



## Donovan Middle School Principal Palladino's Update



### THIS ISSUE:

- SOCIAL EMOTIONAL LEARNING
- RAR WINNERS
- STAR RAIDER WINNERS
- YEARBOOK ORDER INFO
- JANUARY CALENDAR

### YEARBOOKS ON SALE NOW

Please see attached flyer on how to order a Yearbook for your child from now through April 3. Yearbooks should be pre-ordered so you don't miss out on getting one. Last year the few extra copies we ordered sold out fast.

### LOOKING AHEAD

12/20	Picture Retakes
12/22-1/1	NO SCHOOL
01/02	Back to School-Day 1



### 20 WEEK (MIDTERM) TESTING SCHEDULE

December 9	English, Math, Phys. Ed.
December 11	Art, Social Studies
December 16	Health, Science, Technology
December 18	ENL, Family & Consumer Sci., Music, World Languages



## Social Emotional Learning



Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. See attached resource-**Anxiety and Stress**

## MONTHLY AWARDS

RAVING ABOUT A RAIDER (RAR) Raffle Tickets are given to students by any staff in the building for attendance, behavior and academics. Some examples of how to earn a RAR Raffle Ticket are turning in lost money, improved attendance, improved tardiness, getting a high score on an assessment, helping others and any other reason a staff member wants to reward, recognize or thank a student. Staff may also recognize other staff with RARs. 10 student winners and 2 staff winners are drawn in each.

STAR RAIDER Awards are given out by the Attendance Teachers. Teachers nominate students monthly for Citizenship, Most Improved, Best Participation and Perfect Attendance. From the nominees, winners are randomly chosen to receive a special certificate and reward.







# I'M SO STRESSED OUT!

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

**Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.**

## Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at [www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders).

## So, how do you know when to seek help?

## Stress vs. Anxiety

### Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

### Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

### Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



## It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



## Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

## Recognize When You Need More Help

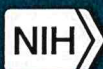
If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called "talk therapy") and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in immediate distress or are thinking about hurting yourself, call the **National Suicide Prevention Lifeline** toll-free at 1-800-273-TALK (8255). You also can text the **Crisis Text Line** (HELLO to 741741) or use the Lifeline Chat on the **National Suicide Prevention Lifeline** website at <https://suicidepreventionlifeline.org>.

## More Resources

- NIMH: Anxiety Disorders ([www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders))
- NIMH: Caring for Your Mental Health ([www.nimh.nih.gov/mymentalhealth](http://www.nimh.nih.gov/mymentalhealth))
- NIMH: Child and Adolescent Mental Health ([www.nimh.nih.gov/children](http://www.nimh.nih.gov/children))
- NIMH: Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider ([www.nimh.nih.gov/talkingtips](http://www.nimh.nih.gov/talkingtips))
- Centers for Disease Control and Prevention: Anxiety and Depression in Children ([www.cdc.gov/childrenmentalhealth/depression.html](http://www.cdc.gov/childrenmentalhealth/depression.html))



National Institute  
of Mental Health





# RAVING ABOUT A RAIDER

## *November Award Winners*

### Student

Orzala Hotak  
Kyaw Kyaw Klay  
Samuel McBaidene  
Ghaida Mohamed  
Lydia Moo  
Lian Nuala Patin  
D'Angelo Phillips  
Enmanuel Pichardo  
Olivia Woodley  
Tattiyanna Wright

### Nominated by

Mr. Galiulo  
Mr. Singleton  
Mrs. Costantine  
Ms. Tessmer  
Ms. Edick  
Ms. Mihajlovic  
Mrs. Clowes  
Mrs. Moss  
Mrs. Costantine  
Miss Broadbent

### Employee

Adam Colone  
Mrs. Singleton

### Nominated by

Mrs. Kristoff  
Miss Palladino



NOVEMBER

S.T.A.R. RAIDERS

AWARD WINNERS

Grade 7	Grade 8
<b>Outstanding Citizenship</b>	
<b>Kimberly Phan</b> Nominated by: Ms. Piazza <b>Naiomi Candelaria Colon</b> Nominated by: Ms. Saville	<b>Aisling Warren</b> Nominated by: Mr. Hawley <b>Alaysaia Ward</b> Nominated by: Ms. Buono
<b>Most Improved</b>	
<b>Heryck Reyes</b> Nominated by Ms. Hyde <b>Jose Luces</b> Nominated by: Ms. Ricci	<b>Joshua Levesque</b> Nominated by Ms. Edick <b>Lykeiria Davis</b> Nominated by: Ms. Egresits
<b>Best Class Participation</b>	
<b>Ywar Htoo</b> Nominated by: Mr. Cohen <b>Mohammed Ali Naaim Yousef</b> Nominated by: Ms. Tessmer	<b>Andrew Crowder</b> Nominated by: Ms. Adams <b>Santonio Torrecilla</b> Nominated by: Mr. Singleton
<b>Perfect Attendance</b>	
<b>Jeremy Connor</b> <b>Kyaw Kyaw Klay</b> <b>Anderson Mu</b> <b>Dedier Nunez Gutierrez</b>	<b>Ahmaz Grimes</b> <b>Kyae Htay</b> <b>Hynijah Lacy</b> <b>Gabrielle VanDusen</b>



Senator James H. Donovan Middle School  
Yearbook Order Info

# YEARBOOK

**When:** On sale now, thru April 3rd

**Where:** Online. Limited number of books may be available for sale at school in June. Please note, the only way to guarantee a yearbook is to place your order online. Last year, we sold out of additional books in a few days.

**Cost:** \$30 plus tax

**How:**

## OPTION 1

1. Go to the link <http://jostensyearbooks.com/?REF=A09896748>  
(also found on school homepage)
2. Click on ORDER MY YEARBOOK
3. Complete the student information. Press NEXT.
4. Review your order, then add to Your Cart.
5. Finish your order by Checking Out!

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## OPTION 2

1. Go to [jostensyearbooks.com](http://jostensyearbooks.com).
2. Click on **BUY YEARBOOK**
3. Type in Senator James H Donovan Middle School
4. Complete the student information. Press NEXT.
5. Review you order, then add to Your Cart.
6. Finish your order by Checking Out!











# January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 New Years Day NO SCHOOL	02 Day 1	03 Day 2	04 Day 1	05 Day 2	06
07	08 Day 1	09 Day 2 (Midterm) English, Math, Phys. Ed.	10 Day 1	11 Day 2 (Midterm) Art, Social Studies	12 Day 1	13
14	15 NO SCHOOL MARTIN LUTHER KING DAY	16 Day 2 (Midterm) Health, Science, Technology	17 Day 1 PARENT EDUCATION SERIES CONKLING SCHOOL AUDITORIUM 4PM	18 Day 2 (Midterm) ENL, Fam. & Consumer Science, Music, World Languages	19 Day 1	20
21	22 Day 2	23 Day 1	24 Day 2	25 Day 1	26 Day 2	27
28	29 Day 1	30 Day 2	31 Day 1			

**What's Going On...**

**VISION**  
 Students will be prepared to be successful in high school.

**MISSION**  
 DMS Staff will use data driven decision making to provide academically challenging experiences for all students in a respectful, responsible, kind, and a safe environment in collaboration with parents/guardians and community agencies.

[www.uticaschools.org](http://www.uticaschools.org)  
 UticaCitySchoolDistrict

