



# Middle School Newsletter

February 2020

## OUR MISSION

*To educate and inspire a diverse community of K-12 learners by engaging them in rigorous real-world learning experiences which prioritize intellectual, social and emotional growth.*

## LETTER FROM THE PRINCIPAL, MRS. LEE



Dear Tapestry Middle School Families,

With the closing of the second quarter comes the realization that the **2020-2021** school year is nearly half way over. It has certainly been a year of mixed emotions, with great uncertainty and confusion, but also with so many things to celebrate and to be proud of. We are proud of the two instructional programs that we are running simultaneously. We are proud of the perseverance of our students and of the continuing support of our families.

Through the work of our incredible teachers and support of our wonderful families, we are able to offer our families the flexibility to attend school in person through the hybrid model or completely remote, while still maintaining our high quality program. We will continue to do everything within our power to be responsive and flexible, and encourage you to reach out to your child's crew leader with questions at any time. As a reminder, if at any point during the school year you wish for your child to learn fully remotely, this can be accommodated with a phone call to the main office. If you wish for your child to switch from the remote to hybrid program, this can only be done at the end of the third quarter in late March. More details will be forthcoming.

This month we will be celebrating **Black History Month**. Each morning during announcements, we will be recognizing famous and local black leaders and their accomplishments. Students will have the opportunity to create a work of art honoring and celebrating important African American figures throughout history. Together we will celebrate Black History month at the School-Wide Community Meeting on **Thursday, February 11th at 8:00 AM**. Looking forward to seeing you there!



As we continue to navigate in person schooling during a pandemic, **please be sure to read Nurse Burns' section** later in the newsletter about COVID-19 guidelines on whether or not your child can attend school that day. Please read through it and if you have any questions, please reach out to Nurse Burns or myself.

Have a safe and healthy February,

**Mrs. Lindsay Lee - Principal**



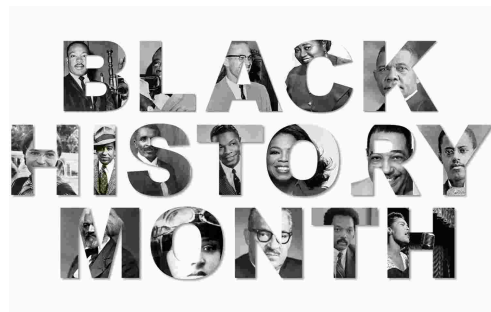
Hello Middle School Families!

We are halfway through the 2020-2021 school year already. This month we have so much to look forward to in the Middle School. We hope you are able to participate whether you are in person or remote.

February is **Black History Month**. We have planned a variety of ways to recognize and celebrate Black History

Month within the middle school. Each morning, we will recognize individuals who have made a positive impact on our local community and the black community through our morning announcements. We will also hold our annual Black History Month Celebration during our whole school community meeting on **Thursday, February 11th**. The community meeting will take place at **8:00 AM**. We look forward to sharing some of our student's high quality work during this time.

Please look out for email communication about our Black History Month Celebration.



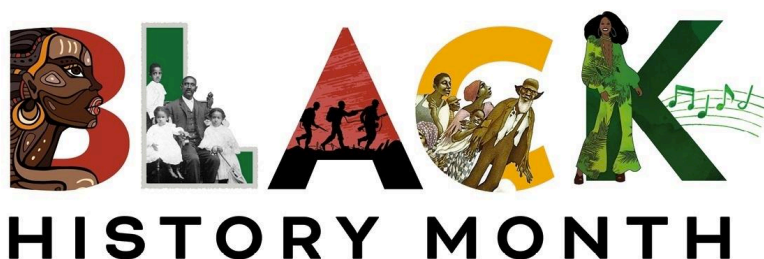
Our annual **Valentine's Flower Sale** is well on its way. We will be selling roses for students to purchase through **Thursday, February 4th**. Roses are \$3 each and will be delivered on **February 10th** and **February 11th**. Remote students can order through this [form](#) and contact the front office about payment. The roses can be picked up from school on **February 10th** or **February 11th**. If you have any questions, please call the main office.

