



COLLEGE PARK
MIDDLE SCHOOL

THE BULLDOG BULLETIN

Home of the 🐾 **BULLDOGS** 🐾

SEPTEMBER 2020

Volume 21
Issue 1

Principal's Message

This school year is unlike any other school year we have experienced in recent history. As the COVID-19 pandemic spreads across the globe, we remain steadfast in our commitment to keeping students safe. College Park Middle School made significant strides during the 2019-2020 school year and while this pandemic will cause some disruption to the way we instruct, we also remain steadfast in our commitment to educating every student that enters the building. Our school will continue to demonstrate the love and compassion we cultivated in recent years so that students and families are secure in knowing that we will not only educate but we will also build relationships that nurture the socio-emotional needs of every student. We face a challenge unlike any challenge before and we will meet this moment and exceed expectations. The support of our families and our community will be paramount in positively impacting the lives of our young people and we continue to

encourage partnering with College Park Middle as we find new ways to support students while still adhering to best practices and health guidelines. We are happy to report that students are learning in the Face to Face and LaunchED@Home instructional models. Our school year got off to a good start and we will continue our positive trajectory as the year progresses.

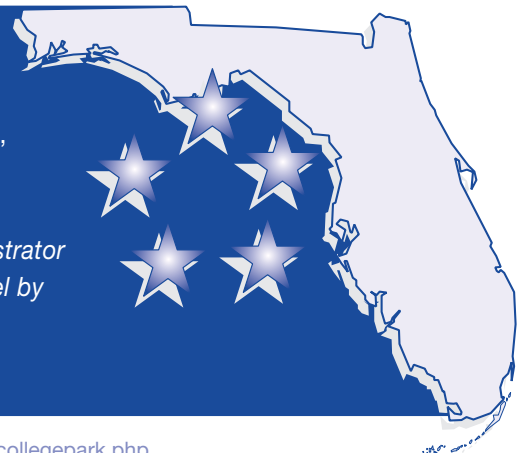
We thank the many sponsors and affiliates, community members and families for supporting College Park Middle School. We relay this message to students every day, "At College Park Middle School you are loved and there is nothing you can do about it," that love extends to our community and we will continue to serve in that vein.

Sanjay Brown
Principal

College Park Middle School Vision

Our school is a positive learning environment that enables and inspires all to acquire the skills, knowledge, and attitudes necessary to succeed in a rapidly changing, multicultural world.

"Our goal is for students to learn and achieve. We invite you to give your input on our instructional program. You may request an Administrative Feedback Survey for any administrator who is assigned the responsibility for evaluating the performance of instructional personnel by contacting your principal."





IB Learner Profile

Around the school and in the classroom you will see and hear a set of words describing personality attributes that all IB World Schools hold as common values that we want to develop and aspire to.

These 10 attributes are Inquirers, Knowledgeable, Thinkers, Balanced, Caring, Open-Minded, Communicators, Risk Takers, Principled and Reflective.

Students and Staff are encouraged to recognize and support these traits in each other. To this end each month we focus on one trait and celebrate students that have demonstrated these attributes in the classroom.

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Student Services

The Student Services team at College Park Middle School includes Mr. Hill (*SAFE Coordinator and Department Chair*), Ms. Whitman (*6th Grade Counselor*) and Ms. Jay (*8th Grade Counselor*). Our mission is to partner with families, the community, and CPMS staff, to provide a comprehensive program that ensures each student receives the support necessary for them to fully immerse themselves in diverse, rigorous, and engaging learning environments each day.

OCPS and College Park MS have finally begun to prioritize social-emotional learning which has created many new opportunities for our department to be involved in curriculum, teacher training and influencing school culture. Our focus for the next few months will be College & Career Readiness. We will be teaching classroom lessons using the Naviance curriculum which helps guide students in exploring themselves and their options after high school. We will also be teaching lessons and facilitating small groups to help students set SMART goals, expand their worldview, and explore how their unique interests and personality may align with different options.

The Students Services team uses a Canvas course, Counselor's Corner, as a hub for students, families and staff to find resources, request support or meetings, connect with one another, and receive support in a variety of ways. We can also be found on Instagram and Tiktok @CPMSCounselors.



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First Lego League Team (Robotics)

Our robotics team is excited to participate in this year's FLL competition: REPLAY. Our three teams have already begun working together to solve this year's problem of how to get more people to be active in our community. Students will then build and program robots using the EV3 coding software to complete missions during the Robot Game competition. All of our events will be held virtually given the situation we are currently in. We look forward to sharing our results from our first competition taking place in December.

