

**MS 354 TIMES**

**FEBRUARY 2024**

# **BLACK** **HISTORY MONTH**



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**DR. MONIQUE  
CAMPBELL,  
PRINCIPAL  
KIMANI SMITH,  
ASSISTANT  
PRINCIPAL  
CYLANN PHILLIPS,  
ASSISTANT  
PRINCIPAL  
MAXINE GRIFFITH,  
SCHOOL COUNSELOR  
ELROY O. CORMACK,  
PARENT  
COORDINATOR  
AMANDA  
BERNARDINE,  
COUNSELING IN  
SCHOOLS  
HANDEL BARCLAY,  
NEW YORK EDGE**

**FOR MORE INFORMATION PLEASE  
VISIT OUR WEBSITE OR CALL US  
MS354.COM, 718-774-0362**



## Message from our Principal

“Black” history is an essential part of our shared history, and it is important for us to celebrate and honor the contributions of “black” individuals throughout time. “Black” history is not limited to a single month; it is a year-round recognition of the achievements, struggles, and resilience of “black” people.

From the ancient civilizations of Africa to the civil rights movement and beyond, “black” individuals have made significant contributions in various fields such as science, art, literature, sports, politics, and more. Their accomplishments have shaped our world and continue to inspire generations.

Learning about “black” history helps us understand the challenges faced by the “black” communities and the progress that has been made. It teaches us about the importance of equality, justice, and respect for all individuals, regardless of their race or ethnicity. By studying “black” history, we gain a deeper appreciation for the diversity and richness of our society. We learn about influential figures like Martin Luther King Jr., Rosa Parks, Harriet Tubman, Maya Angelou, Barack Obama, and many others who have made a lasting impact on our world.

It is crucial to recognize that “black” history is not just about the struggles and hardships faced by “black” people, but also about their achievements, resilience, and cultural contributions. It is a celebration of “black” excellence and a reminder that we all have the power to make a positive difference in the world.

As we learn about “black” history, let us also strive to be allies, promoting equality and justice for all. Let us challenge stereotypes, embrace diversity, and stand up against racism and discrimination in all its forms.

**DR. MONIQUE CAMPBELL**

# FEBRUARY EVENTS

**7**

**CONSERVATION DAY**

WASTE



**10**

**FOOD PANTRY**

• 10:00 AM - 12:00 PM



**14**

**FOOD PANTRY**

• 10:00 AM - 11:00 AM



**15**

**COLLEGE TRIP**

- QUEENS COLLEGE
- SELECT STUDENTS



**15**

**PTA MEETING**

• 6:00 PM - 7:00 PM



**16**

**VALENTINE'S DANCE**

• 3:00 PM - 5:00 PM



**12-16**

**RESPECT FOR ALL WEEK**



## SCHOOL PROVIDED

### I-READY ELA & Math

Student access through [TeachHub](#) with DOE credentials.

**Personalized learning plan**

### StudySync ELA

Students can access with their assigned username & password

[StudySync](#)

**Classroom & Homework materials**

### RevealMath Math

Students can access with their assigned username & password

[Reveal Math](#)

**Classroom & Homework materials**

### Study.com

ELA, Math, Science, Social Studies, Algebra 1, Living Environment, Global History, U.S. History

Students can access with their assigned username & password [Study.com](#)

**Classroom & Homework materials**

### Mosa Mack Science

Students can access with their DOE username & password [Mosa Mack](#)

**Classroom & Homework materials**

### Rosetta Stone

Students can access with their assigned username & password [Rosetta Stone](#)

**Classroom & Homework materials (Spanish & ENL Students)**

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Our Website [MS354.com](https://www.ms354.com)

## Free Online

[Common Sense Media](#)

[NewsELA](#)

[CommonLit](#)

[Cool Math Games](#)

