

November 2023

NEWSLETTER


REACH! Partnership

Brought to you by the Social

Work Team:

Dr. Anthony Sills

Ms. McCormick

Mr. Haynes

Ms. Compagnone

November Is...

- Kickoff of the Attendance Matters Campaign
- National Adoption Month
- Hunger & Homelessness Awareness Week
- Native American Heritage Month
- Trans Day of Remembrance
- Veterans Day
- Thanksgiving

EARLY RELEASE DAY FOR STUDENTS: NOV 3RD

COLLEGE FAIR (GYM)- NOVEMBER 16, 11 AM- 12 PM

PROFESSIONAL DEVELOPMENT (SCHOOL CLOSED): NOV. 17TH

WELLNESS DAY (SCHOOL CLOSED) NOV 22ND

THANKSGIVING BREAK: NOV. 23RD -24TH

ASYNCHRONOUS LEARNING DAY: DECEMBER 1ST

WINTER BREAK: DEC 22ND - JAN 2ND

Social and Emotional Learning

For **November**, the topic of
Responsible Decision Making will
be the focus.

**CONGRATULATIONS TO
SENIOR MAYA TAPIA ON
BEING THE OCTOBER 2023
SCHOLAR SUPERSTAR FOR
BALTIMORE CITY PUBLIC
SCHOOLS.**



Newsletter

Highlights

Important Dates &
Acknowledgements

October Celebration

The REACH! Bulletin

Preventing Staff
Burnout
After School Clubs

Holiday Self Care

I Am Thankful For

Working with Students
on Autism Spectrum

REACH! Nursing Staff

REACH! Wellness Team
School Administration

In November, We
Celebrate & Recognize

Resources

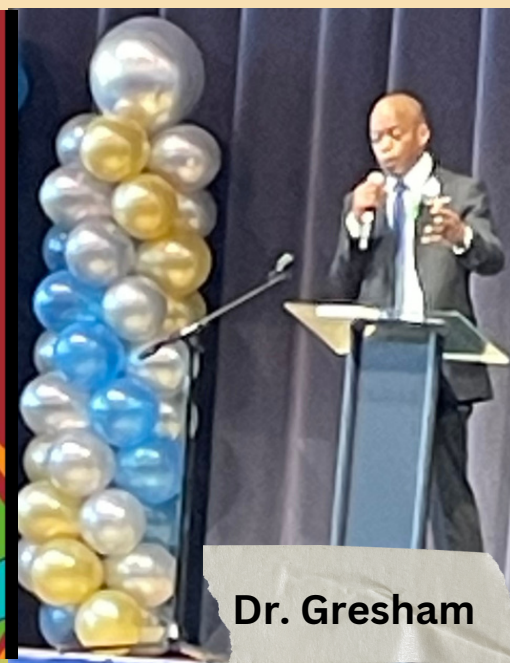


IN OCTOBER, WE CELEBRATED

HAPPY NATIONAL PRINCIPALS MONTH!

Thank You

FOR ALL THAT YOU DO!



Dr. Gresham

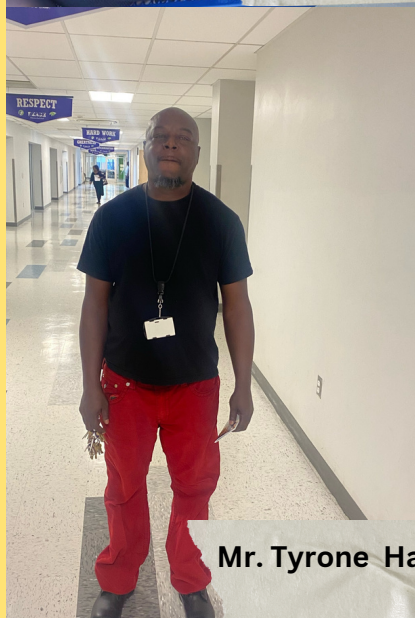
NATIONAL
HISPANIC
HERITAGE MONTH



REACH celebrated National Hispanic Heritage and ended with soccer game and tacos

THANK YOU!
NATIONAL
CUSTODIAN
APPRECIATION DAY

Thank you to our incredible custodians for working behind the scenes to keep our schools/buildings safe and clean!



