



BAM NEWS

Good Afternoon Brambleton Students, Parents, & Staff,



I hope you all have enjoyed your Memorial Day Weekend! I would like to take a moment to recognize and honor those who have served and sacrificed!!

Thank you for your service and sacrifice!

It is hard to believe that we only have 9 days of school remaining! Please make certain that your student is working with teachers to get work in and make up any assignments.

There are a few important announcements below as we close out the year!



Health Office at Brambleton Middle School

The Health Office at Brambleton Middle wants to remind you that if you provided any medications or supplies to the Health Office for your student for the 2018-19 school year, they must be picked up for the end of the school year. Medication/supplies may be pick-up anytime from now until the end of school during school hours, and no later than noon on Tuesday, June 11th. Medications that are not picked up by noon on Tuesday, June 11th will be discarded since we cannot store medications over the summer.

Thank you—Nurse Kelly





Message from our PTSO & 8th grade

8th Grade End of Year Celebration

Theme: Beachy

When: Friday, June 7 from 1 to 3

BAM PTSO donations will supply pizza, Chic-Fil-A, Slushees, popcorn, decorations & entertainment

Please use the links below to make a donation and/or sign-up to help out with some snacks.

Donation of Cash (suggested \$20 per student): <http://brambletonms.my-ptso.org/content.asp?PageID=6>

Donation of Goods: <http://brambletonms.my-ptso.org/content.asp?PageID=2>

Questions? Contact presbampsto@gmail.com

Your support and generosity are greatly appreciated!

BAM PTSO 8th Grade Party Chair, Rebecca DiDona

#CLIMBTogether



PARENT LIAISON CORNER: Opportunities to Give Back

Grocery Store/Walmart/Target Gift Card Collection

As the summer approaches, Brambleton Middle School is collecting grocery/Walmart/Target gift cards for our families in need to help them out with food and other items over the summer months. If you can donate a gift card or two (preferably in \$25 amounts, but we'll accept all amounts), it would be greatly appreciated. You can send them to school in an envelope to Lauren Dauphinais, Parent Liaison, by Friday, May 31.



Dulles South Food Pantry – A SIMPLE GESTURE Food Collection Program

For those of you that want to give back but are not sure how or can't find the time, a new program was recently launched at the Dulles South Food Pantry. A SIMPLE GESTURE is a door-to-door food collection program that provides non-perishable food to the Pantry. They provide a cool green bag to those who would like to participate... you fill it up every other month and DSFP volunteers pick it up from your house and deliver it to the Pantry. The next pick up date open to new families is Saturday, August 3, 2019. Please visit <https://dsfp.org/asimplegesture/> to learn more and sign your family up!



Bear Counselor Corner:

Counselor's Corner

Hello, BAM Bear Families! As the 2018-19 school year comes to a close in under ten school days, we would like to remind you that this week students will be continuing to work diligently to complete final assignments for the fourth quarter, and if required or qualified, they will be participating in make up SOL testing and/or expedited retakes. Therefore, their regular attendance at school and your support with continuing their typical school routine (ie. completing assignments, utilizing time management and organizational skills, and remaining focused) is essential. Please know that If your child will have to miss any school days at the end of the year, we ask that you promptly use the attendance line or online attendance reporting form, contact your child's teachers and let your grade level counselor know as well. We are looking forward to being able to continue working with you to make sure our students finish out this school year triumphantly!

As a reminder, we would also like to mention that our second and final School Counseling Advisory Council meeting for the current school year will be held this week on May 30th right after school from 3:30 PM- 4:30 PM. The counseling department will be sharing our results from our program goals for the year, reviewing data, and discussing plans for next year. Parents that weren't able to make our first meeting are still welcome; please just be sure to RSVP to your child's school counselor by Tuesday, May 28th if you would like to attend.

As many of you now know, May is National Mental Health Awareness Month, and in observance and celebration of this month, each week the counseling department has shared numerous suggestions on how you can help your child practice healthy ways of dealing with their stress and anxiety. To finish out this month, this week we will share about how you can help your child build a "stress survival kit!" Evidence-based research has suggested that

discussing common problems and developing techniques to deal with stressors can help prevent stress from developing into anxiety and depression (adapted from *G.I.R.L.S. Group Counseling Activities for Enhancing Social and Emotional Development*). As a trusted adult in your child's life, you can help lead this important discussion with your child and help him/her build a "stress survival kit" using the following steps:

1. Ask your child to talk with you about different stressors in his/her life. You can instruct him/her to brainstorm and write down each different stressor in his/her life on separate index cards.
2. Brainstorm and collaborate with your child to develop a list of ways he/she can help prevent or deal with each of his/her stressors. If you have had him/her write the stressors on index cards, you may have him/her add the coping strategies you have come up with on the opposite of each card.
3. Provide or help your child create a special but accessible place (ie. personal envelope, shoe box, decorated folder, etc.) to keep his/her index cards and coping strategies. This is going to be his/her special stress survival kit to use as a reminder of what to do when a stressor arises.
4. To build on this activity, you may build your own stress survival kit alongside your child and/or share your own stressors and related coping strategies. This may serve as an important relationship-building opportunity and help reaffirm that you are a trusted adult they can come to, talk and relate with about stressors in life.

As always, please remind your child that it is okay to reach out for help when they are feeling overwhelmed and need to talk. If you are having concerns about your child please feel free to reach out to your child's counselor for support and additional resources.



Renée M. Dawson