



## Miss Palladino-Principal

December 17, 2022

Donovan Middle School Principal Palladino's Update  
**PLEASE complete survey on last page and return it to school with your child to the main office ASAP to assist us with planning!**



### THIS ISSUE:

- Student Services (Last Name A-L)
- Social Emotional Learning
- January Calendar
- RAR Winners
- Star Raider Winners
- Yearbook Order Information
- **Family Survey: Return to Main Office for TWO RARS**

## STUDENT LAST NAME A-L

Assistant Principal (AP) Timpano serviced students with last names who begin with the letters A-L.

AP Timpano's last day at Donovan was December 13. He was assigned as Principal at Kernan Elementary School.

AP Pecheone (pronounced PA-SHONE) has assumed his responsibilities. You may contact Ms. Pecheone at:

*Telephone*            315-368-6555

*Email*                    [dpecheone@uticaschools.org](mailto:dpecheone@uticaschools.org)

*FAX*                      315-737-2046

She will be servicing students and their families who last names begin with the letters A-L.

### LOOKING AHEAD

Dec. 23-	
Jan.2	No School
January 3	Back to School
January 9	Midterm Exams



## 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-*Handy Handouts: ANXIETY!*

## MONTHLY AWARDS

Attached is a list of winners for the month of November.

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 perfect score on an assessment, helping others and any other reason a staff member wants to reward 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 Teacher, Mrs. Kristoff. 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.





# Handy Handouts®

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Number 447



## Childhood Anxiety

by Natalie J. Dahl, M.S., CCC-SLP

### What is anxiety?

Anxiety is a type of stress that everyone experiences at some point. Simply put, it is a worry about what might happen in the future. In children, this worry can be triggered by a difficult or unfamiliar situation, such as a move to a new school, an upcoming math test, a disagreement with a friend, or loss of a loved one. Most children have fears of specific objects, such as spiders or rollercoasters, but the feelings that accompany anxiety are not typically directed toward one thing and can leave them with a general feeling of nervousness. Anxiety can often be a good thing that can boost productivity and help a child do his or her best; however, when feelings of stress and worry interfere with everyday activities, this can be a concern. You might hear someone describe a child with anxiety by saying, "He worries too much about everything!"



### What causes childhood anxiety?

There is no definite cause of anxiety, but several factors may play a part such as genetics, learned behaviors, and stressful situations. We do know that childhood anxiety is not a sign of parenting.

### What are the warning signs for childhood anxiety?

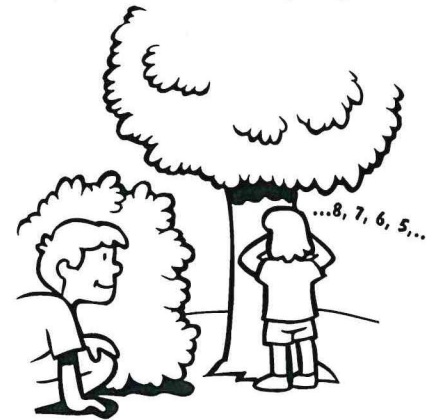
The anxiety a child experiences can develop into an anxiety disorder that impacts performance in school and social interactions. The signs and symptoms that indicate an anxiety disorder include:

- Headaches
- Stomachaches
- Muscle tension
- Tiredness
- Social withdrawal
- Excessive worry, occurring more days than not for at least six months
- Difficulty sleeping at night or extra tired during the day

- Difficulty concentrating
- Irritability
- Restlessness or feeling on edge
- Seeking comfort in order to calm fears (i.e., "Will we get there on time? What if I can't fall asleep the night before the test?")

### What can I do to help reduce my child's anxiety?

A mental health professional can diagnose and prescribe a plan to treat an anxiety disorder. They may use techniques such as role-playing, relaxation exercises, positive "self-talk," and/or breathing exercises. Whether or not a child has a diagnosed anxiety disorder, the best thing a parent or teacher can do is be compassionate, nonjudgmental, patient, and positive. When adults share personal experiences of anxiety and stress, they can help children feel like they are not alone in having such feelings. Parents can help younger children learn strategies to cope with anxiety through unstructured play by providing toys and/or games that direct and encourage social interaction, boost creativity and confidence, and teach children to think and plan ahead.



#### Resources

- "Anxiety Disorders," KidsHealth, accessed August 8, 2016, <http://kidshealth.org/en/parents/anxiety-disorders.html#>
- "The Child Anxiety Network," last modified January 31, 2016, <http://www.childanxiety.net/>.
- "Generalized Anxiety Disorder," Child Mind Institute, accessed August 9, 2016, [www.childmind.org/guide/guide-to-generalized-anxiety-disorder](http://www.childmind.org/guide/guide-to-generalized-anxiety-disorder).
- "Tips for Parents and Caregivers," Anxiety and Depression Association of America, accessed August 9, 2016, <https://www.adaa.org/living-with-anxiety/children/tips-parents-and-caregivers>.
- "How to Help Children under 10 Cope with Anxiety," Mommy Edition, accessed August 9, 2016, <http://www.mommyedition.com/how-to-help-children-under-10-cope-with-anxiety>.