YouTube

# ALL ACCESSIBLE AT HOME



# Staff Spotlight

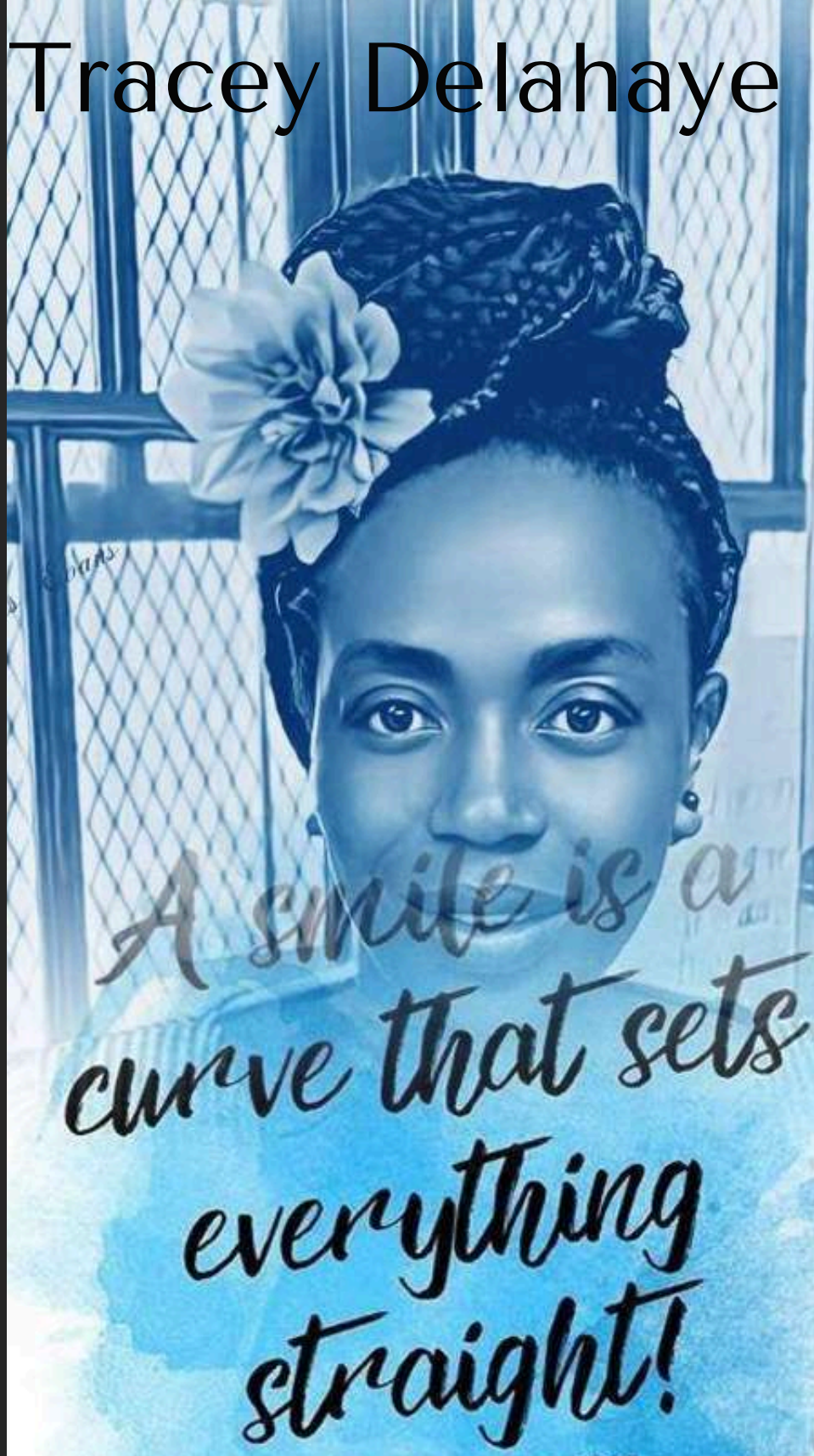
Tracey Delahaye is one of MS 354's great special needs teachers. She possesses a unique set of qualities that enables her to effectively support and educate students with diverse learning needs. She demonstrates empathy and understanding towards her students. She recognizes and appreciates the challenges faced by students in her care and creates a supportive and inclusive learning environment.

Ms. Delahaye sets and maintains high expectations for her students. She realizes that the expectations that she has for her students greatly affect her student's achievement.

She works collaboratively with her colleagues to share materials and teaching strategies.

Her witty personality allows her to be supportive and adaptable with her students.

# Tracey Delahaye



# Tracey Delahaye

# Student Spotlight



## GRADE 6

KEZIAH BERNARD



- **Interests:**

I like drawing, writing, cooking - especially baking cakes and sugary foods with my mom.

