

7th Grade Newsletter

SEPTEMBER ISSUE

A MESSAGE FROM MR. BOATENG

Class of 2026,

Congratulations on successfully completing the first month of school. I am extremely proud of your tireless effort and commitment to navigate, engage, and persevere in this virtual learning environment during the pandemic. Being a responsible student in this environment is not easy. I know you miss the teachers and friends, and I am certain they miss seeing and being with you as well. This experience is hard for all of us; however, I know and believe that what does not break us, only makes us better and stronger in the long run. I am really encouraged by the positive attendance, your daily participation in discussions, and most importantly your active submission of completed assignments. Remember, that although we may not be physically interacting with you, you are always on our hearts and minds. If you are struggling with your work or going through a personal/family challenge, please do not hesitate to reach out to your teachers, school counselor, social worker, or myself. We are ready and waiting to support anytime you are in need. Don't forget that September 15-October 15 is Latino Heritage Month. Take some time to learn and celebrate this month. The more we learn about the rich cultures and people in our country, the more accepting and appreciative we will be of one another in this great melting pot/nation we call the United States of America. Special congratulations to the RAP STARS and STUDENTS OF THE MONTH for the month of September. To honor your achievement this month, we will be sending you a certificate and a Pizza Hut gift coupon to your Schoology account. You all ROCK! Until we meet again, stay safe and healthy.

Eric Boateng

Assistant Principal

RAP STARS OF THE MONTH

The following students were selected by the 7th grade team as students who exceeded expectations by demonstrating our monthly PBIS virtue of perseverance! Keep up the great work!

Marissa De Barros

Vincent Bello
Victoria Siewe
Daniel Williams
Elizabeth Emmanuel
Fade Sinaayo
Winter Lovelist
Christopher Williams
Love Tamukong
Kal- El Merraro
Jaelyn Coles
Turon Stansbury
Tameira Williams
Dayon Cloude
Kimberly Chicas
Zacci Butler
D'Maiya Atkins
Emmanuel Ekenki
Gia Scruggs
Aiden Clark
Da Leah Hunt
Eric Griffin
Aniyah Lewis
Eydan Osorio
Angel Goodwin

STUDENTS OF THE MONTH

These students were selected by the 7th grade team as having outstanding academic progress and achievement during our first month of virtual learning! Keep up the great work!

Precious Abenh
Connor Butler
Tyra Dutton
Drew Taylor
Briana Rodriguez
Praise Ismail
Nevaeh Colbert
Chikemka Kingdom-Kwankwoala
Christian Gayles
Taylor Hopkins
Robert Jackson
Malia Parker
Ne'khi Carpenter-Lawson
Zoe Couser
Eniola Aderibigbe

Peyton Blackwell
Quentin Kellam
Favour Babatunde
John Lucas Marthins
Anise Lawson
Uzochi Njoku
Linda Mgar

QUARANTINE PICS



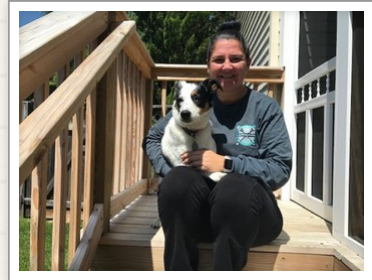
MS. JANNEY'S QUARANTINE

Ms. Janney spent quarantine with some of her four legged friends!



MR. BARTON'S QUARANTINE

Mr. Barton spent time outdoors, kayaking on the Potomac River!

