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## Wednesday Folder Update 4.12.23

1 message

Jill Palladino <noreply@upperdarbysd.org>  
 Reply-To: Jill Palladino <noreply@upperdarbysd.org>  
 To: Drexel Hill Middle School Recipients <recipients@upperdarbysd.parentlink.net>

Thu, Apr 13, 2023 at 5:30 AM



Good Evening Drexel Hill Middle School Families,

I hope everyone is enjoying their week and this beautiful Spring weather! It was wonderful to welcome back all of our students this Monday after a well-deserved Spring Break! We have approximately 40 school days left in the year. I shared with all students via morning announcements that I hope we can make the end of the school year the best yet!

Today we celebrated College and Career Day. Our wonderful counselors put together a full day's worth of activities related to college and post-secondary plans. Students decorated their first period doors based on an agreed upon theme related to college and career readiness, or their teachers alma mater. We also had our custodian team member, Mr. AJ Murphy, speak to the students about his work as a volunteer firefighter and Emergency Responder. Please head to the website or Social Media to see some photos!

In this Wednesday folder, you will find the following:

- Home and School Interest for the 23-24 SY
- PSSA Parent Letter
- Angela Duckworth Parent Tip
- No School 4/21/23
- 8th Grade Course Selection
- MP 3 Grades
- HSA Spring Spirit Wear Sale
- Safe to Say Information
- Community Bulletin Board
- Wellness Week
- Spring Concert Dates
- Yearbook Ordering
- Special Education Plan (Attachment)
- Health Insurance (attachment)
- Purple Up! Day

### Home and School News

We are seeking any interested parents or guardians to join our Home and School team for the 23-24 school year. We have executive board positions available, as well as room for general membership. Executive Positions available include President, Vice President and Treasurer. Please reach out to myself or [DHMSHOMEANDSCHOOL@gmail.com](mailto:DHMSHOMEANDSCHOOL@gmail.com) for additional information.

Home and School is also running a Spring Spirit Wear sale. The link is below. We have added some new items for Spring such as baseball caps, water bottles and lawn signs for your graduates or students moving up to a new school (think 5th and 8th graders)! All proceeds benefit DHMS Home and School!

<https://brothersscreen.tuosystems.com/stores/dhms-spring-23>

### PSSA Information

In addition to the letter attached to this message, please note the following regarding PSSA's.

**ELA Testing Dates: April 25th, 26th and 27th**

**Math Testing Dates: May 1st and 2nd**

**Science Testing Days: May 4th and 5th (8th Grade Only)**

**All synchronous and asynchronous learners are expected to participate in PSSA's in person. Please be prepared to attend each testing session that you qualify for.**

### No School 4/21/23

As a reminder, we do not have school on Friday April 21, 2023 in observance of Eid.

### MP 3 Grades

Marking Period 3 grades are now live on HAC. If you have any questions about accessing grades, please contact your grade level counselor. We are always available to help.

### Community Bulletin Board

Please remember to check out the District's electronic [Community Bulletin Board](#) every week for community, Township, and County resources and events!

### Safe to Say

We feel that it is important to remind our parents and students of the *Safe2Say Something* program. The Upper Darby School District takes the safety and security of our staff and students very seriously and recognizes that the uncertainties and pressures that students and families have faced the uncertainty of a pandemic has clearly demonstrated that the mental health of students as a priority. The *Safe2Say Something* system teaches youth and adults how to recognize warning signs and signals, especially within social media, of individuals who may be a threat to themselves or others and say something, using our anonymous reporting system. *Safe2Say Something* is also a way to anonymously report unsafe, potentially harmful, dangerous, violent or criminal activities in any school in Pennsylvania.

For anyone who is feeling unsure or unsafe, please remember that there is help and it is okay to ask for help.

Find below videos and the District's webpage outlining the Safe2Say Something PA Program:

[Safe2Say Something PA Program](#)

[UDSD Safe2Say Something Presentation 2021](#)

<https://pa02209738.schoolwires.net/Page/8021>

If you have any questions or concerns, please do not hesitate to contact your building principal.

