



The Lawrence Road PTSA Presents

THE LANCER FAMILY BULLETIN

2018 - 2019 LRMS PTSA Executive Board

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WELCOME BACK!

We kick off the 2018-2019 school year launching our first Lancer Family Bulletin! We will be sharing nuggets of information researched and compiled for our readers.

Last year we transitioned from a PTA to a PTSA. Students are invited to attend PTSA meetings the 2nd Wednesday of every month. This gives our students a greater voice to effect change.

We also shared our cultural diversity through our Multicultural Celebration, which brought us all together for a festive and educational program.

It was a challenging, yet rewarding 2017-2018 school year filled with engaging and meeting and events. Our participation in these events culminated in the LRMS-PTSA receiving the Uniondale School District PTA Council's Most Valuable Team Award Trophy and Certificate.

Teaming with faculty and administration to create an environment that is cohesive and inclusive is a goal that we succeeded in accomplishing. Parental involvement is crucial to the success of our students and school community.

Please join us on October 17th at 6:45pm for our open PTSA meeting. Our guest speaker on the topic of School Initiatives is our esteemed principal, Mr. Dexter Hodge who will be joined by our administrative team.

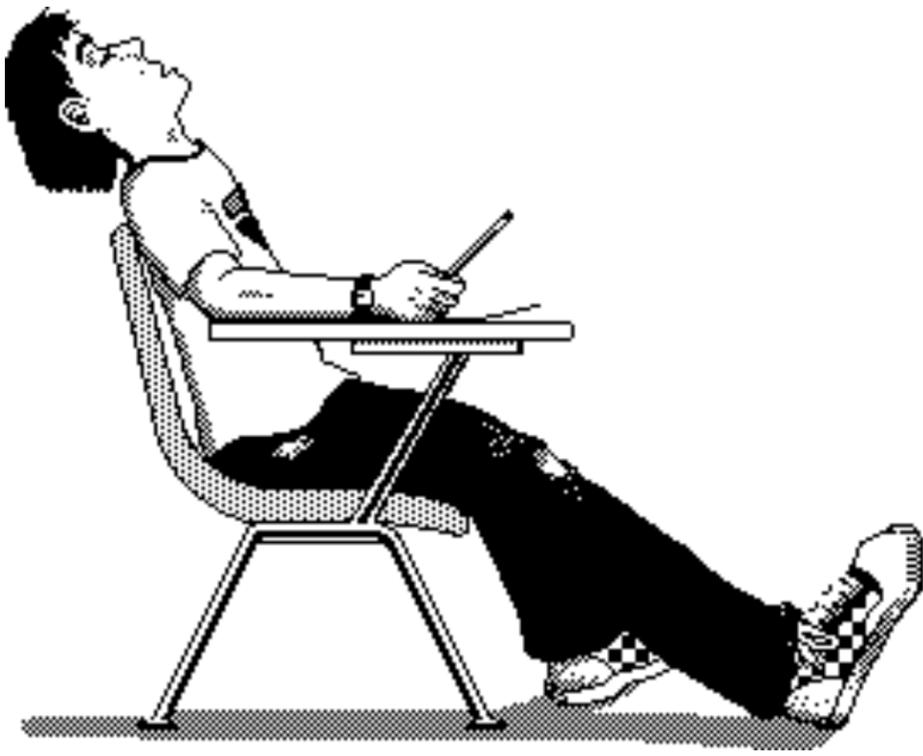
Please check the district calendar for future meeting & event dates.

WE NEED YOU - YOUR CHILD NEEDS YOU. Together we are driving force.

ONE VOICE FOR EVERY CHILD.

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Help Your Teen Get Back Into the Routine

Tips on how to help your child adjust back to a school sleep schedule after summer break.

It's no secret that sleep is an important part of our overall health. It is even more important for our youth to be receiving the proper hours of sleep each night. The National Sleep Foundation recommends that middle school aged children receive between 9 and 11 hours of sleep every night. Between our teen's activities, summer sleep schedules and their addictions to electronics, most of our children do not get the recommended amount of sleep every night.

We live in such a sleep

deprived society that a lack of sleep is almost considered normal! However, the effects of sleep deprivation can be devastating. Lack of sleep can trigger aggression, mood-swings, increased risk of injuries, mental foginess, anxiety and even depression. Even as adults, we tend to be grumpier when we are tired. The effects are magnified in teens.

It is true that some people seem to function normally with very little sleep. Some may binge sleep on the weekends to "catch up" on

lost sleep. These methods are not the healthiest. Most teens are not resilient enough to function for long periods of time while being sleep deprived.

Having a sleep schedule is crucial in helping your teen have healthy sleep habits. **Remember that being sleep deprived is not a normal part of growing up.** But, finding ways to help your teen add more hours to their rest may prove to be difficult. Here are six tips to help your teen get more sleep and get ready for a school sleep schedule.

