



MAGOTHY RIVER MIDDLE SCHOOL'S PARENT WEEKLY UPDATE



MRMS Spotlight

Congrats, Mrs. Bays and Mrs. Klingler for being hometown heroes! Click on the link below to find out more.

[Mrs. Bays](#)
[Mrs. Klingler](#)



Source: Chesapeake Family Life 4/13/20



Source: Cape Conservation Corps – March 2020

Week of 4/20 - 4/24

Mon 4/20

A-Day

Tues 4/21

B-Day

Wed 4/22

A-Day

Thurs 4/23

B-Day

Fri 4/24

A-Day

Dear Families,

We would like to invite you to attend a virtual coffee hour with myself and Mrs. Hepting. We understand the importance of connecting with our parents and guardians. Please see the attached flyer for additional information.

Listed below are the google classroom codes as well as helpful resources for elearning.

- By now all students should have log-on to google and have joined each of their teachers' classes as well as the schoolwide google classroom (uptltdg).
- Please use the links below for classroom codes and additional resources for google classroom.

[Google Classroom Guide for AACPS Parents \(English Edition\)](#)

[Google Classroom Guide for AACPS Parents \(Spanish Edition\)](#)

[MRMS Google Classroom Codes](#)

Please see the attached flyer regarding eLearning pictures for the yearbook.

Again, we miss our MRMS community and we hope you are healthy and well!

Sincerely,
Dr. Nuria E. Williams

Join Dr. Williams and Ms. Hepting at a Virtual Coffee Hour Thursday, April 23rd at 6:30PM



Do you have questions, ideas, comments or concerns about eLearning?
Well, please join Dr. Williams and Ms. Hepting for a virtual coffee hour.
We miss our community and would love to connect with you!

Please use this link to access a form to submit your question(s) in advance:
<https://docs.google.com/document/d/1PuW0CpGIHR4P20QhyZCqNMeJun3zqUIEFHyte67i4ZM/edit?usp=sharing>

**Use the link below to join in on the coffee hour.
Don't forget to mute your mic when you log-on.**

Name of group: MRMSparentcoffeehour

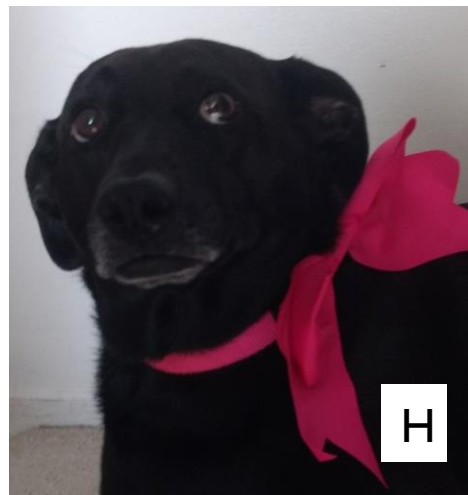
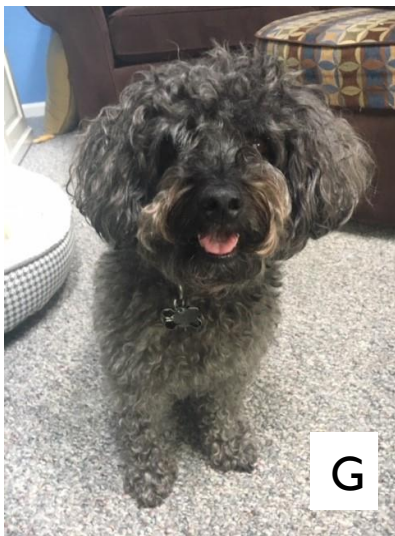
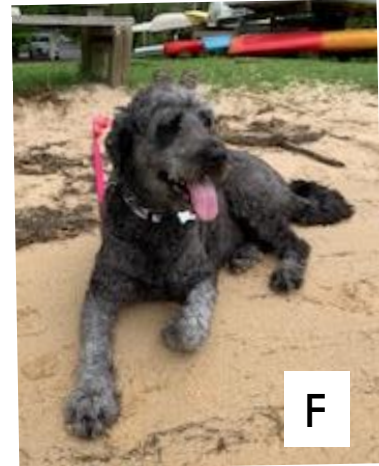
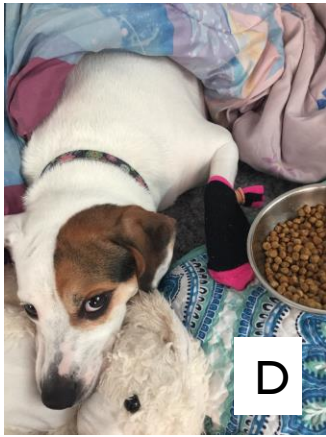
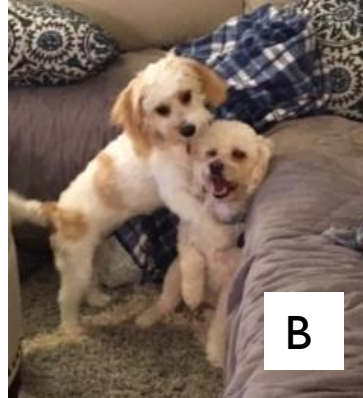
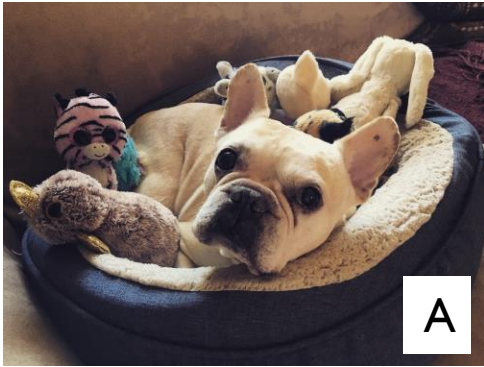
To join the video meeting, click this link: <https://meet.google.com/aij-kepd-knx>
Otherwise, to join by phone, dial +1 434-264-7597 and enter this PIN: 429 598 421#

