



Graham Middle School



February 1, 2024

Message from Principal, Heidi Galassi:

Hello Graham Families!

In the tumultuous landscape of middle school, where social dynamics can be intricate and emotions run high, addressing mean comments or gossip becomes an inevitable part of a child's experience. Navigating through such situations requires both resilience and guidance, and parents play a crucial role in helping their children develop the emotional tools needed to respond effectively.

1. **Stay Calm:** Encourage your child to stay calm and composed when they hear mean comments. Reacting impulsively might escalate the situation.
2. **Take a Deep Breath:** Teach your child the importance of taking deep breaths when they feel upset. This simple technique can help them regulate their emotions and think more clearly.
3. **Assess the Situation:** Guide your child to assess the situation before responding. Ask them to consider whether the comment is worth reacting to or if it's better to let it go.
4. **Talk to the Friend:** If a friend informs them about mean comments, encourage your child to discuss how they feel after being informed and whether or not they would like to be informed in the future.
5. **Encourage Reporting:** If the mean comments persist or escalate, advise your child to report the incident to a teacher, school counselor, or another trusted adult so they can help.
6. **Build Resilience:** Help your child develop resilience by reminding them that not everyone's opinion matters. Reinforce their self-worth and encourage them to focus on positive aspects of themselves.
7. **Promote Healthy Friendships:** Talk to your child about surrounding themselves with positive and supportive friends. Encourage them to prioritize friendships that uplift and encourage one another.
8. **Model Positive Behavior:** Demonstrate positive behavior in your own interactions. Children often learn from observing their parents, so modeling how to handle difficult situations can be powerful.

Remember to approach these discussions with empathy and understanding. Middle school can be a challenging time, and your support can make a significant difference in how your child navigates social situations.

Sincerely,
Dr. Heidi Galassi

School News

Graham Counselors

Our 8th graders are getting ready to transition to high school. This is a big step for our middle school students who are looking forward to new learning and experience. While this can be exciting for some students, this moment can also be full of emotions. On Wednesday, February 7th, the staff from Mountain View High School and Los Altos High School will be at Graham Middle School to present about the two high schools and provide information about registering for their classes. Please make sure that your child is here on time during Period 3. We encourage you to talk to your child about high school classes and the transition to ease their anxiety about high school expectations.

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](#)

Enroll your student for next school year 2024-2025

Registration begins for all students on January 22nd! Please make sure your Powerschool Parent Portal account is updated and that you are able to log in. Our goal is to have 100% of students registered by February 9th! If you need assistance logging into your Powerschool Parent Portal account, please stop by our front office.

To log into your Powerschool Portal account [click here](#).

Graham's PTA

Surprise your loved ones with a custom gift for Valentine's Day from minted and support our PTA! If you are looking for a custom gift for Valentine's Day, you can use [minted.com](#) and apply our code FUNDRAISEGRAHAM during checkout to receive a 20% discount and they will donate 15 % of the proceeds to our Graham PTA. This code is unique to Graham and available year-round, so you can take advantage of it anytime.

Graham's Performing Arts

Would you like to help Graham performing arts achieve their fundraising goals? The band, choir, dance, and strings classes just started a WiddyUp campaign! WiddyUp is a fundraising platform where students share videos of the wonderful art they create. Then donors have one-of-a-kind exclusive access to something made by those students. It might be a song or a performance! All WiddyUp fundraising goes towards the Graham Performing Arts general fund.

Use the links below to check out the Choir and Dance WiddyUp's today!

CHOIR: <https://www.widdyup.com/v2/fundraising/pitch/d6PwCk7ZHwYa6o8WapUEbMrT>

DANCE: <https://www.widdyup.com/v2/fundraising/pitch/otNTVoi6AEnKgUBFkoQwAxvJ>

STRINGS/GUITAR: <https://www.widdyup.com/v2/fundraising/pitch/uAT8YXtYr8SVqRpTYaJhVxGL>

Graham's Anything But a Car Day next week!

Leave your car at home for Anything But a Car Day on Wednesday, February 7 and walk, bike, scoot, skate, or ride the bus to school! If you live too far away, drop your student off a couple of blocks away (like at the Chase Bank parking lot) and let them walk the rest of the way. Any student who arrives without the family car will receive a Hershey's kiss and a chance to win a gift certificate for boba at Ocha Tea!

Graham's "AWESOME Acts" winners

Take Pride

Arjun- Ms. Park
Allie- Ms. Ditty
Dominic- Mr. Gomez

Together We Can

Nikita- Ms. Garbo
Omar- Mr. Carroll
Danielle- Ms. Flint

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

Jan. 22- Feb. 9: Enroll your student for next year! mvwsd.org/register
February 2, Principal's Coffee (Virtually) at 2:00-3:00PM [ZOOM](#)
February 7, ELAC Meeting at 9:00AM (In Person) at the MUR
February 16, End of Trimester (Minimum Day) student dismissal time 12:50PM
February 19 to February 23, Winter Break (No School)

2023 -2024 School Year Calendar - [Here](#)
2024-2025 School Year Calendar- [Here](#)

District News

Student enrollment in MVWSD for next year is open now!

