

The Perseverance Press

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Closing Exercise!!

On Tuesday, February 4, 2020 all 5th grade students, instructors, and administrator met and had an in-depth discussion about the criteria for the closing exercise. Students were given this criteria in writing and asked to have a discussion with you about it. If you didn't receive the document, please reach out to your scholar's homeroom teacher to get a copy of it.

Core Value of the Month

The core value for the month of February is compassion. Compassion is defined as helping others who are hurting. In our everyday life this core value is missing. Instead of people helping each other they are hurting each other. Please assist us in instilling this much needed but missing value in our scholars. Have frequent talks with them about the value, what it means, what it looks like, how they can exhibit it in their everyday life, and what they did on that day to exhibit compassion.



Upcoming Events

All Month

Black History Month

February 6

Honor Roll Breakfast

February 18

PTO Meeting - 4:00 p.m.

February 20

Black Excellence Gala

February 21

Parent Meeting and

Workshop

February 24

Read Across America Week

Did You Know?

On February 5, 1972 Bob Douglas was the 1st African American to be elected to the Basketball Hall of Fame.

American Revolution. Throughout the month we will also focus on the pioneers of Black History who have made contributions in the fields of Science or in society. To support your scholar, discuss with them any important figures of Black History that you deem fit.

Perfect Attendance



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

Terron Bundy (5-2)

Dashuan Hill (5-2)

Isaiah Jones (5-2)

Jahshua Pittman (5-2)

Patrick Schaffer, III (5-2)

Camren Wright (5-2)

Kenya Young (5-3)

I'naya Harris (5-3)

Rah'myah McNeil (5-2)

William Ellis (5-2)

Adrien Finney (5-1)

Naim El-Amin (5-1)

Fidelis Achinanya (5-1)

Khalil Loudon (5-1)

Noah Raheem (5-1)

Steffany Shields (5-1)

Damon'Trey Spivey (5-1)

Hats off to these scholars and parents for making it to school every day and on time. We are looking for this list to grow every month.

Parent Tips

We are still discussing the mental health of our scholars and what we can do to assist them so that they can live a productive life. We will focus on Anxiety Disorders in this edition.

Anxiety is a normal reaction to stress, but if the child's anxiety becomes excessive, irrational and he/she avoids feared situations that interfere with daily life, it may be an anxiety disorder. Anxiety disorders are the most common type of mental health disorders in children, affecting nearly 13 percent of young people. Overall, nearly one quarter of the population will experience an anxiety disorder over the course of their lifetimes.

There are three (7) types of ADHD: (1) Panic Disorders – unpredictable panic attacks and an intense fear of future attacks; (2) Specific Phobias – intense fear reaction to a specific object of situation (such as spiders, dogs, or heights) that often leads to avoidance behavior; (3) Social Phobia

– extreme anxiety about being judged by others or behaving in a way that might cause embarrassment or ridicule and may lead to avoidance behavior; (4) Separation Anxiety Disorder – intense anxiety associated with being away from caregivers and results in youth clinging to parents or refusing to do daily activities such as going to school or sleepovers; (5) Obsessive-Compulsive Disorder (OCD) – individuals are plagued by persistent, recurring thoughts (obsessions) and engage in compulsive ritualistic behaviors in order to reduce the anxiety associated with these obsessions; (6) Post-Traumatic Stress Disorder (PTSD) – three main symptoms are reliving a traumatic event, avoidance behaviors and emotional numbing, and physiological problems such as difficulty sleeping, irritability or poor concentration; (7) Generalized Anxiety Disorder (GAD) – experiencing six months or more of persistent, irrational and extreme worry about many different things, causing insomnia, headaches, and irritability.

Children and adolescents with anxiety are capable of leading healthy, successful lives. If anxiety is left undiagnosed, youth may fail in school, experience an increase in family stress and disruption, and have problems making or keeping friends. To avoid these harmful consequences, early identification and treatment are essential.

Some strategies to use at home are: (1) be predictable; (2) provide support and comfort, remembering to encourage all of the child's efforts; (3) Never ridicule or criticize the child for becoming anxious. Although there may be no logical danger, these feelings are real for the child; (4) While avoiding coercion, break up fearful tasks into smaller, more manageable steps; (5) Avoid constantly reaffirming to your child that everything will be okay. It is important that he/she learn that they are capable of reassuring themselves and devise ways to do so; (6) Do not attempt to eliminate all anxious situations for your child. Children with anxiety disorders must learn that it is normal to experience some anxiety; (7) Create a mutual plan with the child to address their needs, letting them set the pace for their recovery. For more information on Anxiety Disorders, please visit www.ChildrensMentalHealthMatters.org.

