



Graham Middle School



September 21, 2023

Message from Principal, Heidi Galassi:

Hello Graham Families!

The following is the second edition of tips from the book, "How to Talk So Kids Will Listen & Listen So Kids Will Talk". Have a conversation with your child today about these tips. Start by asking them what they think of the strategies and if they agree. Or ask them if they could make changes or add to the strategy, what would they be...

****Expressing Feelings****: The authors discuss the significance of allowing children to express their emotions openly and without judgment. They provide strategies for helping children identify and express their feelings in a healthy way. Instead of squashing feelings by minimizing what they are feeling. Try saying, "Oh, that must be hard. I'm sorry you're feeling this way."

****Problem-Solving****: The book offers tools for resolving conflicts and problems with children. It promotes a collaborative approach where both parents and children work together to find solutions, rather than resorting to punishments or authoritarian tactics.

Sincerely,

Dr. Heidi Galassi

School News

School Site Council

Our first School Site Council will take place this Friday, September 22nd from 4-5 in the Graham conference room. The objectives of this meeting will be:

- To introduce new and returning members to each other
- Get an overview of the year
- Look at some LCAP and student academic achievement data from the previous year
- Review and discuss the draft of the School Plan for Student Achievement

Yosemite Chaperones Needed!

Want to go to Yosemite? We are still looking for chaperones. If you are interested and can commit to going (October 16-20), please email Michael Kim-Stevens at mkimstevens@mvwsd.org and he will provide you with next steps to get you approved to chaperone the trip. Although all parents are eligible, priority will be given to parents of 8th graders.

Yosemite Logistics Meeting

Mr. Kim-Stevens will be hosting two more meetings for families of 8th graders attending the trip regarding trip logistics. Topics covered will include medication and Covid Protocols, preparing for departure to Yosemite, pick-up following return from Yosemite, making donations, and any other questions you may have. Parents are only expected to attend one of these meetings

- Friday 22 September (English 1:30-2, Español 2-2:30pm)
<https://mvwsd.zoom.us/my/gms1175kimstevens>
- Monday 25 September (English 4-4:30, Español 4:30-5pm) in person in the MUR

Yosemite Donations

We are thrilled to be going on the 8th grade Yosemite trip again this year! To support this exciting adventure, our front office is accepting cash and checks made out to "Graham Middle School". While the suggested donation for the trip is \$880, please know that any amount you can give is greatly appreciated. Your generosity ensures that all students can enjoy this remarkable experience. The [donation form can be found here](#).

Become a campus volunteer!

If you are interested in becoming more involved with the Graham student community, we would be happy to have you. [Research](#) shows that having a parent presence promotes positive education and health behaviors among students. To become a volunteer, you can start by simply [completing this form](#) and submitting it to our front office.

Graham Counselors

Coping Skills are strategies that we use during stressful situations to help manage our emotions. These strategies provide comfort and help us to focus on positive things to get through challenging days. It can be difficult to remember what coping strategies to use when we are overwhelmed by the stressful situations in our lives, but keeping a list and remembering which one to use can be a good practice. Here is a list of coping skills that you can practice and modify to your own needs.

Coping Skills that you can practice:

- Exercise
- Write (poetry, stories, journal)
- Watch a favorite TV show
- Take a nap (only if you are tired)

- Take a hot shower or relaxing bath
- Play with a pet
- Read a good book
- Listen to music
- Try some aromatherapy
- Create a vision board
- Write a letter or send an email
- Go outside for 15 minutes
- Make a list of blessings in your life
- Contact a hotline/your therapist, if you want, you can call us 988
- Talk to someone close to you
- Get together with friends and play Frisbee, soccer or basketball
- Make a list of goals for the week/month/year/5 years

Please don't hesitate to send us a Parent/Guardian Referral form if you need to refer a student to us for social-emotional, academic or college & career counseling.

Click here: [Parent/Guardian Referral Form](#)

ABC Day at Graham

Wednesday October 4th, is Anything But a Car Day and National Walk and Bike to School Day! Arrive at school by bus, bike, on foot, or any other way that doesn't use a car, and you'll get a Hershey Kiss and a chance to win a gift certificate for BOBA from Ocha Tea Cafe. If you can't make it this week, that's ok, ABC will be on the first Wednesday of every month all year long.

