



# The Perseverance Press

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## We need your HELP!!

We are coming up on the winter break. In fact we only have seven (7) more days until we can spend countless hours with family and friends. However, we must get through the seven days before that can happen. We have notices over the years that attendance begins to drop just before the intercession breaks. We need your help to make sure that doesn't happen this time. All scholars need to be present each and every day before the intercession because instruction will still be taking place. Skills will be introduced and worked on so that scholars can become proficient. We are currently in our testing season and we need all scholar present so that they can participate in the scheduled testing. Please ensure that your scholar is present and ready to meet with success.

## Core Value

December's core value is honesty. Honesty is taking responsibility for your actions without making excuses for them. Honesty is telling the truth no matter what. People who demonstrate honesty also demonstrate integrity. We are asking all scholars to work on being honesty no matter the situation. It is our goal that all scholars will have integrity. Please have an

## Upcoming Events

**December 4**

Half day for students

**December 12**

Student ID Photo Day

**December 13**

House Meeting

**December 20**

Winter Intercession begins

**January 6**

School reopens

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## Did You Know?

Brain size varies slightly from person to person with men generally having slightly larger brains than women. In general, people with larger body size simply have larger brains.



## Perfect Attendance

The following scholars are being celebrated for having perfect attendance for the month of November:



William Ellis, Jr. (5-1)

Rah'Myah McNeil (5-1)

Kohdey Curbean (5-2)

Jayden Baker (5-3)

Rashad Hosein (5-3)

Josue Komla (5-3)

Zyi'on Lyles (5-3)

Sariyha Chance (5-3)

Jontay Chase (5-3)

Inaya Harris (5-3)

We would also like to salute the parents/guardians of these scholars. We say "Thank You" for sending your scholars to us every day on-time. Our list is very short this month. We look forward to this list being much longer in December.

## Parent Tips

We are in a time where scholars are dealing with much more than academic failure. They are now dealing with trauma, ADHA, anxiety disorders, depression, and much more. In the next few newsletters, we will offer some helpful tips on how to help your scholar or family member through their trying times. We will focus on trauma in this edition.

Trauma is a dangerous, frightening, and sometimes violent experience that is often sudden. It is the normal reaction that occurs in response to an extreme event. It can happen to one family member or a whole family. Examples of trauma are violence, fire, homelessness, and a natural disaster.

Some signs and symptoms include but are limited to thinking about what happened, aggression or irritability, body aches, having trouble in school, nightmares or difficulty sleeping, trouble concentrating, and refusing to go to school. It's important to get help if your scholar or someone you know are showing signs or symptoms after trauma.

Some recommendations are learn more about trauma, get help from a trauma expert, and be involved in the effected person's health. Also, tell the person they are safe, talk to the person about their feelings and fears, go back to a normal schedule, and spend extra time with that family member or friend. For more information on trauma, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)