



Graham Middle School



September 28, 2023

Message from Principal, Heidi Galassi:

Hello Graham Families!

The following is the third 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. Ask them if they could make changes or add to the strategy, what would they be...

Effective Communication: Faber and Mazlish provide practical communication techniques, such as using "I" statements to express feelings and needs, and avoiding blaming or accusing language. These techniques help foster better understanding and cooperation between parents and children. We have the kids use these kinds of statements with each other during school when there is an issue. We, as adults, also use it with the kids whenever needed. For example, "When you (insert what affected you), I felt (insert a feeling), Please (insert request here)."

Encouragement: The authors stress the importance of using positive reinforcement and encouragement to motivate children. They recommend praising efforts and achievements, which can boost a child's self-esteem and confidence.

Sincerely,

Dr. Heidi Galassi

School News

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 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

Why teaching kids about boundaries is an important tool for students to learn and grow. Boundaries help students learn from right and wrong. Students can learn to understand the importance of respecting authority while also recognizing the needs of others and their own. When students become aware of their own needs and those around them, they start to develop empathy. Learning how to be more empathetic can be a big help for kids when it comes to social interactions, but it's equally important to help your child learn to advocate for themselves and their boundaries when other kids are being pushy, aggressive or just thoughtless.

To learn more about the importance of teaching boundaries, empathy, self-awareness and more please consider this link

[Teaching Kids About Boundaries](#)

Graham's Afterschool Sports

The start of a new sports season is coming! Girls volleyball and Co-ed wrestling. Wrestling is starting October 2 and Volleyball starts October 9. All students who want to participate need an emergency form. Forms can be found online on the sports website or be picked up from the PE department. Students MUST have a form the day of tryouts in order to participate in the program.

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

Keerthana- Ms. McCollum

Nikhil- Mr. Stoltz

Pursue Knowledge

Yan-Wing- Ms. Bari

Ashley- Ms. Bari

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@mvwsd.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 29, Principal's Coffee at MUR and [Zoom](#) 9:00-10:00AM
October 2, Picture Day Re-take
October 4, ELAC Meeting at 5:00-6:00 PM [Zoom](#)
October 6, Principal's Coffee at MUR and [Zoom](#) 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 and [Zoom](#) 2:00-3:00PM
October 27, Halloween Dance 4:30-6:00PM
October 30, Strings Concert at Auditorium 7:00PM
November 3, End of Trimester 1 Minimum Day for students, dismissal time 12:50PM

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

District News

Parent University: Self Care for Parents

Date and Time: October 3, 2023 at 5:30 p.m. Registration Link: mvw.sd/pu100323

Being an active supporter of your child's learning can be exhausting, confusing, and sometimes anxiety-inducing. Balancing everything is far from easy. Join us for a Parent U that will support you to be your best self. Show up for yourself so that you can "show up" for your kids!

To submit questions prior to the event, go to mvw.sd/questions. We will do our best to address your question during the session.

Day Without Driving: Oct 4

Join MVWSD, MVLA and the City of Mountain View in "A Day Without Driving" on Wednesday, October 4th sponsored by the Silicon Valley Bike Coalition. We hope to encourage all residents of Mountain View to pledge to use alternative modes of transportation on this day in honor of California Clean Air Day and International Walk to School Day. With help from sponsors, those who take the pledge (linked below!) will be submitted into a raffle of \$50 gift cards, bike lights, and Bike to Wherever Day T-Shirts. [Sign the pledge here.](#)

Attendance Awareness Month: Attendance Tips

Early learning and success later in life depends on attending school. There are long-term positive outcomes for youth who attend school each day. Creating routines for strong attendance can help youth avoid chronic absenteeism.

Here are some tips to help improve attendance and ensure your child gets the most out of their educational experience:

- Get a good night's sleep
- Prepare for school the night before
- Establish regular morning routines
- Have a back-up for drop off and pick up: Make a plan with family, friends, or neighbors
- Reduce health related absences: wash hands and maintain healthy habits
- Plan family vacations for school breaks

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>

MVLA Speaker Series: Julie Lythcott-Haims - How to Raise An Adult

Join MVLA Parent Ed on Tuesday, October 10, 2023 at 7pm (MVHS- Spartan Theater) for Julie Lythcott-Haims' presentation of "How to Raise an Adult: Break Free of the Overparenting Trap." In this widely acclaimed talk, Julie draws on her insights as the former dean of freshmen at Stanford as well as her deeply personal journey as a parent to highlight the ways in which overparenting undermines skill development and positive mental health and wellbeing in our children. Listen as she offers practical strategies that allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary to become healthy, thriving adults. [Register for this free event here.](#)

City of MV Monster Bash

On Saturday, October 28, 2023, Mountain View's Rengstorff Park will transform into a ghoulish good time for all ages with the return of Monster Bash. From 10 a.m. - 2 p.m., community members are

encouraged to don their favorite costumes and enjoy a fall festival loaded with a treat trail, spooky games, enchanting performances, a stilt walker, inflatables, creepy, crawly, ooey gooey zone, Dia de Muertos celebration and more. This event is free and open to the public. Visit MountainView.gov/MonsterBash for more information.