To view more phone numbers, click this link: <https://tel.meet/aij-kepd-knx?hs=5>



Guess the Teacher's Pet

These wonderful pets will be assisting your teachers in your eLessons! Can you guess which pet goes with which teacher? Answers will be on the last page. No peeking!



RILEY CARRUTHERS
8TH GRADE



ALAYNA KLAUS
7TH GRADE



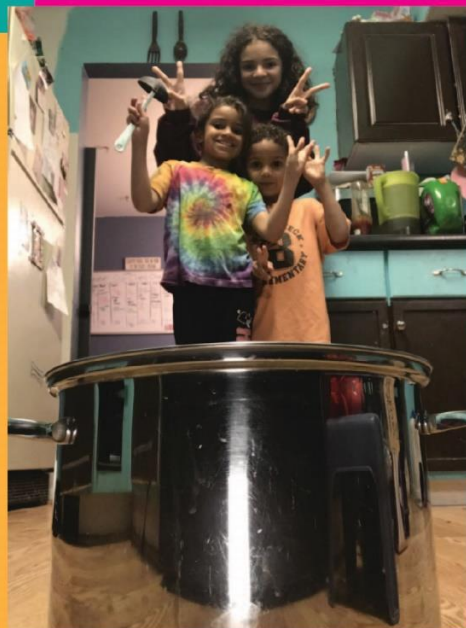
FORCED PERSPECTIVE

DIGITAL PALETTE STUDENTS EXPERIMENTED WITH CAMERA ANGLES AND DISTANCES TO CREATE FORCED PERSPECTIVE PHOTOGRAPHS.

