



Counseling/Dean News- May

With all of the information that we are inundated with on a daily basis, tools that are concise and effective have even greater appeal. No place is there a call for solid and useful information to be readily available than when it is related to the safety of our children. Terri A. Erbacher, Jonathan B. Singer & Scott Poland have compiled just such a tool stating the warning signs of a risk of suicide for parents and educators to have handy to reference. The following is reprinted with their permission:

**Suicide: What Parents & Teachers Can Do to Reduce Risk
YOU ARE A LIFESAVER!**

**It takes one caring adult to save the life of a child.
Know warning signs and identify students who might be at risk.**

Remember the Risk Factors:

- Medical illness
- Psychiatric Disorders
- Isolation – Lack of Connectedness!
- Family history of mental illness
- Previous suicide attempt
- Substance use/abuse
- Impulsivity or Aggressiveness
- Recent traumatic event or loss (particularly loss of a loved one by suicide)
- Problems with the law
- History of physical or sexual abuse (experiencing or witnessing)
- Childhood trauma or witnessing trauma
- Easy access to lethal methods, especially guns
- The pressure of being a good student/athlete/child

Watch for Warning Signs:

- Isolation or withdrawal
- Depressed, sad
- Loss of energy
- Deterioration in self-care
- Decreased school attendance or performance
- Reading books on suicide/death
- Increased use of drugs, alcohol, sex
- Reference being dead, joking about it

- Loss of interest or pleasure in usual activities or sports
- Changes in behavior, academics, social
- Self-defeating statements (I'd be better off dead)
- Hopelessness about the future
- Serious illness or injury especially with consequences (i.e. can no longer play sports)
- Feeling helpless or worthless
- Trouble concentrating or thinking quickly
- Preoccupation with death in comics/movies
- Discussing suicide in their writings...
- Increased hostility, defensiveness
- Change in eating or sleeping (weight loss/gain)
- Disinterest in making future plans
- Euphoria, attitude becomes calm, certain

If ANY of the above are present...refer your child immediately.

Protective Factors:

Having social supports, feeling connected, being cognitively flexible, willing to obtain treatment, strong spiritual or religious ties, being physically healthy, being hopeful, having coping strategies, & having RESILIENCE.

Remember...

It is better to be safe than sorry.

Suicide is a PERMANENT solution to a TEMPORARY problem.

Children/Teens want to end the emotional pain more than they really want to die.

What is a Suicidal Emergency?

- . It may be an emergency if your child expresses any of these:
- . Intense feeling of being a burden to others
- . Intense feeling of not belonging
- . Intense feelings of hopelessness; no reason to live
- . Intense thoughts of lethal self-harm
- . Describing a specific plan
- . Seeking means of self-harm
- . Talking about wanting to die
- . Agitation, rage or labile mood

These warning signs are especially noteworthy in light of a recent suicide death or other loss of someone close to your child. If your child mentions suicide, take it seriously.

What to do:

If there seems to be a suicidal emergency, do not leave your child alone. Get help immediately:

- . If in school, take them to a mental health/guidance staff member immediately
- . Out of school, take them to a local crisis center (for Connecticut Dial 211 for EMPS Mobile Crisis Intervention Services)
- . Suicide Hotlines: 1-800-273-TALK or 1-800-SUICIDE
- . Call 911

If it is not an emergency, but you are concerned about your child, you may decide to contact your school's guidance office, your medical doctor, or a private therapist or psychiatrist.

Remember that the NUMBER ONE protective factor in the life of a child is a caring adult who listens to a child without judgment. This is often a parent or teacher!

Source: Erbacher, T.A. (2013). *Lending a Helping Hand: Suicide in Schools: Empowering School Districts*. Booklet published by the Delaware County Intermediate Unit, Morton, PA.

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Thank you for your time and attention!!!

