

7TH GRADE NEWSLETTER

OCTOBER ISSUE

A MESSAGE FROM MR. BOATENG

Class of 2026,

Congratulations on successfully completing another month of virtual school. I am consistently amazed and proud of how engaged you all are with joining your daily google meets sessions, attending teacher office hours, and completing assignments. Your perseverance and flexibility to tackle the daily grind and demand of virtual school deserves the highest praise and acknowledgment. Let's keep this same energy for the month of November. Special thank you to all of wonderful teachers, team leaders (Ms. Madgar & Mr. Thompson) and Ms. Joyner, School Counselor. They have been amazing and are doing a great job in support our grade level. We are truly fortunate to have them on our team. Congratulations to our October Rap Stars and Students of the Month. Your contributions to your classmates and school community gives me great confidence in my belief of our mission to become one of the best middle schools in Baltimore County Public Schools. Make sure to check out many of the important updates on sports and clubs, spirit day on November 13, and other information within the newsletter. Stay informed, healthy, and be safe.

Eric Boateng

Assistant Principal

RAP STARS OF THE MONTH

The following students were selected by the 7th grade team as students who exceeded expectations by demonstrating our monthly PBIS virtue of TOLERANCE! Keep up the great work!

Camryn Mitcham

Victoria Siewe

Trevaz Wright

Favour Babatunde

Jerson Gomez Sanchez

Chinese Iweanya

Kendrick Kelly

Destini Mauzone

Cory Hines
Trenity Miller
David Fatuki
Kandace Githinji
Clinton Mormah
Erica Proctor
John Marroquin
Dre Shawna Gamble
Davin Johnson
Destyne Bell
Jose Rodriguez Guerra
Aiyanna Bushrod
Nevaeh Colbert
Khalid Carter

STUDENTS OF THE MONTH

These students were selected by the 7th grade team as having outstanding academic progress and achievement during our first month of virtual learning! Keep up the great work!

Victoria Olowe
Uzochi Njoku
Kesi Grace
Somtochukwu Nnamani
Marrisa De Barros
Edgar Jefferson
Reina Danik
Alex Ramos-Maldonado
Rachyll Hormelo
Ronald Okebata
Da Leah Hunt
Eric Griffin
Stephanie Glaze
Noah Washington
Kimberly Chicas
Stephen Dada
Briana Rodriguez
Turon Stansbury
Jaelyn Coles
John Lucas Marthins
Tameira Williams
Ugonna Ikejiofor

Please contact the following people if you are interested in any sports at NAHS.

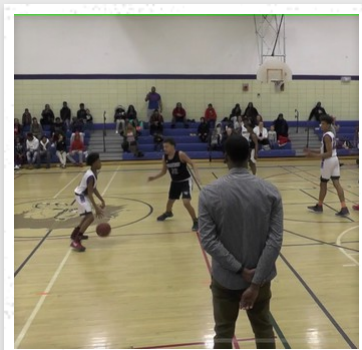
Badminton and Tennis- Mr. Mannone jmannone2@bcps.org or Ms. Harvey mharvey@bcps.org

Track and Cross Country- Ms. Solomon ksolomon3@bcps.org or Ms. Craig ccraig@bcps.org

Basketball- Mr. Mannone (Girl's) jmannone2@bcps.org Mr. Elder (Boy's) kelder@bcps.org



BADMINTON



BASKETBALL



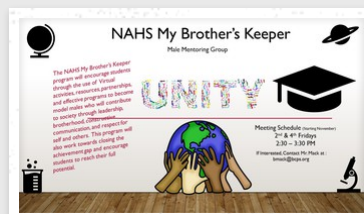
QUEENDOMHOOD CLUB
INFO



BASKETBALL



CHESS CLUB INFO



MY BROTHER'S KEEPER
INFO

PBIS SPIRIT DAY

WHEN

FRIDAY, NOV. 13TH, 8AM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

PBIS Presents
NAHS SPIRIT DAY

Wear our school colors or your class colors on Friday,
November 13th to show your School spirit!

Class of 2025: Red and Gray
Class of 2026: Gold and Maroon
Class of 2027: Blue and Black
School colors: White and Blue

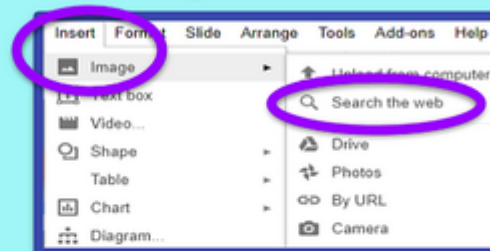
TECH TIP OF THE MONTH

Check out this tech tip if you want to add clip art or pictures to an assignment!

