

Borel Bobcat Blast #16

2 files • Katherine Russell • about 2 months ago • Thursday, Nov 17 at 5:00 PM • **Borel Middle School**



Bobcat Blast Newsletter #16

November 17, 2022

Attendance: 650-312-

7669

Principal Message: Grateful thoughts & congratulations

School News

Student Achievement: Before School & After School

Homework Club, Stay tuned for Math meetings

Wellness: Student & Parent Reminders before we go on break, Running Club, Health Reminders

Safety: Social Media Reminders & Vaping Education

Opportunity

Bus Updates

Drama Needs Your Help to Help Others

Yearbook News

Important Upcoming Dates

11.18 This Friday will be a Monday Schedule for all Students

Students dismissed at 3:03pm

11.21 to 11.25 Thanksgiving Break--No school

11.28 Return to school

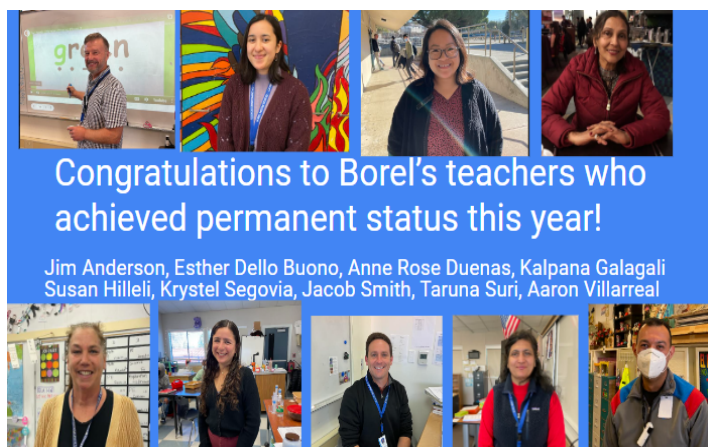
11.30 Music Fieldtrip to Aragon

Principal Message

Principal Message: Author and spiritual teacher Eckhart Tolle once wrote, “Acknowledging the good that you already have in your life is the foundation of all abundance.” I wanted to take a moment, before we break for Thanksgiving, to share so much that is good and so many things I am grateful for. I’m grateful to be part of this Bobcat family. Our students, staff and parents work together each day to help our young people develop their academic, social and emotional skills to lead us in the future. I’m thankful to my personal family which includes watching many, many soccer games this fall. I’m thankful to be able to visit my sister who also works in a middle school and my mom, who is a retired middle school educator for Thanksgiving.

Recently in advisory, we celebrated students for their 1st quarter achievements. I wanted to thank Stephanie, the general manager of the San Mateo Habit Burger & Grill, for gifting us free meal coupons for all students. I also wanted to give a shout out to Nicholas Castillo for suggesting the idea. We love to hear ideas from our students, family and staff!

Finally, I wanted to thank our teacher team. They have endured some frosty temperatures to meet with families in person this week and partner together to support student success. Nine of our teachers featured below will be honored at this week’s SMFCSD Board Meeting for earning Permanent Status.



SCHOOL NEWS

Student Achievement: This school year at Borel we are fortunate to be able to offer a morning Homework Club and an after school Homework Club. This program is staffed by Borel teachers who will provide classwork and homework support in English Language Arts, Math, Social Studies and Science. We will be directly inviting students when we return from Thanksgiving break who were identified for participation based on 1st quarter grades and/or teacher recommendation. If you feel your child would benefit from this support, please contact **Student Support TOSA, Kimilou Gilchrist at 650-312-6836 or kgilchrist@smfcsd.net**. Space is limited.

Stay tuned for information via Parent Square about our math programs at middle school and preparing for high school.

- 6th Grade Families: Informational Google Meet coming in early December. Meeting details will arrive this week (11/14-11/18) via Parent Square.
- 7th Grade Families: Math decisions will be made in early spring and an informational Google Meet will happen in February/March.
- 8th Grade Families: Please visit HS websites which can be found in the document.

Wellness: Thank you to our Borel Counseling Team for putting together these helpful reminders to students and families. They can also be found on our website's Counseling Page.