- 1. Don't wait until school begins** - Start to wake your child up a little earlier each day starting at least a week before school starts.
- 2. Start with baby steps** - If your child has been sleeping until 10 everyday this summer, don't expect them to easily wake up at 6:30. Start with waking them up a half an hour to an hour earlier.
- 3. Keep your child active** - This is the time to make sure your child's day is packed with activities. You can either assign them cleaning tasks around the house, get them into some form of activity or exercise, or even give them a full day of roaming around the mall. Anything to get them up and moving.
- 4. Shut down electronics** - The light and stimulation from phones, tablets and tv's can prevent sleep. Give your teen advance notice at night that it is almost electronics shut down time. For example, if your child usually goes to bed at midnight, have 11pm be your shutdown time. Remind them of this at 10:30 or have an alarm set on their phone to alert them. This gives them time to finish up any text conversations or games.
- 5. Create a nighttime routine** - The days of warm baths are long gone. With a teen, a nighttime routine may consist of their own skin routine or short workout.
- 6. Charge electronics in another room** - Teens have the tendency to text, play games and scroll social media all night long. Charging electronics in another room solves this problem

Is English Your 2nd Language?

If you or your child are English Language Learners then you need to know your rights.

The New York State Education Department's Office of Bilingual Education promotes having an informed community of parents and guardians. One way in which they ensure this is through the **English Language Learner Parents' Bill of Rights**. The purpose of this bill is to keep families aware of their educational rights such as access to translators at critical school meetings, the right to enroll your child without being asked to provide proof of citizenship, the right for your child to receive support services, such as AIS, and much more.

The Bill of Rights can be accessed at NYSED.gov. It is available in 9 languages including Spanish and Haitian Creole.

🍏 THE LANCER LUNCHBOX 🍏

Recipe of the Month: Ham & Cheese Muffins



These creamy breakfast muffins take only 10 minutes to prep, 30 mins to cook and will last your teen a whole week!

The most important meal of the day has become the most skipped meal of the day. Reports state that as many as 30% of teens do not eat breakfast. Breakfast provides the needed energy for our children to remain focused and attentive during the school day. One study from the Northern Ireland Centre for Diet and Health found that teens who ate breakfast were better able to pay attention and perform memory tasks. They also showed better concentration during class, which can improve school performance.

Thankfully, LRMS offers breakfast at school to help students get their morning energy boost and nutrition, thereby enabling them to focus during the day. But, if your child prefers to eat breakfast at home, here is a recipe to satisfy their morning hunger. You can prepare these on a Sunday and you will have breakfast-to-go for the week.

Ingredients

- 2 eggs
- 3 cups Original Bisquick mix
- 1 cup milk
- 2 tablespoons vegetable oil
- 4 ounces of shredded cheddar cheese (or cheese of your choice)
- 3/4 cup chopped, fully cooked ham

Instructions

- Preheat oven to 400°F. Spray the bottoms and sides of 12 regular size muffins cups with cooking spray
- Beat eggs slightly in a medium bowl with a fork. Stir in the Bisquick mix, milk and oil until all is moistened. Stir in 3/4 cup of the cheese and the ham. Divide the batter evenly amongst the muffin cups. Sprinkle the remaining 1/4 of cheese evenly over the top of the muffins.
- Bake for 18 to 20 minutes or until light golden brown. Immediately remove from pan. Serve warm. Wrap and refrigerate remaining muffins.



Dear Lawrence Road Middle School Families:

Welcome to the 2018-19 school year! I hope you enjoyed a summer vacation filled with fun and exciting memories with your loved ones. We were thrilled to welcome all of you back to a new school year of learning and growing.

Personally, I am grateful and elated to continue this journey with you as your Principal. Over the past years, I have had a chance to meet many of you and your children, and look forward to building a strong relationship with all of you in the upcoming year.

Each year brings positive change. This includes a few additions to our staff. We are delighted to welcome Leigh Sumter former LRMS student and teacher as our new Assistant Principal. We also welcome former LRMS student Jeremy Hoyte as our new Guidance Counselor. In addition, we have two new science teachers, Vanessa Martinez and Danielle Bergh. We welcome our new staff and look forward to a positive and productive school year.

As we enter this new school year, I want to let you know that our staff will be engaging in conversations around strengthening our positive school culture and climate. We will be implementing Restorative Justice Practices which include building relationships through Justice Circles in our classrooms and developing practices to amend relationships that have been broken. We believe that every person in this building should always be growing and learning. Despite obstacles that may arise, we must always believe in our ability to rise above challenges and come out stronger on the other end.

We are excited about our new STEM class where Robotics, Coding and new concepts in 21st Century Technology will be the focus. Students will have the opportunity to participate in various afterschool clubs, which includes our new Auto Motive Program led by Mr. Dave Vallon.

As always, our primary focus is to ensure that all of our scholars receive the best education in a safe and nurturing learning environment. Student progress will be carefully monitored and a progress report will be mailed out every five weeks. Parents and guardians we ask that you help us by also monitoring your child's progress. Make sure that they are reading every day. Review their classwork and homework assignments and stay in touch with your child's teachers and guidance counselor.

I am honored to serve as principal of Lawrence Road Middle School. It is truly a privilege to be a part of a community where parents, teachers and students care for each other and strive to build positive relationships that support academic and social growth. Please visit our school or feel free to contact my office if you have questions or concerns of any kind.

Once again, welcome back! Let's make it another great year at Lawrence Road Middle School!

Sincerely,

Dexter Hodge

LRMS Principal



- October 15th**
- October 16th**
- October 17th**
- October 29th**
- October 30th & 31st**

- Student Paint on Canvas @ 3:15pm - LRMS**
- Board of Education Meeting @ 7pm - UHS**
- LRMS PTSA Open Meeting @ 6:45pm - LRMS Library**
- Paint on a Wine Glass @ 6pm - Parent Event LRMS**
- LRMS Picture Day**