Parking Lot issues

We have been noticing several safety concerns at the front of school during our school drop off and pick up. In order to keep your students safe from harm, we need all adults to be good role models. Please, stay in your car when picking your student up so that you can move forward in line. We promise, your student will be able to come and find you if you are parked along the curb.

Please do not have your student get into the car in the turn lane in front of the school. This is NOT a parking area. The cars in the turn lane must be able to move forward to keep the flow of traffic moving.

Please use crosswalks at all times, we have already had some near misses this year with adults and students crossing the street.

Please follow the directions of the adults who are out directing traffic. They are there to keep you and your children safe. A few extra minutes of patience and traffic is worth a life.

The Spring Musical is Sister Act, Jr!

The Spring Musical is open to the entire school! If you are interested in being part of a full musical production, you should audition! *Everyone who auditions and commits to the rehearsal schedule will be cast. Auditions will take place **November 28, 29, and 30.*** Please visit [the Spring Musical Webpage](#) to download audition materials. Interested students must attend a lunchtime meeting on Wednesday November 1st.

Graham's Picture Retake Day

When: Monday, October 2, 2023

Pre-order today on mylifetouch.com using your Student ID or Picture Day ID: **EVT2X2CS**

ENJOY 10% OFF your order! Use CODE: **F202310OFF**, EXPIRES May 1, 2024
[Redeem Now](#)

GMSTV NEWS

AWESOME ACT Winners

Take Pride

Emmanuela - Ms. Park

Kapil - Ms. McIntyre

Odin - Mr. Noriega

City of Mountain View - Teen Wellness Retreat

The City of Mountain View's annual Teen Wellness Retreat is coming up on Saturday, September 30. I am hoping you can share the event with students at your school over the next two weeks.

Event Details:

Date: Saturday, September 30

Time: 9 a.m. - 2:30 p.m.

Location: Mountain View Community Center - 201 S Rengstorff Avenue, Mountain View, CA 94040

Open to: 6th-12th graders

Cost: FREE!

The Teen Wellness Retreat is aimed at promoting physical, mental, and emotional well-being among teens in our community. You'll learn valuable skills and engage in meaningful discussions about personal growth and self-care. Think of it as a day to reboot — thoughtful conversations, delicious food and snacks, and activities and workshops designed to de-stress, refresh, and build confidence. This year's event includes three workshop sessions, a comedy show, therapy dogs, lunch, treats, a resource fair, giveaways, raffle prizes, and more. Registration is available at MountainView.gov/TeenWellnessRetreat.

Attached is a flyer with information. The full event guide can be found [here](#). Thank you in advance for helping spread the word about this fun and free event to youth in our community!

Reporting an Absence

Please call the 24hour automated Attendance Line at 650-526-3570, ext. 2680 or email grahamattendance@mvsd.org to report an absence or late arrival. Provide the following information: date of absence, student's name, grade, reason for absence, and name and relationship of the person reporting the absence. After reporting a COVID positive absence on the attendance line or by email click [here](#) to fill out the COVID reporting form.

Bell Schedule

You can access the Graham Bell Schedule [here](#). School starts at 8:25am every day.

Medication Forms

If your child requires medication to be kept at school, please pick up a [medication release form](#) from the school office. We cannot administer any medication without the forms. Please note that all medication, even over the counter medications, need a medication form signed by your doctor. For more information [click here](#) to be linked to the Physical Health webpage.

Drop-off and Pick-up

There are different options for arriving at school. Please check out the Graham website for ideas for [Walking and Biking to School](#). If you plan to drop off your student on campus, please use the parking lot in front of the library for drop off and pick up. Please pull all the way up and then let your students out. Please do not pull out of the line. This is to assure that everyone safely exits their vehicle. The MVSP

(Gym) parking lot will be for staff only. Also, Lane Avenue may not be used as a drop off or pick up location for students. Due to the limited space, it causes a safety hazard for our students.