Enrollment for next fall for all students in the Mountain View Whisman School District is open now at www.mvwsd.org/register.

For CURRENT students in transitional kindergarten-7th grade: Parents, click on the link in your email to confirm enrollment before February 9.

For families enrolling NEW students, please check www.mvwsd.org/register to locate your neighborhood school, how to explore school options and the four steps to register before February 9.

Do you need in-person help to register your child? Sign up at <http://mvw.sd/help> and attend any of the help sessions:

- Jose Antonio Vargas Elementary, January 31 @ 5-7 p.m.
- Theuerkauf Elementary, February 1 @ 5-7 p.m.

Complete your LCAP survey today! (before Feb. 16)

The District is updating the LCAP (Local Control Accountability Plan). Your responses to the survey will guide the update of our District plan for the 2024-25 school year. Please click on your unique survey link sent to your email on Jan. 29. Your responses are confidential. Students in grades 4-8 will also be taking the LCAP survey. More information found here: mvwsd.org/LCAP

Fifth-grade parents: Recordings of sixth-grade information night

In case you missed the meeting, recordings (both English and Spanish) of the 6th-grade information meetings are posted on each middle school's website. [Crittenden is here.](#) [Graham is here.](#)

SAVE THE DATE for the MVEF Gala: MVEF will hold its Annual Fundraising Gala on Saturday, April 27, 2024. The MVEF Gala is an opportunity for parents, teachers, business leaders and community members to come together to support local schools.

If you can't attend in-person, you can still sponsor the Gala or participate in the Online Auction by donating or bidding on items. To donate an item or a bottle of wine to the auction please email contact@mvef.org

February 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](#)

Mountain View Whisman School District and SELPA 1 CAC are sending out a survey with questions about parent experience with the special education department. Please answer this survey to let MVWSD know about your experience.

[Special Education in MVWSD Parent Survey](#)

Please let us hear your voice!

General Parent/Community Meeting
February 5, 2023 on Zoom

with Special Ed. Directors & Staff, Zoom at 4 pm for LCC and 4:15 pm for CAC. We will be planning for the year, discussing upcoming programs and having a question period for administrators. For our agenda, please join our Google group, <https://groups.google.com/g/selpa1cac>. Register at: <https://us02web.zoom.us/meeting/register/tZ0odOGhpzItH90IzOAEI6N7uldUYugzvgdH>

Let's Talk

February 6, 10 am

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/meeting/register/tZYudeGpqD8sHNb80rmjfyQ4qm1HiE8ydWDw>

Parent Chat

February 13, 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.

Missed our Parent Education events?

We have a YouTube channel with many of our past events including the recent talk on Assistive Technology, 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>

Silicon Valley Reads: A Greener Tomorrow Starts Today

Each year, Silicon Valley Reads brings Mountain View together with neighboring Santa Clara County libraries and other organizations to read and learn about an important topic that will jumpstart conversations. This year's theme, "A Greener Tomorrow Starts Today," will showcase books and events that focus on environmental sustainability.

We invite you to read one of the [featured books](#) and attend special events to address the critical and urgent need to take action toward sustainability.

To celebrate the start of Silicon Valley Reads, join us for a kickoff event at the Visual Performing Arts Center at De Anza College on [Wednesday, Jan. 31](#) and engage in a conversation with authors and contributors to the featured books. Younger children are invited to a Silicon Valley Reads Inspired Storytime on [Tuesday, Feb. 6](#) that will showcase *The Forest Man* and related songs, stories and rhymes.

City of MV: Lunar New Year

The City of Mountain View is hosting a Lunar New Year celebration on Saturday, February 10 from 10 a.m. - 2 p.m. at the Mountain View Community Center (201 S. Rengstorff Ave.). The event will feature live performances, crafts, games, and community booths. For more information, call the Recreation Division at 650-903-6331 or visit MountainView.gov/SpecialEvents.

MV Public Library: Parenting Program

Join the MV Public Library for their virtual "Parenting in Climate Crisis" program on Tuesday, February 27 from 12:00 pm - 1:00 pm. Climate change has put pressure on the mental health of young people. Spend a lunch hour with Jainee Dial, the Executive Director of Gen Dread, and gain ways to actively support your child's processing of negative emotions and experiences around climate change and calm eco-anxiety. This conversation is tailored toward parents of children 8 years or older, including teens. Register for the event here: <https://mountainview.libcal.com/event/11704154>.