

NOVEMBER

When some things go wrong, take a moment to be thankful for the many things that are going right.

(littlebuddha.com)

MULHOLLAND MIDDLE

We can always use an excuse to celebrate, especially with shorter days and colder weather. November is known for Thanksgiving Day, Veterans Day, and an abundance of special days and school events.

CALENDAR

November 4	ELAC Meeting
November 5 -13	3 rd Grading Window
November 10	SLC at 3:00 pm
November 11	Veteran's Day – No School
November 12	School Site Council
November 13	Robotics Skills Competition (virtual)
November 16	Safe School Committee at 3:00 pm
November 18	Title 1 Meeting #3
November 20	Unified Enrollment Window Colses
November 23-26	Thanksgiving Break – No School



FALL COMPETITIONS

Robotics is having its first Virtual Skills Competition on **November 13th at 4:30 pm.**

STUDENT AWARDS

Throughout November, we will celebrate our students for their academic achievement, citizenship, and attendance. Stay tuned for announcements!

PARENT SURVEY

Parents have an opportunity to express a viewpoint. The opinion of families and the community are essential. Complete the LAUSD Parent Survey at <https://achieve.lausd.net/Page/8397>. Please help us build the schools our children deserve.

Padres, esta es su oportunidad de hacer oír su voz. Su opinion cuenta. Complete la Encuesta Para Padres de LAUSD en <https://achieve.lausd.net/Page/8397>. Ayúdenos a formar las escuelas que nuestros niños merecen.

IT'S ALL IN THE MULHOLLAND FAMILY

1) High School Graduation and College Admission Parent Meeting on Wednesday, 11/4/20 at 8:00 am. and ELAC Meeting immediately afterwards.

Reunión de Padres para la Graduación de la Escuela Secundaria y la Admisión a la Universidad el miércoles 4/11/20 a las 8:00 am. y la reunion de ELAC a las 8:45 am.

<https://lausd.zoom.us/j/87062130264?pwd=Vk5DUUZQdnpYUUxzRjl6a1o0WXRWdz09>

2) School Site Council Meeting on Thursday, 11/12/20 at 3:00 pm.

Reunion del Consejo del Plantel Escolar el jueves, 11/12/20 a las 3:00 pm.

<https://lausd.zoom.us/j/88226107291?pwd=SFhNzBCMVFUdFN6RkhMdVJDeDRJdz09>

3) Title I Meeting #3: Attendance Matters on Wednesday, 11/18/20 at 8:00 am.

Reunion del Titulo I: La Importancia de la Buena Asistencia el miercoles, 11/18/20 a las 8 am.

<https://lausd.zoom.us/j/81411779593?pwd=eG5LaWVaUUgycU91eFhpV1pteDRVQT09>

STICKY NOTES

From Mrs. FONTENELE, 8th Grade Counselor

8TH GRADERS,

Submit late work to classroom teachers!

Need help? To submit work, follow these directions:

Go to Schoology, click Courses, click the appropriate class (ex. math, PE.), click Grades (on the left), and see what is missing.

Let us make our Mulholland community proud.



From Mrs. SHAFER, Attendance Office

1. Students with **no absences** for the entire month of November will be entered into a raffle for a gift certificate! 30 winners will be named (10 for each grade).
2. **Counseling Corner** is open every Tuesday and Thursday from 8:15-8:45. Come join us in playing games, getting to know each other, or just to pop in and say hello! The meeting ID is 906 255 2628
3. Remember, **Advisory class is mandatory.**
4. If you are unable to login to a class, be sure to message your counselor and/or Ms. Shafer so that we can help you get into class right away.
5. *If you are absent, your parent needs to upload an absence note to the parent portal. They can also submit a note to the Attendance Office.*

Annelise Shafer
MS, LMFT, PPS, CWA | Pupil Services and Attendance Counselor

HISPANIC COLLEGE FUND

There is an exciting opportunity for students and parents to gain access to our virtual <http://echo3.bluehornet.com/> HSF College Camp programs, taking place via Zoom. This **FREE**, bilingual webinar is for students in sixth through twelfth grade. Interested families will receive valuable information about preparing, planning, and paying for a college education!

HSF College Camp addresses ALL middle and high school students and parents. Families can choose to receive information in either English or Spanish. People of **all ethnicities and backgrounds** are welcome to attend.

Subject-matter experts will present the curriculum and will cover topics including:

- Preparing for and applying to college
- Researching financial aid and scholarship opportunities
- Understanding the real cost of a college education
- Maximizing the college experience
- Preparing for a career after college

Additionally, the webinar will feature a panel with Admissions and Financial Aid representatives from varying universities.

