



# From The Lion's Den

February 7, 2024



**Superintendent Dr. Laurie W. Newell**

## Welcome to YMLA

Students and staff welcomed our Paterson Public School Superintendent Dr. Laurie W. Newell and Deputy Superintendent Dr. Newell and Rodney Henderson came to visit YMLA. Dr. Newell discussed with students the importance of establishing high academic standards. Students were encouraged to be disciplined so they could achieve their educational goals. Although Dr. Newell acknowledged the many challenges students face today, she believes with hard work and diligence they can reach their full potential.



Last week we had our coat-drive, courtesy of the Fulmore Foundation. Every student who wanted a coat received one. They also received a hat or a neck warmer. Many thanks to the Fulmore Foundation for thinking about YMLA!





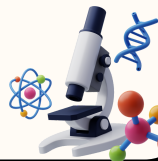


## SCIENCE

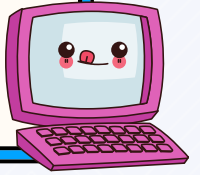


**Mr. Edghill & Grade Six Students**

Students are learning about the Grand Canyon and discovering the Colorado River from the beginning down to Hoover Dam. In addition, they are beginning to understand how rock formation happened over 500 years in the Grand Canyon, which produced different layers of cells and lines in the canyon.



## Classroom News



## ENGLISH LANGUAGE ART



**Ms. Lostal & Grade Three Students**

Students are working on developing an understanding of the connections between cause and effect. When students understand that connection, they can more accurately predict what may happen after a specific event.

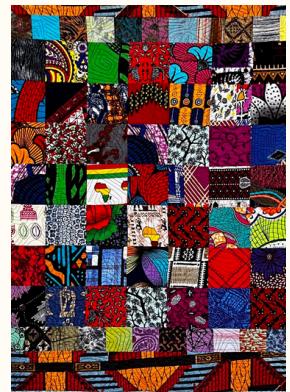


## EXPRESSIVE ART

**Ms Lomax: Grade 8**



Ms. Lomax is educating students about the Quilt Codes Message to Freedom. The lesson is to teach symbolism and how people could communicate without knowledge of others. The quilt codes were an element of the underground railroad. It was used by slaves, conductors and station masters for underground railroad.





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# Welcome To The YMLA Family!

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## Ms. Medina School Counselor Intern

Hi YMLA! My name is Ms. Medina and I am a student at William Paterson University. I am happy to announce that I will be doing my internship at YMLA this semester. I will be here on Thursdays, working closely with Ms. Clifford. Thank you to Mr. Medley and staff for the warm welcome on my first day! I am looking forward to getting to know you all at YMLA.



## Ms. Eseke Grade 4



My name is Ms. Eseke and I am very excited to take on this new role. I am the new 4th-grade teacher, and I have a passion for working with young people. I am looking forward to having fun with the students and helping them achieve their dreams.



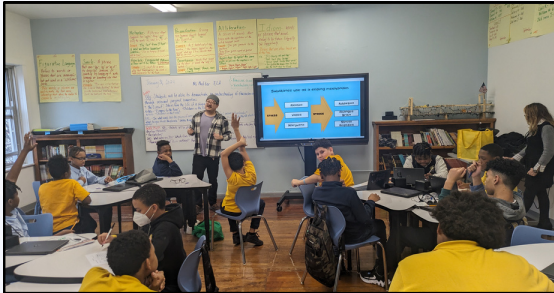
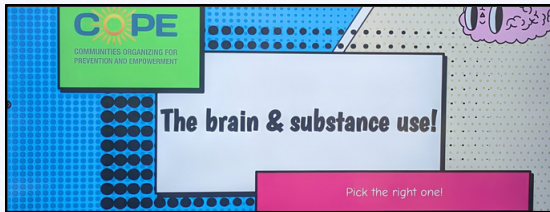


# Prevention Programs

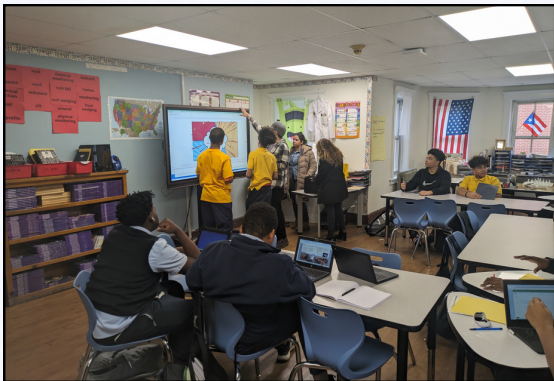


## Montclair State University COPE

Montclair State University visited YMLA for its weekly COPE program. The organization provided lessons in personal safety and prevention for our middle schoolers.



*Session 3: Students discussed stressors and practiced positive coping strategies.*



*Session 4: Legal Doesn't Always Mean Harmless!*



Students learning about gratitude. When you take a moment to think about the good things in your life, you feel gratitude. It can also be showing appreciation for someone in your life.

## Counselor's Tip

Have you ever noticed how your breathing can impact how you feel? Box breathing is a simple but powerful relaxation technique for both children and adults, and it can help reduce feelings of anxiety and stress. It can also help clear and calm your mind. So next time you are feeling stressed out and overwhelmed, try it!

### BOX BREATHING TECHNIQUE

How to calm the mind with the breath



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# Upcoming Events

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## Pro-Football Hall of Famer

Organization: Pro-football Hall of Famer

Hall of Famer: Jonathan Ogden!

Lesson: Self-awareness

Lesson Objective: Students will be able to verbalize how good character is essential for achieving success in life.



## Pro-Football Hall of Famer



Students are learning about the importance of maintaining their integrity and a strong personal drive to overcome obstacles.

## Social-Emotional Development

Organization: NJ4S

Social-Emotional Learning

Lessons:

- Dreams of Screens
- Study Skills
- Your Body is a Work of Art

The objective is to assist students with developing more effective study habits such as making a to-do list and committing to a study schedule.

Organization: Montclair State University COPE

Social-Emotional Learning

Lessons:

- Viral Disease Prevention
- Lesson Reviews

Students will continue to learn to identify unhealthy habits, and preventative measures to stay safe at home, school, and in the community.

