



Graham Middle School



October 5, 2023

Message from Principal, Heidi Galassi:

Hello Graham Families!

The following is the last 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...

Limit-Setting: While promoting a supportive and empathetic approach, the book also discusses the importance of setting clear and reasonable limits for children. It provides guidance on how to enforce rules without resorting to punishment. For example, if your child is misusing their cell phone by engaging in negative social media posts, the cell phone expectation or limit is broken and the consequence of removing cell phone access from your child is absolutely acceptable.

Problem Ownership: The book encourages children to take responsibility for their actions and the consequences of their choices. It teaches parents how to guide their children toward self-discipline and accountability. Ask your child what they think their role in the actions or consequences of their actions is and how they can make a better choice the next time.

October is Safety Month in MVWSD

As you read in [Dr. Rudolph's letter](#), we want to be ready to act when dangerous situations arise. We have already practiced fire drills and soon will practice an earthquake drill and how to react to a dangerous intruder.

This week and next, our principals, teachers and staff members will be training on the Incident Command System (ICS) and general emergency procedures. The ICS assigns roles to school staff members so that even scary situations can have well-organized responses.

Earthquake drill: After training, we'll [practice what to do during the districtwide earthquake drill](#) to be held on Oct. 19. [Click here to view the video](#) that shows how we approach safety and what an earthquake drill looks like.

We talk with students in age-appropriate ways about what they can expect and why we practice emergency responses.

Dangerous intruder: Our schools will review what to do in the event of a dangerous intruder or similar event on campus. The dates for each school's practice will vary depending on scheduling. Middle school dangerous intruder practice involves multiple agencies and will be done when we complete the upgrade of our door lock system. I will give you more information closer to our practice date.

For more details about safety at school, please see <https://www.mvwsd.org/safety>.

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.

Día de los Muertos

Save the date for our first annual Día de los Muertos celebration Friday, November 03 from 5-7pm in the Graham Music Quad. We are currently seeking parent volunteers to help make this event a great experience for our students. If you are interested in volunteering, please contact Natalie Lescano nlescano@mvwsd.org to let us know.

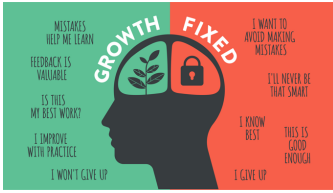
Graham Counselors

What is growth mindset versus fixed mindset and how can we instill growth mindset to students? The way students think about themselves has a significant impact on their confidence and learning.

Growth mindset is a belief that your abilities can be developed through hard work. Fixed mindset is the belief that your abilities are unchangeable.

To support students' learning at home, providing consistent and positive praise on students' efforts help foster a safe learning environment. Be okay with normalizing struggles with the students and set goals together to help them achieve a sense of belief that even when things get stressful, they can see other perspectives and growths.

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](#)

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.

Lost and found

The lost and found rack is placed in front of the school office. Come by to find one of your sweatshirts, jackets or sweaters. Anything left over after Wednesday, October 11, 2023 will be donated to charity.

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.

GMSTV NEWS

AWESOME ACT Winners

Together We can

Jessica- Ms. McCollum

Kiana- Ms. Ditty

Pursue Knowledge

Ash- Ms. Ditty

Ana-Ms. Geoghegan
Ana Sofia- Ms. Geoghegan
Aidan- Mr. Ruiz Rico

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

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

November 3, First Annual Día de Los Muertos Celebration 5:00-7:00PM at Music Quad

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

District News

The Board of Trustees will meet on Thursday, Oct. 5 at 6:00 p.m.

Some of the topics include:

- Planning for a Possible Parcel Tax Renewal
- Update on Measure T Summer Work
- Enrollment and Staffing Update

For meeting details and agenda, please click here: <https://www.mvwsd.org/trustees>.

Superintendent's Community Check In on Friday, Oct. 6

Please join us for our Community Check-In with Dr. Ayindé Rudolph on Friday, Oct. 6 at 3:30 p.m. Bring your questions. Spanish interpretation will be provided. Click here to register:

<http://mvw.sd/CC106>. Mark your calendars for all upcoming community check-ins! [A list of dates and login information is here.](#)

Parent University Speaker Series Presents

Parenting in the Digital Era - Supporting Dialogue and Strategies for Building Healthy Tech Habits

Date and Time: October 24, 2023, 5:30-7:00 pm Registration Link: mvw.sd/pu102423

One of our favorite nonprofit organizations is back! The staff of My Digital TAT2 will be delivering a workshop that will empower parents with the knowledge and tools needed to navigate the complexities of raising tech-savvy, digitally responsible children. We will address common tech issues such as digital “perfection”, misinformation, and things you might not know about popular apps and platforms.

