



Graham Middle School



December 14, 2023

Message from Principal, Heidi Galassi:

Hello Graham Families!

As we gear up for the challenges and triumphs that lie ahead in the next couple of trimesters, we believe that setting goals is a powerful way for students to cultivate a growth mindset and work towards personal and academic success. In this newsletter, we'll explore the importance of goal-setting and provide guidance on how to help your child set process goals, performance goals, and outcome goals.

1. Process Goals: The Journey Matters

Process goals focus on the steps, strategies, and efforts that lead to success. Encourage your child to set process goals that outline the specific actions they will take to excel in their studies. Whether it's dedicating a set amount of time to homework each day, actively participating in class discussions, or seeking help when needed, process goals emphasize the journey and the commitment to continuous improvement.

Example:

"I will spend 30 minutes each day reviewing my class notes and organizing my study materials to enhance my understanding of the subjects."

2. Performance Goals: Striving for Excellence

Performance goals concentrate on achieving a certain level of competence or proficiency in a particular skill or subject. Encourage your child to identify specific areas where they want to excel and set measurable targets to gauge their progress. Performance goals challenge students to push their limits and strive for excellence in their academic pursuits.

Example:

"I will aim to increase my math quiz scores by 10% by practicing additional problems and seeking extra help during lunch hours."

3. Outcome Goals: Defining Success

Outcome goals are the end results that students aspire to achieve. These goals provide a sense of purpose and direction by outlining the ultimate objectives. While outcome goals are essential, it's crucial to emphasize that they are influenced by the efforts put into process and performance goals. Remind your child to stay focused on the process and performance aspects to increase the likelihood of achieving their desired outcomes.

Example:

"I will earn a final grade of 'A' in my science class by consistently following my study plan, actively participating in class, and seeking teacher feedback."

Encourage your child to embrace challenges, view mistakes as opportunities for learning, and celebrate their progress and productive struggle along the way. Setting and achieving goals is a skill that will serve them well not only in school but throughout their lives.

Conferences

Thank you to all who participated in conferences this week. Please keep in mind that these are only one touchpoint to talk to teachers. You are welcome to email or schedule a meeting with teachers throughout the year. Checking in and following up is an essential for a successful learning experience and we encourage you to do so as needed.

Sincerely,
Dr. Heidi Galassi

School News**Graham Counselors**

As we begin to wrap up the year 2023, take a moment to reflect on all your accomplishments and challenges. One of our greatest opportunities for growth and change is in reflecting on the lessons of our past. The ability to reflect and learn is a key factor in building grit and finding success. People who use experiences as learning opportunities build a growth mindset. Reflecting and reviewing our year is a great way to close out and move forward. It's a wonderful time to close a chapter in our lives or simply start a new page.

Here are some questions to ask yourself before you ring in the new year:

1. What goals did you achieve this year?
2. What goals are you still working on?
3. Who was most important in your life?
4. How did your priorities change?
5. What were the best moments for this year?
6. What changes would you do differently for next year?
7. What were your biggest challenges?
8. What was the biggest fear you faced?
9. Is there anything you should leave behind?
10. What did you learn about this year?

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 "AWESOME Acts" winners**Together We Can**

Santiago- Ms.Park
Vanessa- Ms. Gaderlund
Olivia- Ms. Bari

Pursue Knowledge

Angel- Ms. Flint

Eren- Ms. Tuffy

Graham's annual 6th grade Egyptian Project Museum Exhibit

Please join us for our annual 6th grade Egyptian Project Museum Exhibit, Thursday December 21st from 5:30pm to 6:30pm in the MUR. Families will have a chance to check out projects from 6th grade students.

Don't forget to sign in on your way in to receive extra credit for your 6th grader. We also invite you to stay for the GMS band concert at 6:30pm in the auditorium.

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

December 20, 6th Grade Social Studies Egyptian Projects Museum on Display at 5:30PM at MUR

December 20, Band Concert at 6:30PM at Auditorium

December 25 to January 8, 2024 Holiday Recess (No School)

January 15, Martin Luther King Jr. Day (No School)

January 17, ELAC Meeting at 5:00 PM (In Person)

January 22, School Info Night at 6:00PM via [ZOOM](#)

February 7, ELAC Meeting at 5:00 PM (In Person)

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

District News

In January, the Mountain View Whisman School District will be opening student enrollment for next fall. For CURRENT students in transitional kindergarten-7th grade: Parents will be asked by email to confirm enrollment from January 22 to February 9.

For families enrolling NEW students: Please check www.mvwsd.org/register for details about virtual school information meetings held in January (<http://mvw.sd/meetings>), how to locate your neighborhood school, how to explore school options and the four steps to register during the enrollment period held January 22 to February 9.

MVEF Update: Save us a Call

The amount donated to MVEF so far this year is slightly less than in previous years. MVEF volunteers will soon be reaching out directly to inform our community about the need for donations each year. You can save us a call by donating today! Visit mvef.org/donate today!

This year, community donations to MVEF are providing:

- More than 8,500 [Art4Schools](#) lessons in 130 TK-5th Grade classrooms.
- Over 17,000 [Music4Schools](#) lessons in 170 TK-5th Grade Classrooms.
- Over 500 [Living Classroom](#) lessons for all students in TK-6th grade.
- Environmental Science [lessons and field trips](#) for all 4th and 5th graders.
- Additional English Language Arts teachers to reduce the average class size in grades 6-8.
- Supplemental funding for Performing Arts, Music, and Athletics Teams in grades 6-8.

When we achieve our fundraising goals, we can do even more for our students!

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

What's in an IEP? Advocating for your child

Presented by Gabriela Torres, Managing Attorney and Leah Kang, Senior Attorney

Fri, Jan 19, 12:00 pm - 1:30 pm , [Register](#) to get your Zoom link

Join [Palo Alto CAC](#) and [Disability Rights California](#) virtually to learn what is ***Specially Designed Instruction*** and how the use of ***Supplementary Aids*** and ***Services*** can help children with disabilities achieve their education satisfactorily in the general educational environment according to LRE provision of IDEA. [Flyer](#) Questions? paloaltocac@gmail.com

The View Teen Center: December

The View Teen Center is a free facility in Mountain View (263 Escuela Ave) for all Mountain View and Los Altos 6th - 12th grade students. Drop-in hours are Monday - Friday, 3:15 - 7 p.m. and Saturdays, 1 - 6 p.m. (on no school days or minimum days, The View Teen Center is open 1-6 p.m.), and the center features a game room, makerspace, kitchen, computer/study room, outdoor area, and much more! See attached flyer for details about upcoming events and programs in December or [visit their webpage for more information](#).

MV Public Library: Parenting Program

Join the MV Public Library for a book club discussion of Never Enough by Jennifer Wallace on Wednesday, January 17 on Zoom from 12:00pm - 1:00pm or in person from 7:30pm - 8:30pm. Read the book or listen to interviews with the author. Then join either meeting to discuss the effects of

achievement culture on youth and ways to help teens feel that they matter and are valued. [Registration is required.](#)