Good evening John Poole Middle School families,

This is Mr. Green with your weekly updates for February 12 - February 16, 2024.

Happy Super Bowl Sunday!  I hope those of you who are watching the game are enjoying time with friends and family.

This week is Valentine’s Day week and our wonderful SGA has a spirit week planned.  Staff and students are invited to take part in the SGA Winter Spirit Week.  Below are the spirit days:

**Monday,** **2/12: Rhyme without Reason**

(Pair with a friend and wear costumes\clothes that rhyme but otherwise may have nothing else in common. Ex. Cat and Bat)

**Tuesday, 2/13: Sports Day**

(Wear jerseys or apparel from your favorite team)

**Wednesday,** **2/14: Wear Pink Day**

(Wear pink clothes)

**Thursday, 2/15: Grade Color Day**

6th Grade - BLACK

7th Grade - BLUE

8th Grade - PINK

**Friday, 2/16: PJ Day**

(Wear comfy pants)

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**Intramurals:**

Intramural activities are open to ALL Timberwolves and are held right after school until 4:15 pm. Permission slips are located in the girls and boys locker rooms.

Table Tennis is with Ms. Gibbs (Tuesdays)

Feb. 27, Mar. 5, 12, 19, Apr. 2, 9, 16, 23, 30 & May 7

All skill levels are welcome.

All equipment is provided by JPMS

Basketball is with Mr. Hartley (Wednesdays)

Feb. 28, Mar. 6, 13, 20, Apr. 24, May 1 & 15

All skills levels are welcome

Questions: Reach out to our Intramural Coordinator @ Kimberly\_S\_Gerrie@mcpsmd.org

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MCPS Signs of Suicide (SOS) Presentations begin this week

The Montgomery County Public Schools (MCPS) remains committed to sharing information and resources about mental health topics that could potentially impact students.  During the 2017-2018 school year MCPS reviewed programs and activities that support the physical, social, and psychological well-being of students.  A variety of initiatives (e.g. mindfulness, individual and group counseling, wellness initiatives, etc.) are available for students to participate in at each school.

We know that the teenage years are marked by a roller-coaster ride of emotions—challenging for teens, their parents/guardians, and educators.  It is easy to misread depression as normal adolescent turmoil; however, depression (which is one of the most common of mental illnesses) appears to be occurring at a much earlier age than before.  The prevalence of depression in adolescents and young adults increased from 8.7 percent in 2006 to 11.3 percent in 2014 (Mojtabai, et. al, 2016).  Suicide also is the second leading cause of death among 11–18-year-old youth in the United States (Centers for Disease Control, 2015).

To proactively address this issue, MCPS is enhancing its suicide prevention curriculum using the Signs of Suicide® (SOS®) Prevention Program.  Currently, MCPS uses the Red Flags suicide prevention curriculum to discuss this topic in Health courses.  The SOS® Program is a youth suicide prevention program that has demonstrated an improvement in students’ knowledge and adaptive attitudes towards suicide risk and depression, as well as a reduction in actual suicide attempts.  Listed on the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices, the SOS® Program showed a reduction in self-reported suicide attempts by 40 to 64 percent in randomized control studies (Aseltine, et al., 2007; Schilling, et al., 2016).

Our goals for participating in this program are straightforward:

* To help students understand that depression is a treatable illness,
* To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression,
* To provide students with the education and skills to recognize the signs of serious depression and potential suicidality in a friend, and
* To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.

All students in Grades 6 through 8 will participate in a class lesson, including video clips and discussion, during Social Studies classes.  After the lesson, students will fill out a form to let the school’s student well-being team know if they would like to talk to someone to get help for themselves or a friend.  SOS will be implemented between February 6, 2024, and February 20, 2024.  Students also will receive handouts that include a student newsletter and a list of school, local, and national resources that are available to support mental health needs. [Here](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1H5X8e6LTVkHow5aggvfzajMBDb4HKtwY%2Fview&data=05%7C01%7Calison_m_d%27aiutolo%40mcpsmd.org%7C682bd3f78195431e403208da2888ea76%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C1%7C0%7C637866865812898301%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=x4E9lI6NqMo6llHb450UwwSHoKt0ot0IMh1BML2a2zk%3D&reserved=0) is a resource for talking with your child about suicide.

