

Middle School Newsletter

January 2022

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 Middle School Families and Caregivers, Happy New Year! It's hard to believe, but we are almost halfway through the 2021-22 school year. Days are getting longer and hopefully, soon, the temperature will start to rise.

January 21st marks the end of Q2. Students need to get missing and remediated assignments in before that date. Our character focus for the third quarter is perseverance, something we have all had to demonstrate during the pandemic. In the classroom, we are looking for students to

advocate for themselves by asking questions, assess their work using teacher feedback and learning targets, and revise work so as to master their learning.

During the month of January, all students are taking the NWEA MAPS reading assessment. This is a computer-based normed referenced test that provides students with an updated RIT score which aligns to a lexile reading level. Although reading on grade level is the ultimate goal for students, we focus on and celebrate growth. Students will be reflected on their scores and setting goals for their reading for the second half of the year. We will re-assess all students at the end of the year. Please connect with your child about how they did. If you are looking for ways to support your child's reading please contact your child's ELA teacher.

Have a Safe and Healthy January,
The Middle School Administrative Team

- January 19th Student Government Meeting
- January 21st End of Q2
- January 24th Staff Professional Development Day NO STUDENTS
- February 2nd WinterFest @ Canalside



Happy 2022 Tapestry Families,

As we continue to try to navigate our lives in uncertain times, I want to thank you for continuing to support your child(s) and The Tapestry Community. I continue to work with students every day to help them to feel successful during the school day and to continue to strive towards their goals. I have included a websitethat I feel covers a lot of good information about middle school children and what they may be going through during these difficult but important years in their development.

As always, feel free to contact me at any time. Jessica

https://www.understood.org



Hope you are all off to a healthy new year. Our schools Basketball teams have been practicing and competing out of our local community centers against other local schools in the community. We are excited to offer a club during these last few winter months. It is important to stay active and take advantage of the unique after school opportunities that Tapestry has to offer. With a focus on the fundamentals skills in the sport of **wrestling** as well as getting a rigorous workout during practice, coach Sheehan would like to share his expertise in this sport. The club will meet every Monday and Tuesday, from **2:45-3:45** in the middle school dance studio. Keep a eye out for the permission slip and dates for this new club offering.

THUNDERHAWK PRIDE!

Please be aware that sport physicals are good for one year. Please get physicals from your primary care physicians if your child is interested in athletics! You can also fax physicals to 716-332-0758

THUNDERHAWK PRIDE!



COVID-19: Eating, moving and meditating are keys to staying healthy.

Exercise: Clean off your old gym equipment and use an app-based program. They are typically free or are offering free trials. Another good option is getting outdoors. Take your kids for a walk, if walking with friends/neighbors, **keep yourself 6 feet apart**. But get outside.

Sleep: Sleep is crucial to allow the body to rest, particularly in stressful times. Try to get 7-9 hours of sleep and make it a regular part of your day.

Meditation: One way to promote sleep is through meditation. There is a lot of great evidence to suggest meditation can improve sleep and help you better cope with stress and anxiety. You do not need to sit cross legged for three hours but you should take five minutes when you just reset. Go somewhere quiet to reset.

Diet: Maintaining a healthy diet is alway important, but even more so during the COVID-19 pandemic.

Remember: Prevention is key to keeping yourself and your family healthy. Clean your hands often. Avoid close contact with people, especially those who are sick. Cover your cough/sneeze with your elbow or tissue, and throw tissue away. Wash your hands immediately. Avoid touching your face. Wear a facemask if you are sick. Clean and disinfect, especially frequently touched surfaces.

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Student Government will be meeting on January 26th from 2:45pm - 3:15pm in room 119.

The TapShack will be reopening on Tuesday January 19th. There will be new hours of operation - 7:30am-7:45am and 2:40pm - 3:00pm. It will no longer be open during lunches.

On February 11th, Student Government is hosting a Staff v. Staff Basketball Game from 3:15 pm - 4pm in the high school gymnasium. This is a middle school only event. Tickets will be sold for \$2 each and prepackaged concessions will be sold for \$1. All money raised will be donated to Make a Wish Western New York. Tickets go on sale January 31st and will be sold before and after school at the TapShack.

All students grades 5 - 8 are welcome to join Student Government. If your child is interested in joining, please contact Ms. Smerda



(<u>smerdad@tapestryschool.org</u>) or Mrs. Mastrangelo (<u>mastrangelos@tapestryschool.org</u>).

Ms. Smerda and Mrs. Mastrangelo

CONTACT INFORMATION

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