

WOOD POST



JUNE 2019

Volume 14 Issue 6

For the Parents, Students
& Community of
**Markham Woods
Middle School**

**6003 Markham Woods Road
Lake Mary, FL 32746**

Phone 407-871-1750

Administration

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Principal**

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Assistant Principal**

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Assistant Principal**

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Assistant Principal**

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School Administrative Manager**



**www.scps.k12.fl.us
400 E. Lake Mary Blvd.
Sanford, FL 32773**

Message from the Principal

Hello Mustangs! I hope you have been having a fabulous summer and have been taking time with family and friends. Summer gives us the chance to reflect on our previous year, recharge, and plan strategies for 2019-20. We have so many exciting things going on at Markham and the opportunities are endless. We are working to ensure your students are ready for their future! None of this would be possible without the continual support of our parents, community and staff members. Thank you PTSA, parent supporters and community members for helping us grow and improve. Strong student success is a team effort and your contributions to that team are not unnoticed!

We continue to work diligently throughout the summer to make sure everything is ready to go for the first day of school. New teachers are being hired, schedules are being completed and the campus is being beautified. **The first day of student attendance is Monday, August 12th.** Students and parents are invited to attend our schedule pick up/open house on Thursday, August 8 from 4 – 7:00pm. This is an open house event so classes will be visited in order and it will be on a bell schedule. To ensure you get the chance to visit all of your teachers, families should be here starting at 4:00. If you have a rising 6th grader, we are holding a special Welcome to Markham event on Thursday, August 8 from 3 – 4. This is open to all rising 6th graders and their parents. We will be hosting a welcome party and student government will be giving tours to our new guests. Following the event and tours, the regular schedule pick up/open house will begin. During schedule pick up, you are also encouraged to stop by the campus restaurant to set up a lunch account, find out transportation information, and **join PTSA.** Don't forget to stop by the gym as well to purchase a PE uniform. Even if your student doesn't have PE until the 2nd semester, you can purchase the uniform now. All students are required to wear the PE uniform while in PE class so this is the best time to pick one up and be ready. A lot goes on during schedule pick up so we really hope to see you all there!

We will be holding a Parent Technology Night on Thursday, August 29, from 5:30 – 7:30 pm. If you want to learn more about how to use e-campus, Skyward, online text books, HERO and more, you are welcome to come to our parent technology night. We will be holding our Curriculum Night in October but are still finalizing the date. We will let you know as soon as we have the date locked in.

SAC has some parent/community positions available and I encourage you to be a part of this team. If you would like to commit and serve on our SAC, please contact Dana Richardson (dana_richardson@scps.k12.fl.us) no later than August 6, 2019. If necessary, an election will be held during schedule pick up on August 8. SAC meets on the 3rd Wednesday of the month from 8:00 am to 9:00 am. Please consider being a part of the Markham SAC team.

Time is going fast. The start of the 2019-20 school year will be here before you know it so enjoy the rest of your summer and we will see you in August!

Linda J. Mumey, Principal, Team Markham

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6 Ways to Teach Kindness to your Kids

Even though this information is from a 'toddler' group, there is very valuable information here that we wanted to share with you.

As parents, we make sure our children learn how to read and write – and yet we often assume children will naturally develop skills like kindness and empathy. You would not think that you need to be teaching your kid to be kind – but, Like reading and writing ... Emotional intelligence doesn't come naturally to all children.

Some children miss the subtle signs that they are upsetting those around them. Some children have a hard time putting themselves in other people's shoes. Some children have a hard time knowing how to be kind.

So, how do you help teach your kids to be kind and not turn into a bully?

There are some easy steps to build empathy and kindness in your children.

1. Model kind behavior.

Do you make fun of strangers? Do you talk bad about your relatives or friends when they aren't there? Do you treat your spouse, pets or even kids in a degrading fashion some times? The apple doesn't fall far from the tree. If you tell your child to be kind, but you are modeling negative, unkind behavior – your words will have little impact on their behavior. Children do as they see – not as you tell them to do. Be a wonderful role model for your child.