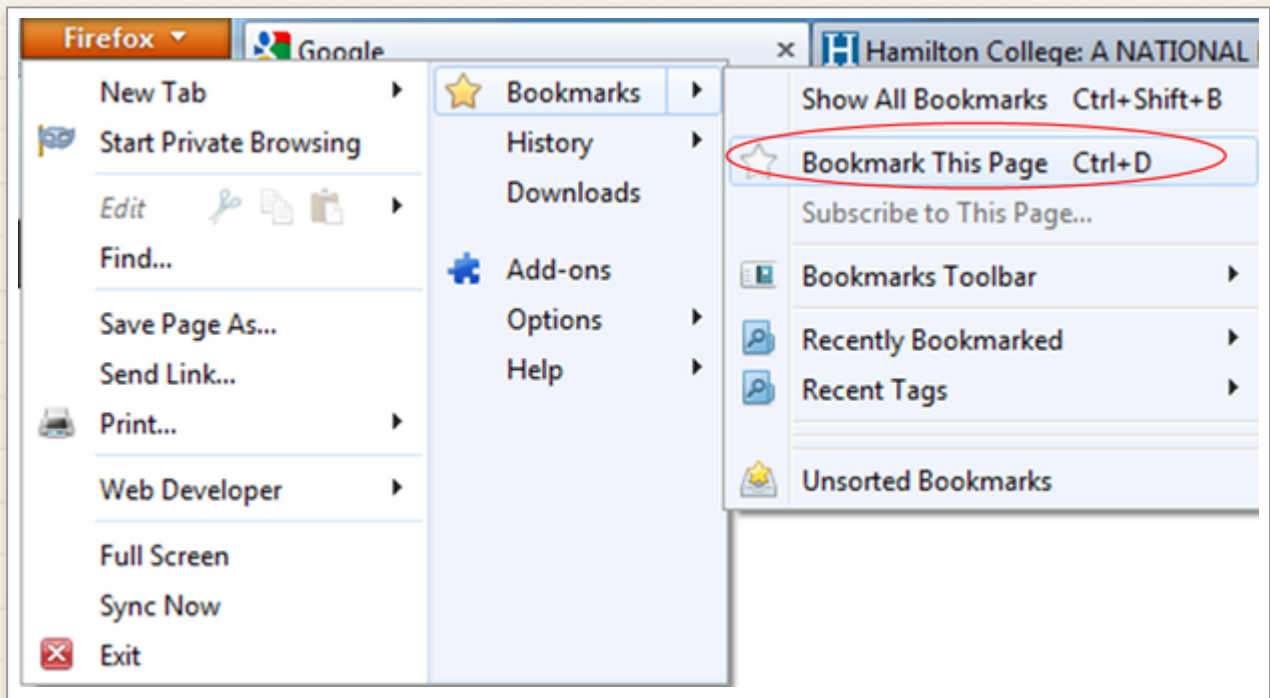


MS. MADGAR'S QUARANTINE

Ms. Madgar spent time outside with her dog, Nala!