Community Service

All student participating in the IB Magnet Program are expected to meet the following requirements for service:

- 6th grade – 2 activities
- 7th grade - 4 activities
- 8th grade – Community Project

Each activity should be of a minimum of 2 hours in duration. After each activity student must submit a reflection through Canvas. Students will be introduced to the Service Canvas Course in the month of September.

8th grade students will be introduced to the Community Project in the month of September through U.S. History Classes.

To keep everyone safe we will develop a number of activities for students to participate in virtually to meet the requirements of the program.

IB Remind Codes:

- MYP Class of 2021 - @mypib2021
- MYP Class of 2022 - @cpmsib2022

Join the School Advisory Committee (SAC) Team

As a parent or guardian, you are an important part of the College Park Middle School community and we want to know your opinions about our school and its plans for the future. We hope you will consider becoming a member of our School Advisory Council (SAC).

The School Advisory Council is a team of people that represents various segments of the community – parents, teachers, students, administrators, support staff, business/industry people, and other interested community members. They meet to discuss our school's academic plan and progress, and help create the School Improvement Plan (goals and objectives for the school). The purpose of the School Improvement Plan is to increase student performance.

Parents and families are the heart of the education process. You can make a difference by becoming a SAC member. By working together, we can provide a positive educational experience for every student. SAC meets on the second Tuesday of every month. We hope to see you there!

Wellness

Wellness/Trying times, yes we are living during a trying time right now. One day it will be over but in the mean time we need to take care of ourselves so we can get to one day! Some ideas for de stressing and taking some time for yourself are as always, eat healthy, get some exercise and though it may be difficult get enough sleep! Have you taken up a new hobby or worked on a hobby you hadn't done in a while? There is painting, origami, planting herbs in your kitchen window, yoga, making some new recipes. There are many links to learning websites such as [udemy.com](https://www.udemy.com) where you pay for the courses you want, there is no subscription. This is the time to help others and to help yourself. Take care of yourself, there is only one you!

Volunteers

Our volunteers and chaperones are a valuable commodity to College Park Middle School.

The instructions below will walk you through the volunteer application process.

- ADDitions: An application must be submitted/updated EVERY year.
 - Please list every school where you would like to volunteer.
- Chaperone: This application must be submitted for EVERY field trip.
 - (An ADDitions application must also have been completed)
- For ADDitions: To become a school volunteer simply
 1. Go to the Community Resources web site: <http://volunteer.ocps.net>
 2. Click on ADDitions Online Application.
 3. Enter your information into the online application; remember you must fill in the highlighted red boxes to have your form accepted. Move from box to box using the tab key.
 4. Make sure to indicate College Park Middle School as your choice for volunteering. One application can include up to four schools if you need to register for other schools.
 5. When the application is completed, please review all information for accuracy.
 6. Click on the "send" button to submit.
- For Chaperone: To become a field trip volunteer:
 1. Fill out the online ADDitions application (if you have not already done so)
 2. Go to the Chaperone Volunteer form: <http://volunteer.ocps.net>. Then click on Chaperone Application.
 3. Print the application, fill it out and send to your child's teacher.

Thank you for all of your time and commitment to College Park Middle School. It is truly appreciated. If you have any questions please feel free to contact the ADDitions Coordinator Karen Reid or 407-245-1800 Ext. 5132238.

A few spots are left!



We need you!

Advertise in the Bulldog Bulletin!

This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Deanna Slattery
deanna.slattery@ocps.net

College Park Middle School

Parents, Get Involved!

The positive effects of parent involvement does not just benefit the students. Parents, teachers, and schools come out ahead, too. Children with parents who are involved in their education are more likely to:

- Earn better grades.
- Score higher on tests.
- Attend school regularly.
- Have better social skills.
- Show improved behavior.
- Be more positive in their attitude toward school.
- Complete homework assignments.
- Graduate and continue their education.

Parents who are involved in their children's education are more likely to:

- Be more confident at school.
- Be more confident in themselves as parents and in their abilities to help their children learn.
- Be held in higher esteem by teachers.
- Continue their own education.

Schools with highly involved parents are more likely to have:

- Better morale among teachers.
- Higher ratings of teachers by parents.
- More support from families.
- A better reputation in the community.

Two major studies by Anne Henderson in the 1990s and 2000s showed that parent involvement has a hugely positive effect on student achievement and other indicators of success. These studies were so influential that researchers today are still referencing them. More recently, a study published in 2012 by researchers at North Carolina State University, Brigham Young University, and the University of California, Irvine, reinforced Henderson's earlier findings—and also found that family involvement has an even bigger effect on positive academic performance than the quality of the school building.



