

UPDATES FROM THE PRINCIPALS



DECEMBER
EDITION

WHAT'S
HAPPENING?

Dear Seaford Middle School Families,

November brought solid academic progress and opportunities for our students to connect through school events and activities. With the start of Quarter 2, students returned from the first marking period ready to set new goals and continue growing as learners. Teachers spent time helping students reflect on their progress and identify strategies for success, and it has been inspiring to see our classrooms full of focus, effort, and positive energy.

Our 8th graders enjoyed a wonderful Autumn Dance that truly captured the spirit of the season. The gym was filled with music, fall-themed decorations, and plenty of laughter as students spent the evening celebrating with their classmates. The event was made special by the staff who volunteered their time, ensuring a fun and safe experience for everyone.

Parent-Teacher Conferences were another highlight this month, providing valuable opportunities for families and teachers to connect. These conversations play an important role in supporting student learning, and we are grateful for the strong turnout and the thoughtful dialogue that took place. As always, we appreciate the partnership of our families in helping every student thrive.

In the days leading up to Thanksgiving, our school community focused on gratitude and kindness, highlighted by a successful Food Drive that brought students together to support local families. The generosity on display was a meaningful reminder of the strong, caring community we have here at SMS.

Looking Ahead to December

December 4 – Science Fair (6:00 to 8:00 PM in the Gymnasium)

Join us as students showcase their scientific thinking, creativity, and hard work during our annual Science Fair. Families are invited to explore the projects and celebrate student achievement.

December 10 – SMS Holiday Boutique

Students will have the opportunity to browse and purchase small gifts for family and friends during our festive and always-popular Holiday Boutique.

NJHS Door Decorating Competition

Our National Junior Honor Society will lead the annual Door Decorating Competition throughout December. This schoolwide tradition brings joy, creativity, and school spirit to our hallways.

December 17 and 18 – Winter Concerts (7:00 PM)

Families are invited to our Winter Concerts on December 17 and 18. Our band and chorus students have been preparing beautiful performances to share with the community.

Holiday Recess

School will be closed for Holiday Recess from December 24 through January 2. We wish all families a safe, restful, and joyful holiday season.

Dr. Morey and I would like to wish all members of our Seaford Middle School community happy holidays, and as always, thank you for your continued support!

Joe Polite
Assistant Principal

HOW SMS SUPPORTS STUDENT MENTAL HEALTH & WELL-BEING

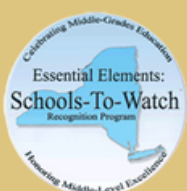
Supporting the social, emotional, and mental well-being of our students is a core priority at Seaford Middle School. Middle school is a time of rapid growth, and we are committed to providing an environment where every student feels safe, connected, and supported. Below is an overview of the programs, practices, and services we offer to promote student wellness all year long.

Our Dedicated Pupil Personnel Services (PPS) Team

The PPS team provides a full range of supports that address academic, social-emotional, and mental health needs, collaborating closely with students, families, teachers, and outside providers to ensure individualized support for every child. Our team includes School Counselors Jack Scaldaferri and Sarah Busch (with Julianne O'Brien serving as the current leave replacement), School Psychologist Meghan Harrington, and School Social Worker Amanda Robilotto. Together, they offer individual counseling for emotional, academic, and social concerns; small-group counseling focused on friendship, coping skills, and organization; conflict resolution and peer mediation; crisis intervention and safety support; academic and executive functioning coaching; parent collaboration and guidance; referrals to outside mental health providers; and coordination of accommodations and support plans when appropriate. This month, all students are participating in a brief survey designed to help us better understand their needs and ensure that every child has at least one trusted adult within the building. The information gathered will help guide our school-wide efforts to strengthen connections, enhance support systems, and continue building a safe, caring environment where every student feels known and valued.

Mindful Mondays

Every Monday morning, students begin the week with structured check-ins and community-building activities that help them ground themselves and connect with their classmates. These brief moments help students learn to identify and express their emotions, support peers, build empathy, and strengthen their sense of belonging. Mindful Mondays set a positive tone for the week and reinforce the skills that help students manage stress and navigate challenges.



HOW SMS SUPPORTS STUDENT MENTAL HEALTH & WELL-BEING

The SMS Wellness Center

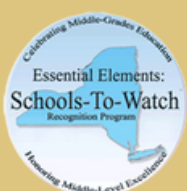
Our Wellness Center provides students with a calm, supportive space where they can take a brief break, reset, and learn healthy ways to manage their emotions. Supervised by trained staff, the center offers opportunities for quiet reflection using sensory tools, guided breathing and grounding strategies, short solution-focused conversations, and assistance with re-regulation during moments of stress. This space helps students develop coping skills that support their long-term emotional well-being.

Team Meetings: Supporting the Whole Child

A key part of our middle school model is our commitment to weekly Team Meetings, where teachers come together to discuss the academic, social, and emotional needs of every student on their team. During these meetings, teachers share observations, identify early signs of academic or emotional struggles, plan interventions and supports, discuss peer dynamics and social concerns, collaborate with PPS staff for coordinated assistance, and celebrate student successes. Team Meetings help us understand the whole child beyond grades and assignments and ensure that no student slips through the cracks. This collaborative structure strengthens our ability to provide timely, personalized support and reinforces a culture of care and connection.

Therapy Dogs: Riley and Lucie

Our therapy dogs, Riley and Lucie, play a meaningful role in supporting our school climate. They provide comfort, reduce stress, and help students feel grounded during counseling sessions, Wellness Center visits, testing periods, high-stress moments, and classroom community activities. Their presence brings warmth and calm to our building and contributes to a supportive environment for all students.



HOW SMS SUPPORTS STUDENT MENTAL HEALTH & WELL-BEING

A.S.K.

A.S.K., our advisory program, plays an important role in supporting student well-being and reinforcing the values of our Seaford Scholars Profile. During A.S.K. sessions, students meet in small groups with a staff member who gets to know them over the course of the year. These meetings focus on community building, strengthening peer relationships, and practicing the social-emotional skills connected to our Seaford Scholars traits. Students engage in activities and conversations that help them reflect, communicate effectively, and navigate the academic and personal challenges of middle school. A.S.K. provides a consistent, supportive space for students to check in, ask questions, and build confidence and resilience. This regular touchpoint reinforces our commitment to supporting the whole child and ensuring that every student feels connected and included.

A Shared Commitment

Supporting student well-being is a partnership between home and school. We encourage families to reach out to our PPS team at any time if they have concerns or feel their child may benefit from support. Together, we can ensure every student at Seaford Middle School feels seen, supported, and empowered to thrive.