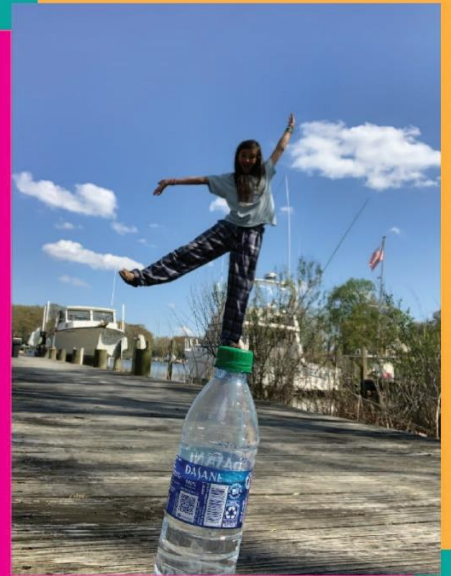
TATUM MARTIN
7TH GRADE



JAMES SMACK
8TH GRADE



SIENNA MILLER
7TH GRADE



YEARBOOK ANNOUNCEMENT

ORDERING

YEARBOOKS ARE STILL BEING PRODUCED AND MAY STILL BE PURCHASED.

<http://yearbooks.classic-photo.com/MagothyRiverMiddle/home3/Bookstore.jsp>

8TH GRADE PARENTS ONLY

IF YOU WOULD LIKE TO HAVE YOUR STUDENT'S BABY PICTURE FEATURED ON THE 8TH GRADE BABY PICTURE PAGE PLEASE EMAIL OR SHARE YOUR CHILD'S PICTURE TO MRMSYearbook2020@gmail.com PLEASE INCLUDE YOUR STUDENT'S NAME. YOUR SUBMISSIONS NEED TO BE EMAILED/SHARED BY FRIDAY, APRIL 17TH.

ALL PARENTS AND STUDENTS

WE WOULD LOVE TO INCLUDE STUDENTS PARTICIPATING IN ELEARNING OPPORTUNITIES IN THE YEARBOOK. YOUR SUBMISSIONS NEED TO BE EMAILED/SHARED BY FRIDAY, APRIL 17TH. PLEASE EMAIL OR SHARE YOUR ELEARNING PICTURES TO MRMSYearbook2020@gmail.com

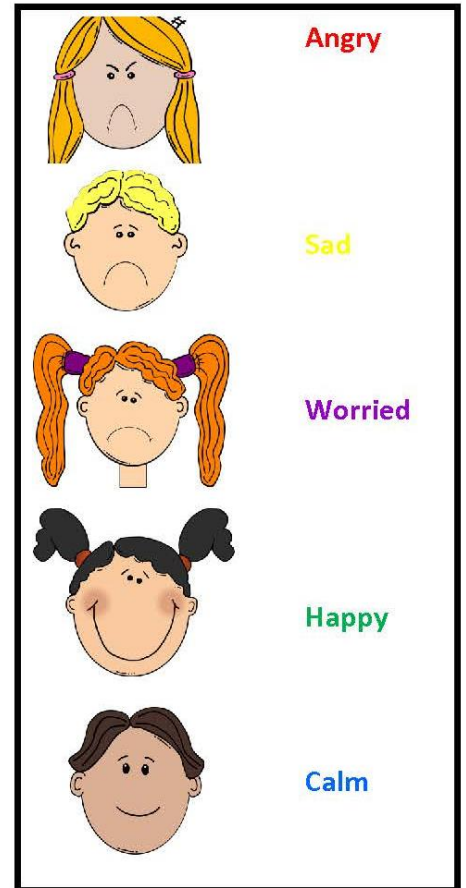


THRIVE BEHAVIORAL HEALTH
MEETING PEOPLE WHERE THEY ARE

Thriving Families

Goal of Thriving Families

During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4—12. We hope this brings you a simple and enjoyable way to stay connected to your family.



Angry

Sad

Worried

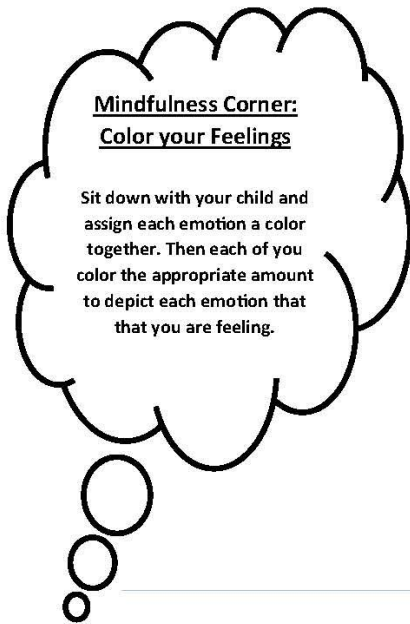
Happy

Calm

How are you feeling today?