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World History 6th Grade – 2nd Quarter

We are off to another great start!

During the 2nd Quarter, students will describe the emergence of early civilizations through the Nile, Tigris, Euphrates, Indus, Yellow Rivers; and South America. We then discover and investigate contributions of the classical civilizations of Phoenicia, Greece, Rome, and Axum. Finally, we explore significant events, figures, and contributions of China and India. Through these discoveries and investigations, we will be able to understand the characteristics, distribution, and migration of human populations.

World History Teachers: Virginia Gonzalez and Diane Hodgman

7th Grade – Civics

Understanding Government

During the 2nd Quarter, students will:

- Demonstrate an understanding of the origins and purposes of government, law, and the American political system.
- Evaluate the roles, rights and responsibilities of United States citizens and determine methods of active participation in society, government and the political system.
- Demonstrate an understanding of the principles, functions, and organization of government.

Civics Teachers: McKenzie Fletcher and Wayne Stone



8th Grade U. S. History – 2nd Quarter

As we continue into the 2nd Quarter, students will be learning about the course and consequences of the American Revolution. As we navigate through this time period, students will recognize the contributions of the Founding Fathers and resulting effects of the American Revolution. After becoming an independent country, students will begin to evaluate the structure, strengths, and weaknesses of our new nation. While establishing the first president of the United States, students will examine the influences of George Washington in the formation of a nation. Finally, students will examine the major domestic and international economic, military, political, and socio-cultural events during the presidency of John Adams.

U. S. History Teachers:

Robert Berger and Barbara Shackelford



Science

6th grade Comp. Science 1 - SSA Review, Earth's Changing Surface, Landforms, Energy Transfer on Earth, Interactions of Earth's Systems

6th grade Life Science - Carbon Cycle, Cells

7th grade Comp. Science 2 - PMA Review, Waves, Sun's Spectrum, Geologic Processes, Geologic Time

7th grade Earth/Space Science Honors - Movement in the Solar System, EM Spectrum and Observing Space, Stars, The Sun

8th grade Comp. Science 3 - PMA Review, Sun Moon and Earth, States of Matter, Properties of Matter

8th grade Physical Science Honors - PMA Review, Work and Power, Energy, Thermodynamics, Intro to Chemistry



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GO BULLDOGS!



Math

6th Grade

6th grade students will start the second quarter by studying ratios and proportional relationships. They will learn ratios, rates and unit rates. The students will realize that ratios can be written as a fractions, percent or decimals. They will then focus on writing and evaluating expressions with all operations in real-world context.

6th Grade IB / 7th Grade

6th grade IB / 7th grade will start the second quarter by reasoning with percentages by using proportional relationships to solve percent problems. Students will then learn how to rewrite and simplify algebraic expressions with rational coefficients. They will continue to get use to solving all multi-step real life mathematical problems while converting between forms when appropriate.

7th Grade IB / Pre-Algebra

7th grade IB / Pre-Algebra classes will begin the second quarter by analyzing and solving Systems of Linear Equations. They will apply their linear relationship skills in solving pairs of simultaneous linear equations algebraically with two variables. They will apply what they learned earlier, that an equation has one, no, or infinitely many solutions using equivalent equations to solving systems of equations.

Some of our students in each grade level are participating in the successful TransMath program that promotes learning gains and prepares them for Algebra 1.

Algebra 1

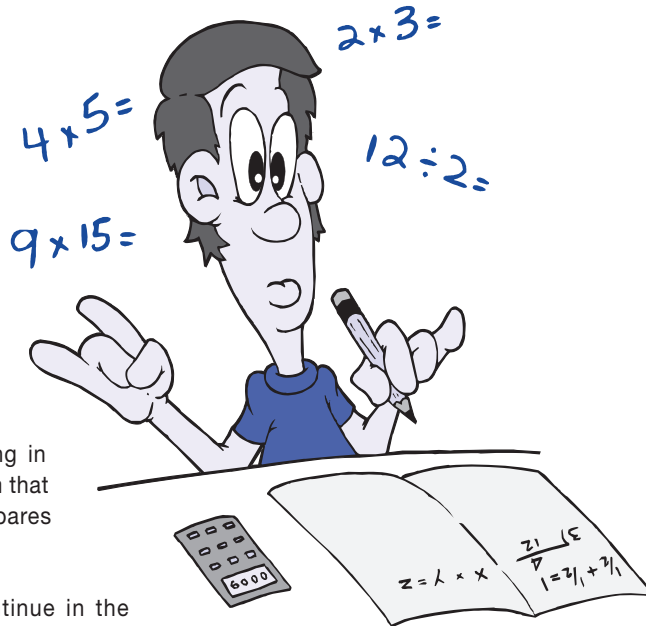
Algebra 1 students will continue in the second quarter by introducing polynomials and how to apply simplifying polynomial expressions in real world problems. They will then focus on solving quadratic functions using different methods: square roots, factoring, using the zeros, completing the squares and the quadratic formula.