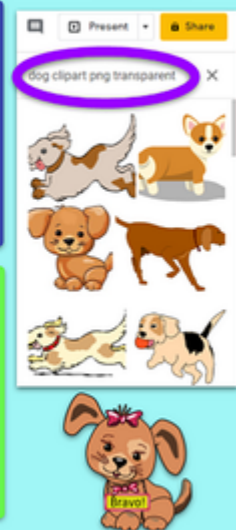
Adding Clip Art Images & Pictures

- ★ Click the Insert tab
- ★ Click Image
- ★ Click Search the web
- ★ Type what you want a picture of into the box & press **Enter**
- ★ Click on the picture & then click the **Insert** button

TIP: You can also click on this icon from the toolbar at the top of the page to access the image search options



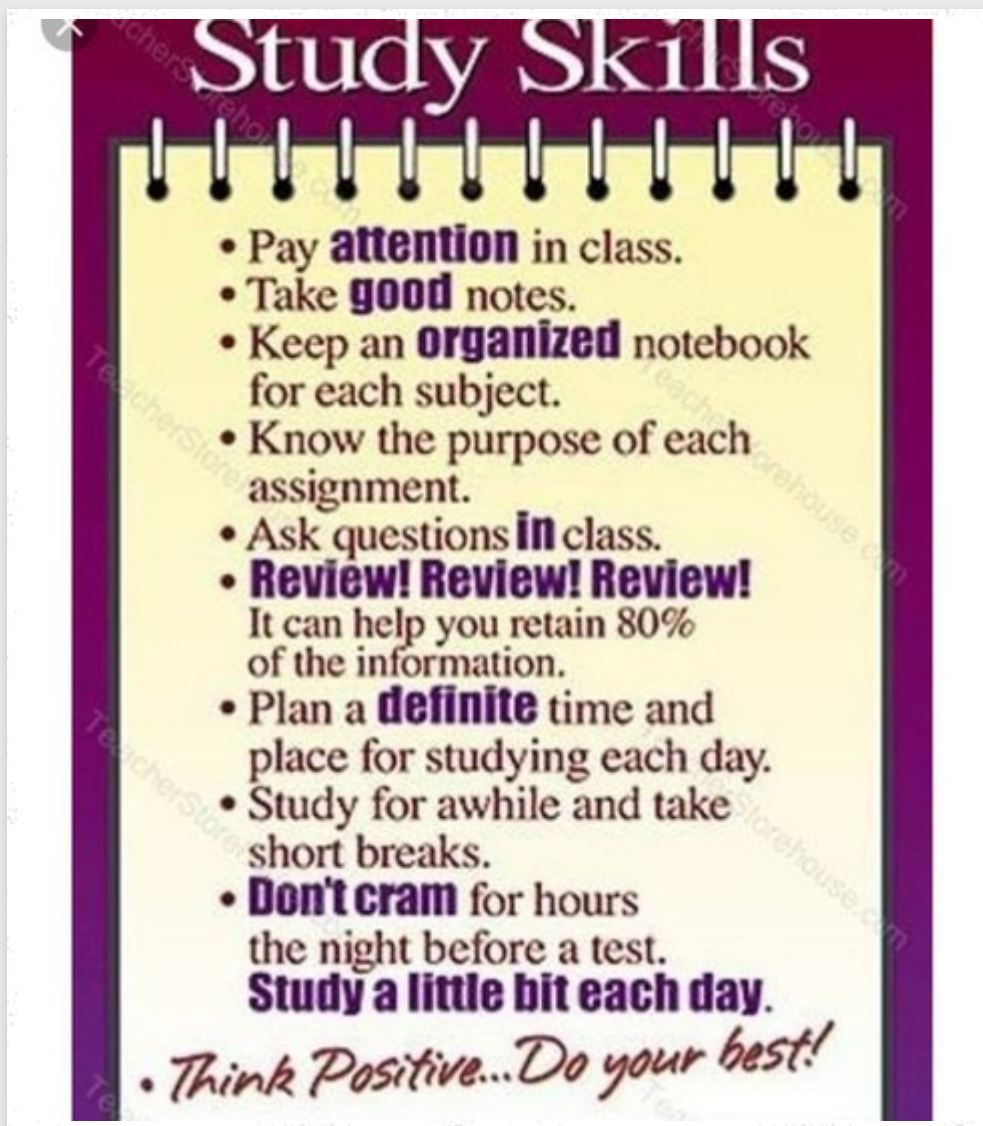
Search Hint: If you type **clipart** after your search term, you will get drawings instead of photographs. If you type **png transparent** you'll get cut-out pictures with no white background!



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STUDY SKILLS TIP OF THE MONTH

Here are some study skills that you might find helpful!



WELLNESS CORNER

Ms. Joyner's Wellness Tip of the Month: Physical Activity

Physical activity has so many health benefits. It can reduce stress, improve your thinking, and help you to sleep better at night. Many of us are a lot less physically active as we engage in virtual learning. Health experts recommend 30 minutes of physical activity each day. Here are some easy-to-do physical activity ideas to do at home!

1. Do 10 push-ups, lunges, sit-ups or squats during commercial breaks while watching tv
2. Walk around the house while you are talking on the phone
3. Take a brief stretch break after each class
4. Face-time a friend and workout together
5. Turn on some of your favorite tunes and dance!

CULTURAL SPOTLIGHT

November is Native American Heritage Month. This month is dedicated to celebrating the rich and diverse cultures, traditions, and histories of Native peoples and to acknowledge their important contributions in history and society today.

https://www.youtube.com/watch?v=Chl01_HG8vg&t=7s

This video examines the origins of Native American Heritage Month and its importance.

