

PATRIOT

VERY INVOLVED PARENT



HOW TO HELP YOUR CHILD ADJUST TO GOING BACK TO SCHOOL THIS FALL

HELPFUL TIPS FROM A PEDIATRIC PSYCHOLOGIST

Key Dates

- ✦ **09/01-09/17:** Haiti Earthquake Relief Collection
- ✦ **09/01:** DECA General Meeting @ 2:50 p.m.
- ✦ **09/02:** Professional Study Day (Dismissal @ 11:40 a.m.)
- ✦ **09/02:** Girls Volleyball vs. Piper @ 4:30 p.m. (AWAY)
- ✦ **09/04:** Varsity Football vs. Stranahan @ 7:00 p.m. (AWAY)
- ✦ **09/06:** No School
- ✦ **09/07:** No School
- ✦ **09/08:** After School Hispanic Unity Program Start Date
- ✦ **09/08:** Girls Volleyball vs. Piper @ 4:30 p.m. (HOME)
- ✦ **09/08:** Cross Country Meet @ 4:30 p.m. (Markham)

After the challenges of last year, kids finally get to be kids again. This upcoming school year means being reunited with friends, having some sort of regular schedule again and finally having the chance to show off those new clothes, backpacks and clever school supplies. Good for them and good for parents, right? While there still are concerns about keeping kids safe from the latest COVID-19 variants, at least parents won't have to worry about teaching common core math or listening to lessons in between conference calls. What a dream!

Unfortunately, some kids might be a little apprehensive about going back. For them, home meant a safe haven from several stressors that they faced at school. On the other hand, kids who are excited about returning to the classroom will now have to adjust to learning with COVID-19 protocols in place. Either way, the transition back to school might be a little stressful for your child.

Why good change can also be stressful

"In general, going back to school is just a big change. It's a whole new setting especially for kids who are going from elementary school to middle school or middle school to high school.," Dr. Jensen says. "It's a whole new world, and all of the sudden, they're expected to know what they're doing. It's a huge shift from being in their little space at home to now being in this world of back to school."

How to recognize when your child is having a tough time

She adds that if you're not sure if your child is having a hard time with the transition back to school, think about how they normally act when they're stressed and look for those behaviors. For example, if your child gets headaches or stomach aches when they're anxious, you'll know that school is stressing them out should they start having them more frequently.

Key Dates

- ✦ **09/08:** JV Football vs. Plantation @ 6:30 p.m. (AWAY)
- ✦ **09/09:** Girls Volleyball vs. Northeast @ 4:30 p.m. (AWAY)
- ✦ **09/09:** Swimming vs. Coral Springs @ 4:30 p.m. (Deerfield Beach)
- ✦ **09/10:** Varsity Football vs. Dillard @ 7:00 p.m. (AWAY)
- ✦ **09/13:** Girls Volleyball vs. South Broward @ 4:30 p.m. (HOME)
- ✦ **09/14:** Cross Country Meet @ 4:30 p.m. (Markham Park)
- ✦ **09/14:** Girls Volleyball vs. Dillard @ 4:30 p.m. (HOME)
- ✦ **09/14:** JV Football vs. South Broward @ 6:00 p.m. (HOME)
- ✦ **09/15:** Swimming vs. Monarch @ 4:30 p.m. (Deerfield Beach)
- ✦ **09/16:** No School
- ✦ **09/17:** Varsity Football vs. South Broward @ 7:00 p.m. (HOME)
- ✦ **09/20:** Interim Reports Issued
- ✦ **09/20:** Girls Volleyball vs. Hallandale @ 4:30 p.m. (AWAY)
- ✦ **09/22:** Cross Country Meet @ 4:30 p.m. (Heritage Park)

“We tend to go toward certain behaviors when we’re stressed. My suggestion is for parents to think about what their child does when they get stressed in a new situation,” she says. “Think about the behaviors that they usually revert to whether it’s hiding in the background of a small group or acting out and trying to be the funny kid. Once you recognize what they tend to do under stress, that’s probably what you’re going to see as they enter into a new situation.”

