



"Educating today, for tomorrow's success"

Issue 2 | Spring | 2020 -21

MONROE NEWSLETTER

March 1, 2021

Dear Friends and Families,

As we move into the third semester of the 2020-2021 school year, I want to pause to simply say, "Thank you for your continued support to The Monroe School and students' success. This commitment has been exemplified through your dedication, and generous donations. These commitments, continue to help the growth, development, and future success of the students and school which is greatly appreciated.

We continue through this new year, with renewed hope for some sense of normalcy, however, we must still be vigilant and take precautions to ensure our safety and the safety of those we know and love during the challenges of COVID-19. If we have learned anything over the course of the past year, we have learned what we can do as a community to reach a common goal of keeping our students and selves safe and healthy.

The Monroe School truly values your support as we continue to provide a safe environment for students and staff. The continual encouragement from all of you allows for students to matriculate through their educational journey to reach excellence.

We look forward, with anticipation, to the new and exciting ways we will continue to serve our families. We hope that good health, peace, goodwill, and prosperity continue for you and your loved ones in 2021.

Warmest Regards,
Dr. Ruth Logan
The Monroe School Students & Staff

Blossoming in 2021



February 19 – Start of 3rd Advisory

February 26 – Grades Completed & Report Cards Issued

March 15 – 19 – Spirit Week *

April 2 – Good Friday (School Closed)

April 5 – Easter Monday (School Closed)

April 12 – 16 – Spring Break

April 16 – Emancipation Day (School Closed)

April 19 – 3rd Advisory Resumes (Return from Spring Break)

May 7 – End of 3rd Advisory

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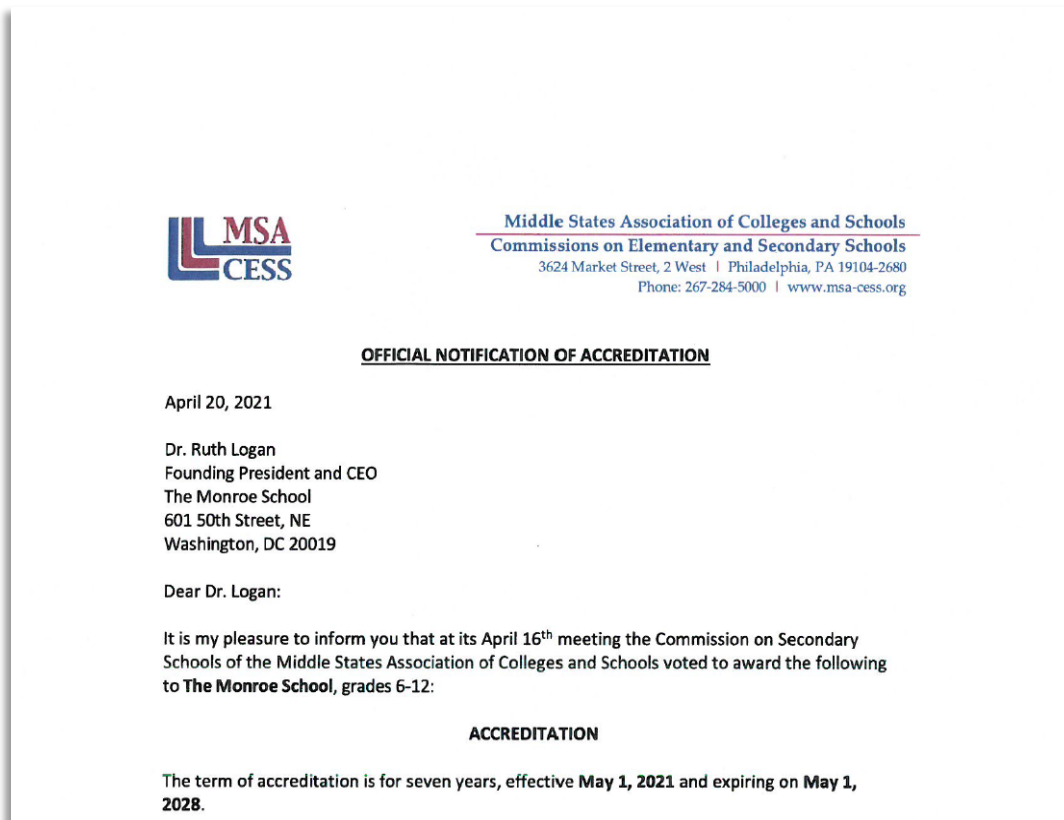


Middle States Association
Commissions on Elementary
and Secondary Schools

The Monroe School is Proud to Announce Middle States Accreditation

What Is Accreditation?