- **Favorite Subject:**

Social Studies - because I love learning about the past. My teacher Ms. Sanders helps me and my class by explaining things when we don't understand something.

- **Future Career:**

Doctor (OBGYN) and part-time writer - because I would like to help make families happy and healthy. Also I would like to deliver babies.



## GRADE 7

JOSIAH THOMAS



- **Interests:**

I like going on websites like Roblox - they have fun games.

- **Favorite Subject:**

Math - I like math because it's like solving puzzles. My math teacher Mr. Patton works really hard and helps us with the work.

- **Future Career:**

YouTuber - because I can get views by creating videos about my interests (jokes, cooking). I can also make a lot of money doing this job.



## GRADE 8

DOMINIC JOHNSON



- **Interests:**

I like baking and watching live surgeries. I like baking because it is a great way to unwind.

- **Favorite Subject:**

ELA (writing) - because I like using vocabulary in lexicon and express myself without limits.

- **Future Career:**

Doctor - because I would like to comfort people on the worse days of their lives.



# ABENY, INC ESSAY CONTEST



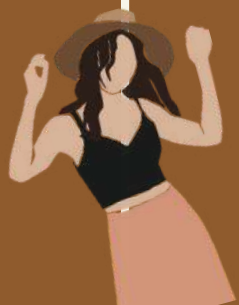
AKILAH  
MATTOCKS  
GR 6



## Association of Black Educators of New York, Incorporated

CONGRATULATIONS GRADE 6 WINNER OF THE 2024 ABENY BLACK HISTORY  
MONTH ESSAY CONTEST

Topic: "21ST CENTURY AFRICAN AMERICANS IN LAW,  
GOVERNMENT AND POLITICS"





# February Celebrations



## DID YOU KNOW

**February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified**, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

**Birthday - Legendary baseball player George Herman "Babe" Ruth (1895-1948)** was born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

**February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence** on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

**February 14th - Celebrated as (Saint) Valentine's Day around the world**, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

**February 21, 1965 - Former Black Muslim leader Malcolm X (1925-1965) was shot and killed** while delivering a speech in a ballroom in New York City.

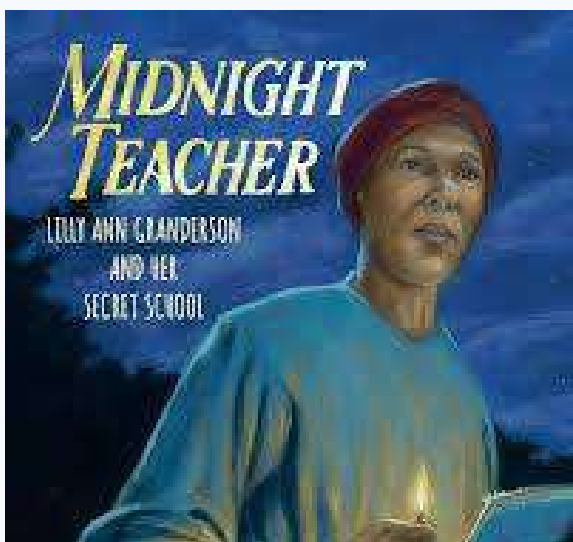
**February 22, 1956 - In Montgomery, Alabama**, 80 participants in the three-month-old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.





