

Principal's Pen

Dear Jupiter Mariner Families,

I hope this final edition of the *Captain's Corner* finds you and your families well and enjoying your Thanksgiving. I encourage you to take some time during this "season of thanks" to establish some positive "gratitude practices."

I know we are all grieving the loss of our "normal" lives, and that the stress during the pandemic is real and has taken its toll on us as individuals, families, and as a community. Now, more than ever, it is essential for all of us to be intentional about recognizing and celebrating those people, places, events and things in life that provide us joy!

So, I'll start here! I'm grateful for my work here in the Jupiter Middle community. I'm thankful to work with such caring, competent, and collaborative professionals. I'm thankful to be around middle school kids who – despite the constrictions of the pandemic – have found a way to be themselves, full of joy, exuberance and energy! I'm grateful for the support of parents, family members and community members who work at home to ensure the success of our students.

I'm grateful to be *#anchored* with all of you in this special Jupiter Middle community as we make our way through this challenging time. There is no place I'd rather be!

Now, it's your turn. What are you grateful for? What gives you joy? Go ahead, be intentional, give thanks, and cover our community with your gratitude and joy!

Grateful to be *#anchored* together,

Lisa Haste

JUPITER M.S.

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Patti Pramuk
Assistant Principal (7th)

Revetta Lowe
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Brian Albano
6th Grade Counselor

Erin Lincoln
7th Grade Counselor

Christine Miller
8th Grade Counselor

JUPITER MIDDLE SCHOOL CAPTAIN'S CORNER

NOVEMBER 2020 ISSUE 4



Mission Statement

The School District of Palm Beach County is committed to providing a world-class education with excellence and equity to empower each student to reach his or her highest potential with the most effective staff to foster the knowledge, skills, and ethics required for responsible citizenship and productive careers.

Vision Statement

The School District of Palm Beach County envisions a dynamic collaborative multi-cultural community where education and lifelong learning are valued and supported, and all learners reach their highest potential and succeed in the global economy.

N
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 3300 Forest Hill Boulevard West
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 W E S

Facial Coverings Mandatory on All District Property, Including Buses

Posted on 09/28/2020

The School District of Palm Beach County continues to require the use of facial coverings on District school buses, school campuses, and District offices until further notice.

The School District is not affected by the Governor's Executive Order to move Florida to Phase 3 of the state's COVID-19 response, and continues to follow Centers for Disease Control (CDC) and other health agencies' guidelines on facial coverings.

The facial covering protocol, as outlined in the District's COVID-19 Student and Employee policies, is in place to help ensure the safety of students and staff.

Schools have distributed washable, cloth facial covers to each student who has returned to campus for in-person instruction. Facial coverings are also available to District teachers and other employees. In the event that a student forgets their facial covering, a disposable one will be provided.

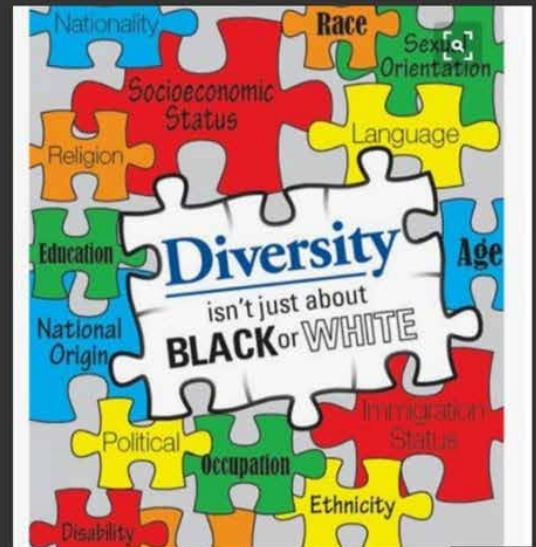
Students who do not follow the facial covering protocols will be educated on the importance of the use of facial coverings, and may be subject to disciplinary action as outlined in Policy 5.326 - Student Protocols due to COVID-19.



The Gay-Straight Alliance meets virtually Mondays afterschool.

Email Miss Donni for the Google Classroom code.

Donalda.McCarthy@PalmBeachSchools.org



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The Unique and Powerful Girls Book Club

- This group has been meeting **virtually every Tuesday at 5:00 pm.**
- The book we are **currently reading** is "**Maybe He Just Likes You**".