Helping teens make the adjustment

We remember our teenage years. Some of us were wild and loud. Some of us were shy and quiet. But regardless of our personalities, most of us probably kept our crushes, craziness and challenging times under wraps. Dr. Jensen advises us to keep that in mind when it comes to teens. While it’s natural to want to know every single thing that’s going on in your teen’s life, prying or being overbearing will only make things worse.

“If your child has been able to handle things in general, give them some space. But if you’re worried, you can always say things like, ‘You seem a little stressed. You know, I’m around,’ or ‘Have you talked to your friends?’ And if they have talked to their friends, you can always follow up with ‘Well if you want to talk to me, I’m here.’”

She calls this her “raindrop theory.” Basically, this is dropping little hints that your child can reach out to you should things become unbearable.

Dr. Jensen explains.

“You just put the little raindrops out there by saying ‘You know, I’m around,’ or ‘I’m going to be in my study if you want to talk.’ You put those little hints out there and kids will reach out when they feel comfortable,” she says.

Reassure them gently and gradually. “If you overwhelm your child with questions, (and I compare this to throwing buckets of water on them), they’re going to think, ‘Whoa, I’m not going there.’ So, give them space. They know you’re there. Just keep reassuring them that if things get bad, you’ll be there for them.”

Now, we all know that some kids think their parents will never be able to relate to their teenage struggles. (Do they think parents arrived on Earth in their ultimate adulting form?) In cases like these, a “cool” aunt or uncle can help. Dr. Jensen says that you can sprinkle the raindrops in the direction of another adult that you and your teen trust so they are encouraged to reach out to someone if they’re having a rough time.

“Give them some room and let the raindrops flow. Let your teen know that you’re available to talk but if they’re not comfortable with you for whatever reason, make sure they do have someone to talk to. You could say, ‘Aunt Susan is a good person to talk to,’

Key Dates

- ✦ **09/22:** Girls Volleyball vs. South Broward @ 4:30 p.m. (AWAY)
- ✦ **09/22:** Swimming vs. Coral Glades @ 4:30 p.m. (Coral Springs Aquatic Center)
- ✦ **09/22:** JV Football vs. Western @ 6:00 p.m. (HOME)
- ✦ **09/23-09/24:** Yearbook Photos for 9th-11th (Auditorium)
- ✦ **09/24:** Varsity Football vs. Flanagan @ 7:00 p.m. (AWAY)
- ✦ **09/28:** RTI Meeting @ 8:00 a.m.
- ✦ **09/28:** Girls Volleyball vs. Coral Glades @ 4:30 p.m. (AWAY)
- ✦ **09/28:** SAC/SAF/PTSA Meeting @ 6:00 p.m. (Media Center)
- ✦ **09/29:** Cross Country Meet @ 4:30 p.m. (Plantation Central Park)
- ✦ **09/29:** JV Football vs. Cypress Bay @ 6:30 p.m. (AWAY)
- ✦ **09/29:** Swimming vs. Pines Charter @ 7:00 p.m. (AWAY)
- ✦ **09/30:** Girls Volleyball vs. Coconut Creek @ 4:30 p.m. (HOME)

or ‘Uncle John asks about you all of the time.’ This can create little trails to other people when your child is kind of quiet with you.”

How to deal with rebellion against COVID-19 safety rules

You’ve been doing everything you can to keep those under your roof safe for well over a year. Your child has been on board for the most part. But one thing is inevitable. They’re going to have friends who are still living in 2019 — no masks, no social distancing and no regard for COVID-19 whatsoever. What do you do if your child starts challenging the rules?

Dr. Jensen suggests helping them understand that staying safe is not just about them, but it’s also about all the other people who they care about. “Talk you your child about what you believe and where the family as a whole stands. Don’t just talk about the risks to them. Talk about the risks of spreading COVID-19 to those around you.”

“You could say something like ‘You know it’s important to our family to stay safe for all kinds of reasons, but more importantly, you have grandma to think about, your dad and your sister.’ For teens and tweens, it comes down to helping them realize that right now is not the time to just focus on themselves. This is difficult because these age groups can be self-focused. They also can be easily influenced by their peers. But again, you want to encourage them to make the best choices for themselves and your family, especially when you’re not around,” she says.