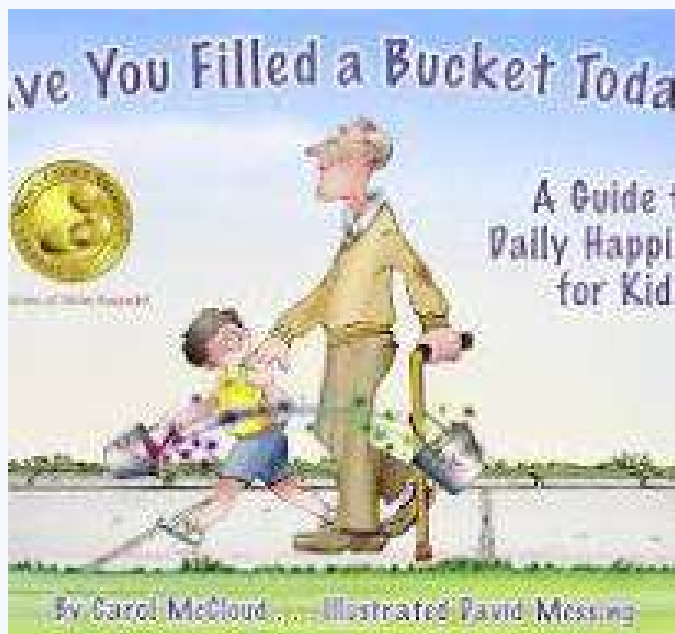
# SEL CORNER

## THEME: ACTIVISM



THIS HISTORICAL FICTION PICTURE BOOK REVEALS THE UNKNOWN STORY OF LILLY ANN GRANDERSON, AN AFRICAN-AMERICAN TEACHER WHO RISKED HER LIFE TO TEACH OTHERS DURING SLAVERY. MIDNIGHT TEACHER IS AN INSPIRING TESTAMENT TO AN AMAZING INSTRUCTOR AND PIONEER IN EDUCATION. LILLY ANN GRANDERSON'S STEADFAST COURAGE IN THE FACE OF ADVERSITY PROVIDES AN INSPIRING MODEL FOR ALL WHO ATTEMPT TO OVERCOME SEEMINGLY INSURMOUNTABLE CHALLENGES."

## THEME: KINDNESS



THROUGH SWEET, SIMPLE PROSE AND VIVID ILLUSTRATIONS, THIS HEARTWARMING BOOK ENCOURAGES POSITIVE BEHAVIOR AS CHILDREN SEE HOW VERY EASY AND REWARDING IT IS TO EXPRESS KINDNESS, APPRECIATION, AND LOVE ON A DAILY BASIS.

# FEATURE STORY

## COLLEGE & CAREER READINESS

College is an incredible opportunity that can open doors to a world of possibilities and help shape a person's future in ways that they may not be able to imagine yet.

Here are a few reasons why going to college is so important:

### 1. Expanding knowledge & skills

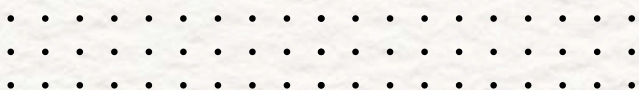
College provides a unique environment where a person can delve deeper into subjects and gain a broader understanding of the world. It offers a chance to explore various fields of study, discover new passions, and develop valuable skills that will be beneficial throughout a person's life.

### 2. Career Opportunities

In today's competitive job market, a college degree can significantly enhance career prospects. Many professionals require a higher level of education, and having a degree can give a competitive edge over others. It opens up a wider range of job opportunities and increases earning potential.

### 3. Personal Growth and Development

College is not just about academics. It provides a supportive and diverse community where a person can meet people who have different backgrounds, cultures and perspectives. This exposure helps broaden a person's horizons, foster critical thinking, and enhance interpersonal skills.





# COLLEGE DAY

## Highlight

### TRIAD VISIT

**TRIAD** visited our school to share post-secondary opportunities with our students.

Topics Covered:

- Is college right for me?
- How can college help me achieve my career goal/get the life I desire?
- What can I do now to get into the college that I want to attend?

Students and teachers were encouraged to wear their college swag on this day.



# STOP CYBERBULLYING!

## Student Feature Story

by  
Kai'Lei Bishop  
Dominic Johnson

Technology has brought us many good things, but it has also led to a new kind of bullying called cyberbullying. This is a big problem that is getting more attention in today's world of computers and cell phones. Cyberbullying can hurt people in many ways, like sending mean texts, posting hurtful things on social media, or making fun of someone online. As technology keeps changing, it's important to understand how cyberbullying affects people and to take steps to stop it and help those who are affected by it. By telling people about this problem and teaching them how to be good citizens online, we can work towards making the internet a safer and more welcoming place for everyone.

Mental Health is one of the biggest problems in the world right now but the cost of bullying and cyberbullying can lead to others experiencing horrible thoughts like causing harm to themselves and others. "Online bullying can be particularly damaging and upsetting because it's usually anonymous or hard to trace," according to kidshealth.org. This represents how bullying can create a lifetime of problems that a child will have to figure out on their own because most kids don't open up to the right adults. Mental news daily states, "The effects of cyberbullying on a person can include low self-esteem, mental health issues, and suicidal ideation. This portrays how cyberbullying can never really be taken as a joke because it alters the way a person views life and their existence.