We discuss the book and various topics that arise from the book or even just discuss amongst ourselves some topics. We also write in our journals. Journaling has many benefits, including setting goals, relieving stress, boosting memory, and even inspiring creativity. The books are free of charge to everyone with the support and partnership of El Sol. We always welcome new members.

If you are interested in joining, email Ms. Baker donna.baker@palmbeachschools.org



ESOL 2020

Welcome back Mariners! Team ESOL is excited to be back at JMS. We are already planning exciting events, such as our ELL Parent Night. As of this writing, we are unsure of a date or if it will be virtual or in person. Regardless, we will let you know as soon as possible.

By now, all students should have a computer with a web camera and a microphone, as well as internet and wifi. If you are still having difficulty, please contact the school as soon as possible.

Also, we are pleased to announce a Google Classroom just for our Spanish-speaking families. The name of the classroom is JMST en Español and the code is: afmhaoc.

There you will find many resources to help you and your student be successful during distance learning. We will continue to add helpful resources and links when we return to school buildings also.

Last week, we held our first ELL Parent Night virtually. Families learned about our team and how to best help students succeed during virtual learning. We will have another meeting soon, and there will be a callout announcing the date.

The Unique and Powerful Girls Book Club will resume, again, this year. We met virtually during the summer, and as soon as we get settled into our school routine, more information will come forward. We are always looking for new members. So, if you are interested, please email Ms. Baker @donna.baker@palmbeachschools.org. She will add you to the virtual club now, so you can get up to date information. This club is in partnership with El Sol. We look forward to meeting you.

Captain's Corner Otoño 2020

¡Bienvenidos Marineros! El equipo ESOL está emocionado de estar de regreso en JMS. Ya estamos planeando eventos emocionantes, como nuestra Noche de Padres ELL. Al momento de escribir este artículo, no estamos seguros de una fecha o si será virtual o en persona. Independientemente, se lo haremos saber lo antes posible.

A estas alturas, todos los estudiantes deberían tener una computadora con una cámara web y un micrófono, así como internet y wifi. Si aún tiene dificultades, comuníquese con la escuela lo antes posible.

Además, nos complace anunciar un Google Classroom solo para nuestras familias de habla hispana. El nombre del aula es JMST en Español y el código es: afmhaoc.

Allí encontrará muchos recursos para ayudarle a usted y a su estudiante a tener éxito durante el aprendizaje a distancia. Continuaremos agregando recursos y enlaces útiles cuando regresemos a la escuela.

La semana pasada, celebramos nuestra primera Noche de Padres ELL virtualmente. Las familias aprendieron sobre nuestro equipo y cómo ayudar mejor a los estudiantes a tener éxito durante el aprendizaje virtual. Tendremos otra reunión pronto. Haremos una llamada anunciando la fecha.

El Club de Lectura de Niñas Único y Poderoso se reanudará, nuevamente, este año. Nos reunimos virtualmente durante el verano, y tan pronto como nos acomodamos en nuestra rutina escolar, saldrá más información. Siempre estamos buscando nuevos miembros. Entonces, si estás interesada, envíe un correo electrónico a la Sra. Baker @ donna.baker@palmbeachschools.org. Ella te agregará al club virtual por ahora, para que puedas obtener información actualizada. Este club está asociado con El Sol. Esperamos contar con su presencia.



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4



Stay Fit, Have Fun!

By: Mia Acosta and Casey Lichtig

OCTOBER 3, 2020 - Do you find yourself with not much to do during quarantine? Do you sit for hours on the couch binge-watching tv or playing video games? Have you been eating non-stop? Then stop making excuses, get up, and start exercising! Exercising helps you in so many ways.

For example, It improves your health, mood, and even your sleep! Also, equipment isn't a requirement and you can exercise almost anywhere at home. A great online source of information about health and wellness is the nonprofit website healthguide.org. The Health Guide states that "...exercising sharpens your memory, improves oxygen supply to cells, lifts your mood, and makes you feel happier!" Sure, everyone knows sleeping and never getting out of bed sometimes sounds nice, but once you exercise you will feel a whole lot better because you accomplished something great and your body feels rejuvenated!!

