



# Plum Point Middle School

## BITS AND BITES

# Newsletter

May 9, 2022

### MAY CALENDAR

For the latest calendar events, please [visit the calendar on our website](#).

- 9 – Track/Baseball/Softball til 4:45 pm
- 10 – NJHS 7 am
- 10 – Track/Baseball/Softball til 4:45 pm
- 11 – Chespx – Mr. Kohan’s 4 pd
- 11 – Track/Baseball/Softball til 4:45 pm
- 12 – SGA – 7 am
- 12 – Baseball/Softball playoffs (tbd)
- 12 – Art Club til 4:45 pm
- 12 – Incoming 6<sup>th</sup> grade Parent/Student Information Night 6 pm

### CONTACT US

Need to send a note to a secretary regarding attendance, early pick up, car rider status, or just have a quick question?

Email

[PPMSSecretaries@ccps365.onmicrosoft.com](mailto:PPMSSecretaries@ccps365.onmicrosoft.com) .

Ms. Hughes, Ms. Hancock, or Ms. Lewis will respond as quickly as possible.

**Car Riders** – If a student will be an unexpected car rider, please email all secretaries by 2:30 pm to make sure the message is received prior to dismissal.

[PPMSSecretaries@ccps365.onmicrosoft.com](mailto:PPMSSecretaries@ccps365.onmicrosoft.com)

### FROM THE ADMIN TEAM

#### PPMS VISION

- Promotes High Standards
- Provides Positive Experiences
- Makes a Difference
- Strives for Excellence

#### MCAP testing will continue this week.

Students need to bring corded headphones and a charged laptop.

May 9 – ELA MCAP

May 10 – ELA MCAP Makeups

May 11 – ELA MCAP

May 12 – ELA MCAP Makeups

May 16 – 19 – Math MCAP

May 24-25 – Social Studies MCAP (8<sup>th</sup> grade)

**Congratulations to the Plum Point Middle School Student Government Association** for being named *Calvert County’s Most Outstanding Middle School Student Government Association!* We are so proud of our outstanding student leaders!

**Congratulations to Noah Gross** for being elected for a second term as the Second Vice President of the Calvert Association of Student Councils. Keep up the great work!

If you are interested in learning more about student government, please contact Mrs. Kelly in room 316 or by email at [kellyd@calvertnet.k12.md.us](mailto:kellyd@calvertnet.k12.md.us) .

**Congratulations to our April Students of the Month!**

**6<sup>th</sup> grade**

Ethan Swift

Troy McAlister

**7<sup>th</sup> grade**

Hailey Maddox

Ayla Rappaport

**8<sup>th</sup> grade**

Autumn Bennett

Anya Bortchevsky

Check the PPMS website later this week to see all the wonderful things our staff had to say about these students!

## ANNOUNCEMENTS

### May is Mental Health Month

**Hello from the health room!** As we continue to focus on mental health awareness month here's some fun facts about kindness! Did you know that kindness has actual health benefits? That's right being kind can improve your overall health and wellness. Kindness is defined as a habit of giving of yourself in a way that is courteous, helpful, and generous. Let's talk about how this all works!

1. Kindness generates a response in your brain involving neurotransmitters. Neurotransmitters are responsible for communication in your brain. One neurotransmitter that increases when you are kind is oxytocin. Oxytocin gives you a feeling of increased sense of connectedness and trust. It promotes social bonding and even lowers blood pressure. How can it do that? It causes a release of nitric oxide which dilates your blood vessels so that your heart receives more oxygen and lowers your blood pressure. So, kindness is cardioprotective! It literally protects your heart!
2. An act of kindness also causes your brain to release "feel good" hormones. These hormones boost levels of serotonin which is a neurotransmitter that is responsible for your feelings of well-being and satisfaction. Serotonin also decreases feelings of depression and anxiety. So, doing an act of kindness can decrease depression and anxiety!

3. Endorphin levels also rise when you show kindness. Most of you have heard of a "runners high" - when a runner finishes a long run their body releases endorphins causing them feelings of happiness and joy. Well just like a "runners high" when you perform acts of kindness you will experience what researchers have come to call a "helpers high". Showing kindness has been proven to release endorphins in your body causing a state of euphoria.

4. Kindness has also been linked with decreasing levels of cortisol in your body which is a stress hormone. Too much cortisol can damage your bodies and cause premature aging. Wow! Who knew showing kindness each day can actually slow down the aging process? 😊

5. Research also shows that acts of kindness can strengthen your immune system, improve energy, reduce aches and pains, and increase self-esteem.

