bullying Awareness Month across the country. In celebration of bullying awareness on campus and across our communities in the Town of Randolph, RCMS hosted a series of anti-bullying or no bullying -zones/spaces in classroom lessons, workshops, and activities throughout the month of October. The major part of our no-bullying zones/spaces effort took place during our regularly scheduled school day as part of our Positive Behavior Intervention Strategies (PBIS).

Our teachers and students are in the process of reading the Ray Allen story, "A letter to my younger self". This celebrates the rise of a retired hall of famer and NBA star, Ray Allen. He also experienced bullying as a young child but developed coping mechanisms that helped him rise to the top of his sport. We believe that our students at RCMS and the community will greatly benefit from such remarkable experiences. Though he did not ALWAYS control his frustration in the most appropriate way as an adult, he made it to a professional basketball team despite being bullied. He overcame bullying with very smart applicable advice to all young people in his letter to his younger self. As part of our no-bullying celebration month, we plan to introduce "Reading On Wheels" where every child will be given a copy of this letter to be read and discussed during lunch, on the bus, and while coming and walking to and from school. We are working to schedule number of after school events this month to invite all Parents, Guardians, and Caregivers to attend and help put an end to bullying in our community once and for all.

Lastly, I'd love for you to start sharing positive stories that you've heard from your child. Please feel free to send us email or note with your experiences. RCMSPraents@randolph.k12.ma.us

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

October is bullying prevention month and RCMS will be focusing on *respect*.

Community Resources

Quincy Community Action Program (QCAP)
1 Copeland St
Quincy, MA 02169
617-479-8181
www.qcap.org

*food and nutrition program, emergency food service, food center

Bullying:

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

What can you do as a parent?

- Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have
- Recognize the warning signs:
Hesitation about going to school, decreased appetite, nightmares, crying, or general depression and anxiety
- Monitor texts/social media usage (Instagram, snapchat, twitter)
- Contact the Dean of Students if you believe your child is being bullied

Below you will find a list of resources to help identify and respond to issues of bullying:

What You Can Do	https://www.stopbullying.gov/what-you-can-do/index.html
Violence Prevention Works: Tips for parents	http://www.violencepreventionworks.org/public/bullying_tips_for_parents.page
Massachusetts Bullying Laws - Section 370	https://malegislature.gov/Laws/GeneralLaws/Part/TitleXII/Chapter71/Section370

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 6 MCAS Question

Which of the following expressions represents "subtract 17 from x "?

- A. $17 - x$
- B. $x - 17$
- C. $-17x$
- D. $-x - 17$

"If you take responsibility for yourself you will develop a hunger to accomplish your dreams."

-Les Brown