We have been meeting with Student Focus Groups. Through these groups, we are hoping to gain the perspective of our students about specific topics. The first focus group topic was about helping our students feel more connected to school, and what we can do to bring students together in our current setting. The second focus group was about race. We asked students to talk about their own perceptions of race and how often they talk about it in school and outside of school. We have two more focus groups to schedule where we will dig deeper into the topic of race and equity. With this information, we hope to make future changes to our middle school program and extracurricular activities. If you have any questions about this work, please reach out to Mrs. Meshulam, Mrs. Kauffman, or Mr. Sprowal.

There are no office hours for students on Friday, February 12th. Students and staff have February Break from February 15th--19th. School will resume on Monday, February 22nd.

Let's have a **Fabulous February**!

**Mrs. Amy Meshulam - Assistant Principal**





The PIRR Spotlight for the month of January was Perseverance. **Students nominated by their crew leader have demonstrated Tapestry's core value of perseverance by continuing to try, even when it is difficult.** We have recognized our students during grade level community meetings on January 29th.

5th Grade Crews:

**Dytche:** Heaven Crout  
**Kubiak:** Tyler Mulligan  
**Coyle:** Edith Thomas  
**Campbell:** Sven Tapper

6th Grade Crews:

**Hoerner:** Eric May  
**Cooke:** D'Aja Champagne  
**Brunner:** Xavier Johnson  
**Sprowal:** Reem Taha  
**Gentile:** Ryan Smith  
**Scanlon:** Skylar Ball  
**Bailey:** Herbert Chandler

7th Grade Crews:

**Hartke:** Aaliyah Cooley  
**Close:** Octavia Green  
**Steffan:** Kameelah Goosby  
**Frost:** Malia Dockery  
**Camp:** Bethany Callahan  
**Hahn:** Megan Machin  
**Brew:** Emina Wilkins  
**Slepian:** Idrees Douglas

8th Grade Crews:

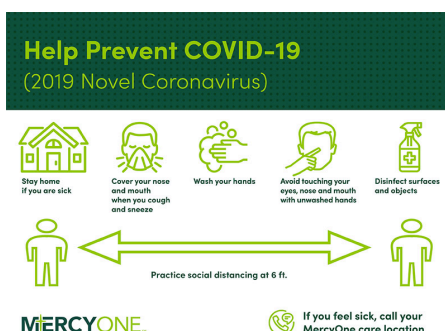
**Matos:** Aidan Schenk  
**Hills:** Jamiee Worthy  
**Tomasik:** Hlakee Day  
**Smerda:** Christian Parker  
**Mastrangelo:** Heaven Harris  
**Ritchey:** Aleiandra Johnson  
**Raham:** Ayden Henderson

HEALTH OFFICE UPDATE WITH NURSE BURNS, RN

COVID CONFUSION

The rules and regulations seem to change on a daily basis. How is a person expected to keep up with all of these changes? Let us do the work for you! If you have any questions or concerns about how to move forward regarding testing, when to quarantine vs isolate, when can your child return to school, etc. please feel free to contact the school. We can help you navigate through the COVID maze. In the meantime here are a few general rules to follow:

1. If your child has a fever (100 degrees F or higher), chills, loss of taste/smell, cough, shortness of breath, muscle aches, headache, congestion, nausea/vomiting or sore throat over the past 14 days, **DO NOT** send them to school.
2. If your child has tested positive for COVID in the past 14 days, **DO NOT** send them to school.
3. **3) If your child is tested for COVID they cannot return to school and must quarantine until the results are returned.** If the results are negative they may return to school if they are symptom free **AND** fever free for 24 hours without the use of fever reducing medicines. In addition, the student will require a note from their doctor that the test was negative **OR** provide a copy of the second test.
4. **Close contact tracing is tricky.** Please call the health office if you have been notified by the Department of Health that your child is considered a close contact. We will walk you through the quarantine process.