Kindness just might be better than medicine in some cases! It's free and there are no side effects. So, try it this week! Volunteering your time is great but it doesn't always have to be that involved. Just look for everyday opportunities to show kindness. Genuinely smile at another person (don't worry smiles show in your eyes), compliment someone in a team's meeting, donate old clothes or even new clothes to a shelter, write a note to a coworker, or help your family out by doing extra chores around the house! Make kindness a habit! Take care! Stay healthy and safe - keep washing your hands, wearing your masks, and social distancing.

😊 Nurse Smith

Information gathered from [How sharing kindness can make you healthier & happier - Mayo Clinic](#), [Practicing kindness is good for your health \(tallahassee.com\)](#), [The Science Behind Kindness](#) and [How It Benefits Your Health | University Hospitals \(uhhospitals.org\)](#)

## 8<sup>th</sup> Grade Information

- ✓ June 3<sup>rd</sup> – 8<sup>th</sup> Grade Dance 6-8 pm
- ✓ June 14<sup>th</sup> – Recognition Ceremony at Mary Harrison Center, 6 pm (limit 5 tickets per student)
- ✓ June 15<sup>th</sup> – 8<sup>th</sup> Grade Picnic/Activities

Check back here for more updates as we get closer to the end of the school year!

## Guidance

### Schedule Requests for 2022-2023

Student schedule requests for next year 2022-2023 are viewable in HAC. If you have any questions or concerns with the classes listed for your child, please contact their School Counselor.

### School Counselors:

Mrs. Douglas (last names A-K) 443-550-9177  
Ms. Jarman (last names L-Z) 443-550-9176

## Athletics

### Spring Sports Information

[View the Athletics Calendar](#)

[Middle School Track Meet General Information](#)

Please direct any athletics questions to PPMS Athletic Director – Mr. Pellock  
[pellockj@calvertnet.k12.md.us](mailto:pellockj@calvertnet.k12.md.us)

## Media Minutes

While you are spring cleaning, please look around for any library books that may be at your house. We need to collect all library books back before the last week of school. Even if you find books from other schools, please send them in and I will make sure they get to the right place. Thank you for your help!

### Social Media Tips

I would like to recommend monitoring your child's social media use and followers. Many students have said they think the number of followers on social media sites are **more important** than safety. They should only be accepting people that they know personally.

Please talk to your child about the dangers of predators who pose as young teens on the internet and the danger of meeting strangers online. They should also be careful about sharing any personal information. All their online posts, comments, likes, and shares are part of their digital footprint. Posting inappropriate content could impact their online reputation. It may not seem like a big deal now, but it could hurt them when they get older and enter college or the job market.

## PTSA



### Join the PTSA board!

We are still on the hunt for board members and chairpeople for next year. Please consider helping so we can continue to provide support to the students and staff of PPMS. A board position is not a large commitment and allows you to stay aware of everything going on at the school. Board members and Chairs are closely connected to what is going on at the school and get to be part of fun events for our kids and the staff and faculty.

Visit our website

<https://plumpointmiddleptsa.weebly.com/board.html> to learn more about the positions available. You can also email us at [ppmsfamilies@gmail.com](mailto:ppmsfamilies@gmail.com)



### May PTSA Meeting: Monday May 9th, 6pm

Join us in the Media Center for our first in-person meeting this school year! We will discuss open board and chair positions for next year and upcoming spring events including an update on events for the 8th graders.



### 8<sup>th</sup> Grade Dance Updates

8th Grade Dance updates

Planning is under way for the 8th grade dance on June 3rd and invites will go out to students next week! The next planning meeting for the 8th grade dance is Monday, 5/16 at 6pm in the Media Center.

How you can help:

Donate funds: toward the 8th grade field day, and the 8th grade dance here:

<https://2022-8th-grade-dance.cheddarup.com>

Volunteer: Do you have some time to volunteer for the field day or dance?

Sign up here: <https://bit.ly/8thGradeVolunteer>

### Here are some easy ways to contact the PTSA:

Join Our Private Facebook Group: **PPMS Families**

Email Us: [ppmsfamilies@gmail.com](mailto:ppmsfamilies@gmail.com)

Visit our Website: [tinyurl.com/ppmsptsa](https://tinyurl.com/ppmsptsa)

### Previous Announcements

#### Texts/Communication

If you aren't getting our texts, simply text Y to 67587. This is a great way to get quick reminders and timely information from PPMS!