Mr. Tyrone Harris



Ms. Kia Green

The REACH! Bulletin

Advocates of the month



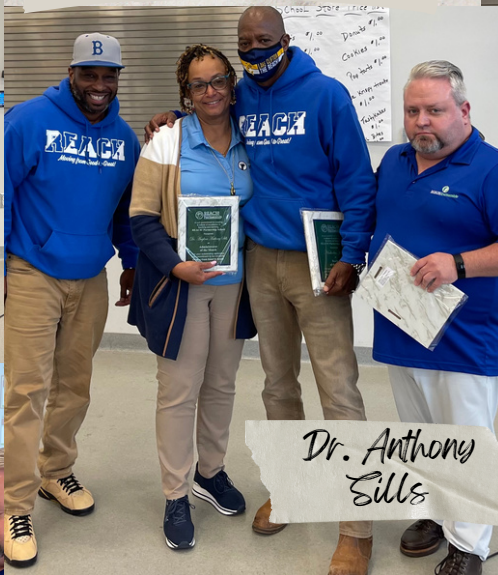
Bernard McCullough Jr.



Ronnie Gamble



Administrator of the month



Dr. Anthony Sills



Breast Cancer Awareness



Teachers of the month



Ms. Lisa Harris



Mr. Nicholas Jones



The REACH! Bulletin

CHEERLEADING AND FOOTBALL
TEAM
AT PEP RALLY



HOMECOMING
FOOTBALL GAME



CTE
CONSTRUCTION
WITH MR. TORRES



CTE
NURSING WITH MS.
HARRIS



CTE
PHARMACY WITH
MS. JOHNSON

The REACH! Bulletin

Congratulations to all of those who participated in Senior Inauguration on October 18, 2023
We are so proud of all of our seniors!
-REACH!



Class of 2024
President &
Secretary with
Ms. McKinney



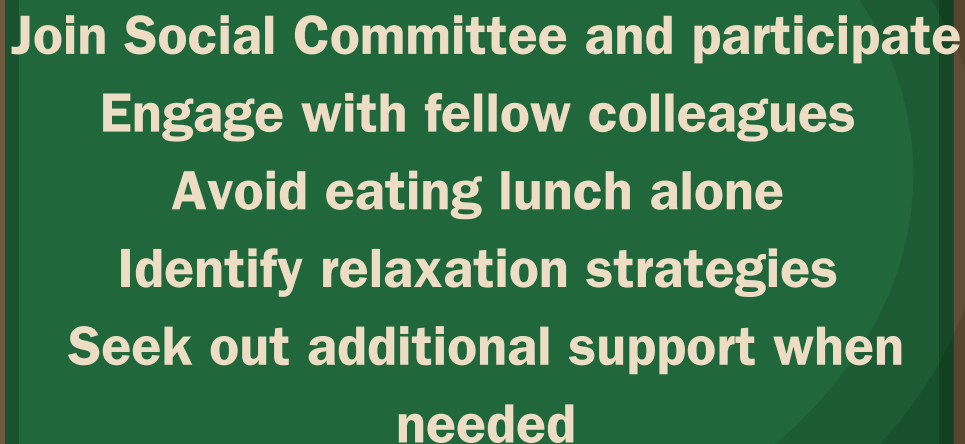
JROTC



The REACH!
Harmonix

PREVENTING STAFF BURNOUT

REACH! PARTNERSHIPS



Join Social Committee and participate
Engage with fellow colleagues
Avoid eating lunch alone
Identify relaxation strategies
Seek out additional support when needed

AFTER SCHOOL CLUBS

- R.I.S.E. Art
- Drama Club
- Chess Club
- Earn-to-Learn ELA and Math
- Robotics Club
- Class Clowns Comedy

- Dungeons & Dragons
- Sewing Club
- Step Team
- Drumline
- Spanish Club

Holiday Self-Care

The holidays can be a great time but also a tough time for everyone, so it is important to take care of yourself!

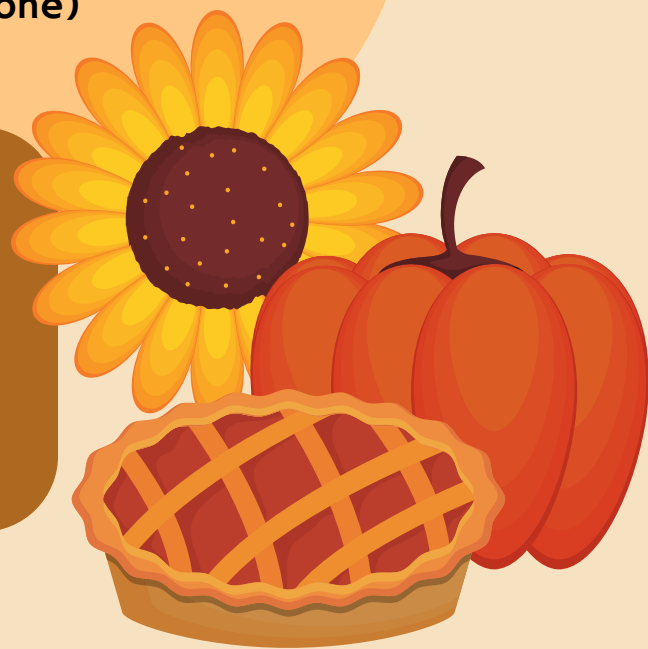
- Eat but don't over indulge in too much food
- Make sure you get some adequate rest.
- Spend time with your family

- Read a book of interest!
- Meditate
- Dance and laugh often. They both burn calories and uplift your mood
- Forgive yourself if you make unhealthy eating choices.
- Enjoy the small break and relax.