Safe2 ਕੁਝ ਯਾਦ ਦਿਵਾਉਣ ਲਈ ਕਹੋ

ਅਸੀਂ ਮਹਿਸੂਸ ਕਰਦੇ ਹਾਂ ਕਿ ਸਾਡੇ ਮਾਪਿਆਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ Safe2Say Something ਪ੍ਰੋਗਰਾਮ ਦੀ ਯਾਦ ਦਿਵਾਉਣਾ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਅੱਪਰ ਡਾਰਬੀ ਸਕੂਲ ਡਿਸਟ੍ਰਿਕਟ ਸਾਡੇ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸੁਰੱਖਿਆ ਅਤੇ ਸੁਰੱਖਿਆ ਨੂੰ ਬਹੁਤ ਗੰਭੀਰਤਾ ਨਾਲ ਲੈਂਦਾ ਹੈ ਅਤੇ ਇਹ ਮੰਨਦਾ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਪਰਿਵਾਰਾਂ ਨੂੰ ਮਹਾਂਮਾਰੀ ਦੀ ਅਨਿਸ਼ਚਿਤਤਾ ਦਾ ਸਾਹਮਣਾ ਕਰਨ ਵਾਲੇ ਅਨਿਸ਼ਚਿਤਤਾਵਾਂ ਅਤੇ ਦਬਾਅ ਨੇ ਸਪੱਸ਼ਟ ਤੌਰ 'ਤੇ ਦਿਖਾਇਆ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਮਾਨਸਿਕ ਸਿਹਤ ਨੂੰ ਤਰਜੀਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। Safe2Say Something ਸਿਸਟਮ ਨੌਜਵਾਨਾਂ ਅਤੇ ਬਾਲਗਾਂ ਨੂੰ ਸਾਡੇ ਅਗਿਆਤ ਰਿਪੋਰਟਿੰਗ ਸਿਸਟਮ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ, ਨੌਜਵਾਨਾਂ ਅਤੇ ਬਾਲਗਾਂ ਨੂੰ ਚੇਤਾਵਨੀ ਦੇ ਸੰਕੇਤਾਂ ਅਤੇ ਸਿਗਨਲਾਂ ਦੀ ਪਛਾਣ ਕਰਨ ਬਾਰੇ ਸਿਖਾਉਂਦਾ ਹੈ, ਖਾਸ ਤੌਰ 'ਤੇ ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੇ ਅੰਦਰ, ਉਹਨਾਂ ਵਿਅਕਤੀਆਂ ਦੇ ਜੋ ਆਪਣੇ ਆਪ ਜਾਂ ਦੂਜਿਆਂ ਲਈ ਖਤਰਾ ਹੋ ਸਕਦੇ ਹਨ ਅਤੇ ਕੁਝ ਕਹਿੰਦੇ ਹਨ। Safe2Say Something ਪੈਨਸਿਲਵੇਨੀਆ ਦੇ ਕਿਸੇ ਵੀ ਸਕੂਲ ਵਿੱਚ ਗੁਮਨਾਮ ਤੌਰ 'ਤੇ ਅਸੁਰੱਖਿਅਤ, ਸੰਭਾਵੀ ਤੌਰ 'ਤੇ ਨੁਕਸਾਨਦੇਹ, ਖਤਰਨਾਕ, ਹਿੰਸਕ ਜਾਂ ਅਪਰਾਧਿਕ ਗਤੀਵਿਧੀਆਂ ਦੀ ਰਿਪੋਰਟ ਕਰਨ ਦਾ ਇੱਕ ਤਰੀਕਾ ਹੈ।

ਕਿਸੇ ਵੀ ਵਿਅਕਤੀ ਲਈ ਜੋ ਅਨਿਸ਼ਚਿਤ ਜਾਂ ਅਸੁਰੱਖਿਅਤ ਮਹਿਸੂਸ ਕਰ ਰਿਹਾ ਹੈ, ਕਿਰਪਾ ਕਰਕੇ ਯਾਦ ਰੱਖੋ ਕਿ ਮਦਦ ਹੈ ਅਤੇ ਮਦਦ ਮੰਗਣਾ ਠੀਕ ਹੈ।

Safe2Say Something PA ਪ੍ਰੋਗਰਾਮ ਦੀ ਰੂਪਰੇਖਾ ਦੇਣ ਵਾਲੇ ਹੇਠਾਂ ਦਿੱਤੇ ਵੀਡੀਓ ਅਤੇ ਜ਼ਿਲ੍ਹੇ ਦੇ ਵੈੱਬਪੇਜ ਨੂੰ ਲਓ:

[Safe2Say Something PA Program](#)

[UDSD Safe2Say Something Presentation 2021](#)

<https://pa02209738.schoolwires.net/Page/8021>

ਜੇਕਰ ਤੁਹਾਡੇ ਕੋਈ ਸਵਾਲ ਜਾਂ ਚਿੰਤਾਵਾਂ ਹਨ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੇ ਬਿਲਡਿੰਗ ਪ੍ਰਿੰਸੀਪਲ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਵਿੱਚ ਸੰਕੋਚ ਨਾ ਕਰੋ।

Safe2 kujha yāda divā'una la't kahō

asīm mahisūsa karadē hām ki sādē māpī'ām atē vidī'ārathī'ām nū Safe2Say Something prōgarāma dī yāda divā'unā mahatavapūrana hai. Aparā dārabī sakūla dīsaṭṭrikāṭa sādē saṭāfa atē vidī'ārathī'ām dī surakhi'ā atē surakhi'ā nū bahuta gabhīratā nāla laindā hai atē iha manadā hai ki vidī'ārathī'ām atē parivārām nū mahāmmārī dī anīśacitatā dā sāhamaṇā karana vālē anīśacitatāvārah atē dabā'a nē sapaśaṭa taura'tē dikhā'ī'ā hai ki vidī'ārathī'ām dī mānasika sihata nū tarajīha dī' jāndī hai. Safe2Say Something sīsaṭama naujavānām atē bālagām nū sādē agī'āta rīpōraṭiga sīsaṭama dī varatōrah karadē hō'ē, naujavānām atē bālagām nū cētāvanī dē sakētām atē siganalām dī pachāna karana bārē sikhā'undā hai, khāsa taura'tē sōsala mīṭī'ā dē adara, uhanām vī'akātī'ām dē jō āpanē āpa jārah dūjī'ām la't kḥatarā hō sakadē hana atē kujha kahidē hana. Safe2Say Something painasilavēhī'ā dē kisē vī sakūla vīca gumānāma taura'tē asurakhi'ata, sabhāvī taura'tē nukasānadēha, khataranāka, hisaka jārah aparādhika gatīvidhī'ām dī rīpōraṭa karana dā ika tarīkā hai.

Kisē vī vī'akātī la't jō anīśacīta jārah asurakhi'ata mahisūsa kara rīhā hai, kirapā karakē yāda rakhō ki madada hai atē madada magāṇā ṭhīka hai.

Safe2Say Something PA prōgarāma dī rūparēkhā dēṇa vālē hēṭhām dītē vīṭī'ō atē zil'hē dē vaibapēja nū labhō:

[Safe2Say Something PA Program](#)

[UDSD Safe2Say Something Presentation 2021](#)

<https://pa02209738.schoolwires.net/Page/8021>

jēkara tuhādē kōṭ savāla jārah citāvārah hana, tārah kirapā karakē āpanē bilādiga prīśpāla nāla sapaṭara karana vīca sakōca nā karō.

## Safe2বলুন কিছু অনুস্মারক

আমরা মনে করি যে আমাদের পিতামাতা এবং শিক্ষার্থীদের Safe2Say Something প্রোগ্রামের কথা মনে করিয়ে দেওয়া গুরুত্বপূর্ণ। আপনার ডার্বি স্কুল ডিস্ট্রিক্ট আমাদের স্টাফ এবং ছাত্রদের নিরাপত্তা এবং নিরাপত্তাকে অত্যন্ত গুরুত্ব সহকারে নেয় এবং স্বীকার করে যে ছাত্র এবং পরিবারগুলি একটি মহামারীর অনিশ্চয়তার মুখোমুখি হওয়া অনিশ্চয়তা এবং চাপগুলি স্পষ্টভাবে প্রমাণ করেছে যে শিক্ষার্থীদের মানসিক স্বাস্থ্য একটি অগ্রাধিকার হিসাবে। Safe2Say Something সিস্টেম যুবক ও প্রাপ্তবয়স্কদের শেখায় কিভাবে সতর্কতা চিহ্ন এবং সংকেত চিনতে হয়, বিশেষ করে সোশ্যাল মিডিয়ার মধ্যে, যারা নিজেদের বা অন্যদের জন্য হুমকি হতে পারে এবং আমাদের বেনামী রিপোর্টিং সিস্টেম ব্যবহার করে কিছু বলতে পারে। Safe2Say Something হল পেনসিলভেনিয়ার যেকোন স্কুলে বেনামে অনিরাপদ, সম্ভাব্য ক্ষতিকর, বিপজ্জনক, হিংসাত্মক বা অপরাধমূলক কার্যকলাপের রিপোর্ট করার একটি উপায়।