Some people might think they don't have any time for exercising when really, you have lots of time! Like, "taking advantage of pauses" during commercial breaks do some jumping jacks or push-ups! Or try avoiding temptations like watching the television or playing video games so instead exercise! You can even use your chores for exercising "Household tasks like scrubbing, sweeping, dusting, and vacuuming, Taking out the garbage can all add up when done at a brisk pace." according to the Help Guide.

Here are some tips for how to exercise safely and properly. Always make sure you are breathing at a calm rate, and try to



Remember to always stay hydrated before, after, and during your workout.

make a goal(s) to motivate you. In your workouts, if you are having trouble, do intervals, which are short bursts or a fixed number of repetitions, rather than a long series or miles of running. If you get tired, just switch up your routine.

To motivate yourself to exercise, you must commit, and to commit you have to have a flexible mindset. Having a flexible mindset means being positive and encouraging yourself. According to Growth Mindset: The Science of Achieving Your Potential, it states, "A growth mindset is what motivates you to put in that effort. It's what makes you dig deep to get through the difficulties of learning something new."

Making exercise a habit takes more than just the desire to be fit—you need the right mindset and a smart approach.

Are you unhappy with your grades? If you can't focus well or are unsatisfied with your performance in school, then one thing that will help is exercise! You might have doubts about this method, but healthybrain.org says otherwise. The article states, "Exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the brain. It also aids the bodily release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of brain cells." This proves the point that exercising can help your brain! When you are exercising, things are happening in your brain and making your brain wake up with energy! If you are falling asleep in class, move around! When you are not ready to learn and can't focus very well, you can exercise.

Exercising is a great way to stay healthy and have fun! Due to quarantine, it is unsafe and risky to go in a public place for exercising. Public places have tons of rules for the coronavirus, but you can exercise at home, alone or with family! Exercising keeps you fit, healthy, relaxed, proud, happy, and gets your mind prepared for school! Happy exercising!

"PAIN IS TEMPORARY. QUITTING LASTS FOREVER." -LANCE ARMSTRONG



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Hispanic Heritage Month: Mario Molina

By: Stephen Prowell

(10/14/20) Just last week, the world lost a renowned researcher and Nobel-prize winning chemist when Mario Molina passed away due to a heart attack. This remarkable scientist contributed much to environmental research and was the first Mexican scientist to earn a Nobel Prize.

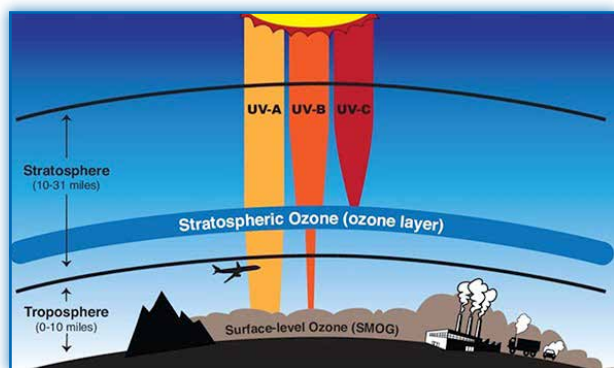
Molina was born on March 19, 1943, in Mexico City, Mexico. Since childhood, Molina wanted to become a chemist. According to the Nobel Prize website, "At the age of 11, he attended a boarding school in Switzerland because it was important for a chemist to learn the German language." He was disappointed because his classmates in Switzerland didn't love science as much as his friends in Mexico. Molina later graduated from his boarding school and returned to Mexico to study chemistry and later became a chemical engineer. He continued to work in Europe and Berkeley, California. While studying in Berkeley, he and a college professor found a way to slow down the depletion of the ozone layer.

If you're wondering what the ozone layer is, it's a bunch of molecules in the stratosphere that protect us from the sun's damaging ultraviolet rays. Since



the start of the 1980's a hole has started to form above the South Pole which could be devastating to the health of the planet. It will melt the ice, which will cause sea levels to rise in coastal cities such as New York and Miami. According to National Geographic, "When sea levels rise as rapidly as they have been, even a small increase can have devastating effects on coastal habitats farther inland," so there's much danger to human, plant, and animal populations if we don't get the ozone layer back.