Geometry

Geometry will continue in the second quarter by investigating how to prove the congruence of two triangles using the property of different triangle congruence theorems by using the points of congruency. They will finish the quarter using similarity criteria for triangles to solve problems and to prove relationships in geometric figures.

Tutoring

We are continuing to offer F2F and LaunchEd@home tutoring after school. If you are not taking advantage of this great opportunity yet, please contact Mrs. C. Morris for more information.



Education & The Future

Many students may not know what they want to do with their future or how to plan for it. That's okay. They have time to figure out what interests them, what they're good at, and how those things add up to a career. Exploring is the key right now. Parents should encourage conversations about their student's passions and suggest people that they can talk to for insight and guidance. They should be asking questions about career opportunities but may not know the right questions to ask. School counselors and family members are good place to start. No matter what they dream of doing after graduation, planning for education beyond high school is the wisest choice. Post high school education contributes to a better quality of life. But whether or not they go on to a college, university, career or technical school, the information and skills they learn in high school will always be useful in the world of work. Everyone, in every kind of job, needs to be able to write and speak clearly, listen carefully, understand what is written and spoken, and use math effectively. You may wish to share the following with your student.

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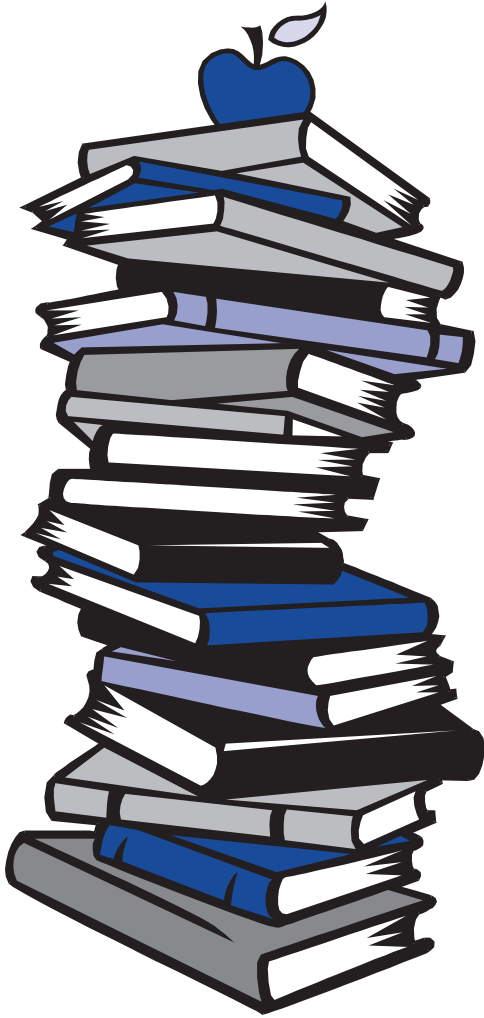
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6th Grade

In the second quarter, students will be exploring the craft and structure that authors use in different types of writing. We will be looking at literature that includes Mark Twain and Lewis Carroll in addition to reading the historical novel, *Refugee* by Alan Gratz. This novel looks at the refugee experience from 3 perspectives: a Jewish refugee from Germany in 1945, a Cuban refugee in 1994 on her way to Florida, and a Syrian refugee trying to reach Europe in 2015. Students will read informational text that supports and gives context to the experiences of the characters within the novel. We will also shift our writing focus from informative writing to argumentative and continue to focus on using evidence to support our claims. As we near Thanksgiving Break we will wrap up these areas and move on to looking at texts in print as well as audio and video. These tasks are some of our most challenging, but some of the most engaging.

7th Grade

This fall, the seventh grade team will be transitioning units. During this second quarter, we will focus on the concept of diversity and explore its importance throughout several informational and literary texts. We will also explore the life and legacy of individuals such as Nelson Mandela in order to see diversity in action. This quarter, seventh grade students will also learn how to identify and analyze the point of view and author's purpose in a text. They evaluate source transformation across multiple mediums and analyze the techniques unique to each, as well as compare and contrast a fictional portrayal of a character, time, or place to the historical account. Finally, seventh grade students will participate in an argumentative writing workshop at the end of the quarter.

