



OCTOBER 2016

BRADDOCK MIDDLE SCHOOL'S NEWSLETTER



## Principal's Message

Co-curricular Math Counts began on Monday, September 12th, with 6th graders meeting on Mondays and Wednesdays and 7th and 8th graders meeting on Tuesdays and Fridays. The after school part will begin on October 4th and continue each Tuesday and Thursday from 3-4 PM.

The dates for the PARCC test and the PARCC Science test are now finalized. The PARCC Science test, which is only administered to 8th grade students, will be given March 20th-23rd.

The 6th grade will take the PARCC test on April 4th-6th. The 7th grade will take the PARCC test on April 19th-21st. The 8th grade will take the PARCC test on April 25th-27th.

Schools will be closed on October 18 for a county-wide Professional Development Day for the staff. The students will also have a three hour early dismissal on October 28th to prepare grades for Quarter 1, which ends October 27th.

## Nurse's News

The best learning takes place when children are healthy. Make sure to keep your child home if he/she is exhibiting signs of illness, including fever, sore throat, or persistent cough. If your child is running a fever, he/she must be fever free for 24 hours without medication before returning to school.

## Don't Sweat It!

Do you stress? I do, too; and, when I get stressed out I "Focus Breath". Focus breathing (slow deep breathing) is the number one way to relieve stress and anxiety. However, like everything it is something that needs to be practiced. Take some time and practice deep breathing; you'll be surprised at the results. Follow the steps below and practice each day. When that stress occurs or the anxiety sneaks up, you'll be ready to squash it with "Focus Breathing".

Inhale deeply and SLOWLY through your nose. Exhale SLOWLY through your mouth.

Repeat for about 60 seconds. Take a 30 second break with normal breathing and repeat 3-5 times.

## Blue Band Update

The Blue Band will be joining the Alco Band in the stands at the Allegany game on October 13, at 5 PM.

## How to be Successful in Middle School

Everyone knows that the middle school years are a time of transition and transformation for students.

Middle school students have much to learn, experience, and process; and, they must do this at a time when they are rapidly growing emotionally, physically, and socially. As the parent of a middle school student, encourage independence in your child while still maintaining a supportive role in your child's life.

Here are some ways you can help your child to be successful in middle school:

- Make regular attendance a priority.
- Help your child manage homework time.
- Show interest in your child's studies.

- Encourage participation in extra-curricular activities.
- Know your child's friends.
- Make it clear that your child must follow school rules.
- Encourage your child to know his or her counselors.
- Check your child's grades on Aspen at least once a week.
- Volunteer at school\*\*

\*\* Braddock is in need of parent volunteers to work the PBIS rewards during lunch time and chaperone dances. If interested, please contact Ms. Alkire or Mr. Murphy, guidance counselors, at 301-777-7990.

## PBIS Fundraiser Tracker

Beginning October 7, 2016 until March 17, 2017, Braddock Middle School will be participating in the Martins A+ School Rewards program. Visit [www.martinsfoods.com/aplus](http://www.martinsfoods.com/aplus) to register with school ID #20257. You may register up to two schools; you do not need to re-register your card if your school selection(s) are the same as last year. Also, we continue to participate in the Box Tops for Education program. Box Tops may be brought in to school at any time throughout the year. Contact Ms. Alkire if you have any questions. Thank you for supporting our school!

## The Wizard of Oz, Jr.

Auditions for the drama club musical, The Wizard of Oz, Jr., will be held in the auditorium Thursday, Oct. 13, from 3:00pm - 5:00pm. Students may come with a prepared musical number to audition with or they may simply do some vocal warm-ups. They will be judged on three aspects: music, acting, and dance. The performance dates will be Feb. 10, 11, and 12.

### Dates and Details:

- 10/5— Evergreen (Nash)
- 10/6—CTE visit (8th grade)
- 10/13—Play auditions
- 10/18—No School (Professional Development Day)
- 10/19—Evergreen (Egros/Kidwell)
- 10/20— School Dance  
Cost:\$3 7-8:30PM / Evergreen (Egros)
- 10/21—Evergreen (Egros)
- 10/24—Evergreen (Egros/Kidwell)
- 10/27—Close of 1st marking period
- 10/28—3hr early dismissal/PM work day for teachers

