
Wednesday Folder Update 1.11.23

1 message

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Good Evening Drexel Hill Middle School Families,

I hope you are having a wonderful week! This is our first full week back after the new year and we are nearing the end of the 2nd marking period/first semester! The change of the semester is a great time and opportunity to revisit the goals that your student(s) have set for themselves at the start of the year, while also comparing what has worked for them the first semester, versus what they would like to improve upon in the 2nd semester. As always, the grade level teams at DHMS are always here to help! At the bottom of this message I am attaching an article, written by Angela Duckworth, that I wanted to share with all parents and guardians. This article speaks directly to goal setting, self-control and self sabotage in teens. Please read at your convenience.

In this Wednesday message you will find information on the following:

- Learning Location Changes
- Final Grades/Make-Up Work
- MLK Day
- Sports Spectator Policy
- Angela Duckworth Self-Sabotage Article
- Special Education Information Night (attachment)
- Possible Senkow/Aronimink Merger FAQ

Learning Location Changes

If you would like your students learning location to change for Marking Period 3, please send a request to your grade level administrator **before January 21st**. *No changes will be made after this date.*

Incomplete Work/Grades

Please remind your student to catch up on any missing or outstanding assignments in order to get their grades up by the end of the marking period, which ends on January 21st. Grades for Marking Period 2 will go live in HAC (Home Access Center) on **January 27, 2023**.

MLK Day

Our students will be participating in a lesson in Citizenship this week to learn more about the Martin Luther King Day Jr. holiday, as well as local ways they can get involved! Our Student Council is sponsoring a Martin Luther King, Jr. Service Project as well. We are collecting toiletries for needy families in our area! Donations will be collected from today through January 23rd. Some suggestions include:

soap shampoo lotions tissues toothpaste toothbrushes

Please drop off your items in Room 201, Room 212, and in the Main Office. With the items collected, we will be creating Dream Care Boxes after school on Monday, the 23rd. All students are invited to help! Also, attached to this message is a flyer for the township sponsored MLK Day Poetry Contest!

Sports Spectator Policy

Please see the following link for a reminder of the [DHMS Sports Spectator Policy](#)

Possible Senkow/Aronimink Merger (FAQ)

The link below will bring you to a document on the UDSD website about the possible closure of Walter M. Senkow and possible merger with Aronimink. This document is an FAQ and will be updated periodically."

<https://pa02209738.schoolwires.net/Page/9770>

Angela Duckworth Article

James Gross, a professor of psychology and expert on emotion regulation at Stanford University, talked to us about what parents can do to help teenagers with [self-control](#). Here are a few highlights:

Teenagers sometimes resist input from mom or dad about how to live their lives. Do teens need parents?

Absolutely. A teenager might say, "I'd like to get great grades this term." But then their behavior isn't aligned with that. In fact, you may notice they're doing the opposite of what they need to do to get great grades. Instead of studying, they're playing video games and texting. They're staying up too late instead of getting enough sleep. In other words, teenagers, like the rest of us, sometimes self-sabotage: They say they want one thing, but their behavior points in a completely different direction.

What can parents do to help teenagers avoid self-sabotage?

As parents, we can see what's going on in their lives from a place of clarity. That perspective can be really helpful. For instance, on their own, without you, your son or daughter may not do so well at finding the balance between having fun with their friends, on the one hand, versus studying and being productive on the other.

What are some dos and don'ts for parents trying to help their teenagers achieve their goals?

Don't get into antagonistic interactions right after school. Instead, pay attention to your own emotions and notice when you're most likely to be patient and helpful rather than impatient and snappy.

Don't try to talk about homework or whatever else you know should get done when your kid is telling you how their day went. You're missing the opportunity for them to open up and really connect with you, maybe tell you about something that they're upset about. If they're trying to do that, and you say, "Tell me about your homework," they'll think, "Wow, I feel totally unheard. Dad's getting on my case without even listening to me."

Do make yourself available. For instance, I literally make sure my home office door is open when my kids come home. An open door tells them I can be interrupted.

What if my kids never bring up their problems?

One practice that my wife and I found to be helpful was to have regularly scheduled check-ins with each of our kids once or twice a week. Basically, we would just have a conversation about whatever was on their minds, whether it was relationships with their siblings or what was going on in school or with their extracurriculars. We'd build an agenda together, like you would for any business meeting.

Let's say I saw in the school portal that my kid didn't do well on a math test. My wife and I might say, "Hey, are there some things on your mind that you want to check in about? From our side, it would be really nice to check in on how things are going in math. Our sense is, that hasn't been the easiest thing for you these past few weeks."

And then, of course, we really listened. The nice thing about scheduled check-ins is that you're talking about issues before they become a crisis. As a parent, you want to build routines for talking with your kids about what matters to them and to you.

I hope you have a wonderful rest of your week!

Mrs. Palladino

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Attachments:

 [messages/attachments/6d3c3176c6c768f29a1b23313de375b8/UD_Township_Black_History_Month_Poetry_Contest_2023.pdf](#) (451.8 KB)

 [messages/attachments/0f9986d2ca916588d3c13d081d348c50/Special_Education_Information_Night_-_January_25th%2C_2023.pdf](#) (1488.3 KB)

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