

ACMA Middle School Newsletter

“Success is not final, failure is not fatal: it is the courage to continue that counts.” — Winston Churchill



Cycle 1: Connections

“The need for connection and community is primal, as fundamental as the need for air, water, and food.” -Dean Ornish

Cycle 1 focuses on the ways that we are connected and form connections to the world around us. Students will work independently and in groups to research and understand these fundamental connections and interactions.



PTO Meeting
At ACMA on
September 11th at
4pm



ACMA Board Social
Thursday,
September 13th



North Texas Giving Day
September 20th

SERVICE LEARNING

We will start our ongoing service learning partnership with Brookdale Senior Living and on September 7th

ENRICHMENT

Students will begin to have weekly art class on Friday with Ms. Jennifer Wester beginning September 7th

PLEASE REACH OUT IF YOU HAVE ANY IDEAS, QUESTIONS, OR THOUGHTS YOU'D LIKE TO SHARE!

Language

In Language, students will be exploring memoirs through reading and writing. Students will work to answer the guiding questions *what are the qualities of a memoir and why do we write memoirs*. Students will read a variety of self-selected essays from the books Starting with I: Personal Essays by Teenagers and When I Was Your Age, as well as a memoir. We will also focus on the function of the comma. Students will describe how meaning changes as the comma is changed or added and identify which conventions of commas is being applied. Students will work to draft, revise, and share their own personal memoir.

Social World

In Social World, students will explore *how the physical geography of a region is connected to the culture of the people that live there*. Students will examine the geography of North America and how the culture and region of the Dallas area evolved over time. Students will identify the means by which people meet their needs and how these means have changed over time.

Natural World

In Natural World, students will explore how all living things are connected and how the cell's structures connect to its function and processes. Students will learn about mitosis, cell division, the chemical compounds in cells and photosynthesis.

Math

Students will focus on two guiding questions: *how can understanding grouping symbols help with order of operations?* and *how are exponents and roots connected?* Students will focus their work on parenthesis, brackets, fraction bar, absolute value and the radical sign. Students will simplify roots, work with negative exponents, scientific notation, and fraction and decimal exponents.

Personal World

Students will explore how self-esteem and being proactive are directly connected to long-term success in life. Students will also work to understand how the inter-connectedness of community affects our daily lives.

THE IMPORTANCE OF SLEEP FOR ADOLESCENTS

Sleep patterns and sleep needs change as we age. Insufficient sleep causes increased levels of the hormone cortisol, which can exaggerate stress and anxiety. It is ideal for teens to sleep about 9 hours per night. One of the reasons that the ACMA school day begins at 8:30 is to help accommodate the neurological changes happening to teens. Establishing healthy sleep routines, disconnecting from technology 1-2 hours before bedtime, and practicing breathing or meditation can all help your teen receive the critical sleep he or she needs. - *From What Are They Thinking?! Straight Facts about the Risk-Taking, Social-Networking, Still-Developing Teen Brain* By Dr. Aaron White & Dr. Scott Swartzwelder*

*This book is available for ACMA parent review; simply contact the Office!