Please feel free to contact the health office or Principal Lee with questions/ concerns you may have.

Nancy Burns, RN  
 716-332-0755 ext. 1082

Nancy Burns, RN, BSN

### Tools to Promote Mental Health and Wellness

It is important to ensure our loved ones, friends, networks, and communities are comfortable talking about the topic of mental health on any day of the year, especially this year.

#### What is Mental Health?

Mental Health is more than having a disorder or not having a disorder. It is a continuum of wellness that changes depending on stressors and the condition of our overall health. While some factors that create mental health problems cannot easily be changed or eliminated, we can maintain mental health and wellness by building our “toolbox” of wellness strategies using some **Stress Less Techniques** (see image).

Below are additional strategies to promote mental health and some creative tools to support your wellness. We hope you find some of these ideas helpful!

#### Practice Grounding

Grounding is a practice that helps us be present and experience what we are doing, seeing, and hearing in the moment. It can be used to divert our attention from unpleasant thoughts, memories, and feelings, and support a sense of safety and calm.

- Mindful Stones
- Soothing Bracelet for Busy Hands or Worried Minds
- Sensory/Calm Down Jar

#### Build Connections

Humans are social beings and feeling connected to people who support and listen to us, who laugh and play with us, and accept us for who we are promotes a sense of wellness and confidence. Just being with others can boost our mood and make us feel connected.

- Mindful Nature Hunt
- Gratitude Calendar

#### Promote Self-Awareness

Self-awareness is important to mental health. Recognizing our emotions and the effect that people, places, and experiences have on those emotions can help us better manage them.

- Creating a Calm Space
- Mood Tracker

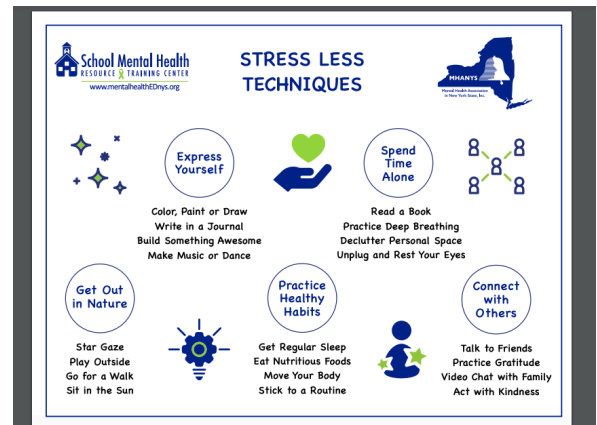
#### Engage in Self-Reflection

Self-expression is another important piece of mental health. Embracing and expressing one's authentic self, by way of art, music, writing, dance or spoken work, for example, allows for a release of thoughts, emotions in a way that promotes creativity and stimulates conversation about mental health and wellness.

#### -Creating a Wellness Board

Sometimes, we experience mental health challenges and the things that made us feel better in the past are no longer working. At those times, we must reach out for support.

- Identify a trusted support person. If you are a youth, it's important that at least one of your supports be an adult.
- Know the resources available in your community. Call the MHANYS Mental Health Information Center at 1-800-766-6177 or visit [School mental health](https://www.mhmentalhealth.org)
- In a crisis, text “GOT5” to 741741. For more information, visit [what to do in a crisis](https://www.mhmentalhealth.org/what-to-do-in-a-crisis).





### Music

Students in 5th and 6th grade are finishing work on the genre unit. They have studied blues and jazz, exploring prominent musical artists and key features of each genre. Now, they are completing a project where they are designing a google slide show highlighting a genre of their choice.

Students in 7th and 8th are finishing their unit on video games. Students have designed the basic premise of a game, including the plot, key characters, levels, and other special features. They have also created several songs in google chrome lab. They are now incorporating the chrome lab songs into their google slides and presenting it as part of their final project.



### Visual Art

Students have been working with organic matter within a real landscape setting to create an abstract composition inspired by Goldsworthy. Students went outside and selected an environment of choice to compose an original artwork. Students incorporated and assembled artworks out of sticks, stones, leaves, grass, mulch, etc. The list was endless as they explored varied colors, shapes, patterns, and contrast. Some students even used snow!

