

We Leave A Mark



HARLEYVILLE-RIDGEVILLE
MIDDLE SCHOOL
Dorchester District Four

Newsletter March 2022

"The difference between school and life? In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."
- Tom Bodett

The PBIS Committee is excited about our new behavioral rewards program beginning on March 1st. Students will begin earning P.R.I.D.E. Tickets when they are observed displaying positive behaviors.

Each homeroom will do a weekly drawing from these tickets to award two students with a prize.

On **April 8th**, at our next **P.R.I.D.E. Party**, students will be able to use their tickets as currency to purchase items from the school store!

Please review the school's behavior expectations with your child as a way to reinforce what we are promoting at school. These expectations along with other important in-



"A person who never made a mistake never tried anything new." – Albert Einstein



March 2022 Dates

- March 8 - International Women's Day
- March 14 - Pi Day
- March 15 - SIC/Title I Meeting @ 4:00 p.m.
- March 15 - Board Meeting @ 6:00 p.m.
- March 17 - St. Patrick's Day
- March 18 - STAFF Day
- March 21 - April 7 - Test Window - STAR (Math /ELA)
- March 24 - End of 3rd Quarter
- March 31 - 8th grade Parent Meeting via Zoom @ 6:00 p.m.

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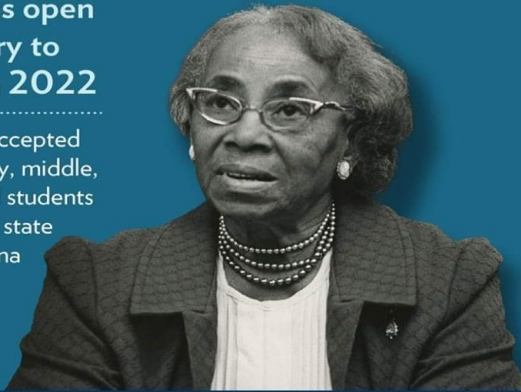
SAVE-THE-DATE

2022 MUSC Septima P. Clark Poetry Contest

While We Breathe, We Hope.

Submissions open
Mid-January to
Mid-March 2022

Poems will be accepted
from elementary, middle,
and high school students
from across the state
of South Carolina



<https://musclibguides.com/spcpoetrycontest>

Our 6th grade students created the garden that was donated to us through funds from Clemson, MUSC and Boeing. As part of our wellness initiative in the school, creating the garden has given us points toward a monetary donation at the end of the year.

If anyone wants to use the garden to help our school gain wellness points, please check with Mr. Alston and he should be able to tell you what you can do to earn points for our school.

March Mindfulness

Mindfulness: the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.

Here are a few mindfulness practices and tools that you can use at home with your child(ren). I encourage you to practice the strategies until you find ones that work best for you!

#1-Feeling Check-In/How am I feeling right now?

Practice having your child check in with him/herself about how they're feeling in the moment. Have them name or describe their feeling then remind them to "let it be" just as it is. Our feelings come and go just like the weather.

Activity to Try: Have your child draw how he or she is feeling or write about it in a feelings journal. Have them check to see if their feeling has changed as their day goes on.

#2-Mindful Breathing

Invite your child to sit in a mindful position on the floor, in a chair or lying down. They may close their eyes if it feels comfortable for them. Have them breathe in through their nose and out through their mouth. When breathing, it is helpful to provide a visual.

Activity to Try: Hot Chocolate Breath: Breathe in through your nose as if you're smelling a delicious mug of hot chocolate. Breathe out through your mouth as if you're cooling it off because it's still just a little too hot to drink. Pick a visual that's fun and works best.

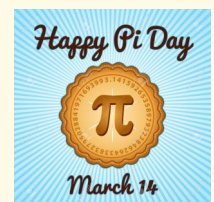
Helpful Resources:

- ◇ Bubble Riding: A Relaxation Story, by Lori Lite
- ◇ Peaceful Piggy Meditation, by Kerry Lee MacLean
- ◇ Breathe, Chill: A Handy Book of Games and Techniques
- ◇ Introducing Breathing, Meditation and Relaxation to Kids and Teens, by Lisa Roberts
- ◇ Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents), by Eline Snel
- ◇ <http://www.stressfreekids.com>
- ◇ <http://www.mindfulfamilies.ca/>
- ◇ Mind Yeti

Pi Day is celebrated around the world every March 14th. Students enjoyed learning about the mathematical constant through various activities and projects.

Several silly math jokes were also shared...

Did you know that
3.14% of all sailors are
Pi-rates?



CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories

March Math Madness

Throughout the month of March, Ms. G has been posing a different math question each morning for the students. Students have been emailing their answers to her and have been receiving prizes for correct responses.

Several staff members have also joined in on the fun!

Several students have also been participating in the March Math Madness Calendar Challenge. Each day, students are given a math problem or riddle to solve. After solving, they submit their answers using a Google Form.



1/7/2022 - 3/31/2022

**BROOKGREEN GARDENS PRESENTS
ALVIN B GLEN**

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