This event is **FREE** and open to the public; however, space is limited. There will be three identical sessions:

- Saturday, October 24, 2020, 9:00 a.m. - 12:00 p.m. PT
- Saturday, November 7, 2020, 11:00 a.m. - 2:00 p.m. CT
- Saturday, November 21, 2020, 12:00 p.m. - 3:00 p.m. ET

To view the update, click the link below:
<https://lms.lausd.net/group/1145197632/update/3232427286>

3rd Grading Window

Opens: **NOVEMBER 5**
Closes: **NOVEMBER 13**
2020

more notes...

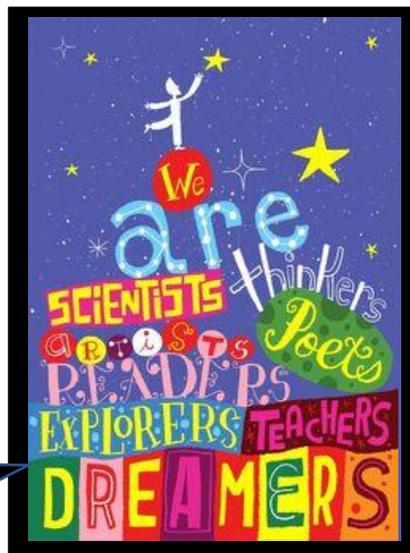
2020-21 Title I Parent and Family Engagement Policy and Parent-School Compact

Mulholland Parents can find the 2020-21 District and School Title I Parent and Family Engagement Policy and the Parent-School Compact on our school website at mulhollandms.org.

Padres de Mulholland, pueden encontrar la Política de Participación de Padres y Familias Título I del Distrito y de la Escuela 2020-21 y el Pacto entre padres y escuela en el sitio web de nuestra escuela en mulhollandms.org

SUPERHEROES HEADQUARTERS

We want to congratulate all the Mulholland students who received an award during November. Way to go, Mulholland superheroes!



We want to congratulate **Britany Sotelo**, 8th grade Police Academy student, for earning second place for her "Proud To Be Me" entry to the LAUSD Pride Writing Contest.

Way to go, Britany! We are incredibly proud!

POW

The Superhero Superpowers Award for Hard Work, Determination and Patience goes to...

EL Superheroes that saved the RI testing!

CONGRATULATIONS to all the EL students, teachers and coordinators (Mrs. Flores) who completed the RI testing!

IN OUR SCHOOL

WE ARE A TEAM

WE ARE POSITIVE

WE RESPECT EACH OTHER

WE TRY OUR BEST

WE MAKE GOOD CHOICES

WE ARE KIND

WE ARE HONEST

WE ENCOURAGE EACH OTHER

WE ARE ALL IMPORTANT

WE ARE THE SUPERHEROES



SKILLS FOR NOW AND LATER

THE ART OF MAKING MISTAKES

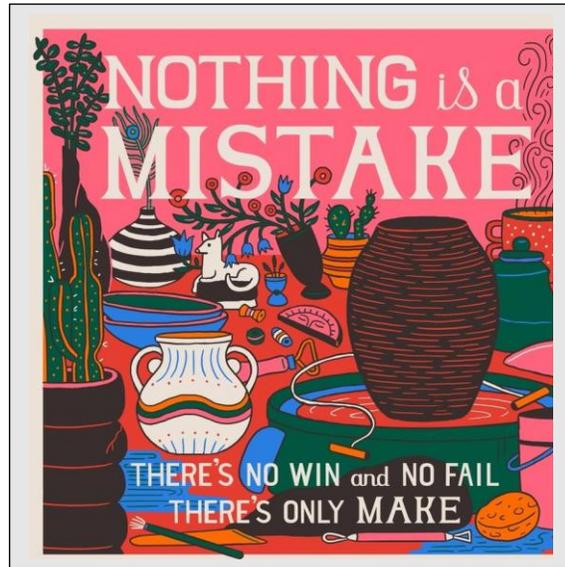
A Word from Our Dean, Mr. Lee

Where do you want to be in ten years from now? Can you imagine yourself at the age of 27? Believe it or not, you have all you need to succeed in life because you are the owner of a fantastic muscle called the brain. You can grow your mind and make it as powerful as you wish. Our brain is like any other muscle in our body: it will not develop without hard work and making mistakes! Yes, that is right, making mistakes! That is the key. Mistakes and Determination. Do you remember the first time you rode a bicycle? or a skateboard? Now step back. How many times did you fall off the board before that first flip? Ten times? A hundred? Did you lay down on the ground motionless? Did you get back on your feet, shake the dust off your pants, and jump on the skateboard one more time? Because of your determination and ability to learn from your mistakes, you learned how to skate.