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Crew 6 LM-May Update

Language Arts Grade 6 - Students are working on the final project for our nonfiction unit. After researching and taking notes, students will draft an oral presentation on a selected/approved topic of interest. They will rehearse in class and at home to deliver their speech for a graded assignment. Our final unit of the year will be a social issues book club.

Math 6 - The Math 6 students are expanding their concept of measurement and shifting the focus to statistical thinking. They will gather data to learn the basic concepts of the measures of central tendency- mean, median, mode, and range. Students will use various displays of data to help understand the meaning of data, building the foundation for further investigations of statistics and probability.

Math TPA - This unit in TPA explores situations that require students to reason and represent with integers. They already have real life everyday experience with positive and negative numbers- temperatures dropping below zero, sports teams ahead or behind so this unit builds on that knowledge. Number lines help develop their understanding of order, for comparing integers as well as developing the concept of opposites, distances and absolute value.

Social Studies Grade 6 - Currently, grade 6 Social Studies classes are in the trenches of WWI and WWII. We are finishing our study of Europe and will be moving on to Unit 4, South Asia. Before moving on to our last unit of study, students will be administered the Spring District Argumentative Writing assessment. Our last unit will involve the study of India's geography, history and culture. We will be wrapping up the year with a culminating brochure activity in which

students will present to the class. The students will choose a country in the regions studied this year. The focus of the brochure will be to have the students research the culture, geography, and history of the country chosen and decide if it is a place to visit or provide aid.

Science Grade 6- Grade 6 Science classes are rocking and rolling and heating up as they study earthquakes and volcanoes. The Ring of Fire will be introduced and the mysteries of the Earth's crust, mantle and core will continue to be studied. Students will be able to analyze the sudden motions along breaks in the Earth's crust and learn how these natural disasters can affect landforms and societies. Students will also brainstorm ideas with partners to design a structure that will resist a simulated earthquake. Let the shaking begin!

7LMS -May Update

Language Arts: We will be closing the school year with a Historical Fiction Book Club from a era of choice. We will be doing a "research day" to familiarize ourselves and provide prior knowledge of the era of interest. We will also be adding to our Portfolio on Googledocs which will include a reading and writing reflection. Our Portfolio is live and can be looked at and added to over the summer.

Math: Pre-Algebra 7 - The Pre-Algebra 7 classes will complete the year with geometric units on congruent and similar figures, transformations in the coordinate plane, properties of parallel lines, and angles in polygons.

Math 7 - The Math 7 classes will complete the year with geometry and probability units on surface area, and volume of prism and pyramids. The probability unit includes finding theoretical and experimental probability, population samples, and measures of center of a data set..

Science: In science, students will be continuing to explore the human body. We will be working on the digestive and circulatory systems for the month of May. In June, there will be a broad look at the animal kingdom. Students will be researching an endangered species including why it is endangered and ways to help it from becoming extinct.

Social Studies: In Geography class, students are wrapping up an independent research project on Environment and Society, exploring the theme of Human-Environment Interaction. They are finishing up an argumentative research paper and creating a web page about their topic. Coming in May, students will be studying the region of Sub-Saharan Africa, including the geography, culture, and economics of the area. Thanks to the PTSA, all 7th graders will have music and dance workshops with Senegalese artists Massamba Diop and Abdou Sarr, featuring Northampton, Massachusetts native Tony Vacca, and their world rhythms program. <http://www.tonyvacca.com/>

8LM May Update

Language Arts: After wrapping up our whole-class study of Elie Wiesel's *Night*, language arts students will jump into the last book club of the year. While reading, analyzing, and discussing "classic" novels, eighth graders will focus on identifying and connecting themes among texts (old and new) in a wide variety of genres. After a final middle school reflection on overall reading and

writing progress, students will finish the year by engaging in a quick study of drama and Shakespeare.

Math PA: Pre-Algebra students are completing a small unit on volume of cylinders, cones, and spheres. After that, students will study exponents in depth by learning the rules for simplifying exponential expressions and applying these ideas to working with scientific notation. Finally, the year will conclude with a final exam that covers all of the topics we have studied this year.