And if the going gets tough, get help

Raising kids during a pandemic hasn’t been easy on anyone. When parents try to push through the tough times or troubleshoot everything on their own, the process can be even more challenging — and draining. Instead of going it alone, Dr. Jensen advises reaching out to the people in your child’s orbit. This includes teachers, coaches, their pediatrician and even the school counselor. She also recommends taking care of yourself first and foremost.

“You’re not going to be any good to your kids if you aren’t taking care of yourself, and you’re the biggest role model your kids have. We all think that kids look to their peers for role models, but they do rely on their parents for the big things. So, the best role model you can be is the person who takes care of themselves and then takes care of their kids,” she says.

If you have questions about how your child is doing, Dr. Jensen suggests talking to their teachers, coaches, scout leader and other important people in their life. Ask what they are seeing. Then, talk to your child.

“If things are beyond your control, reach out to your pediatrician’s office for referrals. Your child’s guidance counselor can also make referrals if you need more help.”

Back to School Forms:



Broward County Public Schools
BACK TO SCHOOL ONLINE FORMS
 BACK TO SCHOOL
 Emergency Contact & Code of Student Conduct
 Online Forms



Welcome to the new school year. Parents/Guardians can now fill out your child's back-to-school forms, online. The forms are easy to complete and all data is protected and secure. For families with multiple children attending Broward County Public Schools, some information will only need to be entered once.

Use the Back to School Wizard below to quickly step through the process. You will need your student's identification number. Forms can be filled out in English, Spanish, Haitian-Creole and Portuguese.

You must complete these forms at the start of each school year for each student enrolled in the District. If you are not able to complete the online forms in one session, you can resume where you left off at another time. It is recommended that you set aside approximately 20 minutes for this process. Once you complete and submit the forms, you will receive an email confirmation. Print and return the confirmation to your child's school.

1. How do I access the online forms?

Visit: <http://www.browardschools.com/backtoschool-onlineforms>

2. What is the advantage of using Back to School Emergency Contact and Code of Student Conduct online forms versus hardcopy documents?

Online forms are easy and convenient to complete. Once submitted, forms can be easily accessed for future reference. For families with multiple children attending Broward County Public Schools, some information will only need to be entered one time.

3. How is the data that I enter into the online form system protected?

All data is secured and stored in the District's protected database.

4. Where do I get my child's student identification number?

You may obtain your child's student identification number from either your school or from a recent Broward County Public Schools report card.

5. Can I register a new student?

There is a separate process for registering a new student. Please contact your school for new student registration or visit www.browardschools.com and click on "Register My Child in School."

6. When are Back to School forms due?

Forms are due within 3 – 10 days from the first day of school or from the date of student enrollment.

Are you interested in volunteering at Miramar High School?

How do I become a BCPS volunteer?

- Complete and submit a [volunteer application](#).
- **Check application status.** Wait one week and contact the school or department you selected to check your approval status.
- **Get a volunteer badge** at the school or department. This badge may be used at any District location during the school year.

Note: To become a BCPS student volunteer, contact [Jennifer Hamilton](#) in the Athletics and Student Activities department at 754-321-1201.

Miramar High School

2021-2022 RED/BLUE DAY CALENDAR

AUGUST					SEPTEMBER					OCTOBER				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
2	3	4	5	6			1	2	3					1
9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
30	31				27	28	29	30		25	26	27	28	29
NOVEMBER					DECEMBER					JANUARY				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5			1	2	3	3	4	5	6	7
8	9	10	11	12	6	7	8	9	10	10	11	12	13	14
15	16	17	18	19	13	14	15	16	17	17	18	19	20	21
22	23	24	25	26	20	21	22	23	24	24	25	26	27	28
29	30				27	28	29	30	31	31				
FEBRUARY					MARCH					APRIL				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
	1	2	3	4		1	2	3	4					1
7	8	9	10	11	7	8	9	10	11	4	5	6	7	8
14	15	16	17	18	14	15	16	17	18	11	12	13	14	15
21	22	23	24	25	21	22	23	24	25	18	19	20	21	22
28					28	29	30	31		25	26	27	28	29
MAY					JUNE					<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: red; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="background-color: blue; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="background-color: gray; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="background-color: yellow; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="background-color: lightblue; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="background-color: lightcoral; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 10px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 10px; margin-bottom: 2px;"></div> </div>				
M	T	W	TH	F	M	T	W	TH	F					
2	3	4	5	6			1	2	3	Periods 1, 2, 3, 4				
9	10	11	12	13	6	7	8	9	10	Periods 5, 6, 7, 8				
16	17	18	19	20	13	14	15	16	17	School Closed				
23	24	25	26	27	20	21	22	23	24	Exam Day				
30	31				27	28	29	30		Early Release Day				
										Professional Study Day				
										Planning Day				
										Report Cards Issued				
										Interim Reports Issued				



