

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

LOOKING AHEAD

Dec. 23-

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



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

FAX 315-737-2046

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



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®



Free, educational handouts for teachers and parents*

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!"



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:

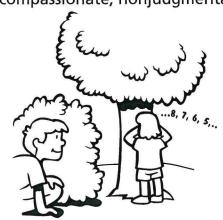
- Headaches
- Stomachaches
- Muscle tension
- Tiredness
- · Social withdrawal
- Excessive worry, occurring more days than not for at least six months
- Difficulty sleeping at night or extra tired during the day

- 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

More FREE Handy Handouts®, go to 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 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 ltem #WFC-62

[&]quot;Anxiety Disorders," KidsHealth, accessed August 8, 2016, http://kidshealth.org/en/parents/anxiety-disorders.html#

[&]quot;The Child Anxiety Network," last modified January 31, 2016, http://www.childanxiety.net/.

[&]quot;Generalized Anxiety Disorder," Child Mind Institute, accessed August 9, 2016, www.childmind.org/guide/guide-to-generalized-anxiety-disorder.

[&]quot;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.

[&]quot;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.

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.							
Mon	Tue	Wed	Thu	Fri	So		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY NEWYEAR	2 No School	Day 2	Day 1	5 Day 2	6 Day 1	HAPPY NEWYEAR
8 HAPPY NEWYEAR	9 Day 2 Midterms: English, PE, Social Studies	10 Day 1 Midterms: Math, Tech, Art	11 Day 2	Day 1 Midterms: Science and Health	13 Day 2	HAPPY NEWYEAR
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	HAPPY NEWYEAR
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	HAPPY NEWYEAR
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.
- 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	Nominated by
Khris Campoverde	Miss Palladino
Justin Chapa Contreras	Ms. Mihajlovic
Simone Coleman	Miss Jabour
Temperance Lonero	Ms. Buono
Alexandria Lyman	Ms. Wehrle
Azure Maldonado	Ms. Saville
Jeremiah Mason	Ms. Saville
San Tree Ra	Miss Palladino
Araya Ward	Miss Palladino

<u>Employee</u>	Nominated by
Mrs. Sutherland	Ms. Kokoszki
Mr Murphy	Miss Palladino

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

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

Utica City School District Quick Check Family Engagement Survey

* RETURN TO MISS PALLADINO IN
MAIN OFFICE *

Dear Parents and Guardians,

Welcome to the Family Engagement Survey!

We want to reach out to families and provide an opportunity to hear from you. The District has identified 10 important questions that you will be able to respond to about our home/school partnership.

Our district has been working with PLC Associates, an organization that specializes in important data collection used for school planning. Staff and students have completed similar surveys over the past two years and we have found the information to be very helpful.

We value your input and look forward to hearing from you. Our goal is to have every family participate in order to strengthen the home/ school partnership. Please take a few minutes to respond to these few items.

Thank you, Utica City School District

Please indicate the school(s): you are commenting	on:
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	Albany Elementary School	☐ Jefferson Elementary School	☐ John F. Kennedy Middle School
	Columbus Elementary School	□ Jones Elementary School	Donovan Middle School
	Conkling Elementary School	☐ Kernan Elementary School	☐ Proctor High School
	General Herkimer Elementary School	☐ Dr. M.L. King Elementary School	
0	Hughes Elementary School	☐ Watson Williams Elementary School	

How would you rate your overall satisfaction with the school you are commenting on?

Very Satisfied	Somewhat Satisfied	Very Unsatisfied
Mostly Satisfied	Not Satisfied	

Please answer these questions for the school(s) your just selected. The survey should be one per household.

case answer these questions for the sensorial year just selected. The survey should be one per mousehold.						
	Strongly	Agree	Somewhat	Disagree	Strongly	No
	Agree				Disagree	Answer
1. Our school leaders help families to become						
partners in the education of their children						
2. Our school leaders follow-up promptly						
When I have a question or concern						
3. I receive specific test/assessment						
information about my child(ren)'s progress						
4. My child(ren) talks about the student						
learning targets/goals ("I can") given to						
them by their teachers						
5. I receive notes/calls and/or other feedback						
from my child(ren)'s teachers						
6. Teachers use regular assessments/"checks"						
to monitor my child(ren)'s learning						
7. School rules are clear to students and						
families						
8. Our school has clubs, activities, and events						
to help students engage and connect to						
school						
9. Our school provides a safe environment for						
staff and students						
10. As a parent/family member, I feel	ė					
connected to our school					~	