APRIL 2025 DOWDELL MIDDLE MAGNET SCHOOL ISSUE 7

FAST TESTING TIPS

TEST

The night before:

- Turn your cell phone off
- Get into bed early The morning of testing:
 - Get up early to be wide awake
 - Make sure to have a relaxing morning routine
- Eat a nutritious breakfast During testing:
 - Use relaxing breathing techniques to calm your nerves
 - Go over test taking strategies you have learned

See <u>page 8</u> for a detailed calendar of testing dates.



APRIL IS AMAZING ATTENDANCE MONTH

The more you come to school and remain in school for the entire day, the more chances you have to win prizes for AMAZING attendance! See <u>page 7</u> for full details!

GROWING

pgs. 2-4 Q3 Honor Roll Celebrations

GETH

GH HONOR ROL

GH HONOR ROL

DOLPHIN SPIRIT WEEK Sponsored by PBIS

HIGH HONOR ROL

The last week in April kicks off Dolphin Spirirt Week. All students can dress to the theme of each day. If not particpating, uniforms are expected. Basketball game \$50 DD See <u>page 8</u> for the daily schedule & full details!

WE RECYCLE !

HHONOR PO

MARCH BADGE RECIPIENTS

Hammond Elementary Belmont Elementary Forest Hills Elementary Lincoln Elementary Dawson Elementary Bryan Elementary McDonald Elementary Heritage Elementary Sheehy Elementary Boyette Springs Elem. Cimino Elementary



CONGRATUATIONS Dowdell

students for winning a badge hrough the Hillsborough County Schools, Power Ed Green Team! **Q3 HONOR ROLL LISTS**

PRINCIPAL'S HONOR ROLL

Downs, Evan Drasher-Phillips, Alyssa Hawley, Millicent

Kuban Dillard, Alissa Prude, Aaliyah Sanjuan, Jonel A. Jr.

Waiters, Maddox

HIGH HONOR ROLL

Abadin Leon, Taylor Arias, Elias Benitez, Jeadalise Bonilla-Vazquez, Keciel Capheart, Jewell Carrasco, Francis Carridice-Brown, Zuri Celestino-Garcia, Yaritza Cesar, Serinity Coker, Jaelyn Colon Mora, Miah Colunga, Raymond Cusinga, Isabel Davis, Avory Deaton, Sofie Desir, Bianca Driscoll, Katelyn Driz-Seymour, Alani Echevarria Roque, Danielys Escue, Rhyanon

Espinoza, Xavier Fregio, Jeisy Garcia, Jaelyn Gomez Rodriguez, Jhon Grillo Calderon, Indiana Guerra, Myshelle Harmon, Matthew Hayes, Connor Hayward, Quincey Hernandez Granados, Rosa Hernandez, David Hernandez-Aguilar, Monica Hodgson, Annabel Jones, Carrington Jordan - Zepeda, Valeria Jurado Arroyo, Carmen Lee, Abigail Leon, Adriana Lopez Benitez, Nayeli Magana, MaryAnn

Martell, Emily Martinez, Eileen Martinez, Noah Medina, Amiyah Melian Gonzalez, Enzo Metiviet, Kaylyn Mohan, Karina Myrick-Washington, Kamaria Pace, Jordyn Padilla, Adriel Perera, Dailyn Perla, Jose Pichardo, Yeilin Pierce, Sonia Pino, Kiyhon Prats, Krystie Prieto, Nataley Quinones, Gloria Rios, Oliver Robinson, E'li Lamont Rodriguez, Maribella

Rousseau, Kelvyn Ruiz-Gonzalez, Yordanis Russell, Josiah Sanchez-Gomez, Yaretzi Seda Sibrian, Gabriel Serrano, Jacob Smith, Kelleicia Soto, Shantal Stevenson, Coltin Suarez Caceres, Jelena Swords, Makayla Torres Sheffield, Ennovi Torres, Javier Valdez-Palma, Frida Vega Fis, Rosemary Velasquez, Denzel Velazquez, Merary Waiters, Micah Waldron, Izabella Windham, Naomi Womack, Kameelah Young, Jeffrey M. III



Concepcion Torres, Adriano Douglas, Morgan



Honor rolls are determined based on a student's academic quarter grades when the student is enrolled in a minimum of four district courses.

