

# 7TH GRADE NEWSLETTER

FEBRUARY ISSUE

## A MESSAGE FROM MR. BOATENG


*Class of 2026,*

*February was an eventful month at NAHS. We began a new semester and celebrated an exciting Black History Month. Special shout out to the Black History Month Committee. This year's program truly served our students well in bringing awareness and recognition to the ongoing contributions and treatment of black people in America. Part of being a student is striving to become a scholar. Striving to learn as much as possible about the world and how people from every part of the globe have contributed to the planet, we live in. This is important in learning to accept, appreciate, and value people who do not look like you. I love the diversity of our school. We have students from almost every part of the world to learn from. I cherish and celebrate our differences and similarities. The month of March will also be an eventful month. We will be welcoming the Spring season and some students will be returning to school in the hybrid model. I am sure many of you are excited as well as anxious about what that will look and feel like. It is perfectly alright to feel how you feel, however, rest assured that we (teachers, building service workers, and administrators) are working hard to make sure the school building is ready for your return and safety. Let us continue to change the world and have an amazing month of March.*

## 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 Gratitude! Keep up the great work!

Erica Proctor  
Fade Sinaayo  
Daziha Price  
Abor Iyomon  
Ta'niya White




Romeo Hart  
Tamara Laryea  
Eric Griffin  
Sarah Awosanmi  
Uzochi Njoku  
Marissa De Barros  
Dante Watkins  
Oluwadabira Jegede  
Gia (Shawnie) Scruggs  
Connor Butler  
Aniyah Proctor  
Precious Abeh  
Aiyana Bushrod  
Vincent Bello  
Eniola Aderibigbe

## 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!

Malia Parker  
Favour Babatunde  
Vivianna Craig  
Jaden Brown  
Lauren Miller  
Mason Mathews  
Kesi Grace  
Jose Rodriguez Guerra  
Obianuju Adimorah  
Tolulope Adegborioye  
Peyton Blackwell  
Camryn Mitcham  
Destiny Skinner  
Janya Tutt  
Eydan Osorio  
Olamide Yomi-Oke  
Clinton Mormah  
Love Tamukong  
Andre Wilson  
Lanai Hardmon  
Stephen Dada  
Vicky Olowe  
Monae Trent  
Praise Ismail  
Ugonna Ikejiofor





# A MESSAGE ABOUT GRATITUDE FROM MRS. SOLOMON

## GRATITUDE

Definition: The quality of being thankful, readiness to show appreciation and return kindness.



### Gratitude Prompts:

Try asking yourself these question(s) daily:

1. What or who made me smile today?
2. What or who am I grateful for? Why?
3. Did I show someone kindness today?

- Take the time each day to reflect on what you are grateful for—you can even keep a Gratitude Journal
- The act of being thankful makes you happier
- Show appreciation when someone is kind
- Say “please” and “thank you”
- Treat others in the same manner you would like to be treated
- Smile, laugh, and be positive

## LETTERS OF GRATITUDE



I want to say a big thank you to all my teachers and the counselors. You guys have really impacted my life. I know it is hard to organize classes online, but I appreciate that you still teach us new things. I have learned a lot since I started school here and that is because of you guys. So, thank you to all teachers and counselors. Thank you for your time.  
Sincerely,  
Tolulope Adegborioye

### “Letters of Gratitude”

Be Kind. Be Thoughtful. Be Genuine.  
But Most of All, Be Thankful.

Dear 7<sup>th</sup> Grade Students,  
We are grateful to teach such amazing group of young scholars. We thank you for your positive energy that you bring to our classrooms. We thank you for your flexibility in the virtual classroom. We know that it is not always easy. Continue to persevere through this school year—be the best student you can be! We are here along side you on this journey. We will always be here to support you and cheer you on!

Sincerely,  
Your 7<sup>th</sup> Grade Teachers



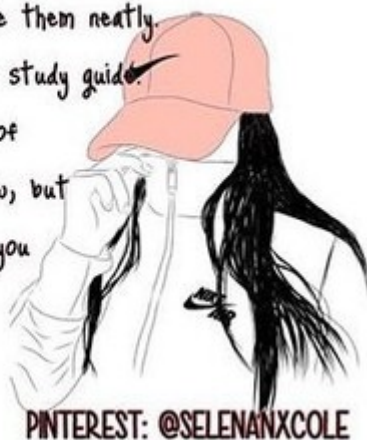
### Thank You

2020 was a crazy year, not seeing teacher, friends, and family was really hard. I want to say thanks to all my teachers who have supported me in everything. As a student, I thought virtual learning was going to be a curve. However, you have made learning as simple as 1-2 -3. Thank you for always being on my side. Thank you for teaching us this year.  
Eydan Osorio

## TIPS FOR SUCCESSFUL STUDYING

## STUDYING TIPS.

- ♡ study for 30 minutes at a time. you'll memorize it better.
- ♡ before exams studying an hour a day all the way up to the day of the exam helps
- ♡ printing off worksheets that have problems/questions that have what your studying will help you practice. especially in math. 9 times out of 10 it has an answer sheet so you can compare the answers you got with the correct answers.
- ♡ take notes while in class. when you have time go back and rewrite them neatly.
- ♡ make your own study guide.
- ♡ studying more of what you don't know, but still go over what you do know briefly.



PINTEREST: @SELENANXCOLE

## WELLNESS CORNER

Ms. Joyner's Wellness Tip of the Month: The Importance of Hydration

Did you know that drinking water can help improve learning? Research shows that not drinking enough water can negatively impact focus and short-term memory. After all, up to 80% of our brains are made up of water. Many of us have heard others say, "drink at least 8 glasses of water each day". We all know that this is easier said than done. Start by challenging yourself to drink at least 4 glasses of water per day! Foods such as watermelon, spinach, cucumbers, and lettuce are made up of more than 90% water and are also great for hydration! Here are a few additional health benefits of drinking water.

Water helps to

- Fight off illnesses
- Remove toxins and waste from our body
- Improve blood oxygen circulation
- Maximizes physical performance
- Improve the health of skin



# WOMEN'S HISTORY MONTH

## Women's History Month

womenshistorymonth.gov

March is Women's History Month – commemorating and encouraging the study, observance and celebration of the vital role of women in American history.



## Kamala Harris

Kamala Devi Harris is a politician and lawyer. She is the first African American, South Asian woman to become Vice President of the United States. After attending Howard University and the University of California's Hastings College of the Law, Kamala Harris embarked on a career in the California legal system, emerging as state attorney general in 2010. She served as a US Senator for California from 2017 until 2021, becoming the second African American woman and the first South Asian American to enter the Senate. She has supported a single-payer healthcare system and introduced legislation to increase access to outdoor recreation sites in urban areas and provide financial relief in the face of rising housing costs.



## Amelia Boynton Robinson

Amelia Boynton was born in 1911, in Savannah, Georgia. Both of her parents were of African American, Cherokee Indian and German descent. Boynton was a Civil Rights activist starting in the 1930's. She was involved with black voter registration drives in Selma, Alabama, from the 1930s through the '50s. In 1964, she became both the first African American woman and the first female Democratic candidate to run for a seat in Congress from Alabama. In 1965 she helped lead a civil rights march during which she and her fellow activists were beaten by state troopers. The event, which became known as Bloody Sunday drew nationwide attention to the civil rights movement.





## Chien Shung Wu

Chien-Shiung Wu is a pioneer and pivotal figure in the history of physics. An immigrant to the United States from China, she did important work for the Manhattan Project and in experimental physics. Chien-Shiung's research included improving Geiger counters for the detection of radiation and the enrichment of uranium in large quantities.