Cyberbullying has been around since the 1990s. Many adults and teens have lost their lives due to Cyberbullying. I hope this could persuade you to think before you text . A joke to you may not be funny to someone else. By telling people about this problem and teaching them how to be good citizens online and in real life, everyone can work towards making the internet safer. When you hide behind a screen you project the insecurities you have on to others, so the best way to solve this issue is by working out your own issues before judging others. Anna Maria Chavez once said "Cyber Bullies can hide behind a mask of anonymity online, and do not need direct physical access to their victim to do unimaginable harm". Stop cyberbullying!

**MS 354 IS A BULLY FREE-ZONE**





## WHAT UNCONDITIONAL LOVE SOUNDS LIKE TO KIDS

- I love when I get to see the world **your way**.
- **I'll always care** to know what you think / feel.
- I see how much **you've grown** at that.
- Laughing **with you** is the best.
- That's a **great** question.
- Let's try it **your way**.
- I love you always, even when you're having a **hard time**.
- I learn new things **from you** every day.
- I love **all** versions of you.
- You aren't your mistakes, you are the **strong child** that learns from them.



## Parent Corner

*Showing unconditional love is the developmental fuel that drives growth and only parents can lead the way. It's the moments that we accept and celebrate others for their unique contribution or insight, that we show love for who they are, just as they are.*

*It sounds like:*

- *“Let’s try it your way” or “I learn new things from you everyday” because it shows a child that their input matters. When you have an impact on people’s lives around you in positive ways it becomes the fuel for future action and achievement.*
- *“That’s a great question,” “I see how much you’ve grown at that,” and “you aren’t your mistakes but the strong child that learns from them” normalizes struggle and learning so your child isn’t conditioned to stop one step short from their greatness.*
- *“I love all versions of you,” “laughing with you is the best,” and “I love to see the world your way,” create space for your child to live their full spirit even at its silliest. In giving them license to be a child but also have their moody moments we show them that life isn’t always happy. However, that has nothing to do with the love others have for them.*
- *But most importantly, “I always care to know what you think/feel” and “I love you always, even when you’re having a hard time” is THE key to keeping the lines of communication open when they are most needed.*

*@CREATE\_KIDS\_EDU*



*Happy*  
**Birthday**

**Rudaina A. 804 02/07**

**Sophia J. 8-4 02/10**

**Myra-Rose S. 810 02/10**

**Kailei B 804 02/25**

**Jacob H. 703 02/28**

**Marcus A. 704 02/06**

**Kassidy G. 711 02/11**

**Damian W. 604 02/14**

**Tey Anna B. 711 02/17**

**Saadiya S. 811 02/21**

**Brylen L. 711 02/24**

**Sheranie P. 611 02/27**

**Miyah S. 611 02/05**

**Camren P. 611 02/14**



# February Highlights

FEBRUARY IS  
AMERICAN  
**HEART**  
MONTH



**BLACK  
HISTORY  
MONTH**



**February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.**

**Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.**





**SHARING  
OUR  
LOVE OF  
READING**



# **PS 289 Visit**



- MS 354 shares our love of reading and math with our neighboring elementary school.
- Thanks Principal Mardy Marc and PS 289 teachers and students for opening your doors to us.





# Simple Mindfulness Practices for Daily Life

## OBSERVE YOUR SURROUNDINGS

Notice the sights, sounds, and smells around you. This can help you reconnect with your body and environments.

## OBSERVE YOUR THOUGHTS

Notice any physical sensations, emotions or thoughts that arise without judgment, this will help cultivate self-awareness.