Accreditation is a self-evaluation process that schools and school systems voluntarily use to demonstrate they are meeting a defined set of research-based performance standards. The standards examine schools in a holistic way, supplementing student-testing data to provide a more complete measure of a school's performance and chart a strategic and realistic course for continuous school improvement.



Official Notification of Accreditation

12 Key Standards for accreditation that The Monroe School met:

- Mission
- Governance and Leadership
- School Improvement Planning
- Finances
- Facilities
- School Organization and Staff
- Health and Safety
- Educational Program
- Assessment and Evidence of Student Learning
- Student Services
- Student Life and Activities
- Information

Tips to Encourage Academic Success through Setting Goals

The Monroe School will soon be heading into the 3rd Academic Advisory, and I'm sure we can all agree that this year has been quite challenging with remote learning being the new norm. With these challenges in mind, the staff at Monroe has continuously been dedicated to the overall success and academic achievement of our students. However, despite the extra efforts put into helping students, it is common around this time of year for Academic Fatigue to set in. This is when students begin to feel discouraged or tiresome of their academics, resulting in lack of motivation, output, or concern. To help students overcome fatigue, try to help them either set short- or long-term goals they wish to achieve this year or review & evaluate any goals that they have created in the beginning of the school year.

Importance of Goal Setting

Goals setting is important to both school success and areas of life beyond the classroom because

Ways Students Benefit from Goal Setting

1. *Provides A Clear Path to Success*
2. *Teaches Time Management & Preparedness*
3. *Increases Motivation*
4. *Measures Progress*
5. *Gives Focus & Purpose*
6. *Boosts Self-Confidence*
7. *Provides Challenges*

Set small goals to work towards in areas that your child might lack interest in, in specific school subjects or areas of life. This will keep him or her engaged in the classroom and encourages your child to think of new areas he or she can continue to improve in. Remember to consistently revisit goals to assess progress or the need to change anything.

You can find goal setting information and tips for students here:

<https://positivepsychology.com/goal-setting-students-kids/>

Happy Goal Setting!!

Ms. Kitchens
Transition Coordinator

Quotes for Inspiration

...THE PEOPLE WHO GET THINGS DONE, WHO LEAD, WHO GROW AND WHO MAKE AN IMPACT... THOSE PEOPLE HAVE GOALS.

SETH GODIN

RULES OF SMART GOALS

SPECIFIC: CLEAR AND WELL-DEFINED

MEASURABLE: CAN BE VALUED PRECISELY

ATTAINABLE: POSSIBLE TO ACHIEVE

RELEVANT: ALIGNED WITH PERSONAL LIFE

TIME-BOUND: HAVE A DEADLINE

WITHOUT DREAMS AND GOALS THERE IS NO LIVING, ONLY MERELY EXISTING, AND THAT IS NOT WHY WE ARE HERE.

MARK TWAIN

Attendance Matters!

The Importance of School Attendance towards Academics

Why is good attendance so important?

- Students suffer academically if they miss 10 percent or more of school days.
- Studies show that children who miss too many days in kindergarten and 1st grade often have trouble mastering reading by the end of 3rd grade. Attending school regularly helps children feel better about school—and themselves.
- When children are absent, schools get fewer resources from the state, resulting in less funding to pay for teachers and books. Chronic absence in kindergarten predicts chronic absence the following year, so even the attendance patterns of our youngest students affect funding down the road.

Attendance Risk Tiers

In calculating rates of chronic absenteeism, students who miss 10% or more of school are all labeled as chronically absent. To provide a more detailed look at the underlying attendance patterns of Washington, DC's K-12 students, this report also classifies students into five risk tiers:

- 1) Satisfactory Attendance: Students who missed 0%-4.99% of school days
- 2) At-Risk Attendance: Students who missed 5%-9.99% of school days
- 3) Moderate Chronic Absence: Students who missed 10%-19.99% of school days
- 4) Severe Chronic Absence: Student who missed 20%-29.99% of school days
- 5) Profound Chronic Absence: Student who missed 30% or more of school days



Resources

For more information and resources about School Attendance and chronic absence visit :

- [Attendance Works \(https://www.attendanceworks.org/\)](https://www.attendanceworks.org/)
- Every Day Counts! Taskforce. (<https://attendance.dc.gov/page/every-day-counts-taskforce>) \

The Every Day Counts! Taskforce is chaired by the Deputy Mayor of Education and is a partnership of diverse District of Columbia agencies and stakeholders that collectively advance and coordinate strategies to increase student attendance and reduce truancy.