Math Algebra: Students in Algebra are continuing to study quadratic functions. They have learned how to graph parabolas and are now studying how to find the solution to quadratic equations. Real-life applications of quadratic functions will be used to reinforce the unit of study.

Math Geometry: In Geometry, students are studying 3D figures, including ways to find surface area and volume of solid figures and the relationships between similar solids. We will then conclude the year with a study of circles before preparing for the final exam in June.

Science: Students will be completing the study of chemistry with a unit on compounds and mixtures. At the conclusion of the chemistry instruction there will be a chemistry final. Students will then be working on a number of labs/projects where students will have to apply the knowledge learned this year.

Social Studies: Later this week students will begin a unit of study about Postwar United States in preparation for our final research project. Students will research an exemplary American from the postwar period, consider whether that person enhanced or inhibited the American Dream, and create a memorial for that person to present to the class.

World Language - May Curriculum Update

French/Spanish

6th Grade Level 10A Spanish and French

Students are exploring celebrations in their various target cultures. They are learning what people do and how they celebrate. We will continue to work on our interpretive and communicative skills through a variety of activities in preparation for the common district final exam in June. The assessment will consist of four sections: interpretive speaking and listening, on demand writing and interpersonal speaking

7th Grade Level 10B Spanish and French

Students are wrapping up their research and presentations on vacation destinations in their target culture for Unit 5. We will continue to work on our interpretive and communicative skills through a variety of activities in preparation for the common district final exam in June. The assessment will consist of four sections: interpretive speaking and listening, on demand writing and interpersonal speaking.

8th Grade level 20 Spanish and French

Students are exploring the theme: What makes a person a hero or a heroine? They did research on a hero from their target country and are reading and listening about what makes a person a hero in everyday life.

Students will be taking the AAPPL test (a World Language standardized assessment) in the middle of May and the common district final exam in June.

UA- Art/Computer/FCS/Health/Music/PE- May Update



Art

The RLMS student art show will be on display in the main lobby from May 1 through May 25th. There will be a reception on Tuesday, May 16th from 6-8 pm in the main lobby. All are invited to attend to view the work of our talented young artists!

6th grade art:

6th grade art students are in the middle of their value drawing unit. They are learning how to shade using a variety of tones from the value scale. After practicing shading some basic forms, they have moved onto drawing realistic animals, and will apply the shading skills to the animal drawings. They will then continue on to a unit in observational drawing where they will draw from a still life.

7th grade art:

7th graders are working on their 3D form unit and creating expressive masks out of clay. Utilizing a variety of sculptural methods, they are applying molded, carved, and cut elements to create unique designs and expressions. They will continue with a unit in color theory, and end the marking period with self-portrait drawings.

8th grade 2D art:

8th graders are studying and learning methods of pen and ink drawing. They are learning a variety of pen techniques to create a variety of values and textures. These techniques will be applied to a drawing of their choice. Upon completion of the drawing unit, students will work with acrylic paint to paint landscape scenes.

8th grade 3D art:

3D art students are in the midst of creating their hand built coil pottery forms. They are learning hand-building clay methods to create a piece of unique pottery. They will also sculpt or carve embellishments into their finished pottery forms, and apply colored glazes. The students will end the course by sculpting a Oaxacan inspired animal with clay.

Computers

6th Grade Computers: Mr. Boocks:

Students began with an introduction to Typing Pals, an online typing skills training and practice software program. Each class starts with time spent typing ending with a Friday test of each successive skill level. Students are graded on Accuracy more than Speed although those with speed difficulty will be encouraged to try to move faster. Sections of class time are given over to more general skills learning about various Google and Microsoft products by creating a Letter to an official or role model, collaborating on a class wide calendar project, and various other Graphic based projects.

