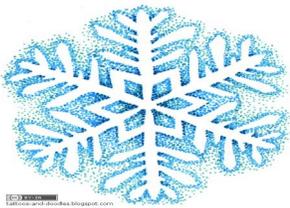




NEWS FROM MAMS

Inside this issue

- Caring Cupboard
- MAMSPAC News
- Community Support
- School Nurse



Upcoming Events

Holiday Break -
Mon., Dec. 24 - Jan. 1

NO SCHOOL -
Fri. 1/18—Mon. 1/21

Monday, Jan 21, 2019
Martin Luther King Jr.
Day

Second Semester
Begins Tuesday, Jan
22, 2019

Caring Cupboard

A huge THANK YOU goes out to our local Meadville Fire Department for their recent generous donations. A collection of food items from a food drive led by Fireman Pat Wiley was delivered to our school last month. Those items are now being used to make weekend take-home bags for a few MASH/MAMS students. There are also several students who stay after school for sports and after-school functions who may need a snack to tide them over. They receive those items from Ms. Brown's room at the end of the day.



Two Local Union #515 Firefighters stopped in early this month also made a donation. Mr. Lynch and Ms. Brown were presented with a \$200 check for future food item purchases.

If you would like to contribute, items we often need include granola bars, boxes of cereal, instant oatmeal, and canned meat.

MAMSPAC News

The Meadville Area Middle School Parent Action Committee will be meeting on Thursday, January 3, 2019 at 6:00 P.M. in the commons. Please feel free to come and participate. We support the educational experience at MAMS by providing financial help and volunteering. We also develop a closer connection between school, community and home by encouraging parent and community involvement.



Community Support

THANK YOU to Meadville Ambulance for your generous donation to Ms. Carolyn Brown's classroom. She had recently put out a request for art supplies, particularly paint, glue, and tape, on a Facebook page called Help A Teacher. This site allows teachers to create an Amazon Wish List for items of need.

Besides teaching learning support English, Ms. Brown leads a ceiling tile painting class for an after-school enrichment club. The bottles of paint will certainly be put to use. In addition, the other various items will be used throughout the year, especially at MAMSeum time, when the students create many projects to be put on display.



School Nurse News

Seasonal influenza (flu) can affect anyone, but rates of infection are highest among children. Epidemics of influenza occur during the winter months nearly every year and can occur as late as April or May. It is spread through coughing and sneezing and touching surfaces that an infected person has touched. To prevent this illness, wash your hands with soap and water often or use hand sanitizers and cover coughs and sneezes to protect others. A yearly vaccination against influenza is the best protection against this illness.

Counselor's Corner

November / December 2018

Project Support our Troops

Our school went above and beyond with collections for Project Support our Troops from November 7th to 13th! We collected 1,580 items as a school! Quest was the winning team with a total of 920 items and they won an ice cream party. Explorers came in second with a total of 429 items. Donations were presented to The President of the Veterans of the Vietnam War Post 52, Phil Davis. The items will be used for care packages to the troops for the holidays. Great job everyone!

Children's Grief Awareness Day

Our peer mentors planned activities to do as a school in recognition of Children's Grief Awareness day. MAMS participated in raising this awareness, by wearing **BLUE** and also had their peers fill out blue butterflies and sign a memory wall during lunches to honor their loved ones. Children's Grief Awareness Day was November 15th 2018.



For more information please visit-
Highmark Caring Place Website:

<https://www.childrengriefawarenessday.org/cgad2/index.shtml>

Their facebook page: www.facebook.com/childrengriefawarenessday

Twitter #CGADHOPE



Grief Groups

We have an exciting opportunity for our students to participate in a peer support group for children who have experienced a loss of a loved one. The groups are co-facilitated by Mrs. Warren and Mrs. Franz during advisory in collaboration with Kristie Nosich, a Child Grief Specialist at The Highmark Caring Place. The death of a loved one in a child's life is always impactful, and sometimes devastating. In addition to coping with the loss, they are often faced with other significant changes in their lives. These children need help and support. The goal for the school-based peer support group is for students to receive encouragement from their peers in their group who have all experienced a loss and can understand what each other are going through. The topics for the groups include: team building, sharing personal stories, discussing feelings and memories, and working on coping strategies. We will be offering two groups this school year.

Holiday Tips

Make connections. Good relationships with family and friends are important. So, view the holidays as a time to reconnect with people. Additionally, accepting help and support from those who care about you can help alleviate stress. Even volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.

Take care of yourself. Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing for kids and instead, get the family out together. It promotes activity and takes kids away from sedentary time and possible influence from advertisements.

Cited from <http://www.apa.org/helpcenter/parents-holiday.aspx>