



Newsletter #3 Oct 1, 2021



GOLD CROWN
AWARD 2020

Bedford Middle School's
Student Newspaper

PRINCIPAL'S ANNOUNCEMENT

In addition to our strong academic and unified arts programs, social-emotional learning is a focus of our work at BMS. BMS is enhancing our social-emotional learning including components from [RULER](#) and [Overcoming Obstacles](#). Overcoming Obstacles includes "life skills" because they lead to the development of competencies in all areas of life. These include social and emotional skills such as relationship building, goal setting, decision making, and empathy, as well as practical skills such as self-advocacy. "Life skills" also encompasses character education, 21st century skills, mindfulness, human skills, and positive youth development. We will be deploying this programming in Connections Advisory Homeroom, our new Social Emotional Learning Block (SEL block), Developmental Guidance curriculum and Health Curriculum. We will realize an overall increase in social-emotional learning time for all students this year.

Here are the SEL themes for the months of September, October and November:

Theme	Month	6th grade	7th grade	8th grade
Understanding Effective Communication	September/ October	Written/ verbal and non-verbal communication	Being Heard	Personal Branding
Study Skills	October/ November	Good Habits	Independence	Trusting my voice

In 6th grade:

- On September 22nd students identified and named emotions and began to think how they can manage their own emotions; here a link to a piece of this learning experience so you can review and discuss at home: [Emotional Intelligence slides](#)
- On September 29th students studied active listening; this video was used as an anchor for the classroom learning: [Active listening video opener \(first 2 minutes 30 seconds\)](#)

In 7th Grade:

- On September 22nd students identified and named different emotions and began to identify how they can shift to a different mood/emotion: [How are you feeling?](#)
- On September 29th, students studied conversations and active listening; they used this slide deck to anchor the learning: [Open and closed questions](#)

In 8th grade:

- On September 22nd students identified the discrepancy between how we feel in school, how we want to feel in school and begin to think about how we help ourselves have more positive moments throughout the school day; students worked with this deck to anchor the learning: [What is emotional intelligence? And why does it matter?](#)
- On September 29th, students studied identity and communication using this deck to anchor the learning: [Identity and communication](#)

Scenes from BMS



SEL wall; each finger includes how each student wants to feel; the palm includes strategies



SEL reinforcement; each mirror has a word written on it: Words, Choice, Actions, Grades, Success

Look at this awesome Halloween display in our Library Media Center:



National Hispanic Heritage Month

Copied from: <https://www.hispanicheritagemonth.gov/about/>

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

Student Daily Attendance

Daily attendance and punctuality are essential for your child's educational success. Therefore, our expectation is that students and families make every effort to attend school regularly, arrive on time, schedule personal and medical appointments after school hours and avoid taking family vacations when school is in session. If your child is going to be absent, please leave a message on the BMS Attendance HotLine before 9am at 203-341-1599.

BMS Teaching Team Leaders

Each of BMS's 9 teaching teams (3/grade level) have an official team leader. The team leader helps to coordinate the operations of the teaching team and is available to communicate with parents on a variety of issues. If you are in need of assistance, please do not hesitate to contact our team leaders; they are happy to assist you navigate the issue at hand (email is 1st letter of first name with last name @westportps.org; ex. aharvey@westportps.org)

1. Grade 6 Green Team April Harvey: 203-341-1557
2. Grade 6 Purple Team Liz Smith: 203-341-2482
3. Grade 6 Red Team Michael LaTorre: 203-341-2477
4. Grade 7 Green Team Emily Elterich: 203-341-1538
5. Grade 7 Purple Team Kristina Rodriguez: 203-341-1528
6. Grade 7 Red Team Andrew Zold: 203-341-1544
7. Grade 8 Green Team Caroline Davis: 203-341-1595
8. Grade 8 Purple Team Courtney Ruggiero: 203-341-1519
9. Grade 8 Red Team Colleen Rondon: 203-341-1587

BMS School Counselors and Accessing Support

Students, parents and guardians can access our school counselors for support and assistance; each school counselor stays with their grade-level for all 3 years of middle school. Here are the 3 BMS school counselors and their grade-level designation during the 2021-2022 school year:

- Grade 6 school counselor: Sara Harding 203-341-2467 sharding@westportps.org
- Grade 7 School Counselor Jessica Rabine 203-341-2462 jrabine@westportps.org
- Grade 8 school counselor: Georgia Orlando 203-341-2494 gorlando@westportps.org

School Lunch Cashless & Touchless Payment System

Please refer to this document from our food service provider Chartwells: [School Lunch Account Setup/Payment](#)

BMS Health Office Reminders

When to Keep Your Child Home:

- fever over 100;
- any Covid-19 symptoms
- an undiagnosed rash;
- vomited in the past 24 hours; • more than one episode of diarrhea; • copious yellow/green mucus discharge from nose;
- a severe earache, with or without fever;
- a severe sore throat with symptoms indicating possible strep throat; • conjunctivitis (pink eye) with discharge;
- an active infestation of head lice; • a communicable illness;
- an undiagnosed skin wound, sore or lesion that appears infected (is red, swollen or draining fluid).

SCHEDULE FOR THE WEEK OF OCTOBER 4th-8th

<i>DAY/DATE</i>	<i>SCHEDULE</i>
Monday, 10/04/21	Full School Day (8:30am-3:15pm)
Tuesday, 10/05/21	Full School Day (8:30am-3:15pm)
Wednesday, 10/06/21	Full School Day (8:30am-3:15pm)

Thursday, 10/07/21	Full School Day (8:30am-3:15pm)
Friday, 10/08/21	Full School Day (8:30am-3:15pm)

SCHEDULE FOR THE WEEK OF OCTOBER 11th-OCTOBER 15th	
DAY/DATE	SCHEDULE
Monday, 10/11/21	Full School Day (8:30am-3:15pm)
Tuesday, 10/12/21	Full School Day (8:30am-3:15pm)
Wednesday, 10/13/21	EARLY DISMISSAL AT 12:45pm
Thursday, 10/14/21	Full School Day (8:30am-3:15pm)
Friday, 10/15/21	Full School Day (8:30am-3:15pm)

VISIT THE BMS STUDENT NEWSPAPER [URSUS.NEWS](#)

Comments on articles are encouraged, and if you have a letter to the editor or an op-ed, we'd be glad to consider publishing your thoughts. [LINK TO URSUS](#)

VISIT THE AMAZING BMS LIBRARY MEDIA CENTER SITE

So many amazing titles! Please visit the [BMS LMC website](#) for more details. We have the ebooks and audiobooks available in Sora.

AWESOME ONLINE RESOURCES FOR STUDENTS & PARENTS

- [BMS Students Online Learning Resources Organized by Subject Area](#)
- [Parent Tutorial \(video\): Basics on Using Schoology and PowerSchool \(for parents\)](#)
- [BMS Library Media Center Presents: READING FROM HOME \(for students and parents\)](#)
- [Schoology: Calendar Tips \(for students\)](#)
- [Schoology: How to View All of Your Courses \(for students\)](#)
- [BMS Homepage](#)
- [Schoology](#)
- [PowerSchool](#)

PARENT TECH HELP

Please contact the parenthelpdesk@westportps.org or 203-341-1214 for technical issues with accessing district resources or district supplied Chromebooks.

Here are helpful directions for student Chromebooks: [Connecting at Home](#) and [Printing at Home](#)

COMMUNITY OUTREACH AND SUPPORT

Many of our Bedford families have been seeking ways to reach out and help members of our community who experience food insecurity. Here are three ways you can help support our community and Homes with Hope Westport:

1. Drop off non-perishable food and/or toiletry donations as usual at the center, but with no contact. Families can leave the food/toiletries at the door. Link to needed items: [Food/Toiletry List](#)
2. Send food/toiletries via Amazon and have it delivered to the center. [Food/Toiletry List](#)
3. Donate funds via the "donate" link on their website. <https://www.hwhct.org/>

Acts of compassion and kindness may help reduce stress, boost immune systems, and help reduce negative emotions such as anger, anxiety, and depression. Furthermore, reaching out and helping others may also increase one's sense of self esteem and emotional wellbeing. Thank you for supporting our community!