Miramar High School

2021 – 2022 Bell Schedule

Period 1/5	7:40 AM – 9:11 AM
Period 2/6	9:19 AM – 10:50 AM
A Lunch	10:50 AM – 11:22 AM
Period 3/7	11:30 AM – 1:01 PM
Period 3/7	10:58 AM – 12:29 PM
B Lunch	12:29 PM – 1:01 PM
Period 4/8	1:09 PM – 2:40 PM

A Lunch = 100's, 300's, 1400's, PE & Auditorium
 B Lunch = 200's & 500's

PROFESSIONAL STUDY DAYS

- September 3, 2020 (Blue Day)
- October 1, 2020 (Blue Day)
- December 3, 2020 (Red Day)
- January 14, 2021 (Blue Day)
- February 4, 2021 (Blue Day)
- March 4, 2021 (Red Day)
- April 1, 2021 (Red Day)
- April 29, 2021 (Blue Day)

PROFESSIONAL STUDY DAY BELL SCHEDULE

Red/Blue	
PERIOD 1/5	7:40 a.m. – 8:34 a.m.
PERIOD 2/6	8:42 a.m. – 9:36 a.m.
PERIOD 3/7	9:44 a.m. – 10:38 a.m.
PERIOD 4/8	10:46 a.m. – 11:40 a.m.
Lunch	11:40 a.m. – 11:50 a.m.

EARLY RELEASE DAYS

- October 16, 2020 (Red Day)
- January 7, 2021 (Blue Day)
- February 18, 2021 (Red Day)
- March 18, 2021 (Red Day)
- April 8, 2021 (Red Day)
- June 9, 2021 (Exam Day, See Exam Schedule)

EARLY RELEASE BELL SCHEDULE

Red/Blue	
PERIOD 1/5	7:40 a.m. – 8:49 a.m.
PERIOD 2/6	8:57 a.m. – 10:06 a.m.
PERIOD 3/7	10:14 a.m. – 11:23 a.m.
PERIOD 4/8	11:31 a.m. – 12:40 p.m.
Lunch	12:40 p.m. – 12:50 p.m.



**Miramar High School
Tardy Plan**

1st & 5th Period Tardy Plan

- 7:30 am: Behavioral Deans report to the tardy room (Auditorium)
 - 9th Grade: Mr. Reed
 - 10th Grade: Mr. Brown
 - 11th Grade: Ms. Jones
 - 12th Grade: Ms. Burrows
- 7:40 am: Tardy bell rings and all tardy students are directed to the Auditorium.
- **Students can be excused if a parent accompanies them into the Welcome Center. A parent must be present, or student will be sent to the auditorium for a late pass.**
- 8:15 am: Tardy room close and behavioral deans reports to offices. After 8:15 am, all late students report to the Welcome Center for a late pass.
- Each day will be a different color pass. (Ms. Jones will be responsible for the passes & color.)

All other periods

- Students will report to the nearest grade level office for a tardy pass to class.
 - Students with classes in the 100s & 300s will report to Student Activities
 - Students with classes in the 200s will report to 203
 - Students with classes in the 500s & 1400s will report to 1401
- Students cannot enter class without a tardy pass.
- Teachers are not to issue any passes the first and last 10 minutes of each period.

# of Times Tardy	Action Taken	Person(s) Responsible
1 st – 4 th	Verbal	Grade Level Behavioral Dean
5 th (5 in a marking period is considered habitual)	Parent Contact	Grade Level Behavioral Dean
6 th	Parent Contact 1 period of BLC	BLC Facilitator
7 th	Parent Contact 2 periods of BLC	BLC Facilitator Behavioral Specialist
8 th	Parent Contact Social Worker Referral RTI 3 periods of BLC	BLC Facilitator Behavioral Specialist Administrator
9 th or more	Parent Conference with Administrator	Administrator

➤ Students will have the opportunity to start with a clean record every 9 weeks

The School Advisory Council (SAC) and the School Advisory Forum (SAF) welcomes our new and returning patriot parents to the 2020/21 school year.