Mental Health and School Breaks (Students)

1. **Be aware of your needs:** Be kind to yourself. Recognize what your triggers are to help you prepare for stressful situations.
2. **Set boundaries:** It is okay to say "No".
3. **Demonstrate empathy or Be willing to listen to others:** Understanding and recognizing that not everyone thinks as you, and has not been in your shoes.
4. **Eat well and get enough sleep.**
5. **Tone and Voice:** When speaking with one another, treat one another how you want to be.
6. **Agree to Disagree:** You will not win every battle, and need to understand no one thinks as you do, and not finding consensus.
7. **Self-Care:** Prioritize YOU. You need to give yourself a break, reward yourself, and compliment how AMAZING you are.
8. **Practice relaxation techniques:** Mindful breathing, meditation, and taking a break to refocus.
9. **Find a trusted support:** Talking to a friend, counselor, therapist, parents, or support group can help. If you or someone you love is experiencing a crisis, you can call the National Suicide Prevention Line at 1-800-273-8255; use the Crisis Text Line by texting NAMI to 741-741 to connect with a trained crisis counselor for free, 24/7 crisis support via text message or text 988.

Mental Health and School Breaks (Parents)

1. **Accept your child's needs:** Recognize what your child's triggers are to help them prepare for stressful situations.

2. **Being aware of your needs:** Be kind to yourself. Ask for help when needed.
3. **Set boundaries:** It is okay to say “No” and be consistent.
4. **Showing and being empathetic:** Understanding and recognizing that not everyone thinks as you, and has not been in your shoes.
5. **Eat well and get enough sleep.**
6. **Communication:** Checking in on how your child is doing.
7. **Self-Care:** Prioritize YOU. You need to give yourself a break, reward yourself, and compliment how AMAZING you are.
8. **Practice relaxation techniques:** Mindful breathing, meditation, and taking a break to refocus.
9. **Find a trusted support:** Talking to a friend, counselor, therapist, or support group can help. If you or someone you love is experiencing a crisis, you can call the National Suicide Prevention Line at 1-800-273-8255; use the Crisis Text Line by texting NAMI to 741-741 to connect with a trained crisis counselor for free, 24/7 crisis support via text message or text 988.

Borel Running Club, lead by Denise Fournier, the librarian from Baywood Elementary School, will begin again starting December 2, 2022. The club will meet outside the Borel New Gym on the track at 3:15 and run to various destinations around town until 5:00 PM.

If you are interested, sign up using this link <https://bit.ly/2022runwithborel> or find the QR Code on the flyers that will be up soon. You can also ask Mr. Codianne or Ms. Brilhart for help signing up.

Health Reminders: We hope you have a healthy break. We are noticing an uptick with colds. If your students have a fever, please keep them home. Do not give them medicine and send them to school as we can not give them medicine and need to send them home when they present with a fever. Thank you!

Safety: Students and families are reaching out more using various methods to communicate if they see, hear or read something unsafe. The Anonymous Alerts app has been very helpful. As we approach Thanksgiving Break, students might be tempted to be on social media more than usual. Here’s a couple helpful reminder graphics to talk with your child about.

For more information about social media and to learn about vaping for a Student Group, please join our December 14th, PTA meeting at 8:30AM.

This graphic is from the current 7th grade Second Step Lesson:

Sexual Harassment

- You feel unsafe
- The attention is unwelcome
- You did not say “yes” to the behavior

Flirting

- You feel okay or even happy
- You feel comfortable and can stop the interaction easily

Buses: We're so sorry to hear that earlier this week some students got on the wrong bus. An awesome student called us and we rerouted them back to them their correct route. We are continuing to work with our district and Samtrans to ensure we have reliable afterschool transportation. Buses will come tomorrow, but they may be a little late.

Borel Drama Sponsors Needed! – Jinx is a new musical written by alum Makena & Teagan Reynolds with JT Kaufman for Borel Middle School. The spell-binding story of young teens maneuvering their way

through a mysterious jinx that flips the lives of a socially awkward teen and the high achieving popular kid --leaving them asking What Did I Do to deserve this? With your generosity, we will find out if they can defy the Rules of the Jinx - or if will They Never Change A Thing? Based on the size of our devoted audience, we will perform once again in the beautiful San Mateo Performing Arts Center. Please help us fund this historic production and achieve our ultimate goal – to foster an appreciate and love for the dramatic arts in all students and their families. **Click here to make a donation to our production.**

***We are also looking to partner with local businesses to help **sponsor our production.** If you are interested in sponsoring our show and advertising your business, please contact Alyssa Goldrath at agoldrath@smfc.k12.ca.us. To learn more about our program or this show, visit <https://www.boreldrama.com/>. Mark your calendars now! We look forward to seeing you at the show March 3 – 5, 2023.