Show your child respect when redirecting them or disciplining them. Speak to your spouse/partner/parents/relatives with kindness. Your children will learn from your example.

2. Highlight people's emotions around you.

If your child has a hard time reading social cues, practice a game I like to call "Guess the Feeling." Sit at a park or a mall and watch people. If you love people watching – this game shouldn't be too hard.

Find someone showing an extreme emotion – such as excitement, sadness or anger. Ask your child, "What do you think they're feeling?" Ask them to make up a story about what may be happening. (this may sound elementary, but it really is not! Trust me, try it).

3. Reassess how you tease your children – is it demeaning, taunting or degrading?

Some families love to tease each other, but some children can't take intense teasing. Some parents do not think their teasing is cruel – but if your child reacts by crying and storming off – chances are they are feeling degraded.

Would you want your child to make fun of peers the way you are making fun of them? Some parents might think they are just "toughening up" their children or being playful, but kids will often take it out on their peers.

Children learn how to be playful by the tone their family sets. If mean spirited taunting is acceptable at home – then children will think it is acceptable elsewhere.

4. Point out how their behavior affects those around them.

When your child's behavior is affecting those around them – point it out. Let your child know how they are affecting others without shaming them.

5. Teach your children the joys of helping others.

Be an example for your children and help strangers, friends and family. Let them know that it feels good to help others – even if you get nothing back. Set up opportunities for you to help others as a family.

Teach your child that even small acts of kindness go along way. Express to your child why you are holding the door for another person, letting someone get in front of you in traffic or helping someone when their hands are full. Explain that it is nice to be helpful, even if the person doesn't say thank you or appreciate it. You should give to give – not give to get.

6. Do not let your children talk to you in a rude fashion.

If you allow your child to talk rudely to you – they might think it is acceptable to talk to others that way as well. Kindness starts at home. There are ways to correct your child's tone and improve their manners without being punitive.

Most of us would be shocked if we heard our children were treating others unkindly. But, if we don't teach these skills to our children – we may not be helping them be the best person they can be. (from anxioustoddlers.com).



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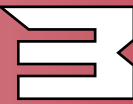
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 Seminole County Public Schools
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Guidance

BUILDING SELF-ESTEEM

Middle schoolers who feel good about themselves have an advantage during the tween years. They're less dependent on impressing others, and they tend to face challenges with confidence. Here are some ways to build self-esteem in your child.

Be realistic. If a youngster is like many middle graders, her view of herself (outgoing or shy, artsy or athletic) is based on where she fits in among her peers. But instead of comparing herself to others, urge her to recognize her strengths and pursue them.

Choose friends wisely. Encourage your child to spend time with people who build her up and avoid those who put her down or talk behind her back.

Help Others. Making a difference in another person's life can boost your middle grader's self-confidence. She will take pride in being a leader and a role model. Suggest that she tutor younger students or volunteer with children's programs at a community center or place of worship.

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SUPPLY LIST 2019-20

6TH GRADE:

LANGUAGE ARTS	MATH	SCIENCE	SOCIAL STUDIES
1- 2 pocket folder with prongs 1- composition book 1- spiral notebook	<u>STANDARD/ADVANCED</u> <u>and INTENSIVE</u> 2- composition books 1- pkg expo markers 1- 3 ring binder 1- folder with pockets	1- large page, multi subject (150 + pages) spiral notebook (le: staples Accel Spine Guard 5 subject 8 ½ x 11) 1- bottle of glue 1- pair safety scissors	1- spiral notebook 11x9 (one subject/100 pgs)

GENERAL 6TH GRADE SUPPLIES FOR ALL CLASSES:

- No. 2 pencils sharpened (box)
- Pens: black/blue/red
- 6 Highlighters (6 assorted colors)
- Wide ruled notebook paper (5-6 pkgs)
- Erasers
- 1 box Colored pencils
- Small pencil sharpener
- 4 jumbo glue sticks
- Silent Sustained Reading Time book
- Earbuds
- USB Drive