More FREE Handy Handouts®, go to [www.handyhandouts.com](http://www.handyhandouts.com)

### Helpful Products

The list of Super Duper® products below may be helpful when working with children who have special needs. Visit [www.superduperinc.com](http://www.superduperinc.com) and type in the **item name or number in our search engine**. If you're viewing this Handy Handout on a computer, click the links below to see the product descriptions.

*Say & Do Social Scenes for Daily Living Skills*  
[Item #BK-337](#)

*MagneTalk Feelings*  
[Item #SAS-113](#)

*Social Skills Chipper Chat*  
[Item #CC-88](#)

*Webber Photo Cards Function Pair-Ups*  
[Item #WFC-62](#)

# DMS January 2023: REVISED

VISION  
MISSION

Students will be prepared to be successful in the 21st Century

DMS Staff will use data driven decision making to provide academically challenging experiences in a respectful, responsible, kind, and a safe environment in collaboration with parents.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEWYEAR	2 No School	3 Day 2	4 Day 1	5 Day 2	6 Day 1	7 HAPPY NEWYEAR
8 HAPPY NEWYEAR	9 Day 2 Midterms: English, PE, Social Studies	10 Day 1 Midterms: Math, Tech, Art	11 Day 2	12 Day 1 Midterms: Science and Health	13 Day 2	14 HAPPY NEWYEAR
15 HAPPY NEWYEAR	16 No School Dr. M.L.King, Jr. Day	17 Day 1 Midterms: Music, Spanish, Italian, French	18 Day 2 Pizza with Principal-Marking Period 1 Principal's List, High Honors, Honors students-by invite only	19 Day 2	20 Day 2 Midterms: FACS and ENL Progress Reports Mailed Home	21 HAPPY NEWYEAR
22 HAPPY NEWYEAR	23 Day 1	24 Day 2	25 Day 1 Pizza with Principal-Marking Period 1 Principal's List, High Honors, Honors students-by invite only	26 Day 2	27 Day 1	28 HAPPY NEWYEAR
29 HAPPY NEWYEAR	30 Day 2	31 Day 1	HAPPY NEWYEAR	HAPPY NEWYEAR	HAPPY NEWYEAR	HAPPY NEWYEAR

## Senator James H. Donovan Middle School

### Yearbook Order Info



**When:** On sale now, thru April 1st

**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 one day.

**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!

#### OPTION 2

1. Go to [jostensyearbooks.com](http://jostensyearbooks.com).
2. Click on ORDER MY 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!

# RAVING ABOUT A RAIDER

## *November Award Winners*

### Student

Khris Campoverde  
Justin Chapa Contreras  
Simone Coleman  
Temperance Lonerio  
Alexandria Lyman  
Azure Maldonado  
Jeremiah Mason  
San Tree Ra  
Araya Ward

### Nominated by

Miss Palladino  
Ms. Mihajlovic  
Miss Jabour  
Ms. Buono  
Ms. Wehrle  
Ms. Saville  
Ms. Saville  
Miss Palladino  
Miss Palladino

### Employee

Mrs. Sutherland  
Mr. Murphy

### Nominated by

Ms. Kokoszki  
Miss Palladino

## November S.T.A.R. Raiders Award Winners

Grade 7	Grade 8
<p style="text-align: center;"><b>Outstanding Citizenship</b></p> <p><b>1. Hilal Ahmad Jalalzai</b> Nominated by: Ms. Mihajlovic</p> <p><b>2. Angel Nah</b> Nominated by: Mr. Hawley</p>	<p style="text-align: center;"><b>Outstanding Citizenship</b></p> <p><b>1. Angela Testa</b> Nominated by: Ms. Pasqualicchio</p> <p><b>2. Mekhi Robinson</b> Nominated by: Mrs. Saville</p>
<p style="text-align: center;"><b>Most Improved</b></p> <p><b>1. Reggie Sullivan</b> Nominated by: Ms. Kokoszki</p> <p><b>2. Khaleem France</b> Nominated by: Ms. Piazza</p>	<p style="text-align: center;"><b>Most Improved</b></p> <p><b>1. Kennia Martinez</b> Nominated by: Ms. Edick</p> <p><b>2. Jamal Owens</b> Nominated by: Ms. Kilian</p>
<p style="text-align: center;"><b>Best Participation</b></p> <p><b>1. Eric Boles</b> Nominated by: Ms. Gaffney</p> <p><b>2. Daniel Mancia Magana</b> Nominated by: Ms. Tessmer</p>	<p style="text-align: center;"><b>Best Participation</b></p> <p><b>1. Johanna Padilla Rivera</b> Nominated by: Ms. Hyde</p> <p><b>2. Jacob Khomych</b> Nominated by: Mr. Esford</p>
<p style="text-align: center;"><b>Perfect Attendance</b></p> <p><b>1. Naing Aye</b> <b>2. Thomas Doe</b> <b>3. Wellington Say</b> <b>4. Shee Soe</b></p>	<p style="text-align: center;"><b>Perfect Attendance</b></p> <p><b>1. Amir Aldalali</b> <b>2. Tha Yu Htoo</b> <b>3. Ree Ko</b> <b>4. Sadiyo Osman</b></p>