SAF meetings are designed to keep you, the parent, abreast of plans, policies and procedures at both the local school and district-wide. It is also the place “Where Parents Have a Say” and can voice their opinions, suggestions, and become empowered with tools to assist in facilitating your child’s educational success!

If you have any questions regarding the upcoming meetings, please call Ms. Selvidge, at 754-323-1424 during school hours, or by email at Cristina.Selvidge@BrowardSchools.com.



SAC Meeting Times
6pm - 6:45 pm in the Media Center

SAF Meetings
(following SAC meetings):
6:45 pm- 7:15 pm in the Media Center

Meeting Dates:
9/28, 10/26, 11/30,
1/25, 2/22, 3/29, 4/26, & 5/24

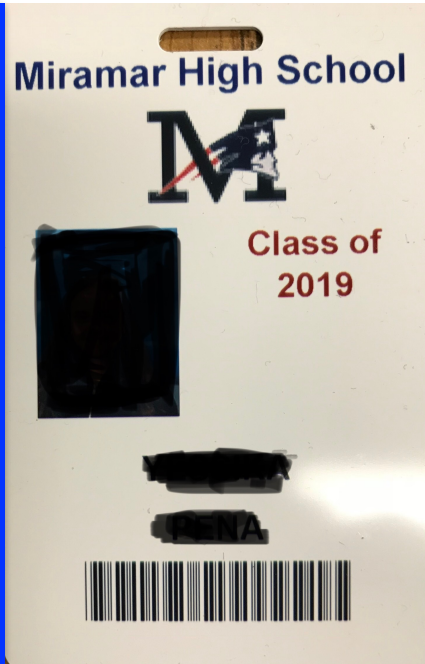
*****Commercial Food Delivery Services For Students*****

Broward County Public Schools are closed campuses and school personnel are not permitted to accept commercial food deliveries for students. Students are not permitted to order food items to be delivered to school campuses. Commercial food delivery services like UberEATS, have had a negative impact on the front office and security staff, disrupting the school day. Unauthorized visitors are not allowed on Broward County Public Schools property for the delivery of student ordered meals.

Student Identification Badges

Moving forward students will be asked to wear their Miramar High School ID badge while on campus. Students will need their ID to use the restroom (they will need an escort if they don't have their badge), attend an assembly, attend a play after school, etc. Last week we made announcements informing students of the new policy and also provided all students with an opportunity to obtain their school ID. We know it will take time for everyone to adjust however, we do not want to impact instructional time. We will not send students out of class if they don't wear their badge. Let's work together as a team to adjust to the new norm.

Thank you



See Something, Say Something

Miramar High School is requesting that parents and students download the following apps (Apple Store or Google Play) to report any and all suspicious behavior:



Broward County Public Schools Cares

www.BCPS-MentalHealth.com



Upcoming ACT Dates, Deadlines, and Score Release Dates

ACT Test Date	Registration Deadline	Score Release Date
July 17, 2021	June 18th	July 27th
September 11, 2021	Aug. 6th	Sept. 21st*
October 23, 2021	Sept. 17th	Nov. 2nd*
December 11, 2021	Nov. 5th	Dec. 21st*
February 12, 2022	Jan. 7th	Feb. 22nd*
April 2, 2022	Feb. 25th	Apr. 12th*
June 11, 2022	May 6th	June 21st*

Upcoming SAT Dates, Deadlines, and Score Release Dates

SAT Test Date	Registration Deadline	Score Release Date
August 28, 2021	July 30th	Sept. 10th
October 2, 2021	Sept. 3rd	Oct. 15th
November 6, 2021	Oct. 8th	Nov. 19th
December 4, 2021	Nov. 4th	Dec. 17th
March 12, 2022	Feb. 11th	Mar. 25th
May 7, 2022	Apr. 8th	May 20th
June 4, 2022	May 5th	July 13th

**Asterisk indicates anticipated score release dates.*