

# *T-Bird Times*

November 24th, 2020



## Calendar

### November

25 - NO SCHOOL-THANKSGIVING BREAK

26 - NO SCHOOL-THANKSGIVING BREAK

27- NO SCHOOL-THANKSGIVING BREAK

30- Girls Basketball game @ HMS - 3:15 Coach Meier's team will play first followed by Coach Newell's team

### December

3 - Girls Basketball game @OMS - 3:15 Coach Newell's team will play first followed by Coach Meier's team

Principals Note:

HMS Families,

As we enter Thanksgiving break, I wanted to take this opportunity to express my gratitude and thanks to our entire school community. We have such a supportive and positive group of students, parents, teachers, and staff. We have a lot to be thankful for at HMS and I truly love serving this school community. My hope is that everyone gets the chance to reflect on what they are thankful for as well.

How could I mention thankfulness and not highlight those that have served our country. With this being the Tuesday before Thanksgiving, it is time to "Give Thanks for our Veterans." Below you will see a link to our virtual Veterans assembly. I hope we can be back together in person next year to celebrate and give thanks for our Veterans.

### [Giving Thanks to Our Veterans Video Link](#)

I want to also offer a reminder that all in-person learners will enter into distance learning starting November 30. During distance learning, students need to attend their scheduled Zooms every day. Teachers will continue to use Canvas course tiles to house all course information, activities, assignments, Zoom links, Zoom times, etc. Please make sure students are checking Canvas daily. Both the December red/blue calendar and the modified block schedule can be found below.

Below this note you will find the following information:

- Veterans Video
- Virtual Ed Picture and ID pick up
- Red/Blue Calendar for December
- Modified Block Schedule
- Holiday Support

I hope everyone enjoys the five day weekend. Please let me know if you need anything.  
Sincerely,

Nate Winslow  
Principal  
Harmony Middle School

## Giving Thanks to Our Veterans

### [Giving Thanks to Our Veterans Video Link](#)

## Virtual Ed Picture and ID pick up

Your students school picture and ID have arrived. You may pick them up next week in the Front office. We are open 7-4 Monday through Friday.

## Red/Blue December Calendar

Please scroll to the bottom of newsletter for PDF copies of calendar.

# December

Monday	Tuesday	Wednesday	Thursday	Friday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
Blue Day	Red Day	Blue Day	Red Day	Blue Day
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec
Red Day	Blue Day	Red Day	Blue Day	Red Day
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
Blue Day	Red Day	Blue Day	Red Day	Blue Day
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
Red Day	Blue Day	Winter Break	Winter Break	Winter Break
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan
Winter Break				

## Modified Block Schedule

Please scroll to the bottom of newsletter for PDF copies of schedule.

HMS In-Person OR Distance Learning Modified Block Daily Schedule 2020-2021

6th Grade Schedule				7th Grade Schedule				8th Grade Schedule			
Red Day		Blue Day		Red Day		Blue Day		Red Day		Blue Day	
1st Hour Flex	7:41-8:34	Zero Hour Intervention	7:41-8:34	1st Hour	7:41-8:34	1st Hour	7:41-8:34	1st Hour	7:41-9:21	3rd Hour	7:41-9:21
2nd Hour	8:38-10:07	3rd Hour	8:38-10:07	2nd Hour	8:38-9:21	2nd Hour	8:38-9:21	2nd Hour Flex	9:25-10:07	Zero Hour Intervention	9:25-10:07
4th Hour	10:11-10:54	4th Hour	10:11-10:54	3rd Hour	9:25-10:07	3rd Hour	9:25-10:07	4th Hour	10:11-10:54	6th Hour	10:11-10:54
5th Hour	10:58-11:40	5th Hour	10:58-11:40	4th Hour	10:11-11:40	5th Hour	10:11-11:40	5th Hour Lunch	10:58-11:34	5th Hour Lunch	10:58-11:34
6th Hour	11:44-12:27	6th Hour	11:44-12:27	6th Hour Lunch	11:44-12:21	6th Hour Lunch	11:44-12:21	4th Hour	11:44-12:27	6th Hour	11:44-12:27
7th Hour Lunch	12:31-1:12	7th Hour Lunch	12:31-1:12	7th Hour Flex	12:31-1:14	Zero Hour Intervention	12:31-1:14	7th Hour	12:31-1:14	7th Hour	12:31-1:14
8th Hour	1:18-2:50	9th Hour	1:18-2:50	8th Hour	1:18-2:50	9th Hour	1:18-2:50	8th Hour	1:18-2:00	8th Hour	1:18-2:00
								9th Hour	2:04-2:50	9th Hour	2:04-2:50