#### Bus Status

Please be aware that while we will try to inform families as soon as possible regarding bus status updates, CCPS posts information on the bus status page as soon as they are aware: [View Bus Status Webpage](#). Families can also download the [Here Comes the Bus app](#), and notifications of changes will be sent to you.

#### PPMS Website

We have been working hard to keep our website up to date with reminders and Tweets. We also post the Bits & Bites each Monday. Take a moment to check it out: [Home - Plum Point Middle \(calvertnet.k12.md.us\)](https://calvertnet.k12.md.us)

### See Something, Say Something

Safe Schools Maryland is an anonymous and free reporting system available to students, teachers, school staff members, parents, and the general public to report any school or student safety concerns, including mental health concerns.

[Tip line/Information](#)

### Dress Code

The following is an excerpt from the Student Code of Conduct regarding dress code. It can be found on page 21, section D.

Students received the neon green Code of Conduct book at the beginning of the school year. An electronic version [can also be found here](#).

The Calvert County Board of Education understands that while student dress and grooming habits are the responsibility of the student and the parent/guardian, students are expected to give proper attention to personal cleanliness and to wear clothing and /or jewelry in a manner that is safe and appropriate. Student attire and grooming must permit the student to participate in learning without posing a risk to the health and safety of any other student or school district personnel.

- Students must wear clothing that covers the chest, torso, lower extremities, and undergarments.
- Clothing on the lower extremities must be longer than the longest fingertip when the student stands with arms fully extended at their sides.
- Clothing must not be see-through.
- Hats, hoods, and any other headwear that obscures the face and/or ears is not permitted.
- School administrators will grant approval for headwear that is worn for medical or religious reasons.
- Ear buds are not permitted unless used for instructional purposes.
- Footwear must be worn on school property at all times.

- Garments which depict violence, sex, vulgarity, or other inappropriate scenes or wording or that advertise tobacco, alcohol, or drug-related products are not permitted.
- Clothing and/or tattoos shall not convey symbols or messages generally accepted to promote intolerance, hate, racial slurs, sexual harassment, or gang affiliation.
- Long trench coats and other articles of clothing/dress that may be associated with national school violence trends are banned.
- Sunglasses may not be worn inside of the school building unless prescribed by a physician. If sunglasses are prescribed, a medical form must be completed and submitted to the main office.
- Chains (attached belts or wallets) are not permitted.

Middle schools and high schools may establish alternative guidelines for dress codes as they relate to school dances, homecoming, and prom.

## Community Info/Flyers

[CCPS Outdoor Activity Challenge](#)

[Mommy & Me 5/9](#)

[Spring Family Fun Day 5/15](#)

[Special Education IEP Workshop 5/25](#)

[Stem Event \(May 21<sup>st</sup>\)](#)

[Children's Day on the Farm 6/1](#)

[Soccer Camp 6/20-6/23](#)

[Calvert Grace Summer Camp 6/27](#)

[Summer Dance Camp 6/27-6/30](#)

[Summer STEM Camp 6/2022](#)

## Nondiscrimination Statement

Calvert County Public Schools does not discriminate on the basis of race, color, religion, sex, age, ancestry or national origin, familial status, marital status, physical or mental disability, sexual orientation, gender identity and expression, or genetic information in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

- Director of Student Services

- Director of Human Resources 443-550-8000

For further information on notice of non-discrimination, visit the Office for Civil Rights Complaint Assessment System at: <https://ocracas.ed.gov> or call 1-800-421-3481.

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Anti-sexual, Anti-racial and Anti-disability Harassment Statement

Discrimination can manifest itself in behaviors such as bullying, harassment, or intimidation of individuals.

Calvert County Public Schools does not tolerate any form of harassment including, but not limited to, sexual, racial, or disability. Any individual (student, employee, or community member) who believes that he or she has been subjected to any form of harassment is encouraged to report the allegation of harassment. Students, parents, and community members may report allegations of harassment to:

Mr. James Kurtz  
Director of Student Services  
Calvert County Public Schools  
1305 Dares Beach Road  
Prince Frederick, MD 20678

Employees may report allegations of harassment to:

Mr. Zachary Seawell  
Director of Human Resources  
Calvert County Public Schools  
1305 Dares Beach Road  
Prince Frederick, MD 20678

Calvert County Public Schools is committed to conducting a prompt investigation for any allegation of harassment. If harassment has occurred, the individual will be disciplined promptly. Disciplinary actions for students found to have engaged in any form of harassment may result in suspension or expulsion. Disciplinary actions for employees found to have engaged in any form of harassment may result in suspension or termination.

Calvert County Public Schools encourages all students, parents, employees, and community members to work together to prevent any form of harassment.