Scientists have studied and found that the students who achieved their ten-year goals made many mistakes along the way, but they succeeded because they learned from those mistakes. They persevered. In an x-ray of the student's brains, scientists saw tremendous growth in the minds of students who took risks and made mistakes and then learned from them. There's growing evidence to suggest that innovation flourishes when people learn from making mistakes. Thomas J. Watson, the founder of IBM, once said: "Would you like me to give you a formula for success? It's quite simple. Double your rate of failure."

Making mistakes is a fundamental part of every cognitive process, whether solving a math problem, conveying meaning in a foreign language, assembling household appliances, painting, or making important decisions. Even animals learn from mistakes. According to scientific research, animals can learn by observing their peers messing up

(link:<https://www.sciencenewsforstudents.org/article/mistake-detector>).In the animal world, avoiding blunders may dramatically improve one's chances of survival. Even though both humans and animals learn to live from their mistakes and live to learn, humans have a unique skill: the ability to process their mistakes.



Mistakes...

1. Point us to something we did not know.
2. Deepen our knowledge.
3. Tell us something about our skill levels.
4. Help us see what matters and what does not.
5. Inform us more about our values.
6. Teach us more about others.
7. Teach us to value forgiveness.
8. Invite us to better choices.
9. Promote compassion for ourselves and others.
10. Encourages us to find creative ways of solving problems

Get out there, take risks in your classes, and make your brain pop with discoveries from your mistakes. For more information, watch this excellent video about mistakes and brainpower: <https://youtu.be/GWSZ1DKjNzY>



Mulholland student working on robots



THE SKILL OF PRACTICE AND PERSEVERANCE

COACH SAMPSON wants to congratulate all the Mulholland students who completed a virtual 5K and 10K race at the LA RUNNERS competition. Their hard work, daily practice, and perseverance turned them into winners!

CONGRATULATIONS RUNNERS!

Congratulations coach! We are very proud of you!

STUDENT LEARNING SKILLS

Guideline for Parents

HOMEWORK

- Discuss your child's school day and reading daily.
- Check your child's grades and assessments posted in Schoology (daily, if possible).
- Provide a quiet, well-lighted place with necessary school supplies for studying/homework

TIME MANAGEMENT

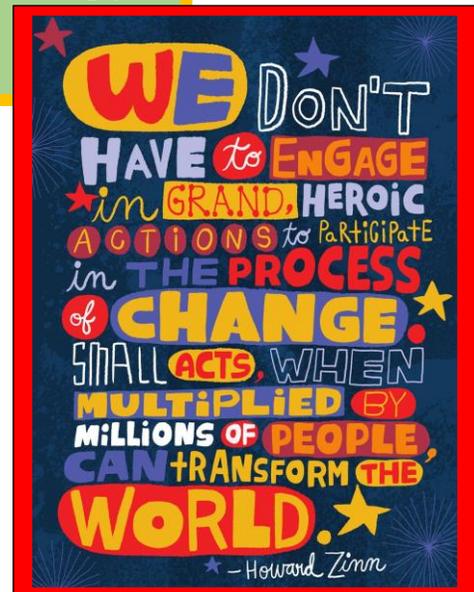
- Develop a consistent daily routine and time for studying and doing homework.
- Create a homework schedule.
- Limit screen time to 1 hour daily. (Experts advice: view selected TV programs together with your child and then discuss them)

SUPPORT

- Provide encouragement and praise for your child's efforts.
- Assist your child to discover his/her talents and skills.
- Make family trips to the library, zoo, museum, colleges, or park for a fun learning experience.
- Attend school meetings on learning expectations, assessments, and grading procedures.
- Help set goals and develop a personalized education plan for your child.
- Participate in activities that help you understand school technology.
- Work with the school's college and career counselor to help you plan your child's future opportunities.