Take a step back and breathe

- Call and connect with a loved one
- Acknowledge your grief (Especially if this your first year without a loved one)

- Spend Time alone
- Identify Your Priorities
- Take a break from Social Media
- Drink Water
- Set boundaries





I am thankful for....

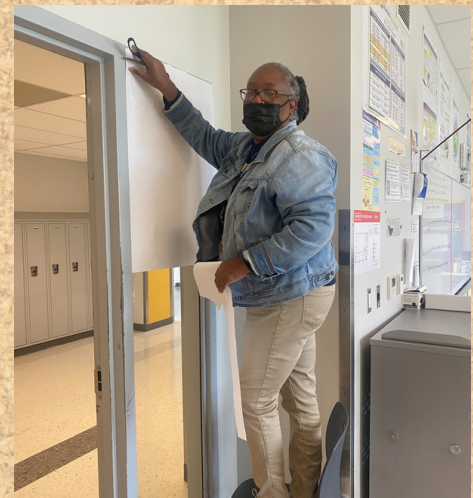
"family, children and life" -
Ms. Mullen



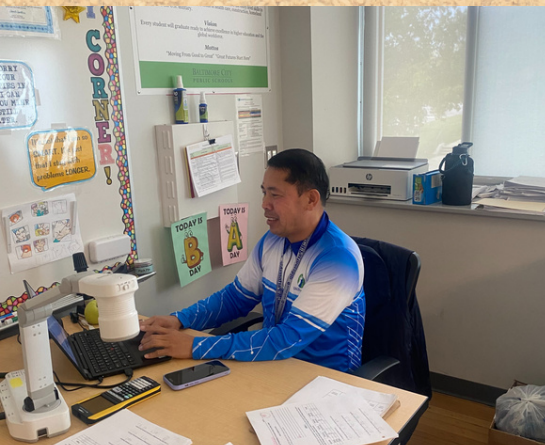
"...health, and
family. ."
-Nurse Maggie



"...my family."
-Ms. Rose



"Blessings and
family." -Mr.
Deiparine



"Being a REACH! counselor
and a chance to be with her
seniors since the 9th grade
Ms.. Herschman



Working With Students on the Autism Spectrum

Difficulties can be presented in the following areas:

- Student's ability to use social communication skills
- Interacting with others
- High motor movement
- Intense Interest in a particular subject
- Attending class
- Focusing in class.
- Work initiation and Completion

When working with students on the Autism Spectrum the following strategies may be helpful:

Begin the initial questions/problems with the students.

- Incorporate elements of a student's interest into the lesson
- Use First/Then prompts during lessons
- Establish clear, consistent routines to facilitate class transitions.

Provide students advance notice when there will be significant changes during the school day

- Incorporate the use of visuals during instruction.
- When working in pairs or small groups, place students with ASD with positive peer models to provide them with opportunities to increase their social interaction skills.
- Seat student in an area of the classroom which increases their ability to attend/focus and minimizes distractions.

REACH! Nursing Staff

School Nurse: Maggie Singleton

Nurse Practitioner: Vivian Soneye

Medical Office Assistant: Rhonda Dorsey

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ Time the seizure
- ✓ Remain calm
- ✓ Check for medical ID



2

Keep the person **SAFE**.

- ✓ Move or guide away from harm



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep airway clear
- ✓ Loosen tight clothes around neck
- ✓ Put something small and soft under the head



Call
911
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do
NOT

- X Do **NOT** restrain.
- X Do **NOT** put any objects in their mouth.
- ✓ Rescue medicines can be given if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



epilepsy.com

24/7 Helpline: 1-800-332-1000

IMPORTANT
MESSAGE
PROVIDED BY
NURSING STAFF

The REACH! Wellness Team

School Psychologist:

Ms. Wheaton

School Counselors:

Cohort 2024: Ms. Herschman

Cohort 2025: Ms. Iacovelli

Cohort 2026 & 2027: Mr. Willett

Post-Secondary Supports:

Mr. Moore

College Access Program Specialist-CollegeBound Foundation-

Mr. Lehecka

School Social Workers:

Dr. Anthony Sills

Ms. Compagnone

Student Wholeness Specialist:

Mrs. Brock

Ms. Carter

Community School Coordinator:

Mrs. McKinney

Assistant Principle:

Mr. Baskerville

Other Wellness Team Members:

Mrs. Lewis

Mr. Harried

Ms. W Smith

Ms. Shanel Johnson-Bennet

Mr. Baugh

Major Hall

Mrs. Matthews

School Administration

Dr. Gresham: Principal

Ms. Stubbs (9th): Assistant Principal

Mr. Baskerville (10th & 11th): Assistant Principal

Mr. French (12th): Assistant Principal

IN NOVEMBER, WE CELEBRATE AND RECOGNIZE



HUNGER & HOMELESSNESS AWARENESS WEEK



Many Americans are living on the edge, forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor.

In the U.S., **more than 42 million** are at risk of suffering from hunger.



Worldwide
795 million

people do not have enough to eat
767 million
people live on \$1.90 a day or less
6

children die each minute of a hunger-related disease

65.3 million

refugees have been driven out of their homes



43.1 million

Americans live below the poverty level
549,000

are homeless on a typical night

42 million

are at risk of suffering from hunger

1 in 5

children live in poverty



A 2015 survey of students at the UC system found that **42% of students** were food insecure, meaning that they lacked reliable access to sufficient amounts of affordable, nutritious food.



Transgender Day of Remembrance

On November 20th, we remember and honour transgender people from around the world whose lives have been lost to



Happy
**VETERANS
DAY** 11th
Nov



RESOURCES

#Social Work | Wellness

NAMI METRO BALTIMORE

MENTAL MONDAYS

IN WEST BALTIMORE



COMMUNITY YOGA

OCT. 23
NOV. 13
DEC. 11
1pm - 3pm

**31 S. PAYSON ST.
BALTIMORE, MD, 21223**



-PATAPSCO HIGH SCHOOL & CP

Food Pantry

AND CLOTHING CLOSET
2023

IN THE CAFETERIA!

8100 Wise Avenue Dundalk, MD 21222

Student Entry: 2:30 - 4:00

Community Entry: 2:45

September 7 & 21

October 5 & 19

November 2 & 16

December 7 & 21

Holy Temple Cathedral Church

FREE FOOD, PRODUCE & PAMPERS

2nd WEDNESDAYS (Monthly)
September 13thOctober 11thNovember 8thDecember 13th
1:00 p.m. Until food is gone
135 Stepneys Lane, Edgewater MD


Rev. Wilbert L. Baltimore, Senior Pastor**** 135 Stepneys Lane, Edgewater MD 21037 **** (410)266-7946
holytemplecathedral@gmail.com www.holytemplecathedralchurch.org

ADDITIONAL RESOURCES

References to suicide are to be taken seriously. Students displaying evidence of self-harm (cuts, burns, etc. that appear to be self-inflicted), verbal hints such as "I won't be a problem much longer," "I just want to disappear," and "You'd all be better off if I wasn't around;" threats to self or others such as "I want to take my life" or "I want someone to take my life," writings related to making plans, efforts towards suicide and notes referencing dying such as "The road is at the end/There is no way back." Immediately refer the students to Dr. Sills, Ms. Compagnone, or Ms. Wheaton. After 3:45 pm, school police are to be contacted by calling 410-396-8588

Students experiencing other mental health issues:

Please complete a referral form. Once completed, the form should be emailed to the school social worker:

Dr. Sills amanthonysills@bcps.k12.md.us

https://docs.google.com/forms/d/e/1FAIpQLSea_jQhtgWXdlwsqkpK1oOMAR6ZOxvmQwK2S_QpQ54_BVXIrlaQ/viewform?usp=sf_link

Baltimore City Child Protective Services

410-361-2235

Human Trafficking Resource Center

1-888-373-7888

Bullying

Baltimore Crisis Response (24/7)

410-752-2272

410-433-5255

Suicide Prevention Lifeline

988

Sheppard Pratt Crisis Center

M-F 10 am-9 pm

410-938-5302

Community Resources

Charmcare.org

211MD.org

866-529-8063

Single Adults- Weinberg Housing & Resource Center

443-824-5326

Pinderhughes Emergency Women's Shelter

410-241-3392

Greenspring Emergency Men's Shelter

443-542-8558

HEBCAC Nest Youth Shelter

(Youth ages 18-24)

410-759-8374

Sarah's Hope Shelter at Mount Street (Families)

410-982-0845

Do you or someone you know need access to housing in Baltimore City?

Baltimore City Emergency Shelter Hotline
443-984-9540