- Graduation Pathways Project. (<https://www.raisedc.org/graduationpathways#:~:text=The%20Graduation%20Pathways%20Project%20began,has%20a%20path%20to%20graduation>)

How the **MIND** of a **MIDDLE SCHOOLER** works

- Attention Span:** Middle school students typically have an attention span of **10-12** minutes.
- Brain Growth:** The brain growth that occurs between the ages of **10-15** is the greatest in human life.
- Learning Style:** Teens learn best through **interaction** and activity.
- Misinterpretation:** Adolescents misinterpret emotions and instructions up to **40%** of the time.
- Information Retention:** Middle schoolers retain **5-7** bits of information at a time.
- Sleep:** Adolescents need **9-13** hours of sleep per night to function best.

BRAIN WAVES INSTRUCTION

PREPARING RISING 9TH GRADERS: THE TRANSITION FROM MIDDLE SCHOOL TO HIGH SCHOOL

As we get closer to the end of the school year, rising students are probably excited to be going to the next grade level. Along with anticipation, a new grade can sometimes create anxiety because it means new routines and expectations. Students are unaware of the changes that might occur. This can be especially true for our rising 9th graders, so to help parents assist with the transition and lower any anxiety here are two tips:

1. Practice Time Management

A big challenge teens face in transitioning is adjusting to bigger workloads and faster paced curriculum

- Familiar and practice using a daily planner
- **ORGANIZE, ORGANIZE, ORGANIZE** ... Keep schedule handy on front of a multi-purpose binder, on your phone, on your computer... any were you look at daily. Keep extra paper, writing material in locker, and make a personal schedule for homework and extracurricular activities.

2. Create A Network of Support Contacts

The transition to high school can be difficult for some, so a support system is critical. A former teacher, counselor, siblings, and good friends can help tremendously to serve as people students can confide in. As teens get older the pressure to fit in raises, as well as the potential for bullying and making critical decisions.

A confident support network allows students to feel comfortable relaying any issues they are dealing with. It also allows for others to notice when something is wrong. So encourage building a network and emphasize the skills of effective communication and listening. (Additionally, try to familiarize yourself with school counselors or therapist, because they can be very helpful!)

MAKING THE TRANSITION

Middle School → High School

- Keep a positive attitude.** The best way for a parent to help ease this transition is to show excitement about middle school.
- TIME MANAGEMENT.** Talk about their new class schedule and the importance of being on time.
- Personal space.** Buy a lock for your child's new locker. Have them practice the combination on their own to feel prepared before school starts.
- Make new friends.** As your child enters adolescence, encourage close relationships with peers who are supportive and loyal.

Children's Hospital Colorado



Remember to use Think Wave to view grades.
This tool is available to help update class progress and communicate with teachers about any discrepancies. Use for questions about grades and more!

Attention Seniors!

College Bound Seniors and Parents, please take note of the following:

1. **College entrance exams are needed for applying to college.** Currently, transition is registering college bound students for **SAT Registration in June/July** and **ACT Registration in June.** You can sign up on your own, however, if you have not registered for either test and need help, please refer to Ms. Kitchens. (*Preparation tools will also be provided via online resources*).
2. **Financial Aid.** If you did not complete FAFSA (Free Application for Federal Student Aid), please complete ASAP. If eligible, the Pell Grant is only offered through completion of FAFSA. If you need assistance please refer to Ms. Kitchens.
Application at <https://fafsa.ed.gov>
3. **DC TAG applications are now open.** To apply please go to website and complete the following:
 - Complete the [DC OneApp](#) yearly. If you need assistance please refer to Ms. Kitchens.
 - Complete the [FAFSA](#).
 - Provide the [DC OneApp Required Supporting Documents](#).

Application at <https://dconeapp.dc.gov/> Friday, Sept. 17, 2021, for the 2021-22 award year



4. Community Service has been waived for the 2020-21 School Year, however as we continue to encourage students toward excellence, please be aware that students must complete a Community Service Project to replace this graduation requirement.

***Details for project has been given by Ms. Kitchens**

Ms. Kitchens Contact:

mkitchens@monroeschool.net



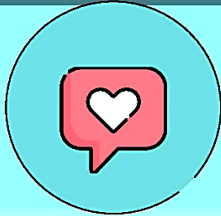
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COUNSELOR'S CORNER



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

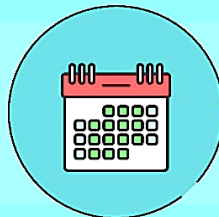
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

If you need someone to talk to or any help personally, please know that people and resources are available:

Please be free to contact one of the following:

Mrs. Glazer (aglazer@monroeschool.net)

Mr. Pierre (apierre@monroeschool.net)

Mr. Perry (eperry@monroeschool.net)

