

Henry C. Beck MS Weekly Newsletter

January 14, Vol 1 Issue 14

BOBCAT COMMUNITY

A Brief Message From the Principal's Desk..

Dear Bobcat Community,

On Monday, our nation and community will honor the legacy of Dr. Martin Luther King Jr. by participating in MLK Day of Service. MLK Day of Service has been celebrated for nearly 30 years with one of the largest events taking place here in the regional Philadelphia area. Some of our Beck community members including teachers, teams and individuals will participate in local community service projects and events.

Next week's newsletter will feature some of these activities.

- photo credit <https://foundationforfosterchildren.org/events/2018-mlk-day-service/>



If you and your family are looking for a local service opportunity for Monday (and beyond), please visit <https://mlkdayofservice.org/> or https://www.jerseycares.org/MLK_DAY.

Next year, Beck is committed to supporting and organizing community service activities not only for MLK Day of Service but also throughout the year. We'd love to hear suggestions from you about community service opportunities that align with our Core Values/Character Education traits of Respect, Responsibility, Integrity, Perseverance and Compassion. Look for an opportunity to share your ideas later this spring.

PTSA News

- Thanks to all of those that participated in the Dine and Donate event at Pat's Pizza of Marlton on Thursday evening.
- Check out the [Beck PTSA January Newsletter](#) and be sure to join them at their winter PTSA meeting on Wednesday, January 18 at 7:00pm.

Thanks and have a great weekend!

All the Best,

Ms. M

Welcoming New Staff!

Please welcome **Mrs. Jen Frisella, Science Teacher for Team 8!** Mrs. Frisella began on Tuesday and we are excited to have her here. Next week's newsletter will feature her introduction to our whole community. Parents of students on Team 8 will receive an email next week where Mrs. Frisella will introduce herself and share her expectations and goals for the class.

Please welcome **Christopher Norris as our temporary Music Teacher & Band Director** for Mr. Marr. Our band program is very fortunate to have him fill Mr. Marr's duties until the end of March. Mr. Norris was formerly the director of the Moorestown High School band program for over 20 years where he directed multiple ensembles and taught a variety of music classes including AP Music Theory. Mr Norris is also a professional musician and private music instructor in the area. We are grateful to have him here!

Please welcome **John Lewis** and **Tiffany McCray**, education support professionals for Room 42 and Team 5 respectively!

Counselors Corner - January Edition!

Counselor's Corner January Newsletter



Mrs. Arnao- 6th
Mrs. Santos-7th
Mrs. Franzosi-8th

Website- Beck Counseling Corner (google.com)



National Mentoring Month

January marks the celebration of a national mentoring movement coordinated by Mentoring.org. This month-long awareness amplifies the power of relationships.

Mentoring also includes a wealth of benefits for both the mentor and the mentee.

- Improves confidence
- Develops communication skills
- Exposes participants to new experiences
- Improves goal setting
- Improves listening skills
- Develops organizational skills

Happy Healthy Kids Tips:

6 Simple Ways To Help Kids Manage Emotions

LISTEN
Ask about their feelings and help them feel heard

CO-REGULATE
Practice calming strategies right alongside them

GIVE SPACE
Allow time and space for them to get back on track

DISTRACT
Talk about favorite hobbies to give mental separation for a few minutes

DRAW or WRITE
Draw or write to express feelings, thoughts, and needs

PROBLEM-SOLVE
Come up with solutions for the challenge together

Links to check out:

6 Steps for Helping Your Child Handle Emotions - iMOM
Beating the winter blues | NHS inform

Upcoming Dates:

School Closed- Jan. 6
Martin Luther King's Birthday- Jan. 16



Winter Blue Tips:

SIX TIPS TO COMBAT THE "WINTER BLUES"

Stay active!

Eat healthy!

Stay social!

Use lights to mimic sunshine

Have fun!

Open up about your feelings!



Lets Connect:

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bsantos@chclc.org
mfranzosi@chclc.org



STAY PAWSITIVE 🐾

What's Up Next Week?

[Beck Activities Calendar](#)

(linked to our calendar)

Monday, January 16 - School Closed for MLK Day

7th Grade Science Field Trip -

- Tuesday, January 17 --> Team 4
- Wednesday, January 18 --> Team 5
- Thursday, January 19 --> Team 6

Tuesday, January 17 - Picture Retakes

Tuesday, January 17 @ 7pm - East Academic Open House for 8th graders (VIRTUAL)



Wednesday, January 18 @ 8am - 8th grade Panoramic Picture

Wednesday, January 18 @ 7pm - Beck PTSA Meeting

Wednesday, January 18 @ 7pm - Cherry Hill West Open House for 8th graders (at West)

Thursday, January 19 @ 7:30pm - Chorus/Orchestra/Jazz Band Concert

Thursday, January 26 @ 7pm - DiscoverEAST for 8th graders (at East)



Fast forward to February 3-5 for the Cherry Hill West Children's Show - Flyer attached!



About Us

 @HenryCBeckMS

Attendance: If your student is absent or needs an early dismissal, please just email Beck Attendance at BeckAttendance@chclc.org.

 950 Cropwell Road, Cherry Hill, ...  856-424-4505

 chclc.org/Domain/21



Homework_ Bridge .pdf

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188.7 KB



Cherry Hill West Children's Show Puffs Flyer.pdf

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