

# Good morning Sarasota Middle School

## Today is Monday, January 28, 2019



A few words of wisdom to start your day-

John Foster was a man who knew how to handle his anger. When his son was beaten up by a gang, he was angry...and rightfully so. But what did he do with all that anger? He created Mad Dads, Inc...a group of dads working to stop the violence on our streets. Instead of letting his anger turn destructive, he turned his anger into a force for good.

Now listen to these words from Ben Sira, a second-century Hebrew scholar. He says,

***The weight of a person's anger drags him down.***

Anger can be a very heavy emotion, as Ben Sira reminds us. It can literally drag us down and keep us from realizing the height of our potential.

So don't let your anger get the best of you. Instead, get in touch with what it is you're angry about and find a way to turn your anger into something healing, healthy, and positive.

Teachers-

We will be starting our 2nd Attendance Survey window of the school year **today**, January 25<sup>th</sup>, and it will last until February 8<sup>th</sup>. **It is imperative that attendance be recorded in Gradebook during the first 10 minutes of class (PE classes – as soon as possible).** This survey helps determine our funding for the school year, so attendance must be accurate. Thank you all for your help!

Today is the first day of the pennies for patients fundraiser, presented by student council. Teachers, please check your mailboxes for materials to begin. An email will also go out to explain details. Every student will receive a collection box to begin collecting donations. The fundraiser runs through February 15<sup>th</sup> and prizes will be distributed to advisory classes!

***"Crisis text line signage is posted throughout our campus. The crisis text line can be accessed by anyone in need of help for any reason. By texting HERE4U to 741741, you can connect with a crisis counselor 24 hours a day/ 7 days per week. Your text remains confidential and provides you with someone to listen. If you or a friend needs help at any time, please text HERE4U to 741741."***

Beginning next week, 6<sup>th</sup> and 7<sup>th</sup> grade students will complete their encore preference sheets. This is where you have the opportunity to select the elective classes you want to take during the 2019-2020 school year. Each day this week we will highlight each encore offering.

### **Sarasota Middle School Encore Course Descriptions**

**Band** – Learn to play a band instrument. Select from flute, oboe, bassoon, clarinet, saxophone, trumpet, French horn, trombone, euphonium, tuba and percussion. All students are welcome in Beginning Band. Intermediate and Advanced classes require teacher permission.

**Chorus** – Learn ensemble and solo singing and vocal performance skills. Includes the study of music history and notation. All students are welcome in beginning chorus. Intermediate/Advanced choruses require teacher permission. Students in chorus have the opportunity to audition for the select Honor Choir.

**Guitar** – Learn to play the guitar including how to read music notation and tablature. All students are welcome in beginning guitar. Intermediate and Advanced Guitar require teacher permission.

**Orchestra** – Learn to play an orchestral instrument such as violin, viola, cello, or bass violin as a member of a symphony. All students are welcome in orchestra. Intermediate/Advanced Orchestra requires teacher permission.

*All busses have arrived on time and all students should be in their 1<sup>st</sup> period class at this time.*

*Students, remember our Panther Pact: be Polite, Prepared, Productive and Safe!  
Have a marvelous Monday!*