*** TO BE KEPT IN BACKPACK AT ALL TIMES***

7TH GRADE:

LANGUAGE ARTS	MATH	SCIENCE	SOCIAL STUDIES
1- 5 subject spiral notebook 1- plastic folder w/pockets 1- pkg white copy paper Book: <i>Outsiders</i> by SE Hinton (recommended)	<u>STANDARD/ADVANCED/</u> <u>ALGEBRA and INTENSIVE</u> 2- composition books 1- pkg expo markers 1- pkg ½ cm Graph paper 1- 3 ring binder 1- folder with pockets 1- scientific calculator TI-30Xa or Casio fx-260	1- large page, multi subject (150 + pages) spiral notebook (le: staples Accel Spine Guard 5 subject 8 ½ x 11) 1- bottle of glue 1- pair safety scissors	1- 1" 3 ring binder 5- tab dividers

GENERAL 7TH GRADE SUPPLIES FOR ALL CLASSES:

- No. 2 pencils sharpened (box)
- Pens: black/blue/red
- 4 Highlighters (pink/blue/yellow/green)
- College Ruled notebook paper (5-6 pkgs)
- 1 box Colored pencils
- Erasers
- Small pencil sharpener
- 4 jumbo glue sticks
- Silent Sustained Reading Time Book
- Earbuds
- USB Drive

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8TH GRADE:

LANGUAGE ARTS	MATH	SCIENCE	SOCIAL STUDIES
1- 1" 3 ring binder 8- tab dividers	<u>PRE-ALGEBRA</u> 2- composition books 1- pkg expo markers 1- pkg 1/2 cm Graph paper 1- 3 ring binder 1- folder with pockets 1- scientific calculator TI-30Xa or Casio fx-260 <i>*Algebra and Geometry classes have different requirements that will be discussed by the teacher*</i>	1- large page, multi subject (150+ pages) spiral notebook (le: staples Accel Spine Guard 5 subject 8 1/2 x 11) 1- bottle of glue 1- pair safety scissors	1- 1" 3 ring binder 5- tab dividers 1- 2 pocket folder (AP/ADV only)

GENERAL 8TH GRADE SUPPLIES FOR ALL CLASSES:

- No. 2 pencils Sharpened (box)
- Pens: black/blue/red/green
- 4 Highlighters (pink/blue/yellow/green)
- College Ruled notebook paper (5-6 pkgs)
- Small pencil sharpener
- Erasers
- 1 box colored pencils
- 4 jumbo glue sticks
- Silent Sustained Reading Time book
- Earbuds
- USB Drive

*** TO BE KEPT IN BACKPACK AT ALL TIMES***

**** Individual teachers may require some additional materials. This information will be distributed at schedule pick up and/or during the first days of school****

ELECTIVES: some electives are required for each grade level. Other electives are 'requested' and cannot be guaranteed. It is suggested required elective materials be purchased before the start of school and the requested ones after schedule pick up in case the class was not received. The required courses and their needed supplies are listed here with general elective class supplies.

COMPUTERS (REQUIRED ALL GRADE LEVELS)	PE/DANCE/TEAM SPORTS (REQUIRED ALL GRADE LEVELS)	GENERAL ELECTIVE SUPPLIES*
<u>6th I-CHALLENGE</u> <u>7th I-JOURNEY</u> <u>8th I-CONNECT</u> Earbuds 1- folder with pockets	1- pocket folder with prongs MKMS mandatory shirt and shorts (can be purchased at schedule pick up) Socks Athletic laced sneakers Combination Lock (no key locks)	1- folder with pockets for each elective class (don't forget second semester) Notebook paper Pencils highlighters

Due to the uniqueness of each elective course, specific elective class needs will be distributed at schedule pick up and/or during the first days of school

READING:

Many students will be enrolled in a reading class. If your son/daughter is registered for reading, here are the needed supplies

- Earbuds
- 2 spiral notebooks
- Post its
- Glue sticks
- Safety scissors
- Colored pencils
- the same general supplies listed in each grade

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6



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