6th Grade Computers(Mr. McAleese):

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Mrs. Walker:

6th Grade Computers: Students have continued to learn more features of MS PowerPoint, such inserting and editing pictures, changing the indent using the ruler, inserting action buttons, and copying formats using the format painter. They have learned all the tips and tricks of MS Paint, and then each student drew an original Future Me illustration. Independently, students have continued to practice their keyboarding skills using Typing Pals. Next, students will create a document in Excel called Birthdays.

8th Grade Computers: Students are learning to code/program. We are progressing through the “Stages” in Unit 2, using an online program called CODE.ORG. The students work independently through the lessons. At the end of each Artist stage, students complete a project on their own.

Family and Consumer Science

Food Lab

6th Grade: Students will learn the essential skill of knife cutting techniques and safety in the kitchen. Students will be introduced to the standard units of measurements and how to choose the proper utensil and tool. After they have mastered their knife skills they will make Vegetable Cheesy Quesadillas and enjoy them with their classmates.

7th Grade: Students are making Breakfast Burritos with sauteed peppers and onions. They are so proud of themselves as they practice their knife and cooking skills. Their independent cooking skills help them to gain confidence in the kitchen. Making a family breakfast is a major accomplishment for 7th graders! Students will present their Family Meal Projects to the class and practice their public speaking.

8th Grade: Students are working hard to bring home their cakes after they decorate them utilizing a piping bag. Their cakes are individually decorated and will come home just in time for Mother's Day! Then we are off to the computer lab to learn where our food comes from. Students will then practice the 4 C's of cooking as they learn the importance of Food Borne Illness by making Grilled

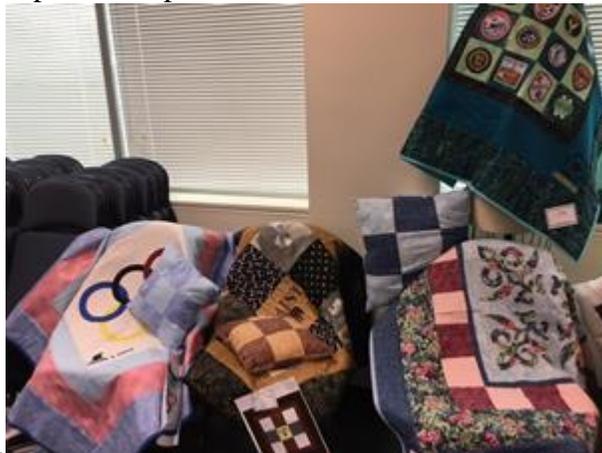


Chicken Caesar Salad on our grills.

8th Grade Sample Cake

In The Sewing Lab:

The Family and Consumer Science Department presented our curriculum to the BOE last



month. It was received quite favorably.

We had an impressive display of student projects. Pictured here are RLMS quilts.

8th grade fabric art is an elective students may choose after making a shoulder sak bag in 6th grade and boxer shorts in 7th grade. It is a creative process and a rewarding one. These projects become heirlooms your child will treasure for years to come.



Students may make additional projects. Kayleigh made an infinity scarf created from her t shirts.

These 6th graders made lanyards using the decorative features of the sewing machine.





Students learn to read and follow directions in FCS to create a project they're proud of.

HEALTH - Mr. Dickenson

Grade 6: For the remainder of the term the grade 6 students will be learning about alcohol, marijuana, inhalants, bad friendships, bullying, sexual harassment, puberty and the reproductive systems, and healthy relationships. I will continue to update all of you each Monday.

Grade 7: In grade 7 for the remainder of the year we will learn about alcohol, marijuana, a review on tobacco and vaping, a review from grade 6 on bullying and sexual harassment, as well as coping with death and loss. There will also be conflict resolution, birth, and family communication classes.

Grade 8: In grade 8 we will be learning about sexual assault prevention, abusive relationships, love, coping with depression, suicide prevention, an HIV review from grade 6, abstinence, marijuana, and body image. Updates each Monday will continue.....