TOP 10 KEYS TO MIDDLE SCHOOL SUCCESS:

- #1 Sleep well
- #2 Eat right
- #3 Do your homework
- #4 Pay attention in class
- #5 Get involved
- #6 Think positive
- #7 Ask for help
- #8 Stay organized
- #9 Make goals
- #10 Rea



THE MULHOLLAND GARDENER

THE ULTIMATE GUIDE TO VEGETABLE GARDENING FOR BEGINNERS

Written by Mr. Macdonald



WINTER VEGETABLES

It's winter vegetable time, and you should have already planted your garden. Suppose you haven't, DON'T WORRY. There is still time, and today we'll discuss what to grow. **Carrots** are a great winter vegetable. What works for me is a lovely deep planter bed at least two feet high. To prevent the tiny seeds from getting lost, I sprinkle them on toilet paper. I know it seems weird, but it works. Cover the seeds with a light layer of dirt and lightly sprinkle water over your soil to moisten it. Next, you should look into planting **broccoli** **besides** being an excellent vegetable with multiple health benefits such as high fiber levels.

Cauliflower is yet another vegetable to grow that does well in our climate. It has numerous health benefits such as being high in fiber, easy to prepare, and an excellent low carbohydrate food source. My favorite vegetable to grow by far is lettuce.

There are tons of varieties, and you can harvest multiple crops as it keeps growing.

Brussel Sprouts are a vegetable that also does well as nights begin to cool. Brussel Sprouts lower blood sugar, decrease inflammation and are super full of antioxidants. There are certain varieties of tomatoes that grow in the winter; however, there are very few. Ask your local nursery if they have these varieties if you are interested. For more information on Winter Gardening, follow "Ask Mr. List" on YouTube.

As you plant your garden for winter, be aware of a couple of things. First, there will be some nights where we see frost in your garden. We get those cold nights here in the San Fernando Valley, where a layer of ice can hit your garden. You can use old bedsheets to put over your plants at night to keep a warm layer around your plants. Using bricks or anything else heavy keeps the sheet in place. Second, make sure to fertilize.

I like to fertilize with bone meal and blood meal when I set up the beds with soil or compost. These nutrients give plants the ability to develop a healthy root system and fruits/vegetables. Third, the rainwater is the best water. Not only is it free, but it has a neutral pH that is healthy for your plants. If you have access to buckets or rain barrels, you can use them to collect the rainwater to keep watering your plants. The thing you must remember, though, is that as you collect the water, mosquitoes can lay eggs and may develop in the sitting water. You can add some fine mesh (1/16th) over the buckets/barrels, or you can add a bacteria called BTI to the water to help break down the eggs. Emptying the water into your garden is by far the best way to do it and allows for more room to catch the next rain. Finally, if you have compost bins, remember that it will take longer to break down organic waste with cooler temperatures. Regardless, turn it and keep adding the garbage even though it will break down the waste slowly.

Keep Calm and Garden Or '

HAPPY HOLIDAYS!

TRADITIONS AND CELEBRATIONS

Autumn is the season of abundance. Get ready for Thanksgiving and try out one of the best pumpkin pie recipes we found online!



Sally's pumpkin pie recipes are one of my favorites. It is bursting with flavor, and it will keep you busy baking for hours. Great family project!

<https://sallysbakingaddiction.com/the-great-pumpkin-pie-recipe/>

VETERANS DAY

Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service. Veterans Day honors all military veterans, including those still with us.

Read a short history of Veterans Day here:

<https://www.va.gov/opa/vetsday/vetdayhistory.asp>

Thank you, Sarah is a tale of a little-known historical heroine who, through power and persistence, saved Thanksgiving. Follow this link to learn about nonfiction texts that may sound and look like fiction. Enjoy it!

Link for the video: <https://youtu.be/ZirhGhOHKMO>



Thanksgiving celebrated on the fourth Thursday of November, is a popular holiday in the United States of America. Traditionally, this holiday celebrates the giving of thanks for the autumn harvest. The American tradition of **Thanksgiving** dates back to 1621 when the **pilgrims** gave thanks for their first bountiful harvest in **Plymouth Rock**. This first Thanksgiving was a three-day celebration among settlers and local natives. They feasted on dried fruits, boiled pumpkin, turkey, venison, and much more. Thanksgiving didn't become a nationwide holiday until President Lincoln proclaimed the last Thursday in November a national day

of *Thanksgiving* in 1863. Every year following, the President declared a day of Thanksgiving. Thanksgiving 2020 might look a little bit different due to the worldwide pandemic. However, we can still be creative when decorating the Thanksgiving table or preparing the recipes. Have fun but stay safe and enjoy being with your family! Washington Post offers suggestions about different ways of celebrating a safe 2020 Thanksgiving. <https://www.washingtonpost.com/food/2020/10/30/thanksgiving-dinner-ideas-coronavirus/>
<https://www.washingtonpost.com/food/2020/10/30/thanksgiving-dinner-ideas-coronavirus/>

