Buzz Aldrin Middle School

The STEM Magnet

173 Bellevue Avenue
Montclair, NJ 07043
www.montclair.k12.nj.us

Principal's Bulletin
February 4th, 2023

Buzz Aldrin Mission Statement:
We believe that all students can learn, achieve, and grow, in a safe and secure environment.

- **AAPI Lunar New Year Celebration:** Last Saturday, Montclair's AAPI organization held their annual Lunar New Year Celebration at the Montclair Art Museum. It was wonderful to see so many people attend the Lunar New Year celebration. Additionally, I was so pleased to see how many Buzz Aldrin parents, students, and alumni who attended, volunteered, and participated. Well done! It was a beautiful celebration.

- **Self-Care Advisory:** This week, our students participated in a Self-Care advisory during extended homeroom. They learned the definition of self-care, it's importance in relation to mental wellness, and discussed ways to practice self-care. They learned the seven pillars of self-care: mental, physical, emotional, environmental, spiritual, recreational, and social. They then discussed strategies for how to practice self-care within each pillar and shared self-care practices they would like to try or currently use. Please see some conversation starters to use at home:
    - Why is self-care connected to mental wellness and mental health?
    - What are some ways that middle schoolers can practice daily self-care?
    - Identify one self-care strategy for each pillar that you can practice to improve your overall mental wellness.

- **Black History Month**: As you may know, February is Black History Month. To kick off Black History Month, we began morning announcements that the students hear each day. We will continue with advisories and other activities throughout the month. Thank you to Ms. Zetta Cool and the Black History Month committee for coordinating these efforts for the Buzz Aldrin community.

- **PTA's Casino Night Fundraiser:** Last night's Casino Night fundraiser was a blast! For those of you who attended yesterday evening's fundraiser, I hope you enjoyed yourselves. It was wonderful to see so many parents and staff members in attendance, and we are thankful for your support in attending and contributing donations with these community events. The mood and the atmosphere were electric! I am so grateful to our amazing PTA board for their tireless work in coordinating this event for our school. It is the dedication and the persistence of our PTA that assists our school in the many activities, events,

and opportunities we provide the Buzz Aldrin students. Thank you so much to Courtney Redfern, Rick Muller, Stella Psaroudakis, Jennifer Escobar, and Melissa Thorpe for organizing such a fun event. Thank you to the staff members who came to support. It was awesome to see the staff and parents have such a fun time mingling, dancing, and enjoying each other's company. Finally, thank you to the anonymous donor who matched all the donations from Casino Night. Your selflessness, generosity, and kindness are greatly appreciated.

- **NJHS Souper Bowl:** It's "Souper Bowl" time! The National Junior Honor Society is participating in the Tackle Hunger Challenge next week. Students are encouraged to participate by bringing in canned food items. (Please check expiration dates!) All donations will go to Toni's Kitchen to help local families in need. The BAMS "Souper Bowl" will begin on Monday, February 6th and end on Friday, February 10th. This year we will be competing against Glenfield's NJHS to see which school can collect the most cans. NJHS students should check Google Classroom for more information about how to help with this event.

- **Buzz Aldrin PTA Updates:**
  - **AFTER SCHOOL CLASSES ARE RUNNING!** If your child is interested in joining the chess club running on Thursdays, please email ptapres@buzzaldrinpta.org to discuss a prorated membership. THE FITNESS CLASS is scheduled to begin February 8th. We need two more students to run this class, so we will refund your money if your child doesn't enjoy the first class.
    Enrollment: https://buzzaldrinpta.memberhub.com/store/items/819871
  - **NEED A NOMINATING COMMITTEE-- Urgent!** We need people to step up for next year's board. BUT FIRST, WE NEED A NOMINATING COMMITTEE!!!! We have all the documents you need-- we just need 5 volunteers to help select our next group of leaders. **Perfect job for "graduating" 8th grade parents!** Please send an email to jen.escobar3@gmail.com to ask your questions or raise your hand. The committee must be selected at the next PTA meeting (Feb. 21st) to keep us on track for PTA next year.
  - **After School Enrichment Classes ASE: CHESS CLUB, FITNESS CLASS and BASKETBALL- register now!**
    - **CHESS CLASS & "CLUB" (THURSDAYS Jan 26-March 2)** Chess instructor Steve Monteczuma will be returning to conduct chess classes for ALL LEVELS and oversee a chess club for experienced players. He will teach and reinforce students' knowledge of the rules, tactics, and strategies of chess and serve as our Chess Coach for our more experienced players. In addition to receiving chess lessons, students will have opportunities to play with their peers and with Coach M. Classes will take place for six weeks from 2:15-3:30 pm (if it's an early dismissal day, classes will be 12:40-2; snow cancellations mean class is cancelled altogether). Spots are limited; register by clicking below. If you need financial assistance please

contact the office. https://buzzaldrinpta.memberhub.com/store/items/819859

- **BUZZ "BOOTCAMP" FITNESS CLASSES (WEDNESDAYS Feb 8-March 8)** Join fitness instructor "Miss E" for a fun body-weight fitness and strengthening class on Wednesdays after school, 2:15-3 pm in the gym. No equipment or no special clothing is required --- but please bring a TOWEL OR MAT!! Spots are limited. At the end of six weeks, we **guarantee** you'll be stronger and more flexible! Register below-- if you need financial assistance please contact the office. https://buzzaldrinpta.memberhub.com/store/items/819871
- **PICKUP BASKETBALL (FRIDAYS Jan 20-March 10)** Come on Fridays 2:15-3:30 for loosely organized pickup games, shooting contests etc. All genders and abilities welcome. Respectful behavior is expected at all times, and sessions will be cancelled if we don't have parent volunteers—if your child is playing, we expect you to volunteer.
  - Student sign up: https://signup.com/go/emSuMiP
  - Parent volunteer sign up: https://signup.com/go/zAHgfvG

- **Reflections Art Contest Finalists:** Congratulations to the following students who've been selected as finalists to compete at the regional level. We are so proud of you!
  - Isabelle Hayes – Visual Art
  - Basil Bentham – Film Production
  - Kiefer Bernard – Musical Composition
  - Nicholas Krukovsky – Literature
  - Charlotte Wurmser - Photography

- **Side Door Update:** Side Door is up and running for 2023! Please see the information below regarding Side Door. Below this email is the link for our Side Door online registration sheet which is up and running. The link will take parents/guardians and students to the Side Door website which has information regarding days when we are open, direct link to the online registration, as well as a donation link. Please not that students who have handed in a hard copy of the registration do not need to register online. Also, please feel free to ask with regards to any questions or concerns you may have regarding the updated website link. We look forward to serving your student's again in the upcoming months. Have a wonderful rest of your week.
  - **Side Door Registration Link:** https://www.unioncong.org/children-youth/side-door

Next Week's Schedule of Days

- Monday, February 6th – B Day
- Tuesday, February 7th – C Day
- Wednesday, February 8th – D Day
- Thursday, February 9th – E Day
- Friday, February 10th – F Day

Please mark your calendars:

- Monday, February 20th – President's Day, District Closed
- Tuesday, February 21st – SATp & PTA Meeting
- Thursday, February 23rd – Curriculum Thursday, Abbreviated Day Schedule

"Never be limited by other people's limited imaginations."

— Dr. Mae Jemison

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."

— Dr. Martin Luther King Jr.