This nine weeks will be rigorous and it will require a lot of hard work, especially during these challenging times we are in. However, we know that if we work together as a team (students, teachers, and families) there is nothing we cannot accomplish!

8th Grade

As we move into Quarter 2, we will be delving into the world of argumentative writing, authors' conflicting points of view, and how text structure affects meaning. We will examine multiple perspectives, looking at how authors can see the same topic differently, depending on the lens they are using. We will examine these varied perspectives for reliability and inaccuracy, all the while honing our own argumentative writing skills, citing sources to support our claims, and gauging how to write to our audience.

As for literature we finished Lois Lowry's *The Giver* to explore theme and plot analysis. In Quarter 2 we will be using novels to explore various ways authors use structure, point of view and word choice across texts.

 A large white tow truck with a crane is parked on a grassy field under a blue sky with scattered clouds. The truck has "JOHNSON'S WRECKER SERVICE INC." written on the side of the crane and the body. The phone number "407-293-2540" is visible on the front bumper and side. An American flag is mounted on the side of the truck.

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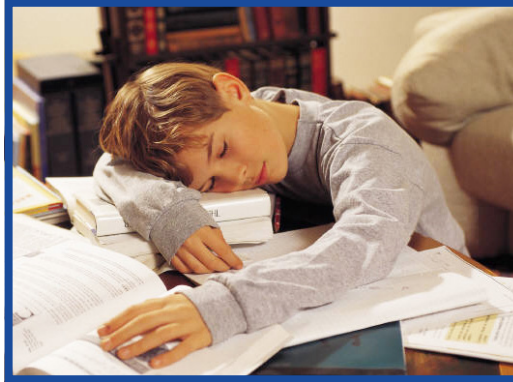
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6 Effective Tips

Here are 6 effective tips to getting your sleep-deprived teen to sleep better.

1. Make your teen's bedroom a dark and quiet place. Make sure they turn off their computer before they get in bed. Also make sure to urge your teen to shut off all headphones and music electronics. Contrary to what they believe, heavy metal isn't helping them get quality sleep. If your house is loud at night recommend earplugs for your teen. Advise your teen to keep their door shut when they go to bed. Turn their clock to face the wall so they don't make it a habit to check the time while they're in bed. You can also buy them a lightweight and comfortable sleep mask that prevents light entry.
2. Recommend a hot soak before bed. Try to keep your teen's room cool (about 68 F). A study found that sleep occurs faster when the body cools down. It's common for us to wake up when the room gets hotter.
3. Get them in the habit of bringing light in when they wake. Tell your teen to open the shades or turn on the lights when they wake. The early light of the day helps them "reset" their brain to push their bedtime to an earlier hour.
4. Get your teen to "chill out" before bedtime. If your teen is frequently stressed out, recommend that they do yoga or meditation to help them ease their racing thoughts. Going to bed worried decreases the quality of their sleep, so recommend relaxation techniques for your teen. If they have a problem relaxing, then the issue should be checked out by a doctor.
5. Consider giving them high-carb snacks if they have trouble falling asleep. In their book *Smart Cookies Don't Get Stale*, dietitians Catherine Christie, PhD, and Susan Mitchell, PhD, recommend that eating high-carb snacks before bed does the trick. These snacks make you warm and sleepy. Consider trying these snacks out: pretzels, cereal, graham crackers, fresh fruit, dried fruit, fruit juice, vanilla wafers, saltines, popcorn, or toast with jam or jelly. (Christie and Mitchell also recommend aromatherapy to boost sleep. Orange blossom, marjoram, chamomile, and lavender scents are some examples of soothing smells for bedtime.)
6. Set rules of no caffeine a couple of hours before bedtime. This one might seem like a no-brainer, but sometimes teens forget that caffeine can be hidden in some of their favorite sodas and snacks. Make sure to get your teen into the habit of monitoring caffeine intake throughout the day. If they're craving something hot to drink, then recommend a warm cup of herbal tea. One or two strong cups of tea can help them mellow out.



Athletics

Out of caution for Covid-19, middle school sports have been postponed until January. Currently, the schedule is as follows:

Volleyball

January 5 (tryouts)

Games: Jan 20, 25, 27 Feb. 1, 3, 8, 10

Playoffs: Late Feb-early March

Track

February 10 (tryouts)

Meets: March 3, 10, 24, and 31

Championship: TBA

Soccer

March 8 (tryouts)

Games: March 29 April 1, 5, 7, 12, 14, 19

Playoffs: Late April-early May

Basketball

March 29 (tryouts)

Games: April 13, 15, 20, 22, 27, 29

Playoffs: Early-mid May

Dates are tentative. We will keep students and families updated.



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