

# FRIDAY BLAST 12/20/19



## Upcoming events:

- 12/23 - 1/5 – Winter Break, no school for students
  - 1/3 – 1<sup>st</sup> Semester Grades posted after 3pm
  - 1/3 – 2<sup>nd</sup> Semester Schedules posted after 3pm
  - 1/6 – Students return from Winter Break
  - 1/9 – Outdoor Lab parent meeting, 5:30pm
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## ENROLLJEFFCO OPEN THROUGH JANUARY 15



The first enrollment window for the 2020-21 school year is now open through January 15, 2020. Jeffco Public Schools offers an online enrollment system - [EnrollJeffco](#) - that streamlines finding school information and the enrollment process, and ensures the same timeline for all schools. **Remember that ALL students must re-enroll, even if you are returning to the same school.**

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## Grades & Schedules

**Semester 1 grades** will be posted by 3pm on Friday, Jan. 3rd. Term Final grades are averaged 50% from Q1 & 50% from Q2. Term Final is your final grade for the whole semester.

**Schedules** for second semester will also be released on Friday, Jan. 3rd. Check your Infinite Campus on the 3rd to see your schedule for the upcoming semester that starts after winter break. **Please print your schedule and have it with you when you return to school on Monday, January 6<sup>th</sup>.**

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**Thank you so much** to all of our community angels who donated items for our Giving Tree. Thanks to your generosity, we collected items for more than 100 Bell students. None of it would have been possible without those of you who chose to share your time and money to help those less fortunate. We are so grateful to be a part of such a caring community!

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**ATTENTION PARENTS OF 6<sup>th</sup> GRADERS!** Order your Outdoor Lab spirit wear for a great holiday gift for your 6th grader!!! Go to [www.outdoorlabfoundation.org/shop](http://www.outdoorlabfoundation.org/shop) or call (720) 403-8241 for more information!

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## From the Counselors:

Tis the season for self-help! There are a ton of free Mental Health Apps out there and we wanted to share some of our favorites:

Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Interested in traveling and experiencing new places? Join a group of Bell Middle School peers and teachers on an adventure through Europe, during the summer of 2021, to grow as a global citizen and push the boundaries on your world view. To fully appreciate Central Europe, you have to experience both its storied past and its natural beauty. Berlin, Prague and Munich reveal centuries of history, from the medieval cobblestone squares to the remains of the Berlin Wall. In the Swiss Alps, history takes on a profound new meaning—these geological wonders are billions of years in the making. Want to learn more?? Come to Mrs. Martinez's informational meeting on 1/15 at 6pm in room #317 at BMS - but, first and for more information, please RSVP via the following link: <https://rsvp.eftours.com/vytd6eu>.



Here are this week's **Bobcats of the Week**, as nominated by teachers and staff members will nominate students weekly from each grade. Students are nominated based on consistent or exceptional R.O.A.R. (Respectful, Optimistic, Accountable, Responsible) behavior.

### GRADE 6

Quinn Hall for being Optimistic  
Jordan Obernesser for being Respectful

### GRADE 7

Dylan Martinez for being Respectful  
Anna Schumaker for being Accountable

### GRADE 8

Luc Chevalier for being Optimistic  
Valentin Rabadan for being Responsible

CONGRATULATIONS Bobcats! Keep up the good work!

Have a very safe and happy holiday season. We will see you in 2020!