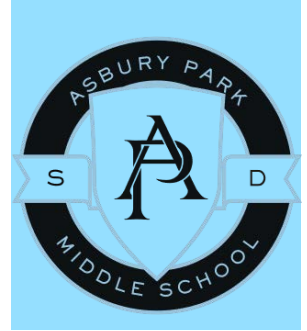


DR. MLK, JR. JOURNAL



Issue 2

September 29, 2023

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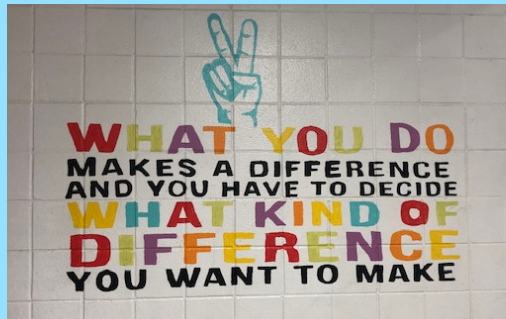
Greetings Parents/Guardians,

I trust this message finds you and your family in good health and high spirits. I am writing to inform you of an upcoming change to your child's schedule, which will take effect starting on October 2, 2023.

To ensure a smooth transition, your child will receive their updated schedule during an extended homeroom period scheduled for Monday, October 2, 2023.

We appreciate your cooperation in this matter and look forward to a successful transition with the updated schedule.

Warm Regards,
Perry J. Medina Principal



Schedule Changes

Starting Monday, October 2nd all students will receive new schedules. These schedules will follow an 8 period, 4 block A/B schedule with a universal lunch.

PBIS

We are going to be having a PBIS Pep Rally 10/7. Students will have the opportunity to sign up for scooter races, musical hoops, hula hoops, and a dance battle so start thinking about how you want to participate!

Also, throughout the year there will be surprise parties for any students in FULL UNIFORM. You never know when the surprise party will be so be sure to wear your uniform every day!



UPCOMING DATES

Wednesday, 10/4: Delayed
Opening
Please report to school at
9:55

Monday, 10/9: School
Closed



CONGRATULATIONS COACH
SCHNEIDER & THE SOCCER TEAM

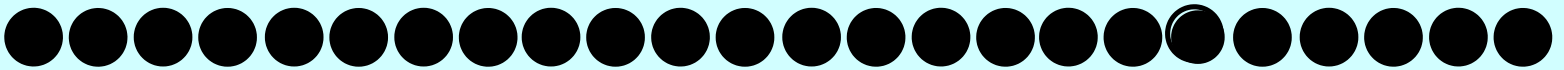
Coach Schneider has led the DMLKJ Middle School Soccer Team off to great start. With a record of 2-1, with their last win of 5-0 over Oak Hill Academy.

Come out & cheer on our team at one of the next home games at the high school field.

10/5: Rumson Country Day 3:45

10/10: Holy Cross 3:45

10/19: Memorial Middle School 3:45



Thank you Mrs. Arias!

Back *t* School

Thanks for attending
our Back to
School Night!



Principal Medina addresses the families and staff members.



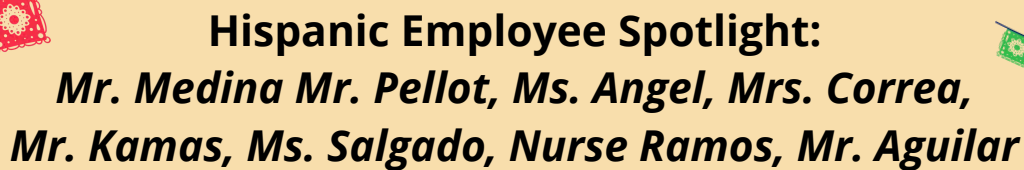
Mrs. Peterson's 7th grade band students performed for parents and staff at our Back To School Night. They performed two songs, including an original that the boys wrote only 4 days prior! Great job, Kevan, Jaydin, Daylan!



Thank you to all the vendors who attended our Back to School Night! Amazing resources were shared!



Thank you to our student volunteers who helped with distributing schedules and sold snacks to support the 8th grade trip.



Hispanic Employee Spotlight: ***Mr. Medina Mr. Pellot, Ms. Angel, Mrs. Correa,*** ***Mr. Kamas, Ms. Salgado, Nurse Ramos, Mr. Aguilar***

Hispanic Heritage Month Facts

In the United States the period from September 15th to October 15th is National Hispanic Heritage Month. It was approved by former United States President Lyndon Johnson. President Ronald Reagan expanded it to its present length in 1988. It became law on August 17th, 1988. National Hispanic Heritage Month begins on the anniversary of the independence of Nicaragua, Honduras, Guatemala, El Salvador and Costa Rica. It is also meant to celebrate the long history of Latino and Hispanic Americans in North America, as well as their heritage. National Hispanic Heritage Month is observed in the United States, Canada, and Latin America.

Interesting Hispanic Heritage Month Facts:

National Hispanic Heritage Month is meant to celebrate the customs, legacies and achievements of United States citizens with Hispanic roots.

Mexico celebrates their independence on September 16th.

Chile celebrates their independence on September 18th.

Belize celebrates their independence on September 21st.

The first year that Hispanic heritage was celebrated on a national level was 1968, when it began as a week-long celebration.

The length of National Hispanic Heritage Month goes until October 15th, a few days past the date that Christopher Columbus discovered America, October 12th.

Celebrations for National Hispanic Heritage Month include film screenings, concerts, festivals with food and crafts and other goods, and museum exhibits.

There are approximately 53 million individuals of Hispanic ancestry in the United States today.

