

February 1	Black History Month Starts
February 10	Deadline for the Story Competition
February 8-12	Social Emotional Learning Week
February 14	Valentine's Day
February 17	Parent and ELAC Meeting Election
February 18	School Site Council Meeting
February 15-19	Financial Aid for College Week
February 16	After-School Intervention begins
February 22-26	Black History Month School Assembly

MULHOLLAND FAMILY - ANNOUNCEMENTS

"Whatever we believe about ourselves and our ability comes true for us."

Susan L. Taylor, Journalist

"You are all superheroes to me!"

Mrs. Llewellyn - **SAS COORDINATOR**
8th grade SAS HISTORY class



Although we are still in the middle of a pandemic and volunteer work may look different from how it used to, nonprofits and community organizations have spent months figuring out how to use volunteers without endangering anyone's health. Many of these opportunities are socially distanced or entirely virtual acts of service and offer ways for children and parents to work on something together at home. Here is a short resource list of websites that can inspire random acts of kindness:

<https://www.dosomething.org/us/about/volunteer-hours>

DoSomething.org is a youth-focused organization that lists many ways young people can help others at a safe distance, and children can even win scholarships by earning credits for each activity they do.

<https://www.onewarmcoat.org/>

OneWarmCoat.org is a website that has gathered information from organizations that sponsor coat drives across the country. The organization says that demand for coat donations is up to 30-50 % due to the COVID-19 economic crisis. "The good news is that it is not too late to help."

<https://www.doinggoodtogether.org/volunteer-together-local>

DoingGoodTogether.org hopes to help families teach kindness and serve their communities all year round. It has a search portal for family-friendly volunteer opportunities. They also have projects to do at home as a family, including resources for championing inclusion and ways to send notes to soldiers and seniors.

"You are all superheroes to me!"
Mrs. Llewellyn - SAS COORDINATOR



COLLEGE & CAREER

Mrs. Feldman



Write a love or friendship story for Valentine's Day.

Prize: The best story will be published in the Mulholland Chronicles.

Deadline: February 10th.

LIBRARY

Mrs. Castle

C.O. - 8TH GRADE

Ms. Fontenele

Reminder to the 8th-grade students:

Students, this is the last semester for eighth-graders in Middle School. Please, put an effort to complete all assignments and reach out for help by contacting Ms. Fontenele. Come to the Counseling Corner for help and fun every Tuesday and Thursday at 8:15 AM.

Our Goal: CULMINATION in June!



"You are all superheroes to me!"

Mrs. Llewellyn - **SAS COORDINATOR**
8th grade SAS HISTORY class

Message to Students from Mrs. Shafer
ATTENDANCE OFFICE

1. **Join the Counseling Corner every Tuesday and Thursday at 8:15 AM!** We play games like Kahoot, Jeopardy, and more! Meet other students and have fun before classes start!
2. The meeting **ID** is **906 255 2628**. Hope to see many students there!
3. **ATTENDANCE MATTERS!** Remember to attend all classes, including advisory. Students who are having difficulty logging into classes need to send a message to the specific teacher AND counselor to inform them. Absent notes are available through the Parent Portal or send a message to Ms. Shafer (annelise.shafer@lausd.net).
4. There are many opportunities to get help to catch up on homework. **Be sure to reach out to grade-level counselors and teachers for help. After school intervention will begin February 16, 2021.**

Message to Parents from Ms. R. Melendez

TITLE 1

February 17 at 8:00 am

PARENT AND ELAC MEETING/ELECTION

This month we are going to discuss how parents can help children at home during distance learning. Do not miss this talk with a Local District Northwest (LDNW) special guest.

<https://lausd.zoom.us/j/88557650833?pwd=YjhNcWJ2bVpPYmplME5RRzgzeGh4Zz09>

Meeting ID: 885 5765 0833 Passcode: 00310

Febrero 17 a las 8:am

REUNION DE PADRES: Como Ayudar Su Hijo Durante el Aprendizaje Remoto y reunion/eleccion de ELAC. No se pierda esta charla con un invitado Especial de LDNW para hablar somber formas positivas de ayudar a su hijo/a.

Meeting ID:885 5765 0833
Passcode: 00310

February 18 at 3:00 pm

SCHOOL SITE COUNCIL MEETING (SSC)

Parents, this is your opportunity to get involved in the decision-making at Mulholland MS. Please join us!

<https://lausd.zoom.us/j/84104548386?pwd=UmhJRnhYV0grREZXXZ1ovQzFuMmkwZz09>

Meeting ID: 841 0454 8386 Passcode: 616248

Febrero 18 a las 3:00 pm

REUNION DEL CONSEJO ESCOLAR DEL PLANTEL (SSC):

Participe en la toma de decisions en la escuela.

Meeting ID: 841 0454 8386
Passcode: 616248

"You are all superheroes to me!"

Mrs. Llewellyn - SAS COORDINATOR
8th grade SAS HISTORY class

So...
BUY THE BOOK by
FEBRUARY!
How much? **\$25**

The look on your
face
when
you don't
buy a
Yearbook

Represent your grade and your school Mulholland, MJPA, SAS, and Robotics! – Mrs. Sawyers

Mrs. Sawyers wants you to take pictures and send your pictures as well as any ideas that you have for the yearbook to msawyers@lausd.net
Thanks to those who have sent pictures !

SKILLS FOR NOW AND LATER

#SEL month

WHAT IS SOCIAL EMOTIONAL LEARNING (SEL)?



What is SEL?

February is **Social Emotional Learning Awareness Month**.
Mulholland Middle School celebrates SEL the week of 8-12 February.

SEL
Social Emotional Learning

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:

- Understand and manage emotions, set and achieve positive goals,
- Feel and show empathy for others,
- Establish and maintain positive relationships,
- Make responsible decisions.



WHY IS SEL IMPORTANT?

People with strong social and emotional skills can better cope with everyday challenges and benefit academically, professionally, and socially. They can effectively solve problems, communicate thoughts, control their impulse, manage their emotions, have confidence in their knowledge and skills, or get along with people quickly. Five essential skills can help.

essential skills include delaying gratification, managing stress, controlling impulses, and persevering through challenges to achieve personal and educational goals.

Social Awareness

Social awareness means to understand, empathize, and feel compassion for those with different backgrounds or cultures. It also involves understanding social norms for behavior and recognizing family, school, and community resources and supports.

Relationship skills

Relationship skills will help establish and maintain healthy and rewarding relationships and to act by social norms. These skills involve communicating, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking help when it is needed.

Responsible Decision Making

Responsible decision making involves learning how to make constructive choices about personal behavior and social interactions across diverse settings. It requires the ability to consider ethical standards, safety concerns, accurate behavioral norms for risky behaviors, the health and well-being of self and others, and a realistic evaluation of various actions' consequences.



SOCIAL AND EMOTIONAL LEARNING

- 1 Self-Awareness
- 2 Self-Management
- 3 Social Awareness
- 4 Relationship Skills
- 5 Responsible Decision-Making

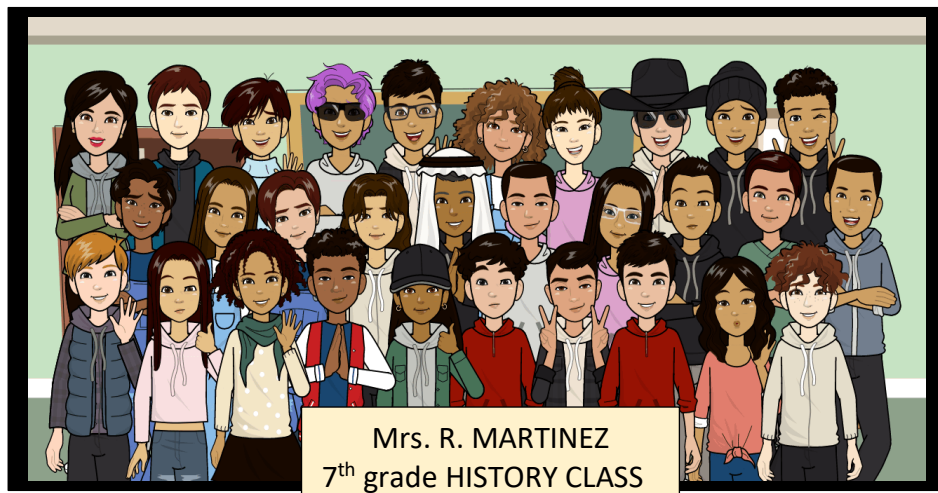
Self-Awareness

Self-awareness refers to a personal understanding of emotions and values. Each person needs to assess individual strengths, develop a positive mindset, and possess a well-grounded sense of self-efficacy and optimism. High levels of self-awareness require the ability to recognize how thoughts, feelings, and actions are interconnected.

Self- Management

<https://youtu.be/ikehX9o1Jbl>

Click on the link to watch an interesting video about SEL.



FIN AID FEB

Middle school is the right time to start learning about finances. Understanding simple concepts as savings and investments will help students later on in life.

Throughout February, we celebrate Financial Aid Awareness Month. The above section provides students and families with information about access to federal, state, and institutional student aid. The website we used to gather the information was <https://www.nasfaa.org/finaidfaq> Here are a few crucial facts about finances for college:

Q. What is FAFSA? [FAFSA](#) means Free Application for Federal Student Aid.

Q. When do I need to file for FAFSA? Each fall, senior high school students across the country can begin applying for financial aid through the Free Application for Federal Student Aid. The sooner interested students complete the FAFSA, the better. The application is free, and on average, it only takes 23 minutes to fill it out.

Q. What are some common mistakes students and families make when filling out the FAFSA? The first mistake is not filling out the FAFSA in the first place! The second mistake is assuming that college is not affordable. FAFSA opens the door to many different opportunities for financial aid through state grant agencies and scholarship organizations. Remember that students need to file a FAFSA before other agencies consider providing additional financial support. Keep in mind that students do not need to know the college or university's name to file the FAFSA. Also, students do not need to have completed tax documents. Parents can use tax information from the previous year.

Q. Where can I go to find college financial aid? In addition to federal grants, loans, and other types of aid (such as Pell Grants, Direct Loans, and the Federal Work-Study Program), students can receive financial aid from state agencies, individual schools, and community organizations. Usually, the FAFSA is the only form students need to complete to apply for state financial aid. Since more information may be needed, students should check with [their state agency](#). There are other independent financial sources through community organizations, churches, and private agencies that award financial aid to students. Remember FAFSA is free, so reach out to school counselors or the financial aid office if there are any questions.

Mulholland

TRADITIONS AND CELEBRATIONS

AFRICAN AMERICAN HISTORY MONTH

Black History Month is an annual observance originating in the United States where it is also known as African - American History Month. It received official recognition from governments in the United States, Canada, Ireland, the Netherlands, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora. It is celebrated in February in the United States and Canada, while in Ireland, the Netherlands, and the United Kingdom, October is the month that they observe Black History.

In honor of African American History Month, our school will be highlighting the past and present achievements of African American leaders. These Americans change and continue to change the history of our country. Stay tuned for daily videos and articles posted in Schoology, fantastic guest speakers, and a fabulous presentation by our 7th-grade counselor, Mrs. K. Robertson.

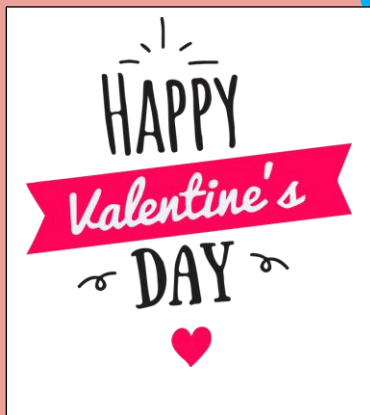
FIN AID FEB



February is also **Financial Aid Awareness Month**, which is the perfect time to learn about college and FAFSA finances. "Get the most bang for your buck at your top college choices."

In honor of Financial Aid Awareness Month, Mulholland Middle will dedicate the week of February 15-19 to Fin Aid Feb. Follow the Schoology posts and pay attention to the College and Career classroom presentations. Ask many questions about college finances.

VALENTINE'S DAY (February 14)



It is a time to exchange cards or small gifts! Chocolates, flowers, jewelry, and even family dinners are the big hits of this Day because February 14 is Valentine's Day!

Did You Know? Valentine's Day's roots go back to ancient times when people paid honor to the Roman ritual. This Day, known as the Feast of Lupercalia, welcomed spring, and later, during Victorian England, card-giving became the custom.

Flower colors and their meanings: Send the right message. Hint: red roses signify love, dark pink gratitude, yellow signifies joy, and purple announces that the giver fell in love with the recipient. But, what about the other colors?

RANDOM ACTS OF KINDNESS DAY (February 17)



Each year, February 17th is known as **Random Acts of Kindness Day**. We highly recommend you perform kind acts on as many people as possible.

Caution: What comes around, goes around. Random Acts of Kindness is highly contagious.