যে কেউ অনিশ্চিত বা অনিরাপদ বোধ করছেন, অনুগ্রহ করে মনে রাখবেন যে সাহায্য আছে এবং সাহায্য চাওয়া ঠিক।

### Safe2Say Something PA Program

#### UDSD Safe2Say Something Presentation 2021

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আপনার কোন প্রশ্ন বা উদ্বেগ থাকলে, আপনার বিল্ডিং প্রিন্সিপালের সাথে যোগাযোগ করতে দ্বিধা করবেন না।

### Safe2baluna kichu anusmāraka

āmarā manē kari yē āmādēra pitāmātā ēbam śikṣārthidēra Safe2Say Something prōgrāmēra kathā manē kariyē dē'ōyā gurutbapūrṇa āpāra ḍārbi skula ḍistrikṭa āmādēra ṣṭāpha ēbam chātradēra nirāpattā ēbam nirāpattākē alyanta gurutba sahakārē nēya ēbam sṭikāra karē yē chātra ēbam paribāraguli ēkaṭi mahāmārīra anīscayātāra mukhōmukhi ha'ōyā anīscayātā ēbam cāpaguli spaṣṭabhābē pramāṇa karēchē yē śikṣārthidēra mānasika sbāsthya ēkaṭi agrādhikāra hisābē. Safe2Say Something sistēma yubaka o prāptabayaskadēra śēkhāya kibhābē satarkatā cihna ēbam saṅkēta cinatē haya, biśēṣa karē sōśyāla miḍiyāra madhyē, yārā nijēdēra bā an'yadēra jan'ya humaki hatē pārē ēbam āmādēra bēnāmī ripōrtīm sistēma byabahāra karē kichu balatē pārē. Safe2Say Something hala pēnasilabhēniyāra yēkōna skulē bēnāmē anirāpada, sambhābya kṣatikāra, bipājanaka, hinsātṃaka bā aparādhāmūlaka kāryakalāpēra ripōrṭa karāra ēkaṭi upāya.

Yē kē'u anīscita bā anirāpada bōdha karachēna, anugraha karē manē rākhābēna yē sāhāyā āchē ēbam sāhāyā cā'ōyā ṭhika.

Safe2Say Something PA prōgrāmēra rūparēkhā dē'ōyā bhiḍi'ō ēbam jēlāra oḷēbapēja nīcē khuṃjuna:

### Safe2Say Something PA Program

#### UDSD Safe2Say Something Presentation 2021

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āpanāra kōna praśna bā udbēga thākalē, āpanāra bilḍīm prinsipālēra sāthē yōgāyōga karatē dbidhā karabēna nā.

### Spring Concert Date Changes

Due to the construction at the UDHS Performing Arts Center, we have had to adjust our dates and times for our Spring Concerts. Please note the following:

**May 9: Choral Concert @ DHMS starting at 6pm**

**May 18: Instrumental Concert @DHMS starting at 7pm**

### UDSD's Wellness Week

The District's Wellness Committee is asking our students to reduce the number of hours that they spend in front of a screen and to engage in more physical activity during the week of May 8th. We would like to encourage our students to put down their devices and enjoy our local parks, engage in physical activities, and to make sure that they are getting enough sleep.

### Angela Duckworth Tip for Parents

We define proactivity as taking initiative. Why is proactivity so important?

It's often harder to get started than to keep going on a task. And the closer you get to achieving a goal, the easier it gets. So you could argue that the hardest part of reaching a goal is getting started. [Research](#) shows that there are times when it's easier to get started—for example, when you feel like it's the beginning of a new era. "Today is the first day of the rest of your life"—that cliché is actually helpful. If you feel like today is the start of a new time period, you are more motivated to start working toward goals.