HOW TO MANAGE YOUR STRESS

WITH STUDENT COUNSELLING SERVICES

- 1. WARNING SIGNS** - Know yourself and watch out for warning signs that you are stressed
- 2. SMALL CHANGES** - Look for the small ways to alleviate the stress of daily life.
- 3. ENJOY LIFE** - Take a bath, light a candle, spend time with friends, etc.
- 4. TAKE CARE OF YOUR BODY** - nutrition, sleep and exercise are key
- 5. SAY NO, SET BOUNDARIES** - You can't do it all. Know your limits and prioritize.
- 6. MAINTAIN PERSPECTIVE** - Keep thoughts in check and think brightly.
- 7. COMMUNICATE** - Listen actively and be assertive (Not passive or aggressive)
- 8. LAUGH** - Lighten up your Netflix queue.
- 9. BE MINDFUL** - Breathe and find your happy place.
- 10. YOU HAVE OPTIONS** - Focus on what you can control and the many choices you have.
- 11. SELF COMPASSION** - Talk kindly to yourself. You can be your own friend.

More Information & Resources



Applicants for Summer Youth Employment Program

All Applications Marion Berry Summer Youth Employment Program were due by February 17, 2021.

To continue process please view your eligibility and status via your MBSYEP account

Please review your eligibility status. It will read as the following:

- Certified – All steps have been completed. Please check your youth portal for your next steps!
- Not Certified – You have not completed all the required steps.

ALL required steps must be completed no later than 11:59 pm on Saturday, March 13, 2021.

If you do not complete all steps by this date, you will not be eligible to participate in the program this summer.

Please check our website www.summerjobs.dc.gov for a listing of dates and locations where you can bring your documents.

MBSYEB Website:

<https://summerjobs.dc.gov/>

Link to Eligibility Document Checklist:

[https://does.dc.gov/sites/default/files/dc/sites/does/publication/attachments/2021%20MBSYEP%20Eligibility%20Document Checklist%20Updated v2 fill.pdf](https://does.dc.gov/sites/default/files/dc/sites/does/publication/attachments/2021%20MBSYEP%20Eligibility%20Document%20Checklist%20Updated%20v2%20fill.pdf)

For continued information and updates please refer to Ms. Allen.



The Monroe School will host a GenCyber Camp this summer. The program seeks to ensure that young people are inspired to utilize their talents in cybersecurity for the future of our country's national and economic security as we become more reliant on cyber-based technology in every aspect of our daily live.

Registration Coming Soon

Employment Help:

For Resume Writing and Regular/ Summer Employment outside of Summer Youth Program please be free to ask Ms. Kitchens or Mr. Perry for help. Forms for Identification Card & Work Permits also available.

APPLY/RENEW for the 2021-22 school year!

APPLY TO THE MONROE SCHOOL



D.C. OPPORTUNITY SCHOLARSHIP 2020

ABOUT THE SCHOLARSHIP

The D.C. Opportunity Scholarship Program (OSP) awards need-based annual scholarships to eligible children who are residents of the District of Columbia attend a participating private D.C. elementary, middle, or high school of their parent's choice.

for more info

<https://servingchildrenc.org/contact-us/>

APPLICATION PROCESS

- Create a family account online & verify account on scholarship website
- Fill out scholarship application on scholarship website
- Apply to The Monroe School (contact info below) ***
- Submit required documents for proof of residency
 - Proof of income (w-2, 1040, SS Income)
 - Current financial assistance (SNAP, TANF)
 - Current lease or rental agreement ; or Electric Bill

Application Deadline: May 22, 2020

ELIGIBILITY CRITERIAS

- Children who are eligible for a D.C. Opportunity Scholarship must be current D.C. residents
- Be 5 years or entering Kindergarten through 12th grade for the upcoming school year
- Be either recipients of SNAP benefits (food stamps) OR meet income guidelines: at or below 185% of the income threshold for first time applicants or 300% of the income threshold for renewing families.

Person of Contact:

Natasha Yeargin

Phone: (202) 270-2771 or

Email: natashay@servingourchildrenc.org

Additional Contact:

info@servingourchildrenc.org

Phone: 1-888-329-6884



The Monroe School, Inc.

"Educating Today for Tomorrow's Success"

***Referral for The Monroe School only please

Contact Info: (202)399-8350

info@monroeschool.net

Masks 101

Protecting You. Protecting Me.
Together We Can Stop The Spread.

Use these tips for your mask:

- ✓ Masks Should Fit Snuggly
- ✓ Secure with Ear Loops
- ✓ Wash After Each Use
- ✓ Not for Children Under 2 or for People with Breathing Problems

 **COVID-19 INFORMATION**

As mandated by the District, masks must be worn in public spaces, including inside The Monroe School, to help prevent the spread of COVID-19. Please make sure that students are following proper usage of mask including covering and cleaning. Thank you for your efforts.



Please visit The Monroe School website to see updates about school activities, important information, and how you can continually assist staff and student. Thank you for your generous support!

Website: www.monroeschool.net

Email: info@monroechool.net

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