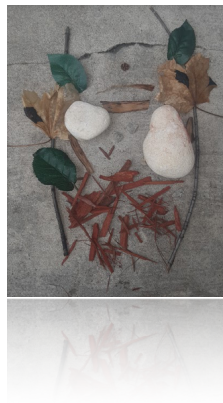
Clifford P. Grade 8



Sonya K. Grade 5



Destyni M. Grade 7



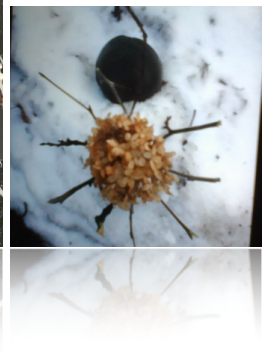
David W. Grade 6



Olivia G. Grade 7



Aidan S. Grade 8



### Performance Art

Our incoming group 5th and 6th graders will be introduced to background knowledge in the definition of performance art. Soon they will begin to utilize myths, legends, fables and fairytales as tools for developing their own creative themes and illustrations with life lessons for their individual presentation.

Grades 7 and 8 will delve deeper into the influences of performance art with an emphasis on poetry, monologues, props and site specific locations.



Our meetings for the month of **February will be on the 5th and 26th at 1pm.**



### MIDDLE SCHOOL ATHLETICS UPDATE

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Athletics continue to find roadblocks and ways to break through as safe activities during this pandemic. It is unfortunate that this has put so much of the normalcy our student athletes love and hold dear on hold. In recent news NYS public high school sports has pushed back the pending start date of high risk sports to January 18th. For those of you that were excited to get winter sports started like Basketball we will have to put things on hold once again. With this being said, safety is of the utmost importance. My heart goes out to all the High School athletes that may not have a season if Covid-19 cases don't improve in our area. We will continue to keep you posted as the state gives us updates and guidance on what extracurriculars could potentially happen this spring when we could move things outdoors. With this being said as families try to find ways to keep your household active and healthy in these winter months. Students take those remote lessons your Physical Education teachers are sharing with you and continue to train yourselves from your homes and neighborhoods. Also be sure to check your emails for details about the new extra curricular offering of Esports. This is competitive gaming with the tapestry community and possibly other school teams. Stay active and healthy Thunderhawks we will see this through!

### THUNDERHAWK PRIDE!

Mr. Marc LaMorticella - Athletics Director



### COUNSELING CORNER - MS BEDELL

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#### Happy February Families !

It is great to be back in the school building with kids. I know that many students were excited to return to school. We are continuing to brainstorm ideas about how we can bring kids together to promote socialization during this time. If you have any suggestions, feel free to reach out to me via email at [bedellj@tapestryschool.org](mailto:bedellj@tapestryschool.org) or at my extension at school at ext. 1060. I have included an interesting article on the [emotional and social development of middle school students](#). Everything is always up for debate but I found this particular research to be very informative and good factual information for parents if interested. Stay safe!

Ms. Jessica Bedell - Counselor

### MIDDLE SCHOOL UPCOMING EVENTS

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February 10th and 11th: Valentine's Flower Sale

February 11: Black History Month Celebration and Community Meeting

February 12: Mid-year Check-In: Student-Led Conferences (these conferences are not for all students if your child is participating in these conferences, your child's crew leader will be in contact during the first week of February)

February 15-19: February Break

### CONTACT INFORMATION

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65 Great Arrow Avenue

Phone Number: 716.332.0755 | Fax Number: 716.332.0758 Website: [www.tapestryschool.org](http://www.tapestryschool.org)



Tapestry Charter School is an arts-integrated, K-12 Expeditionary Learning, tuition-free, public school located in the city of Buffalo, NY. Founded by passionate individuals who shared a commitment to choice, accountability, and excellence, Tapestry received approval from the State University of New York Board of Trustees to open in September 2001.