



OCTOBER 2020 | SCHOOL BUZZ

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#BrownM.S.



BROWN MIDDLE SCHOOL

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STAYING POSITIVE DURING COVID-19

BY GOLAREH SAFARIAN

Staying positive and optimistic during times of crisis can be challenging, but it's critical to your mental well-being and immune system. Today, due to the hindrances caused by the Coronavirus pandemic, even individuals with the sunniest of outlooks may be having a hard time staying positive. Remaining optimistic in the face of social distancing and isolation, dystopian and constant news about the virus, possible loss of income, communal grief, uncertainty, and gripping fear, requires conscious effort and continuous mindfulness.

Practice gratefulness. Even when life seems bleak, there are things we still have for which we should be grateful. Keep a gratefulness journal or do a quick morning gratefulness meditation. Notice both significant and small items for which you are thankful. Important things can include your home and shelter, your health, your family, your friends, your ability to put food on your table, and other essentials. Small things are more momentary pleasures, like a hot cup of coffee, a calming bath, a good book, or a funny meme. Be sure to include as much detail into your gratefulness practice as possible.



TOGETHER, NOTHING IS IMPOSSIBLE!



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APS works in close collaboration with the state and local departments of public health, including Fulton and DeKalb, to better understand, monitor and track COVID-19 within the APS Community.

Based on unfavorable trends in the COVID-19 health data and in consultation with public health officials and healthcare experts, Atlanta Public Schools (APS) will postpone all reopening plans for in-person learning until January 2021.

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SCHEDULE PARENT TEACHER CONFERENCES

CONFERENCE DATES: NOVEMBER 2 - 5, 2020 FROM 2:40 PM - 4:20 PM

{November 2 (8th grade), November 4 (7th grade), November 5 (6th grade)}

***No meetings on November 3 due to the presidential election. (Sign up for Parent Conferences below)**

SCHEDULE PARENT TEACHER CONFERENCES

Kids and teens do better in school when parents get involved. Attending parent-teacher conferences is one way to be involved and help your child succeed.

A parent-teacher conference is a great opportunity to:

- DISCUSS YOUR CHILD'S PROGRESS
- SHARE YOUR CHILD'S STRENGTHS AND NEEDS
- WORK WITH THE TEACHER TO HELP YOUR CHILD DO WELL IN SCHOOL

TOGETHER, NOTHING IS IMPOSSIBLE!