Yearbook: Leadership would love photos of our Borel students for our 2022-2023 yearbook! First day of school, sporting events or any other photos you may have taken.

There are 2 ways you can help us and contribute.

1. Download the app named "Yearbook Snap."
2. Directions for submitting any pictures you'd like to possibly see in this year's yearbook are below. 2.) Visit the **www.yearbookforever.com** website and share your pictures with us.

Click on the "Community Upload" tab and look for our school "Borel" on the dropdown menu. The access code for yearbook snap is borel23. Once you are there, you can upload the photos from your computer.

Yearbooks are on sale now! There are two ways to purchase a yearbook:

Pay online! Go to **www.yearbookforever.com** search for "Borel" to pay with a credit card.

Or you can drop off a check or cash to the front office.

Yearbook Only

Now - 11/30/22 \$40.00

12/01/22 - 01/31/23 \$45.00

02/01/23 - 04/30/23 \$50.00

With a Name stamp



Now - 11/30/22	\$45.00
12/01/22 - 01/31/23	\$50.00
02/01/23 - 04/30/23	Unavailable

We are hiring

LUNCHTIME

SUPERVISION AIDES!



The San Mateo-Foster City School District is looking for Lunchtime Supervision Aides!



Parents, if you are interested in serving as a Lunchtime Supervision Aide to support any of our schools, please consider applying!



Our schools need you! If you need further assistance with filling out the application process call us!



APPLY TODAY!



For more information or assistance contact:
 Barbara Weatherly
 bweatherly@smfcsd.net
 (650) 312-7292.
www.smfcsd.net



PTA NEWS

Scholastic Book Fair Ends Tomorrow

Borel's Book Fair is going on now through tomorrow and no better time to stock up on books for your student. 50% of all proceeds benefit the Borel library directly. For more details on hours, teacher wishlists, as well as instructions on setting up a digital eWallet for your student, refer to the [FAQ](#).

Sports Basement Discount Week

Borel Families Discount Week is in full swing through November 20th. Sports Basement has partnered with Borel Middle School to give 10% of profits back. This is an easy way to support your school and get discounts (some exclusions apply!) Click [here](#) on how to become a Basementeer. If you are already a Basementeer, contact [Sports Basement](#) to get Borel designated as your beneficiary. Use the [flyer](#) in-store or online during our discount week. Questions? Please email Dalia at vendorfundraising@borelbobcats.org.

Borel Boosters Blitz

This giving Tuesday, help Blitz our fundraising goal by making a donation to the Borel PTA and help your grade win the [Inaugural Boosters Blitz](#). The winning grade gets a free T-shirt to rep their Borel Spirit. Your donations fund programs such as outdoor ed, 8th grade promotion, Project Pantry, Reflections, and more. Any and every donation makes a huge difference. Already [donated this year](#)? Please encourage others to get involved and contribute too. Currently 6th grade is in the lead but the competition is just getting started. Don't put it off until tomorrow--[Donate Today!](#)

Fall Fundraiser Success

A big thank you to all our Borel families for making our Fall Fundraiser a success! We had more than 150 families that participated and raised just over \$10,250 which go to help our Borel Bobcats! A special thank you to Sonya Chan and Janelle Frueh for organizing behind the scenes. Thank you to our volunteers for their help and efforts on distribution day - Jacqueline Granados, Marge Tolentino, Cheryl Hagedorn, Kara Hwang, Jackie Wong, Vincent Frueh, Jahandi Sosa, Darshan Bal, Emely Miranda, Maddy Fong, Will Hagedorn, and Oliver Kirk.

Wellness Corner

In November's newsletter, Tiffany Wightman, Wellness Ambassador, writes about how adolescents are living life increasingly online. Screens form an increasing part of our teens' social lives and social connectedness is crucial to long term wellness. Screen time is both necessary and uncontrollable, so what can we do as parents to check in with our kids and understand how screens are affecting them? Read more of [this month's article](#) or visit the [Wellness Corner](#) for all her articles! Questions or Feedback? Please contact Tiffany Wightman at wellness@borelbobcats.org.

