



BUILDING THE STARS OF OUR FUTURE

November 2018

Issue 15





Clements Middle



During the month of October, students participating in Apex Program received “Oktoberfest Coping Skills Kits” featuring a stress ball, positive affirmation pencils, rubber bracelet, mini drawing pad, and fall themed treats.

Students were encouraged to use items in their coping skills kits to assist with emotion regulation and distress tolerance. Some students have already reported using the items to “calm down and not get in trouble.”

Liberty Middle

- ❖ Attendees of the "Knight at the Apollo" talent show were well entertained by the participants. The participants showed great self-confidence as they performed. Some participants wrote their own songs, all of the dancers choreographed their own dances, the mime and musician wooed the crowd, and the comedian kept the crowd laughing with his portrayal of "Madea"! The "Knights at the Apollo" really gave the audience a memorable evening of top quality entertainment!
- ❖ Being a custodian can often be a thankless job. That is why on October 2, 2018, National Custodian Day, Liberty Middle School took the time to show their appreciation to the custodians at their school by serving them a luncheon. Faculty and students alike reap the benefits of the custodians' hard work on a daily basis so it was a great time to thank them for all they do.



Middle Ridge Elementary

- ✓ Shout out, shout out, YAY!!!! The College and Career Ready Performance Index Scores were released by the Georgia Department of Education and Middle Ridge made significant gains scoring an 80%. We celebrated with a parade recognizing teachers and students for their accomplishments.



Apex clinician participated in Red Ribbon Week at Middle Ridge Elementary School. The Red Ribbon campaign provides awareness, education, and encourages participation in during prevention. It was a fun filled week focused on this year's theme "Life is a Journey Travel Drug-Free." (Pictured left Apex clinician and AP Ron Edwards We are smarter than drugs- wearing our favorite geek outfit!)



- ✓ Clinician participated in Strive Clubhouse fall festival. Clinicians provided mindfulness/ self-care activities for participants (planting seeds, aromatherapy, painting nails and hair spraying).



- ✓ Groups are back at Middle Ridge! Apex clinician, school counselor, and behavior intervention specialist will provide the following groups.- Anger Management, Friendship/Self-Esteem, and Social Skills- Second Step.

Indian Creek Middle



Red Ribbon Week was so exciting at Indian Creek Middle School as teachers and students worked diligently on their doors to win prizes (1st place donuts and juice; 2nd place cupcakes, and 3rd place candy).



First
Place



Second
Place



Third
Place

Clements Middle



Red Ribbon Week

Our theme was "Life is a Journey. Travel Drug Free." Students and staff participated in daily activities:
Monday Oct 22nd - All students and staff received a Red Ribbon

Tuesday Oct 23rd - Sock it to Drugs
- We wore our favorite/funny socks

Wednesday Oct 24th - Team Up Against Drugs
- Wear your favorite team apparel

Thursday Oct 26th - Twin Day
- Dress like another staff member or student

Friday Oct 27th - Total Red Out
- Staff and students wore red to take a stand against drugs



Students and their families had a great time at the festival. The "Spooky House" was a huge hit. A big thank you to all that served with me on the fall festival committee to plan and implement this fun event for the students and their families!





Gwinnett
Apex Team

Representatives from the Apex Program attended “Voices of Hope: Speaking Out about Mental Health in the Church and Community” conference.

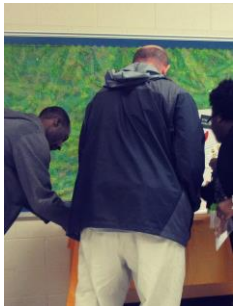
The conference was hosted by Faith Based Mental Health Initiative of Metro Atlanta on Saturday, September 29, 2018 and was held at The House of Hope 4650 Flat Shoals Parkway, Decatur 30016





Clements Middle

“Oktoberfest Staff Treat & Greet” was a huge success! Staff and administrators expressed appreciation for this learning opportunity. During this event, Apex clinician educated staff on self-care and stress management. Staff members that completed a stress management plan were entered into a drawing to win a prize to jump start their self-care/stress management routine. Three lucky staff members won! A special shout out and thank you to Anushka Fussell (Porterdale Elementary School Apex clinician) and Dionne Mitchell (Porterdale Elementary School Counselor) for coming to Clements Middle to assist with this event!!! And a special thank you to Dr. Pennington (Clements School Counselor) for taking photos!!! #TeamWork



UPCOMING EVENTS

7th grade resource teachers and Apex clinician are teaming up for this new initiative- Step Up: Problem Solving and Conflict Resolution Skills Class.



Indian Creek Middle

Fall Festival was an amazing event! The students had an opportunity to participate in the following activities:



- Obstacle course
- Face painting
- Pumpkin decorating
- Roasting marshmallows
- Hayride
- Scavenger hunt
- Yard games
- Karaoke
- Costume contest
- Mystery boxes
- Chili cook off
- Cake walk



Middle Ridge Elementary

- ❑ School counselor and Apex clinician had the opportunity to serve during Action Ministries day of action. Action Ministries is instrumental in addressing the challenges of poverty by focusing on hunger relief, housing, and education. We are thankful for the food packs they provide to students at Middle Ridge Elementary school and students throughout the county so no child goes hungry when they are not in school.



- ❑ Apex clinician would like to salute Rhonda Battle during National Principal's Month. Thank you Ms. Battle for your collaborative efforts in making APEX successful. Your dedication to provide support/resources to all students and staff and your overall leadership qualities have not gone unnoticed. At Middle Ridge students and staff showered Ms. Battle with numerous cards/gifts, delicious breakfast, and her favorite Dunkin Donuts coffee. **YOU ROCK MS. BATTLE!!!!!!!** (pictured right)
- ❑ School counselor and Apex clinician provided a parent informational session for our PBIS/Student Ambassadors. They will meet weekly with ambassadors to facilitate leadership and peer mediator skills training.