5 Life Skills to Teach Children During Quarantine

1. **Basic First Aid**—Make a first aid kit together. As you compile the items, explain the purpose of the item and what type of injuries it would be used for.
2. **Cooking**—Make a meal with your child. Explain the importance of safety in the kitchen and the hazards involved. Allow your child to help you plan the meal and measure and mix the ingredients.
3. **Budgeting Money**—Use Monopoly or other pretend money. Give your child a certain amount of money to spend each day and put price tags on items they would like to use (or eat). Allow your child to carry any unused money over to the next day. Talk about the importance of saving money rather than spending all of it in one place.
4. **Doing Laundry**—Have your child help you separate the whites from the colors. Show them the functions of the washing machine and dryer, how to measure the detergent and fabric softener and reading the clothing tags from washing instructions.
5. **Time Management**—Allow your child to plan their own schedule. Let them know what needs to be done each day and allow them to decide when they will conquer each task. Help them stay on schedule by visually displaying their schedule. Use an alarm clock or timer to help.



Mindfulness Corner:
Color your Feelings

Sit down with your child and assign each emotion a color together. Then each of you color the appropriate amount to depict each emotion that that you are feeling.

5 Conversation Prompts for Dinner Time for the Week

Ask your child one dinner time prompt each night this week. See where the conversation takes you.

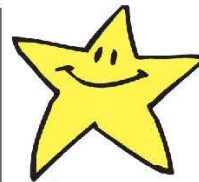
1. What are 3 words you would use to describe yourself?
2. If you had to live with a cartoon character, who would you pick?
3. If you could only eat 3 foods for the rest of your life, what would they be?
4. If you were invisible, where would you go?
5. What is your favorite memory so far?



"Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter." - Brad Henry

Play Connect 4 with Only a Pencil and Paper

Draw a grid with 10 horizontal and 10 vertical lines to create 20 squares. Then take turns drawing circles in attempt to get 4 in a row. Once the bottom row is filled, players must "drop" their circles on top of another. Players can either mark the circles with their initials or use Xs and Os. The first to get 4 in a row wins.



5 Behavior Incentives to Try this Week

If your struggling to manage your child's behavior during quarantine, try these 5 free and low-cost behavior incentives this week.

1. Choose what is for dinner one night
2. Stay up an extra 30 minutes past bedtime
3. Download a new game or app
4. Have a movie night
5. Throw a virtual dance party and invite friends and family to join

Kindness Challenge: Candy Kindness Jar



Recognize your child's kind acts by filling a jar with candy. This would be a great opportunity to use those jelly beans from Easter! Each time you catch your child doing a kind act, place a jelly bean (or other candy) inside a jar. Watch how the kindness grows.

References:

Rebecca, Renee, Kristina, Stephani, Krissy, Weiss, C., ... Shloh. (2013, June 26). Peaceful Parenting: Make a Kindness Jar. Retrieved from <https://kidsactivitiesblog.com/10849/peaceful-parenting-kindness-jar/>; Pruess, A., Kurian, R., & Pruess, A. (2019, January 15). 25 Simple Mindfulness Activities Kids Will Actually Want to do. Retrieved from <https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>; Family Dinner: 50 Conversation Starters for Young Kids. (2016, September 7). Retrieved from <https://www.anxioustoddlers.com/family-dinner/#:~:text=11%20real-life%20skills%20you%20can%20teach%20your%20kids%20at%20home%20during%20a%20quarantine,2020-42amp>

Answers to "Guess the Pet"

- A – Ms. Conopask (Rico)
- B – Ms. Dernetz (Murphy & Mia)
- C – Mr. Glennon (LuLu & Penny)
- D – Ms. Mastrodomenico (Lupey)
- E – Ms. Parsons (Potter)
- F – Ms. Parsons (Sadie)
- G – Ms. Plitt (Chip)
- H – Ms. Walsh (Raven)
- I – Ms. Walsh (Teddy)