New Payment System for the PTA Website

On November 1st, we enabled a new payment system on the PTA website to ease the donation/payment process. A PayPal account is no longer needed instead an inbuilt payment processor called Stripe is used. Available payment types are credit cards, debit cards, Apple Pay, Google Pay, and Electronic Checks (ACH). Any active subscription payments using PayPal will continue without any interruption. If you have any questions or issues, please contact treasurer@borelbobcats.org.

Borel's Cultural Fair

Borel's 32nd Cultural Fair will be held on March 22, 2023. We are still in need of Cultural Performers and Country Booth Sponsors (details are linked [here](#).) If you can help, email Claudia and Karina at culturalfair@borelbobcats.org with your interests.

Borel's Online Auction

Borel's Online Auction Team is looking for In-Kind Donations and Corporate Sponsorships for our 2nd Annual Online Auction. They are in need of Gift Certificates and Spirits donations in particular. Check out their [Auction Wishlist](#) for ideas! A few volunteers are still needed for their Auction Team for Operations, which is website work. Email the Auction team at auction@borelbobcats.org.

Borel Bobcat Chat & In The Know

Are you receiving the PTA newsletter "Borel Bobcat Chat" every Tuesday? If not, please reach out to tech@borelbobcats.org. Visit the Borel PTA website at BorelBobcats.org to view updated information about events at Borel. Subscribe to the [Borel Calendar](#) so that you'll never miss an important School or PTA event. Use the [Borel directory](#) to find and connect with other families.

COMMUNITY NEWS

National League of Young Men

Our Membership Drive is underway! The National League of Young Men, Inc (NLYM) is a non-profit organization for young men in grades 9-12. This structured program for mothers and their sons promotes the development of young men into community leaders through leadership involvement, philanthropy, cultural experiences, and protocol education.

The San Mateo-Foster City Chapter is open to Mothers and Young Men who live in San Mateo or Foster City and/or will be attending high school in San Mateo. Please go to www.nationalleagueofyoungmen.org to learn more about our organization and fill out an interest form for the San Mateo-Foster City Chapter. We are currently accepting applications for current 8th grade young men who will be graduating high school in 2027. You can also reach out to membership@nlymsmfc.org for more information about our Membership Drive and our upcoming Information Night. Our Membership Drive is from November 1, 2022 - January 15, 2023.

Boys Baseball

There is an opportunity for 12 year old boys to tryout for a baseball team on the peninsula who are bringing a team to the Cooperstown Tournament in NY over the summer. This is where the little league World Series is held and a extremely exciting and rewarding experience for the boys!!! Below is the registration website address:

<https://www.leagueathletics.com/Registration/Restrictions.asp?RegID=323210&org=peninsularays.org>

The Peninsula Girls Chorus presents: Carols & Candlelight 2022 all-choir holiday concert Peninsula Girls Chorus returns to the beautiful Capuchino High School Theater for our 9th annual "Carols and Candlelight" concert, featuring all 6 of our choir levels lifting their voices in song. There will be holiday and non-holiday tunes alike, running the gamut from the littles singing "Think Snow" to our oldest girls performing the beautiful "Pater Noster" by Basque composer Xabier Sarasola. Other well-known tunes include: Patapan, Carol of the Bells, and Up on the Housetop, and so much more. You won't want to miss this annual tradition of holiday cheer!

Concert Details**Date:** Saturday, December 10th, 2022**Time:** 3:00pm**Tickets**(\$20 for Students/Seniors, \$25 for General Admission & \$40 for Premium Seating): **click link****Location:** Capuchino High School Theater 1501 Magnolia Ave., San Bruno, CA 94066

National Charity League

National Charity League's, Crystal Springs Chapter, membership drive is now open. National Charity League is a group of mothers and daughters who come together in a commitment to community service, leadership development, and cultural experiences. The Crystal Springs chapter is comprised of families from Burlingame, Foster City, Hillsborough, Millbrae, and San Mateo. The membership drive kicked off on October 1 and will continue through the end of November. If you have a daughter who is currently in the 6th grade, and is interested in volunteering in the community please review the [membership information](#). They are holding a prospective member meeting Tuesday, November 14th. Reach out to membershipcrystalsprings@nclonline.org for information.