Quote of the Day: "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone may do the same for you." Princess Diana

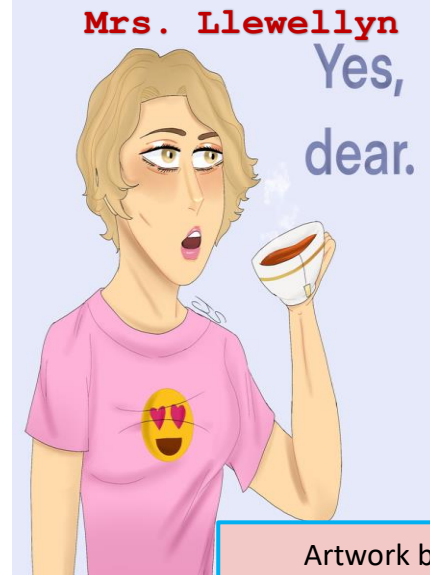
MULHOLLAND SUPERHEROES

SUPERHEROES OF THE MONTH

All the History Teachers & Their Students



Mrs. LLEWELLYN
HISTORY CLASS SUPERHEROES
7th grade HISTORY class



Artwork by
JERALYN SUNIGA



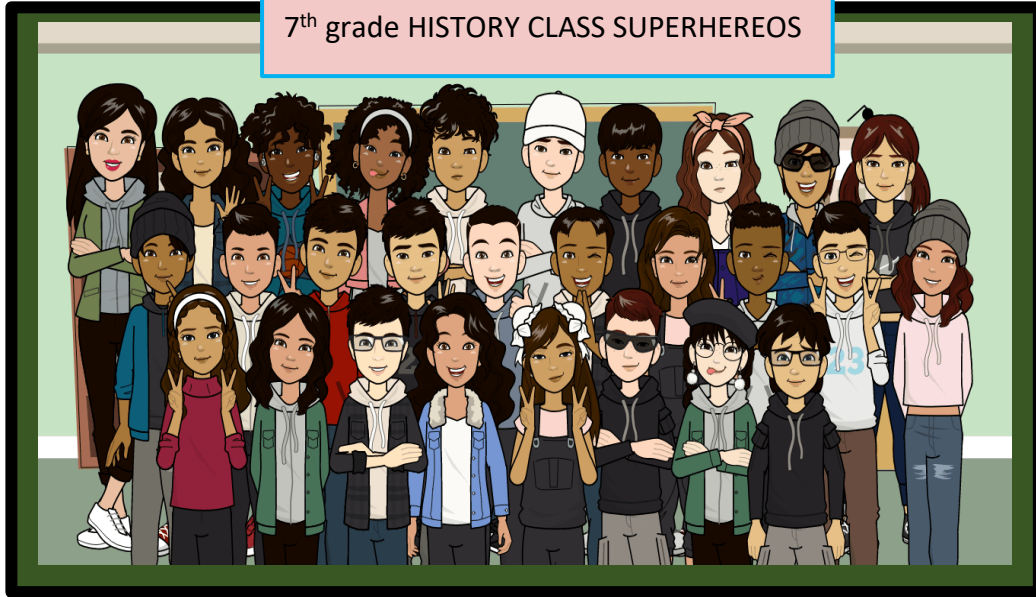
Mr. M. POPOVAK
6th grade HISTORY CLASS
SUPERHEROES



Artwork by Mr. S. CHANG
6th grade HISTORY teacher



Mrs. R. MARTINEZ
7th grade HISTORY CLASS SUPERHEREOS



THE MULHOLLAND GARDENER

Article by Mr.K.Macdonald

Hello everybody.

A blog on garden hacks provided great information about gardening. Many of these recommendations will be useful strategies for the Mulholland garden. Any student interested in unique gardening techniques continue to read the ideas below and should visit the following website.

<https://homehacks.co/gardeninghacks>

Enjoy!

1. Make a watering can.

Do not throw away those empty milk jugs. Instead, turn the jugs into watering cans by poking several holes in the cap with a push pin.

2. Use coffee grounds as fertilizer.

Sprinkle some coffee grounds into the soil. The additional nitrogen they make can be a good source of nutrients for the plants in any garden.

3. Grow seeds in eggshells.

This activity is not just a great garden project; it also makes a great craft activity for the family. Moreover, the best part, it is inexpensive to make.



4. Make a natural fertilizer with eggshells.

Take a large pot, fill it with a gallon of water, and boil it. Add about 10 to 20 eggshells. Please turn off the heat and let it sit overnight. The next morning, pour the water on the plant's soil after straining. Try to do this at least once a week.

5. Use banana peels as fertilizers.

Bananas are excellent fertilizers because they contain potassium. In general, this mineral helps promote the general vigor of plants. They also have phosphorus, which promotes excellent root and shoots growth.

6. Make an herb garden with mason jars.

Mason jars are not just great for organizing things in the kitchen. Based on this website, mason jars are also handy when it comes to growing herbs at home. It is cheap and super easy to do.