Parents will gain crucial strategies that will support open dialogue and cultivate healthy tech habits among all family members.

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

Protect your family: Dangers of illegally-made synthetic drugs

It's important that you and your children know the dangers of illegally-made synthetic drugs. Synthetic drugs created in illegal labs, like Fentanyl, have ingredients that are impossible to know, and carry a high risk of overdose and death. Some are tasteless and odorless—even small amounts can cause an overdose. ANY pill bought through social media or even from a friend can contain deadly amounts of fentanyl. Learn more at <http://mvw.sd/drugs>.

BOC & PTOC Seeking Representatives

The District is seeking qualified persons to serve on the Bond Oversight Committee and the Parcel Tax Oversight Committee. Representatives monitor, provide oversight and ensure accountability to the funds received by the District.

Apply at the links below.

BOC: <https://ow.ly/HhgA50PQqEs>

PTOC: <http://mvw.sd/PTOC>

Applications can be returned to the district office by mail or emailed to cnavarrete@mvwsd.org.

MVEF Community Survey

MVEF is seeking input from the community via the annual online survey, which will be open throughout October: <http://bit.ly/MVEF-Survey>

As a community-funded foundation where over 70% of donations come from families, your input is a very important part of the planning process for future MVEF-funded programs. If donations to MVEF approach the annual goal of \$1.2MM by December 31, 2023, MVEF may be able to add additional programs in 2024.

MVEF has raised just shy of \$400,000 -- donate today if you haven't already: <https://www.mvef.org/donate>. THANK YOU MVEF donors and volunteers!

October CAC and LCC Events

SELPA 1 CAC and the Learning Challenge Committee are your groups for special education and broader learning challenge needs. If you have questions about learning challenges and special education needs, email selpa1cacinfo@gmail.com or check out www.selpa1cac.org
The Learning Challenges Committee is looking for members!

Are you interested in helping students with learning challenges? This can include students who receive special education services, students with a 504 plan, or any student with a learning challenge.

The Learning Challenges Committee of the Los Altos Mountain View PTA Council (LCC) helps provide teachers and school staff in Mountain View and Los Altos schools with supplies in their classrooms related to learning challenges. We need a variety of parent and student voices to help us best decide how we can help teachers and students about these issues.

Can you attend 2-3 meetings per year to help make these kinds of decisions with the LCC? Please email selpa1cacinfo@gmail.com. We need more voices to help students with learning challenges. We need you!

We encourage families to learn about the sensory needs all children: [Try a Sensory Diet](#)

Parent Chat

October 10, 10 am

Are you concerned about the emotional well-being of your child? Peer to peer support for parents of teens with mental health challenges. Every second Tuesday of the month at 10 am on Google Meet. Meeting is for 1 hour only due to Google Meet limitations. Contact trudy.palmer@me.com for invite.

October 11, 7 pm Evening Let's Talk - IEP/504 support group. Have questions about the process to get help for your child? Have an IEP but are not sure how to make changes? Need to vent? This is your confidential group. Register at:

<https://us02web.zoom.us/join/zoom-join?meeting=710d0mhrz8tHNVYUGYMCiHeDa2iL43M-Puz>

Missed our Parent Education events last year?

We have a YouTube channel with many of our past events including last year's Inclusive Fun Fair for summer camps and recreational activities, Anxiety and Depression in Children with Learning Challenges, SMART Goals and IEP Troubleshooting, and more. Channel is here:

<https://www.youtube.com/channel/UCuy7IcVz-4LTDxv2Jaq13nw>

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.](#)

Celebrate Shoreline: Oct. 15th

The City is hosting Celebrate Shoreline, a free event for the community to celebrate Shoreline 's 40th anniversary. The family-friendly event is taking place 11 a.m.-3 p.m. Sunday, Oct. 15 at Shoreline at Mountain View regional park, 3070 N. Shoreline Blvd. The event will feature live music, self-guided tours, carnival games, food, and more! Visit MountainView.gov/CelebrateShoreline for more information.

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 goeey zone, Dia de Muertos celebration and more. This event is free and open to the public. Visit MountainView.gov/MonsterBash for more information.