<u>The Principal's Honor Roll</u> designation is awarded to students who earn A's for all academic and conduct grades. <u>The High Honor Roll</u> designation is awarded to students who earn a minimum of three A's and no grade lower than a B for academic and conduct grades.

The Honor Roll designation is awarded to students who earn B's or higher for academic and conduct grades.

CELEBRATIONS

CON6

PRINCIPALS HONOR

Evan Downs THIRD NINE WEEKS 2024-202 CONGRATULATIONSI

Isabel Cusinga

HIGH HONOR ROLL

I CHIHONOR HOL

CONGRATULATIONS

HCAHONO

CONGRATULATIONS

CH

CNOR ROLL

These students have achieved an Academic Honor Roll every quarter this school year.

Congratulations

Abadin Leon, Taylor Benitez, Jeadalise Capheart, Jewell Carridice-Brown, Zuri Coker, Jaelyn Cusinga, Isabel Desir, Bianca Douglas, Morgan Downs, Evan Drasher-Phillips, Alyssa Driz-Seymour, Alani Escue, Rhyanon Gomez Rodriguez, Jhon Guerra, Myshelle Harmon, Matthew Hawley, Millicent Hayes, Connor Hayward, Quincey Hernandez, David Hodgson, Annabel Jordan - Zepeda, Valeria Jurado Arroyo, Carmen Lopez Benitez, Nayeli Martell, Emily Martinez, Eileén Martinez, Noah Metiviet, Kaylyn Mohan, Karina Myrick-Washington, Kamaria Pace, Jordyn Padilla, Adriel Perera, Dailyn Pierce, Sonia Rodriguez, Maribella Roušseau, Kelvyn Ruiz-Gonzalez, Yor'danis Sanchez-Gomez, Yaretzi Smith, Kelleicia Swords, Makayla Valdez-Palma, Frida Vega Fis, Rosemary Velazquez, Merary Windham, Naomi

INDUSTRY CERTIFICATIONS Mr. Makovec, Dig. Tech Teacher Mrs. Nikole Johnson, certification proctor

BROTHERS, ALEXANDER WORD PROCESSING DOWNS, EVAN CAINES, CAIDYN GAINOUS, JOSIAH LEMUS. XAVI LORD, WILLIAM MORALES, HEVENKY **RODRIGUEZ, EMELY** SCHMIDT, NATHANIEL WAITERS, MICAH

CURIEL, ADRIAN HUNT. DANNI **ROBINSON, E'LI LAMONT ROSS, ZACHARY STORY, LYRIC** ZAYAS CRUZ, JONATHAN

GREENE. DARION HILBURGER-DONJUAN, AMY HOLLIE, SHEKINAH **POTTER, LILYANNAH GIBSON, LUKAS** HAWLEY, MILLICENT HOLT, ARABELLA PACE. JORDYN

Word Processing & CyberSecurity PRIETO, NATALEY



room until the change of clothing has arrived. Head coverings and graphic items will be confiscated, labeled, and given to the student affairs office for parent pick up.



APRIL IS AMAZING ATTENDANCE MONTH

COME TO SCHOOL GET A TICKET IN HOMEROOM

STAY AT SCHOOL GET A TICKET IN 8TH PERIOD

THE MORE YOU'RE HERE, THE BETTER CHANCE YOU HAVE TO WIN!

> PRIZES WILL BE GIVEN TO WINNING TICKETS DURING LUNCH EVERY MONDAY

> > BE HERE! BE AMAZING!

ICKET

lays

LUNCH ON THE PATIO WITH A FRIEND

Regular school attendance means.