How can parents and teachers help kids get started on projects?

Saying "just do it" isn't very useful when you feel overwhelmed. It helps to break things down into smaller steps and tell yourself consciously, "All I'm doing today is getting started on the first step, and I'm not going to worry about the rest. Today is a good day for getting started." Once you've done the first small thing, the next small thing is easier to do. The next day, you can say to yourself, "Today is a good day to get started on step two." Before you know it, you've completed the whole task.

Sometimes parents see a project due in a week and think their kid should be working on it, but the kid thinks there's no rush. What's a good way to talk about deadlines?

The two different viewpoints—feeling a sense of urgency when a task is due in a week or feeling like there's still a lot of time left—are both totally valid. There's only a problem if people clash in those views, when one person feels like, "Why are they not working on this? They should be doing things because they only have a week," and the other person thinks, "It's not due for a whole week. What's the rush?" I think the best way to bridge the gap is to talk about the difference in perception and set deadlines you both agree on. You have to be very explicit about what the kid plans to do and when they plan to do it to avoid miscommunication.

How can parents and teachers help kids manage their time for long-term projects?

It's possible to shift people's perception of time—how close or far into the future something feels. If you show the deadline in a very large timeframe like the school year and the assignment is due in a month, it feels a lot closer than if the timeline only spans two months, so the deadline is right in the middle. With little visual tricks, you can shift people into feeling motivated to get working.

You can also break down the project into smaller steps and set intermediate deadlines. You can ask kids, "What will you do per week?" and establish weekly deadlines so they don't leave everything to the end.

What's one easy thing we can do to help kids be more proactive?

Help them practice thinking into the future. My own kids don't often do that spontaneously, so I have to encourage it. I'll ask them, "What do you want to happen a year from now? What do you want to do between now and then?" So they practice planning out tasks and steps to reach goals. I'll also talk to them about fun things, like a trip we will take this summer, and what we have to do beforehand. Do we need to buy luggage? What will we pack? I think this kind of explicit planning is a skill that can transfer over to other areas, like academics.

What do you think people get wrong about proactivity?

People believe that some kids are proactive and others aren't. But they might just see the proactive impulses of one kid more than another. Maybe the other kid is being proactive in ways that aren't as obvious. Or maybe they just haven't had the circumstances that push them to show those qualities.

Everybody can be proactive. Everybody has the potential to be a champion for their ideas and get started on things and be inspiring to others. Proactivity is a quality we all have—it's just about giving space to it and showing it to the world.

I apologize for the long email, but the end of the year has a lot going on, and I want to be sure we are communicating with you as much as possible.

For any additional information and photos, please visit our website at [www.upperdarbysd.org/dhms](http://www.upperdarbysd.org/dhms)

Have a great weekend,

Mrs. Palladino

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Please visit our [Community Bulletin Board](#), your source for community-wide activities and resources that benefit our students. Join our official social media!



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**Attachments:**

- [messages/attachments/22ee377ca8619e0fe80308051ef411ad/PSSA\\_Parent\\_Information\\_Letter\\_2022-2023.pdf](#) (482.2 KB)
- [messages/attachments/526061e1785de6692d7fd4b7c81a6dbf/Special\\_Education\\_Plan\\_-\\_Your\\_Feedback\\_Is\\_Needed%21.pdf](#) (1152.2 KB)
- [messages/attachments/94ac8f98e426439f175eb6b87450b2f1/Support\\_Military\\_Families\\_on\\_Purple\\_Up%21\\_Day.pdf](#) (1470.8 KB)
- [messages/attachments/2e07b87d150ac6858c97c68918216c68/Does\\_Your\\_Child\\_Need\\_Health\\_Insurance\\_.pdf](#) (1810.5 KB)
- [messages/attachments/e059283fab6b3cf7a8d6a3e748669d2a/19254\\_Drexel\\_Hill\\_Middle\\_School\\_%282%29\\_%282%29.pdf](#) (1375.0 KB)
- [messages/attachments/b86296612228cc8646ab61abdbafa5f6/PSSA\\_2023-\\_Info\\_for\\_Parents\\_%281%29.pdf](#) (84.0 KB)

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