Health - Ms. Maline

6th Grade - We are in the friendship unit that includes good and bad, peer pressure and bullying and cyberbullying and sexual harassment. There will be a test on this at the end of that unit. The date will be on IC when determined. The next unit will be the drug unit. We will start off with the difference between drugs and medicine and then learn about inhalants, marijuana, alcohol and tobacco/vaping. The following unit will be puberty followed by communicative diseases. I will be giving parents a heads up before the puberty unit... not to worry.

7th Grade- We are discussing Body Image which will lead us into eating disorders. Then we will discuss: popularity, rumors and accusations and online safety including sexting. The following unit will be the diversity unit that will last about 2 weeks. Afterwards, we will be covering family life - death and dying and stress management. On June 13th, a speaker from St. Vincents will come and do a presentation on smoking and vaping (always a crowd pleaser)

8th Grade- We will be presenting our WHO I AM PROJECT on May 4th. We are in the relationship unit which covers healthy, unhealthy and abusive relationships. We will be discussing abstinence, love and infatuation, flirting and sexual harassment. The next unit will be Alcohol. Other topics will be designer drugs, date rape drugs, depression/suicide prevention and stress management.

Music

Band 6: The band is wrapping up playing tests on our upcoming songs for our Spring Concert, Wednesday, May 10th at 7pm. The music is really coming together and we are excited to perform for you. The band sounds great! After the concert, we will be preparing for a theory test that will happen towards the end of May, as well as our upcoming performance and field trip to the High Note Festival on June second. Band lessons will continue through June 2nd, and any students who have rented an MRC instrument should contact me for the return process, or for June to June rental forms if you are interested in keeping them through the summer.

Band 7: Grade 7 band is completing spring concert prep work, and will begin preparing for the Memorial Day parade on Monday May 29th. The concert band is sounding good, and the concert on Tuesday May 9th will be fantastic! Band lessons continue through June 2nd and students renting school instruments will return them at this time so they may be cleaned. The end of year music theory exam will be the first week in June, students will be preparing for this as well.

8th Grade Band -The band has a multitude of activities: They will be performing in the concert on May 8th. After the concert we start preparing for the Memorial Day Parade. Directly following the 8th grade band students will prepare for the High Note Festival adjudication.

Chorus

Grade 6 - The 6th grade chorus will present their spring concert on Wednesday May 10th at 7:00 pm. Chorus students need to meet in the chorus room by 6:45. Dress code is black pants/skirt and white shirt/boys with a collared shirt and tie. Please no jeans or sneakers. 6th grade full-time chorus students will be studying elements of music theory and will take an end-of-year assessment. A study guide will be provided in advance.

Grade 7 - The 7th grade chorus will present their spring concert on Tuesday May 9th at 7:00 pm. Chorus students need to meet in the chorus room by 6:45. Dress code is black pants/skirt and white shirt/boys with a collared shirt and tie. Please no jeans or sneakers. The Chamber Choir will also perform on this night. Chamber Choir should arrive by 6:45, meeting space TBD. 7th grade full-time chorus students will be studying elements of music theory and will take an end-of-year assessment. A study guide will be provided in advance.

Grade 8 - The 8th grade chorus will present their spring concert on Monday May 8th at 7:00 pm. Chorus students need to meet in the chorus room by 6:45. Dress code is black pants/skirt and white shirt/boys with a collared shirt and tie. Please no jeans or sneakers. 8th grade full-time chorus students will be studying elements of music theory and will take an end-of-year assessment. A study guide will be provided in advance.

Keyboard Music 6, 7, 8

Marking Period 4 provides Keyboard Music students opportunities to learn a new song of their own choice, and demonstrate what they have learned on a "Post-test" (final exam). We will review fundamental elements of music notation - notes, rests, rhythm - and basic keyboard skills - scales, correct fingerings, reading standard music notation.

Performance assessments on C major, G major, F major, d Blues scales will be finished in May.