TICKE



Ms. Deana Mastropietro, SSW



- WEDNESDAY, APRIL 15 REPORT CARDS ONLINE
- WEDNESDAY, APRIL 15 REPORT CARDS IN HR/HONOR ROLL CELEBRATIONS @ LUNCHES
- WEDNESDAY, APRIL 16 KONA ICE
- FRIDAY, APRIL 18 NON-STUDENT DAY
- FRIDAY, APRIL 18 (REVISED DATE) 7TH GRADERS TO AQUATICA IN ORLANDO
- MONDAY, APRIL 21 TO FRIDAY, APRIL 25 ADMINISTRATIVE PROFESSIONALS WEEK
- **<u>TUESDAY, APRIL 22</u>** EARTH DAY WEAR A GREEN T-SHIRT W/YOUR KHAKI PANTS/SHORTS
- TUESDAY, APRIL 22 SPRING BAND CONCERT AT 6 PM IN MPR
- MONDAY, APRIL 28 TO FRIDAY, MAY 2 DOLPHIN SPIRIT WEEK SPONSORED BY PBIS
- THURSDAY, MAY 1 MOCK TESTING DAY
- FRIDAY, MAY 2 STUDENT VS. TEACHER BASKETBALL GAME
- MONDAY, MAY 5 TO FRIDAY, MAY 9
 NATIONAL TEACHER APPRECIATION WEEK
- THURSDAY, MAY 8 POP CHOIR CONCERT 6 PM IN MPR
- FRIDAY, MAY 9 8TH GRADE GRADADVENTURE @ UNIVERSAL STUDIOS ORLANDO
- MAY IS STATE TESTING MONTH & WILL END WITH SEMESTER EXAMS -MAKE SURE YOUR STUDENT(S) IS ON TIME & REMAINS IN SCHOOL FOR THE ENTIRE DAY! TESTING CALENDAR.

MAY 2			1		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
TESTING CALENDAR			1	2	3/4
Writing Test April 8 th (Makeup April 9-11)			Mock Testing Day & Subject Area Practice Test Day.		
				St./Tchr. BB	
5	6	7	8	9	10/11
		PM3 ELA All Grades	CIVICS EOC	ELA & CIVICS MAKEUPS	
			Conference Night	8th Grade	
			Choir Concert	Universal FT	
12	13	14	15	16	17/18
ELA & CIVICS MAKEUPS	MATH All Grades (DeDecker Bootcamp)		Math Makeups	SCIENCE EOC	17710
Girl's Group EOY Event					
19	20	21	22	23	24/25
Make Up Tests	Make Up Tests	Makeup Tests	22	Period 1 Exam	21/20
				Celebration of FAST!	
26	27	28	29	30	31/1
NO SCHOOL MEMORIAL DAY	Period 2 & 3 Exam	Period 4, 5, 6 Exams	Period 7 & 8 Exam	Last Day & Exam Makeups	01/1







#1 DAD

Final All Pro Dads Breakfast

Thank you to Mr. Anthony and No Greater Love Church for sponsoring the All Pro Dads program here at DMMS. Most of all, thank you to all the amazing fathers out there that attended one, a few, or all of our gettogethers!! This program has given fathers the opportunity to enjoy breakfast with their student(s) while acquiring parenting tips and making true connections with their children.

DAC

MIKE

Mrs. Elizabeth (Liz) Hawley Media Specialist

Books

All Dowdell students have been visiting the Media Center to complete the yearlong learning, "Delving Into Dolphins", with the Social Studies lesson focused on exploring the challenges dolphins are facing around the world while brainstorming possible solutions. Students who have made it to all four lessons throughout the year received a learning survey with the option to attend a virtual visit from the Dolphin Research Center.

Media center

News



Students should begin looking around their homes and backpacks for library books to return before the end of the school year. The last day for book checkout will be May 2nd. Students will be getting overdue book notices before the end of April.



The March MYON Challenge winners were:

NGRATULATION

- Amiyah Medina
- Ainsley Dalton

The April MYON challenge

celebrates Earth Day by having students read two books related to environmental issues. This is due April 30th.