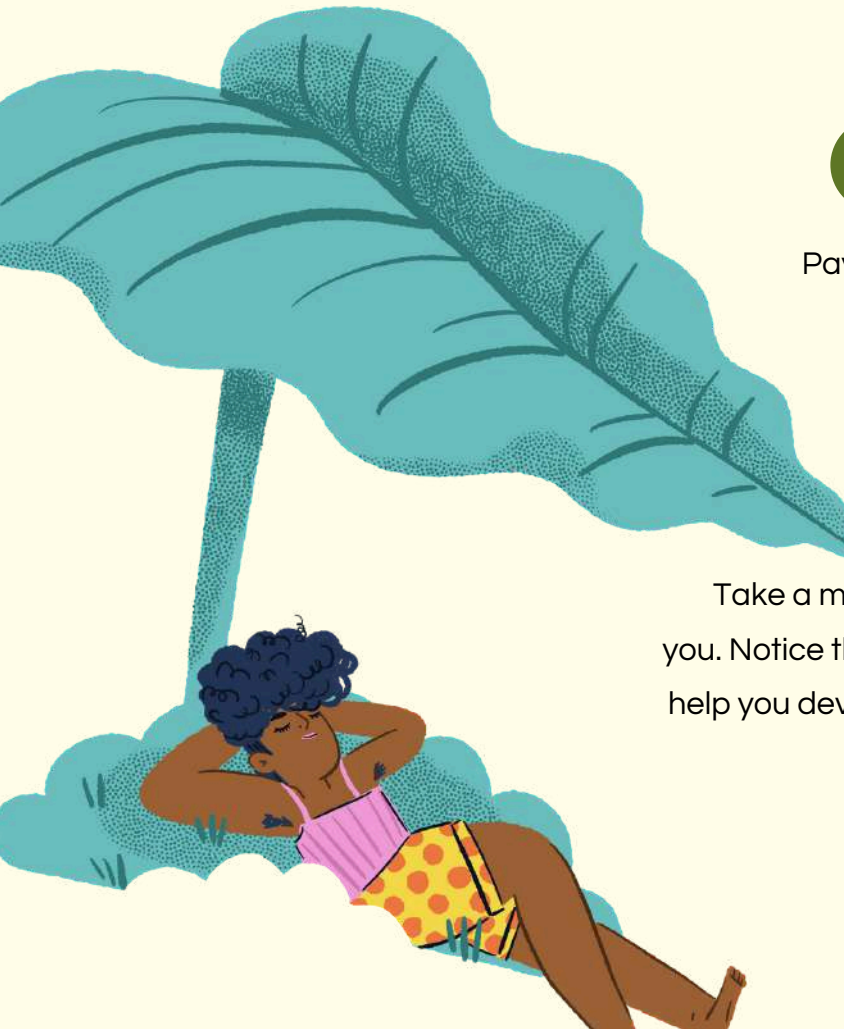
## FOCUS ON YOUR BREATH

Pay attention to the natural rhythm of your breath and let go of any distractions or racing thoughts.

## EAT MINDFULLY

Take a moment to appreciate the food in front of you. Notice the colors, textures and aromas. This will help you develop a healthier relationship with food.

*Read more wellness tips at:  
[www.reallygreatsite.com](http://www.reallygreatsite.com)*





# CIS CORNER



## **College awareness is alive and well at M.S. 354!**

**On January 25th, students from classes 604 and 611 had the opportunity to visit Queensborough College and get a firsthand experience of college life.**

**During the visit, the students explored the campus and its facilities, interacted with college students, and learned about the different programs offered by the college. The aim is to inspire and motivate young students to pursue higher education and explore diverse opportunities for future education.**



**Our seventh-grade scholars will be heading to Queens College on Thursday, February 15. Stay tuned for future updates and information on upcoming college trips.**







# CIS CORNER



"THE FOLLOWING STUDENTS  
HAVE BEEN AWARDED  
JANUARY'S PERFECT  
ATTENDANCE AWARD..."

## ICE CREAM DAY

**WEDNESDAY**  
**FEBRUARY 14, 2024**

**TIME: LUNCH PERIOD**

**LOCATION: ROOM 140**

### STUDENT LIST

#### CLASS 603

JEDIAH CHARLES  
JARED D HAITI  
MARQUISE DARIUS  
YEHOU-NIC ISEMAR  
ALEXIS MOMPLAISIR  
DONNELL SAMUELS JR.  
VICTORIA WATKINS

#### CLASS 611

CHRISTIAN CHARLES  
TRISTAN CHRISTOPHE  
WOROKIA DIALLO  
JANAYA EVANS  
AALIYAH FERGUSON  
SARIAH HENRY  
SHERANIE PATTERSON  
CAMREN PETTWAY  
NICHOLAS POPO