Our MP4 project is a piano video to be submitted through the school Gmail system. We will enjoy sharing student perspectives on piano performances by “any living creature”, including and not limited to themselves, family members, or friends.

Skill development in note reading - transferring notes read on the Grand Staff to the keyboard - will continue using “Reverse Keyboard Note Identification”, “Note Rush”, level 2, and “Theory Thinker”, from Piano Suite.

This year, students in 6,7,8 grades all did the same work. Next year, they will begin the process of working in two different levels, and in two years, the plan is to have three separate levels for 6,7,8.

Orchestra

Grade 6 orchestra: All the focus is on the Spring Concert (Wednesday May 10th), and High Note Festival (Thursday May 25th). After the Concert we will start preparing for the final theory exam. RLMS Chamber will also prepare for these two events. The final Recital for RLMS Chamber Orchestra is on June 1st at 7:00pm in the RLMS Auditorium.

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Technology Education Department

Technology Education 7th (Mr. Boocks)

Students began the semester learning how to create Orthographic Projections (blueprints). These drawings will be reiterated throughout the semester in practical application. This week students are learning to record the design process utilizing the “systems model”. This process will also be utilized throughout the semester to complete each lab.

Communication (Mr. Boocks)

Students started the semester learning to create video games using “Game Maker by YoYoGames” software. They will move on to creating stop-motion films and Lego robots throughout the semester.

Transportation (Mr. Boocks)

Students began their first lab by learning to use various tools. We are well into the lab, each student has now used a band saw, scroll saw, miter box and miter saw. Students will use these skills to create cars, boats rockets and aerostats throughout the semester.

McAleese: 7th Technology Education (Mr.McAleese):

The class started out with a lesson in general safety in the Materials Processing Lab (MPL) and moved on to specific lessons on the proper use of each machine. Additional machine lessons will be added as we progress through more and more complex projects. Students have begun learning 3D Drawing using a Computer Aided Drafting (CAD) program called Sketchup. They began by drawing the memo holder box which will be the first project they build in the Materials Processing Lab.

8th Transportation Tech (Mr.McAleese):

The class started out with a lesson in general safety in the Materials Processing Lab (MPL) and moved on to specific lessons on the proper use of each machine. Additional machine lessons will be added as we progress through more and more complex projects. Students have begun constructing their Mousetrap Powered Vehicles collaboratively while considering ideas about aerodynamics, weight reduction, friction reduction among others. Also students have been learning to use the various tools and machines throughout the MPL. From here students will design and build compressed air powered rockets, create a Powerpoint presentation about a dream vacation and build a final land based vehicle for testing before the end of the marking period.

8th Manufacturing (Mr.McAleese):

The class started out with a lesson in general safety in the Materials Processing Lab (MPL) and moved on to specific lessons on the proper use of each machine. Additional machine lessons will be added as we progress through more and more complex projects. Students started in the computer lab with a lesson in graphic design utilizing Microsoft Publisher software to design a plaque of their initials or numbers or some meaningful graphic. They then advanced to the MPL to select wood, rough cut material, detail cut material and are now progressing to the sanding and finishing stages of the project. Students have been learning to use the various tools and machines throughout the MPL. From here through to the end of the marking period students will research and design their own final projects to be fabricated during the remaining time.

PHYSICAL EDUCATION

In the upcoming month the Physical Education classes will be using the FLHS turf as our outdoor space. Our outdoor activities will include team games, which build on our student's knowledge of offensive and defensive strategies, as well as individual sport skills. Some of the activities the students will experience include, Frisbee (frisbee golf, and ultimate frisbee), speedball (a game that incorporates the skills of team handball and soccer), and some climbing elements of our Project Adventure equipment. We had another successful Hoops for Heart event and our newest banner will soon be hung in the gymnasium for all to see.

Because we will make every attempt to bring the students outdoors for class, please make sure that they are dressed appropriately and bring clothes that are comfortable. Sunscreen should be applied at home prior to the students entering school.