Hispanics are the largest ethnic or race minority in the United States, making up approximately 17% of the population. It is estimated that by the year 2060, the Hispanic population in the United States will constitute approximately 31% of the population.

Of the Hispanic population in the United States, approximately 65% are from Mexican heritage.

The following states all have a Hispanic population of at least 500,000 = Washington, Virginia, Texas, Pennsylvania, North Carolina, New York, New Mexico, New Jersey, Nevada, Massachusetts, Illinois, Georgia, Florida, Colorado, California and Arizona.

There are approximately 1.1 million veterans of the United States armed forces who are Hispanic or Latino.

Famous writers and journalists with Hispanic heritage include Isabel Allende, Julia Alvarez, Rudolfo Anaya, Sandra Cisneros, Oscar Hijuelos, Maria Hinojosa, Geraldo Rivera, Louis Santeiro, and Gary Soto.

Famous actors and actresses with Hispanic heritage include Desi Arnaz, Lynda Carter, Sammy Davis Jr., Cameron Diaz, Emilio Estevez, America Ferrera, Andy Garcia, Salma Hayek, Rita Hayworth, Raul Julia, Jennifer Lopez, Anthony Quinn and Charlie Sheen.

Famous singers with Hispanic heritage include Linda Ronstadt, Jennifer Lopez, Sammy Davis Jr., Christina Aguilera, Gloria Estefan, Trini Lopez, Ricky Martin, Carlos Santana, Selena, and Rita Moreno.

Famous athletes with Hispanic heritage include Roberto Alomar, Jose Canseco, Oscar De La Hoya, Scott Gomez, Pedro Martinez, Sammy Sosa, Alex Rodriguez and Nancy Lopez.

Leaders and Activists with Hispanic heritage include Joan Baez, Cesar Chavez, David Barkley, Linda Chavez-Thompson, and Ernesto Galarza.

Famous scientists with Hispanic heritage include Severo Ochoa, Luis Walter Alvarez, and Mario Molina (Nobel Prize winners), and Ellen Ochoa, Franklin Chang-Diaz, and Carlos Noriega (astronauts).

Hispanic Heritage Month has been featured on Sesame Street.

Spanish is the second most spoken language in the United States.

*Thank you for all this
information, Mrs. Correa!*



FROM THE SEL CORNER

MS. DAVIS, SOCIAL EMOTIONAL LEARNING SPECIALIST

Greetings to our MLK MS Families!

I hope everyone is finding a small moment in their day to take time for themselves. It could be for 10 minutes (whether you opt for a nap, enjoying your favorite music, peace and quiet, a meal, self-care) or as long as you can., find your "me time".

This is an eye-opening article written by a leader in Social Emotional Learning. You can access the full article from the link listed below. Try to implement this in your home and see how you do. Make it the new norm for your family.

Maurice Elias: A View on Emotional Intelligence and the Family

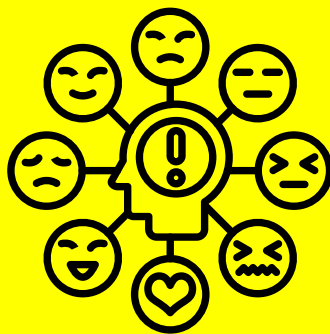
Please read full article here: <https://www.edutopia.org/maurice-elias-emotional-intelligence-and-family>

What kind of difference could "The Neighbor Test" make in family relations?

We ask parents to think about a time when everybody in the household is arguing. Everybody is in a tumult, fighting, arguing, bickering, etc. Doorbell rings. A neighbor is there. What happens? Typically, everybody quiets down. Let's say the neighbor comes in. Then what happens? People are unbelievably civil. They can't do enough for this neighbor. A kid that you couldn't get to give you a glass of water will now give anything to the neighbor. It's not a problem. And they have a wonderful time. Neighbor leaves. What happens?

One of two things happens. You go right back to fighting, or more often than not, we all go about our business. I ask parents to think about this. And the question is, why does it take the presence of a neighbor to give us the self-control that we actually have all the time? We as parents need to act with emotional intelligence without necessarily being prompted. So, then I challenge parents to take the neighbor test. The neighbor test is very simple. Can you go one whole day as a parent and talk to your children as if a neighbor was following you around every minute of the day? Not say anything to your child that you wouldn't say if a neighbor was right there?

If we in our families can introduce the neighbor test, and just one day a week talk to our kids in more respectful, kind ways, drop those little insults and naggings that they won't miss anyway, the rest of the six days it could be as miserable as we like. But we will have accomplished an emotional rebalancing. Fifty-two times a year we will have brought things back into balance in our household. Our kids will have reminders that, "Hey, they really do care about us. They really do think we're OK. It's not just when the neighbor shows up, it's actually once a week." And that's what our families need to have a more emotionally intelligent climate.



Suicide Prevention Month

Beverly Gross MA, SAC, LAC
Student Assistance Coordinator

Sheldon L. Sanders, MSW, LSW
Health and Social Services Coordinator



September was first declared as National Suicide Prevention Awareness Month in 2008. Since then, September has been a time to acknowledge those affected by suicide, raise awareness, and connect individuals with suicidal ideation to treatment services. According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 2nd leading cause of death among people aged 10-24 and these rates are increasing.

This Month MLK is lucky enough to have the American Foundation for Suicide Prevention come into our building and meet with our students and present "It's Real: Teens and Mental Health." Our students will learn about signs and symptoms of someone who might be in need of help, what to do if a friend or themselves need help, and will be provided life saving resources.

988

SUICIDE
& CRISIS
LIFELINE

988

LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS