

Long International Middle School EYE OF THE TIGER

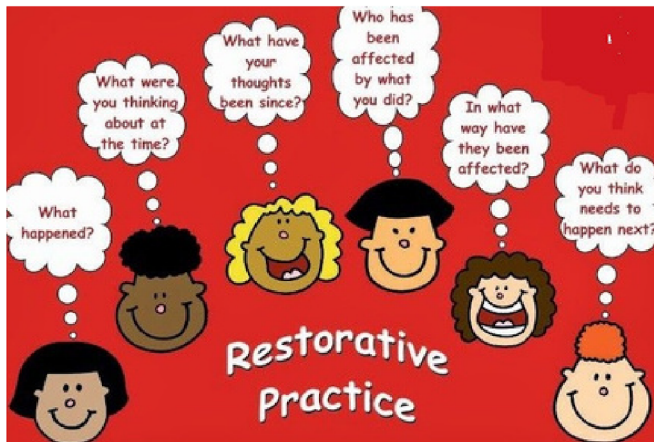
Issue No. 2 / September 29, 2023

Our Approach to Dis-Regulation: Renu



Check out our new RenU Space!

As we continue to create a place of learning and growth at Long, we understand that alternate strategies and approaches are necessary for students to meet personal, academic, and behavioral goals. Over the summer, two rooms were renovated and realized for student well-being and reflection. Ms. McDonald, or Ms. Mac, our new Restorative Coordinator, works with students who need time and space to ***Rethink, Examine, and Navigate Yourself*** in the **RenU Space**. Ms. Mac's approach to behavior regulation is of two mindsets: ***reflection and redirection***; she approaches this through mindfulness and self-actualization.



Our restorative approach to discipline and student regulation

For those students needing more time for reflection and redirection, students are assigned time in the **Climate and Culture Room** where they work on their course assignments, as well as their individualized restorative plan to return to class. While assisting students instructionally, Ms. Mac uses Gholdy Muhammad's **HILL Model** which allows them to find connections to literature and histories with their identities. Students emerge from each space equipped with knowledge and tools for reflection before reaction; *a renewing of the mind and behavior*.

LIMS Spotlight

Student Spotlight!

We have so many wonderful students at Long and we want to highlight them each month. The culture of belonging, culture, literacy, STEM, and excellence at Long is rooted in our core values acronym: **ROARR** (**R**elationships, **O**rganized and Open-minded, **A**daptability, **R**igor, and **R**espect). Each month, we plan to celebrate students who demonstrate and exhibit these values. **Check out our first group of LIMS Spotlight Tigers!**



Violeta Diaz-Cariino 6th grade



Jabriyah McGee 7th grade



Ronald Mottley 8th grade



--Monthly Core Value: Relationships - Attendance: 84%--

→ LIMS News & Events



High School Here I Come!

Our 8th grade students had a chance to visit with high schools today at our annual **High School Here I Come Pep Rally** at Harris-Stowe State University! Over 70 students were able to visit with and get information from our district high schools. The window for magnet school applications opens this Monday, October 2nd. You can visit the [link for applications here!](#) If you have any questions about the magnet school application process or high schools offered for students, please sign up for the [High School Here I Come Parent Night HERE!](#)



Sports Shoutout! Boys Volleyball



The fall sports season is off to a great start. Saturday, September 23rd, our LIMS tigers battled it out against one of our biggest rivals: the McKinley Goldenbugs! The Boys Volleyball team worked hard to keep their undefeated record unscathed. The tiebreaker was intense!! We are so proud of how hard our Tigers played!!

LIMS Standings:

Boys Volleyball 1-1

Girls Volleyball 0-1

Boys Soccer 1-1



Upcoming Dates/Events

Friday, October 13, 2023: Professional Development Day (No School)
Tuesday, October 17-19, 2023: Parent-Teacher Conferences (Days and Times to TBA)
Thursday, October 19, 2023: Title 1 Parent Meeting
Friday, October 20, 2023: No School



Take 5: Same Face, New Role at Long

Ms. Zaria McDonald--Restorative Coordinator



Our Restorative Coordinator, Ms. Zaria McDonald, has transitioned from our Library Aide to support students, staff, and our school culture in an amazing way! Ubuntu, Ms. Mac!

Cultural Background:

I am Black; born and raised in St. Louis.

Experience/Educational Background:

Bachelors of Arts, English with a minor in Theatre.

2 years in Education

Why do you "BeLong at Long"?

I belong at Long because I am a living representation that hard work and dedication pays off.

Fun Fact:

At the age of 19 years, I beat cancer!!! (my prom pictures went viral!)

When I was in middle school,

When I was in middle school, I had no idea what I wanted to be when I grew up. I had a bunch of hobbies and very few goals; however, I leaned into my creativity and turned those hobbies into revenue!

Ms. Shaneil Gowe--Supplemental ELA & SPED Teacher



Ms. Gowe's dedication to Reading and Writing and expertise in small groups and differentiation supports students in achieving their individual goals! Ubuntu, Ms. Gowe!

Cultural Background:

I am Jamaican. Born in Westmoreland, Jamaica

Experience/Educational Background:

Bachelors of Arts, Education minor in Psychology

Masters of Arts, Teaching, Curriculum, and Instruction

SIOP certified

5 years in Education

Why do you "BeLong at Long"?

I belong at Long because I believe that the melting pot of culture and heritage in this building reinforces my passion for education.

Fun Fact:

I am the oldest child for both of my parents

When I was in middle school,

When I was in middle school, I used to make bracelets and keychains for my friends.

--We transform learners into Global Scholars who collaborate, innovate, and create solutions that contribute to the challenges of our neighborhood, our city, and the world while acknowledging the supporting the thinking and efforts of their peers--