



BULLDOG BRIEFS

Edgar Middle School Newsletter

May 14, 2021



Suzy Azevedo, Principal

Neyda Evans, Assistant Principal

Interims

- May 11th marked the middle of the marking period.
- Teachers have posted interims in *Genesis* for students who are earning a D, F, or showing a downward trend.
- If your child received an interim, please speak to them about their progress.
- Counselors will be meeting with students who are in danger of failing.
- If you have any questions about the interims, please contact your child's teacher.

Attention 8th Grade

- The Promotion Ceremony date has changed. We will be holding the Promotion Ceremony on **Friday, June 11th at 6pm** on the Metuchen High School Field. Monday, June 14th will be the rain date. A limited number of guests will be allowed. More details to follow.
- The PTO has been working hard planning the 8th grade party that will take place on May 21st from 5:30-8:30. We are still accepting permission slips for the party this week.
- Due to the change in the school calendar, the Athletic Dinner has been changed to June 7th. For more information click [here](#).

Attention 7th Grade

- Scheduling for next year is beginning, can you believe it? It is time for the 7th grade students select their 8th grade electives.
- Students in 8th grade take two elective classes during the year.
- Each class is a semester long.
- Please work with your child in selecting their 8th grade electives.
- The form can be found here: <https://forms.gle/BFJ5G3yXazcyZhM8>
- Please complete the form by Thursday, May 27.
- Students who do not select an elective will be placed in a randomly selected elective.

Attention 6th Grade

- G&T testing will take place on Saturday, June 12th. For more information on the Gifted and Talented Program, click [here](#).

Attention 5th Grade

- This year the 5th grade students will be participating in Camp Bulldog. It will be a one day event on June 4th (rain date June 7th)
- Students will participate in camp activities like Camp Mason. activities
- As part of the experience, we would like to purchase t-shirts for the students to wear that day. Please complete this form: <https://forms.gle/1Xt1rjhCybLMKWwJ7> by Monday May 17th with your 5th grade student's t-shirt size. If your child will be remote that day, please complete the form and we will arrange for pick up.

Attention Edgar Athletes

- There will be an athletic dinner for any student who participated in any fall, winter, or spring sport on June 7th, 2021.
- For more information click [here](#).

Better Together!

The Zone, your After-school Program exclusively for Edgar Middle School students is now open.

Check out these special activities @ The ZONE, next week:

Monday, May 17 - Field sports with Mrs. Rescorl

Tuesday, May 18 - Cooking with Mr. Gural

Wednesday, May 19 - micro:bit V2 with Ms. Misuraca. Learn how to program a computer that fits in the palm of your hand. No experience necessary.

Thursday, May 20 - Create Interactive Art with Ms. Misuraca. Learn how to create an interactive painting that responds when different parts are clicked. No experience necessary.

Friday, May 21 - EMS Scavenger Hunt

Join us for one day or everyday! We offer flexible scheduling to meet your needs and the interest of your students. We will provide all the supplies. There are no hidden costs or registration fees.

Each special activity starts at 2:31 and will end by 4 pm. Students are welcome to stay until 5:30 pm. From 4 pm to 5:30 pm we provide a snack, homework help, basic tutoring, outdoor activities, and more for no extra cost. You are welcomed to pick up your student any time before 5:30pm.

For more information visit our website at <http://emsthezone.blogspot.com>. If you have specific questions or concerns regarding The Zone program, please contact Roseanna Misuraca at rmisuraca@metboe.k12.nj.us or call our office at 732-321-5085.

Ready to sign up? Online scheduling and payment is available with [PaySchoolsCentral](#)

MAY IS MENTAL HEALTH AWARENESS MONTH
HELP #ENDTHESTIGMA BY CREATING A
POSTER FOR CHANGE

CREATE A POSTER THAT WILL BE HUNG AROUND EMS TO:

CONNECT: ILLUSTRATE POSITIVE MENTAL HEALTH RELATED THEMES OF INCLUSION, EQUALITY, EQUITY, AND SOCIAL JUSTICE AND CHALLENGES BIASES AND JUDGEMENTS.	PREVENT HELP ILLUSTRATES SUICIDE PREVENTION AND AWARENESS THEMES THAT ENCOURAGE AND SUPPORT THOSE STRUGGLING WITH SUICIDALITY AND THEIR LOVED ONES.
EMPOWER: EMPOWER PEOPLE WITH RESOURCES TO IMPROVE THEIR MENTAL HEALTH WITH REPRESENTATIONS OF HEALTHY SKILLS AND RESOURCES TO ACHIEVE OPTIMAL MENTAL HEALTH AND WELLNESS.	INSPIRE: INSPIRE PEOPLE TO TAKE ACTION TO IMPROVE INDIVIDUAL AND COMMUNITY MENTAL HEALTH BY CHANGING THE CONVERSATIONS AROUND MENTAL HEALTH AND CHALLENGES DESTRUCTIVE MENTAL HEALTH MYTHS, STEREOTYPES, AND STIGMAS.

MENTAL HEALTH TOPICS IDEAS FOR POSTER

<ul style="list-style-type: none">HEALTHY RELATIONSHIPS: BEING A GOOD FRIEND/ROLE MODEL, BOUNDARIES, ETC.BRAIN HEALTH (SLEEP, NUTRITION, EXERCISE, NATURE, SOCIAL CONNECTIONS, LIFE BALANCE)EMOTIONS, SELF-REGULATION, & MINDFULNESSMARGINALIZED POPULATIONS AND SOCIAL JUSTICE ISSUES RELATED TO MENTAL HEALTH	<ul style="list-style-type: none">STRESS & ANXIETYDEPRESSIONSUBSTANCE USE, ABUSE, AND ADDICTION (VAPING, DRUGS, ALCOHOL)HEALTHY MEDIA BEHAVIORS (SOCIAL MEDIA, VIDEO GAMING, CELLPHONE USE)BULLYING PREVENTIONSUICIDE PREVENTION/AWARENESSACADEMIC PRESSURE & LIFE BALANCE
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POSTERS MUST BE HANDED INTO GUIDANCE BY **5/21/21**
VOTING WILL TAKE PLACE ON **5/26/21**

WHAT'S THE SCOOP
ENTER FOR A CHANCE TO WIN A GIFT CARD!
WINNER WILL BE ANNOUNCED **5/27/21**

May is Mental Health Awareness month

PRACTICAL WAYS TO REDUCE ANXIETY LEVELS

STRESS MANAGEMENT

At one point or another, we all experience some level of stress and anxiety. But there are certain things we can do to manage it and reduce its impact on our daily life.

TALK IT OUT WITH SOMEONE YOU TRUST 	DO SOMETHING LESS ANXIETY PROVOKING 	GET UP AND GET ACTIVE
FOCUS ON WHAT YOU CAN CHANGE 	BE SURE TO EAT WELL & GET ENOUGH SLEEP 	DEEP BREATHING, MINDFULNESS OR YOGA

For more information please visit:
www.nami.org

THIS YEAR WE SIMPLY CANNOT

MASK

OUR GRATITUDE



**Please consider making a donation towards
this year's EMS Teacher Appreciation Week**

Any amount would be appreciated!!

**CHECKS out to Edgar School PTO
PAYPAL @EdgarMSPTO
NO CASH can be accepted**