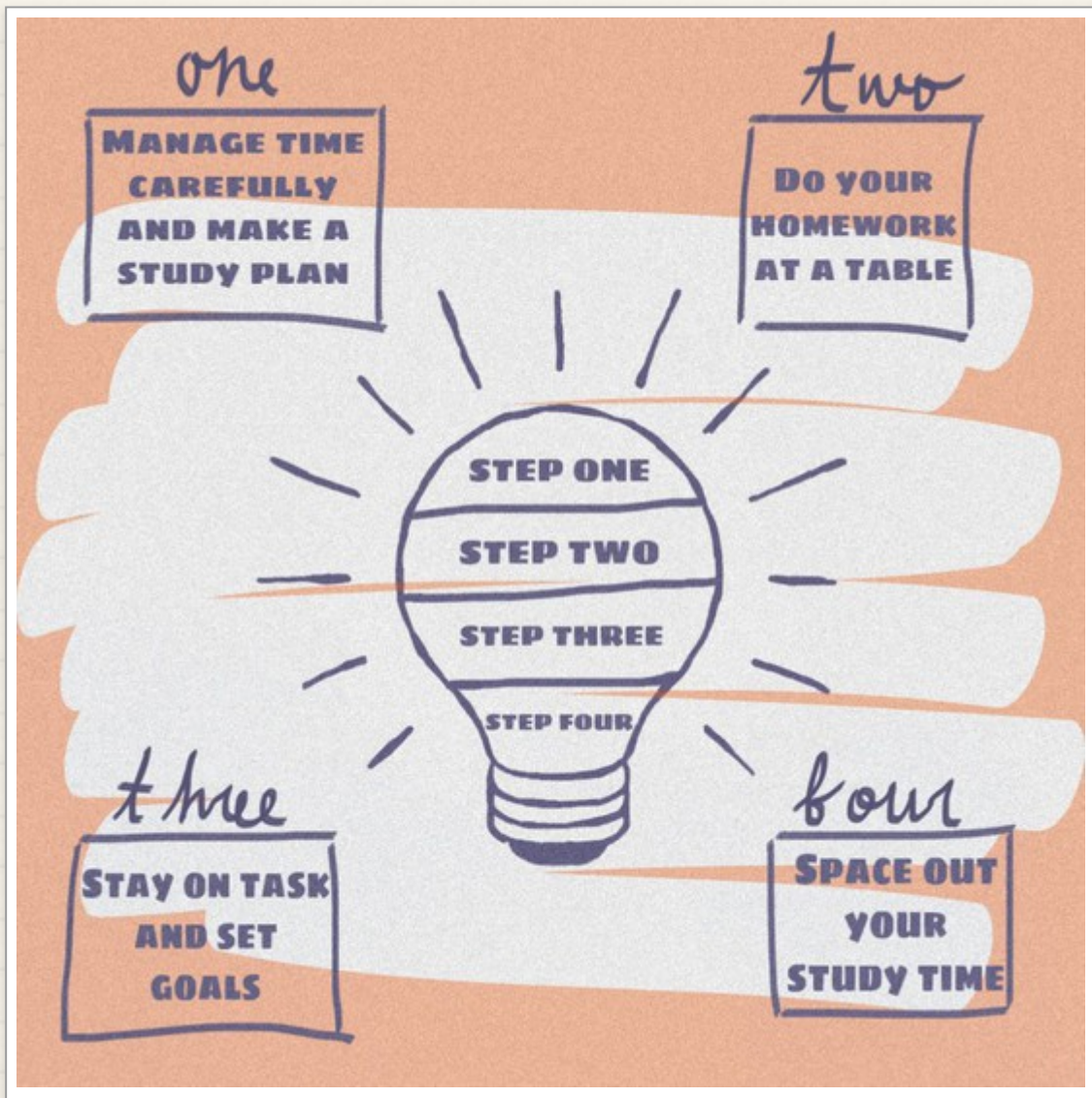
TECH TIP OF THE MONTH

Follow these steps to bookmark frequently used websites!



STUDY SKILLS TIP OF THE MONTH

Here are some study skills that you might find helpful!



WELLNESS CORNER

Ms. Joyner's Wellness Tip of the Month: Positivity

Did you know that positive thinking helps reduce stress and improve your overall health? When we experience challenges, it can be easy to engage in negative self-talk. Here are some ways to increase positivity and decrease negative thinking.

1. **Practice gratitude** daily by acknowledging the things you are thankful for and appreciate in life
2. **Practice positive self-talk and affirmations** by speaking positivity to yourself each day. Saying to yourself, for example, "I know that I have what it takes to be successful."
3. **Surround yourself with positive people** including those who encourage you, have a positive influence, and support you during hard times.

CULTURAL SPOTLIGHT

National Hispanic Heritage Month (September 15-October 15) honors the cultures and contributions of both Hispanic and Latino Americans. This month we celebrate the rich

cultural heritage rooted in all Latin American countries. To learn more about Hispanic and Latino culture visit this interactive google presentation:

https://docs.google.com/presentation/d/1eKu9_uEjozv6_sHpxrwtqKDEWaK6h2Qd1ZgLkVvUGAk/mobilepresent?slide=id.g91309d972b_0_119