[Here](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1Dy5m7sqo1Ek0jEYoswJjy1eh-w2Bz-JG%2Fview%3Fusp%3Dsharing&data=05%7C02%7CJon_Green%40mcpsmd.org%7C6c05611be86840db076308dc12b9ee0d%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638405836967078836%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=H2hNO%2FtBMQWYPGiQEc0KZQmO7IO8Uq%2B6F%2FqecHbtLdM%3D&reserved=0) is information about the Montgomery County Crisis Center. [Here](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1HZaqdXB2C77JXuExfpnph53hejumegpo%2Fview%3Fusp%3Dsharing&data=05%7C02%7CJon_Green%40mcpsmd.org%7C6c05611be86840db076308dc12b9ee0d%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638405836967089290%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wrxLtdTTFuDfNFnkoy1AbH3w1oGGxG2%2B3ch%2BLhaReY8%3D&reserved=0) are guidelines for reporting suicidal content on social media.  For your information, [here](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fpresentation%2Fd%2F1MeZJ8aQr4qLV8qP6aCwZ7rspgJyvWVzj2ze_u4jqiqk%2Fedit%3Fusp%3Dsharing&data=05%7C02%7CJon_Green%40mcpsmd.org%7C6c05611be86840db076308dc12b9ee0d%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638405836967098222%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EKDULZZplk2NgsYtMdGgSNdXesQTxHdSR5I6P%2FVcyCs%3D&reserved=0) is the PPT slide parent training presentation.

If you have any questions or concerns about this program, please do not hesitate to contact Mr. Maruskin, counselor, at Kevin\_T\_Maruskin@mcpsmd.org.

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Poolesville High School Drama Production

The Poolesville High School Midnight Players announces **FEEDER SCHOOL AUDITIONS** for The Sound of Music (open to students in grades K-8) on Tuesday, February 20 at 6pm at Poolesville High School Media Center (17501 W Willard Rd). Students will be asked to sing one verse of "Do Re Mi," a backing track and guide vocal is provided for practice on the signup link. The performances will be held 4/25-4/27 at John Poole Middle School. Rehearsals will be held on select Tuesdays, Wednesdays, and Thursdays 4pm-6pm starting 2/27 at the high school. A parent or guardian must remain present with the student at all times during auditions and rehearsals.

We will be auditioning feeder school students in the following roles:

Friedrich Von Trapp

Louisa Von Trapp

Brighita Von Trapp

Kurt Von Trapp

Marta Von Trapp

Gretyl Von Trapp

Sign up to audition at this link: [https://forms.gle/qygy1LxjrB52sgrX8](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2Fqygy1LxjrB52sgrX8&data=05%7C02%7CJon_Green%40mcpsmd.org%7C047cf4590c9e4fa321ad08dc29818a3f%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638430883550992285%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=DsSPD8KFth%2FAXUK9%2Ba8WtkzpoFjiSwj6GxiDotaSKiA%3D&reserved=0)

Contact PHS Drama Director Mr. Andrew Baughman with any questions (Andrew\_L\_Baughman@mcpsmd.org).

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**Drama Production - Friday, February 16**

It’s showtime!!!!  After almost a 5 year hiatus, our drama program returns to the stage.  The first Friday cast performed on Friday, February 9.  The second Friday cast will be performing on Friday, February 16, 2024 at 6:30 pm.  We hope to see you there!

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Please continue to check the [myMCPS Classroom](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclassroom.mcpsmd.org%2F&data=05%7C02%7Calison_m_d%27aiutolo%40mcpsmd.org%7Ce61ac24909e0455091bd08dc2b599acb%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638432911061819411%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XBNgybluQLva%2FrCtALxMPl4xvaIE4PLOubLKRi4e3W4%3D&reserved=0) calendar or our [JPMS school webpage](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww2.montgomeryschoolsmd.org%2Fschools%2Fpoolems%2F&data=05%7C02%7Calison_m_d%27aiutolo%40mcpsmd.org%7Ce61ac24909e0455091bd08dc2b599acb%7Cddf755e9bcd64a5ea4727c378a78c6c7%7C0%7C0%7C638432911061828569%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=K0UDKVDMExU8rZKN5pgVlQllPQY8EbYpRANJU%2FXHHQI%3D&reserved=0) for the most updated information, including upcoming events, bus routes, and other happenings occurring at school.

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Please mark your calendars for these important upcoming events:

Wednesday, February 14 - Basketball vs. Clemente MS.  Boys are home, Girls are at RCMS MS

Friday, February 16 - Drama Production, 6:30 p.m.  “Parents Just Don’t Understand”

Monday, February 19 - NO SCHOOL.  Schools and Offices are closed

Thursday, February 22 - Basketball vs. Neelsville MS.  Girls are home, Boys are at Neelsville MS

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Have a great night and a wonderful week!

Mr. Green