Mario Molina was the first to realize CFC gases assist in the depletion of ozone. His discovery spurred countries around the world to take action, by agreeing to reduce their use of ozone-depleting substances. His work led to the awareness necessary to eventually solve the problem and save our ozone layer.



Molina made a life-changing discovery that led to slowing the damage done to our ozone layer. Because of him our planet is now even more protected. He will be forever remembered as an inspiration to many people who are looking to become scientists or make a change in the world.



Treehuggers Club

The Treehuggers Club will hopefully start second semester (Jan/Feb) when we can hopefully meet in person. We did receive a Mini-green school grant in Feb 2020 so we hope to clean out the garden again and get things growing! If fighting climate change, gardening, school recycling interests you, then this is your club! Email Mrs. Zern or Mrs. Carr for more information at lisa.zern@palmbeachschools.org or kathleen.carr@palmbeachschools.org.

Join Student Council Leadership - Service Fun - Friendships

Virtual Meetings Every Thursday
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jennifer.vanderwalker@palmbeachschools.org.

10 Reasons to Practice Yoga

- Build Strength
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- Increase Flexible
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- Focus your mind
- Increases self esteem
- Increase metabolism
- Helps you sleep better
- Relieves stress
- It's FUN!!!!



COMING SOON!

Virtual Yoga Club. Starting November 6th (Friday) at 8:00 am. Contact kathleen.carr@palmbeachschools.org for more information.

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Back to School Guidelines & Information

By Kenrich Viens and Grant Davis

Whether you're new to JMS or you've been here for a while, it's different from what we remember school being like. Some of us are here back in the school building, while others are still at home doing virtual schooling. Regardless of how you are receiving your schooling, new rules and directions are in place for when you do decide to return to campus.

Safety Protocols

A protocol is a standardized process, so we now have protocols in place to assure safety.

For instance, all students and adults on campus are required to have a mask on at all times, except when eating or drinking. Classrooms are cleaned often, and desks are wiped down between classes. Another safety protocol is that everyone in the hallways are required to social distance and stay in their own lane.

Transportation

Dismissal is also different - in order to minimize traffic in the halls and outside you will be dismissed depending on how you get home. An example of that is when a certain bus number is called on the intercoms to go to the bus, or when a particular building is called to go to the car line.




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Students in the cafeteria social distancing while eating.



Stickers on the ground where students are supposed to stand to ensure social distancing

Hallways

Social distancing is important, so that means we now have one way hallways! Teachers and staff will be directing you if you are going the wrong way, or if you don't know how to get to your next class. Expectations are that you social distance as much as possible between classes, which means no high fiving, hugging, or fist bumps. Sorry!



Produced by:
Mrs. Vanderwalker's
6th 7th & 8th Grade
Journalism Classes



Lunches

Another thing that you may notice that is different is that there are about 10 lunches in order to reduce traffic in the hallway to and from lunch. It varies depending on each day. You will also be eating at different locations than normal, whether it be the gym if you brought your lunch from home, the cafeteria if you're buying lunch, or even a classroom in some cases. In each of these places you'll find that some seats are unusable in order to maximize social distancing.

All in all, we need to be safe, since COVID 19 is still among us. It may be annoying, and you might not like it but it's for the greater good. Sooner or later we will be able to high-five, sit next to our friends at lunch, and lots of other stuff.



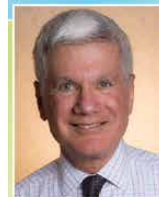
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Still Life by 8th grader Daphney

From the Desk of Mr. Marino

I have been super excited getting back on campus and seeing you all each and every day. With safety as one of the important factors that schools have to think about, I wanted to remind everyone of the things we expect each and every day at Jupiter Middle School.

- Wearing your masks at all times
- Continue to be socially distant from each other
- Wash your hands often
- When riding the bus, your mask must be worn
- When exiting your bus, 6th grade enters through the 6th grade gate by 4-8 Ms. Golden
- 7th grade enters by Ms Ulmer and the breakfast cart
- 8th grade enters around building 2

Grades

- Make sure you turn in all your assignments on time
- Communicate with your teachers ahead of time when you have an issue. Don't wait until the assignment is due.
- Do your best on all your work
- Participate in all class activities when prompted.