#### CLASS 803

NEKHI ALLEYNE  
KHALIA BURGESS  
MARISA FREDERICK-  
DOPWELL  
NEHEMIE PACAUD  
JUSTIN THEODORE

#### CLASS 810

JEANETTE BROWN

#### CLASS 604

HOUDOU BAH  
VIOLET BRYSON  
AKILAH MATTOCKS  
DESTINY PETERS  
FELIX WAY  
MIYLON WHITE

#### CLASS 703

MALICK AMAO  
SAVITRI GIRWAL  
KALYANI HOLMES

#### CLASS 704

TREVON FLAVIGNY

#### CLASS 711

JELANI FRANCIS

#### CLASS 804

RUDAINA ABUALI  
KAILEI BISHOP  
AFIYA BROOMES  
JANELLE D HAITI  
BROOKE JONES  
JOSIAH LUXAMA  
OSHANDO STEWART

#### CLASS 811

JAYDEN DAVID  
JAY QUAN GRAY  
O SHAUGHNESSY LOVELL  
BRYCE ROBINSON  
SAADIYA SEALEY  
CASSANDRA WATKINS

**ZERO ABSENCES, ZERO LATENESSES**

We are pleased to announce that on Wednesday, February 14, we will be rewarding the students who had perfect attendance for the month of January with an Ice Cream Day. We would like to take this opportunity to recognize the students listed above for their dedication and commitment to attending school every day and being on time.

**KEEP UP THE GOOD WORK!**



## Home Economics Academy

# COOKING WITH KIDS IN SCHOOLS: WHY IT IS IMPORTANT



Cooking with children in schools promotes the lifetime skill of healthy cooking starting at a young age. Youth who lack healthy cooking knowledge may rely on packaged foods or prepared foods containing questionable nutrition value. Introducing healthy cooking in schools has many benefits:

- Children may try new and healthy foods.
- A kitchen is a learning lab for children that can involve all of their senses
- Children who cook at home indicate a “sense of accomplishment,” self-confidence, and feeling of contributing to their families.
- They spend time cooking instead of engaged in screen time.
- Children tend to skip less healthy prepared or processed snack foods as they prepare their own food more.
- Children learn lifetime skills through practicing basic math skills such as counting, weighing, measuring, tracking time; they also gain social skills by working together and communicating in the kitchen.
- Teaching cooking to youth is an opportunity to teach nutrition education such as planning meals and make smarter food choices.
- Cooking can aid children in acceptance of responsibility. Each child has a task to complete to contribute the meal preparation and cleanup.
- Cooking in schools can build positive memories that promote future healthy, enjoyable cooking elsewhere.
- Children ate more fruits and vegetables after participating in culinary classes according to some research studies.
- Many research studies show improved changes in cooking knowledge, food safety behaviors, and cooking self-efficacy.



# JOIN THE FIGHT AGAINST FOOD WASTE

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## Do what you can to reduce food waste.

Throwing out food is not only a waste of produce and your money. It's actually harmful to the environment. That's because when food breaks down, it creates methane gas.

Here's some commonly wasted food that ends up rotting in landfill:

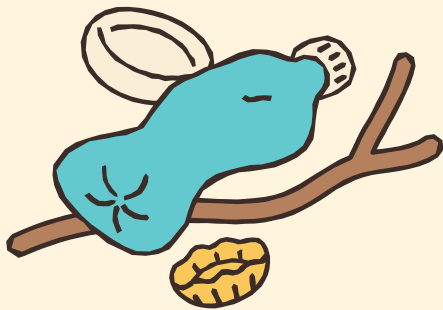
- Bread
  - Milk
  - Vegetables (particularly potatoes)
  - Fruits
  - Rice
  - Cheese
- 

## This week's tip: Buy ugly.

If you pick ugly fruits and vegetables at the supermarket, they won't spoil and end up in the bin!

Learn how you can adopt more sustainable food habits at [reallygreatsite.com](http://reallygreatsite.com)

# Ways to Sort Your Trash



## Step 1: Reduce

Buy long-lasting products with minimal or no packaging to minimize the trash you generate.

## Step 2: Reuse

Think twice before putting an item in the trash. Find another use for it, donate, or sell it.

## Step 3: Recycle

Segregate your trash by type. Contact local recyclers to collect your non-recyclable trash.

## Step 4: Make Compost

Gather fruit and vegetable scraps and make a compost pile in your backyard.

## Step 5: Dispose trash in a landfill

Throw trash in a landfill only if you still have trash left after following the other four steps.