# Holiday Support

We have such an incredibly supportive and philanthropic community that truly strives to make sure our students have what they need to be successful. We also like to make sure our families have what they need as well. With that being said, we would like to offer support to any HMS family in need during the holidays. Please email me individually if your family needs any support this time of year. I

**guarantee that you will remain anonymous. I will be the only person that knows you have asked for assistance.** I will personally work with your family to make sure you and your student(s) get what is needed to make sure the holiday season is happy and memorable. Please email me at [jnwinslow@bluevalleyk12.org](mailto:jnwinslow@bluevalleyk12.org) if you would like any assistance during the holidays.

## Counselor's Corner

Counselors are finished up with lessons on stress and anxiety with all grade levels. Please ask your student about the lesson and what strategy they remember that they can use. Students were given a handout with strategies and various deep breathing exercises. We hope our lesson gives you an excuse to talk to them about this issue and have included the following article for some additional tips and suggestions for conversation with your family about this important topic! Remember, counselors are available throughout the next month and can zoom with your student throughout the school day. We will also be working to provide our college and career readiness lessons that students can take part in during their intervention class over the next month.

Thanks and reach out any time! Trish Madsen & Lori Cook

[https://www.huffpost.com/entry/child-psychologists-parents-anxiety\\_l\\_5fb1aa53c5b6b956698c6bc4?imr&?ncid=newsltushpmsgvoices\\_Parents](https://www.huffpost.com/entry/child-psychologists-parents-anxiety_l_5fb1aa53c5b6b956698c6bc4?imr&?ncid=newsltushpmsgvoices_Parents)

## Johnson County COVID Relief Funds for Mental and Behavioral Health

Johnson County Mental Health Center is working to reduce barriers for individuals in need of mental health services.

### Eligibility

Any Johnson County resident who is a member of a group that is disproportionately impacted by COVID-19 such as uninsured, underinsured, LGBTQ+, BIPOC, elderly, disabled or involved in the criminal justice system is eligible. Residents may not be receiving CARES Act funds for the same service from another source.

### Directions

This form may be completed by an individual aged 18 or older who meets eligibility requirements, their parent/guardian or by a social service professional completing it on that individual's behalf. In the case of a minor, a parent/guardian should be present when the form is completed. An ID will be required at the time supports are delivered.

### Four types of supports

Each eligible Johnson County resident may select one support, as long as funds are available. Please select the greatest need.

1. Counseling - The cost of mental health services can be a barrier for individuals in getting the help they need. This support covers the cost of three counseling appointments with a community provider, with the possibility to extend to up to three additional appointments (six total).
2. Medication - The cost of psychotropic medications can be a barrier for individuals caring for their mental health conditions. This support covers the cost of these medications.
3. Technology - During the pandemic, behavioral health services are often delivered by video conferencing software. This can be a barrier to those who do not have the appropriate technology. This support provides the appropriate technology to give individuals access to virtual mental health services.
4. Transportation - Not having reliable transportation to attend health-related appointments can be a barrier for long term and consistent mental wellness. This support provides transportation to mental health appointments through Johnson County Mental Health Center's transportation division, a local taxi service or an on-demand provider such as Uber or Lyft.

To apply for support go to:

<https://jocogov.org/dept/mental-health/accessing-services/covid-19-relief-funds>

Please reach out if we can help in any way. Lori Cook (A-K; [lmcook@bluevalleyk12.org](mailto:lmcook@bluevalleyk12.org)) and Trish Madsen (L-Z; [tmadsen@bluevalleyk12.org](mailto:tmadsen@bluevalleyk12.org))

## Harmony Middle School

 @HMSTBirds

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 [district.bluevalleyk12.org/schools/middle/hms/Pa...](https://district.bluevalleyk12.org/schools/middle/hms/Pa...)