E M P

Congratulations to Mr. Hornyak's 3rd period class for reading the most minutes for the Third Nine Weeks Reading Challenge. The class read 7,393 minutes and earned a cupcake party! All the reading classes worked hard reading and logging minutes during the third nine week for this challenge.

Playaways

The April design challenge is in honor of both Earth Day and Poetry Month, students must write a poem about the earth. These are due by April 30th to Ms. Hawley.

MATH ON THE LAWN!



















MR. DEDECKER TAKES HIS ALGEBRA RESEARCH STUDENTS OUTSIDE TO THE FRESH AIR & SUNSHINE TO SOLVE EQUATIONS ASSISTED BY MS. REYNOLDS.





Please help us combat the VAPING issue on campus.



Youth Vaping: A Serious Public Health Concern

7.8% of high



3.5% of middle school students currently use e-cigarettes.

school students

More than 1 in 4 current e-cigarette users vape every day, suggesting many teens may have

E-cigarettes have been the most used tobacco product for 10 years

among both high school and middle

school students.1

nicotine dependence.

Be Aware of E-Cigarette Products

Some devices popular among teens are as small as a USB flash drive and

Certain products emit very w amounts of aerosol which makes them easier to use discreetly than stible cigarettes 2.11

E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot.2

Most e-cigarettes contain nicotine, the same highly addictive drug in cigarettes. Some e -cigarettes contain as much nicotine as 20 cigarettes.¹



Youth vaping remains a public health concern. Many teens vape on a regular basis, and most choose flavored e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. Given the right tools and information, parents, educators, and other influential adults can make a profound difference in the lives of their children and students by sharing the facts and tips to help them stay safe.

Facts About Teen Vaping

Vaping is not safe. ct, some vapes cor

AS MUCH NICOTINE

AS A WHOLE PACK

Use this guide to start an honest conversation at home about e-cigarettes and addiction.

shaped like USB STICKS, PENS, AND WATCHES. ch makes them easy to hide at school.

Because their brains are still eloping, teens are more SUSCEPTIBLE TO NICOTINE addiction than adults



Some e-cigarette sols contain chemi SUCH AS FORMALDEHYDE,

Most e-ciparetter

CONTAIN

NICOTINE,

m chemicals

me highly addictive in regular cigarette

Teach your students the facts about vaping.

Vape aerosol can contain harmful chemicals.

Vaping can expose the user's lungs to harmful chemicals like formaldehyde. acrolein, and acetaldehyde, which are known to cause lung damage.43

Most vapes contain nicotine, which is highly addictive.

Nurse Mangosing & Nure Bowen

Vaping can deliver nicotine to the brain in just 10 seconds.⁷ A teen's brain is still developing, making it more prone to nicotine addiction.^{8,12} Nicotine exposure during the teen years can disrupt normal brain development."





Vapers could be inhaling metal particles into their lungs.

Vane aerosol could be delivering metal particles like chromium, nickel, lead, tin, and aluminum right into your lungs. Some of these metals are toxic.10,11

HEALTHY HABITS AT HOME

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.

If you smoke or vape, try quitting.

Teens report that one of the top reasons they try e-cigarettes is that a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.

- Establish a tobacco-free home. Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.
- Steer clear of smoking and vaping in public places. Avoid restaurants, parks, and other locations that allow people to smoke or vape.
- Set family health goals each week. Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!





Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.4



PRACTICE WAYS TO SAY NO

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them an e-cigarette, and have them practice by responding to different situations

- Say a simple "No, thanks," or "Nah, that's not my thing."
- Change the topic ("Hey, are you going to band practice today?"].
- Walk away and do something else.
- Talk with a friend, parent, or trusted adult.

RESOURCES

Teens may not know the signs of nicotine addiction. If you think your child is vaping, talk to them about why it is harmful. Ask for support from others. Remember: It's never too late to get help.

Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

Getting Help

- Talk to your family doctor about treatment options
- Visit smokefree.gov
- CDC Quitline: 1,800 QUIT NOW
- For Young People:
- Text DITCHVAPE to 88709
- For Families Helping Young People: Text "QUIT" to 202,899,7550