Bike Cage

Please remind your students to lock their bikes in the bike cage. While the bike cage protects student bikes from theft by individuals passing our campus during the day, it does not guarantee theft protection after school from persons entering the bike cage. Locking their bike is the best way to ensure that the only person who walks away with a bike from our bike cage is the bike's owner.

Important Dates

September 22, Yosemite Logistics Meeting (English 1:30-2:00PM, Español 2:00-2:30PM)

<https://mvwsd.zoom.us/my/gms1175kimstevens>

September 22, School Site Council Meeting 4:00-5:00PM

September 25, Yosemite Logistics Meeting (English 4-4:30, Español 4:30-5:00) in person in the MUR

September 29, Principal's Coffee at MUR 9:00-10:00AM

October 2, Picture Day Re-take

October 6, Principal's Coffee at MUR 9:00-10:00AM

October 10, Choir Concert at Auditorium 7:00PM

October 12 and 13, Teacher Service Day and Recess Day (No School for Students)

October 27, Principal's Coffee at MUR 2:00-3:00PM

October 27, Halloween Dance 4:30-6:00PM

November 3, End of Trimester 1 Minimum Day for students, dismissal time 12:50PM

2023 -2024 School Year Calendar - [Here](#)

District News

The Board of Trustees will meet on Thursday, Sept. 21 at 6:00 p.m.

Meeting topics include:

- Reception honoring newly-tenured teachers, 5:30-6 pm
- Possible Joint Use Agreement
- i-Ready Diagnostic 1 Assessment Data
- Board of Trustees Goals

For meeting details and agenda, please click here: mvwsd.org/trustees.

Better Together: September

This month, #BetterTogether explores identity and celebrates Hispanic Heritage Month, which are both essential components of fostering inclusive and enriching schools in MVWSD. Recognizing and respecting the diverse backgrounds, experiences, and identities of students not only promotes a sense of belonging and allyship but also encourages a more comprehensive and meaningful learning experience for all. Hispanic Heritage Month, in particular, provides an opportunity to appreciate the rich tapestry of Hispanic/Latino cultures, their contributions to society, and the stories of Hispanic/Latino students within our own community. Celebrate with us this month! We are #BetterTogetherMVWSD. For more information about Better Together, visit mvwsd.org/BetterTogetherMVWSD.

Volunteer with MVEF!

MVEF needs 1-3 additional volunteers at each school in MVWSD. MVEF school representatives help the families at their school understand what MVEF is and why it exists so that they are inspired to donate and spread the word about the impact of MVEF funding. MVEF also needs volunteers to help with planning our annual Gala and other community events. To learn more, visit:

<https://www.mvef.org/volunteer>

MVPD Digital Safety Talk, Sept. 27

Mountain View Police Department will hold a speaker series event on digital safety on Wednesday, September 27, at 7 PM at the MVPD auditorium, 1000 Villa Street. There will also be a live stream option. Learn from Mountain View cyber crimes detectives about how to help ensure the safety of you and your children on the Internet, particularly when it comes to social media platforms and usage. For information, call 650-903-6344.

Understanding Youth Mental Health and the Road to Resilience: Sept. 20

Youth and adults are invited to a panel discussion about teen mental health and well-being on Wednesday, September 20, 2023 from 6:30 – 8 p.m. at the Los Altos High School Eagle Theatre (201 Almond Ave). County Supervisor Joe Simitian will moderate a panel of mental health providers and students who will share about how to support mental health, how to check in and talk with youth, and describe locally available resources. Sign up for the free event: <https://direc.to/jNr2>.

MV Public Library Parenting Program: Sept. 27

The MV Public Library will host a parenting presentation, “The Best You for the Best Them,” on Wednesday, September 27, 2023 from 12:00 pm - 1:00 pm on Zoom. Research shows that teens' and parents' emotional well-being are highly entwined. With support from author and parenting coach, Laura Cleary, set aside time to acknowledge your need as a parent for selfcare, and receive concrete ideas and support to model this for your teen and uplift your relationship. [Register here](#).