



# Florida A&M University Developmental Research School

FAMU DRS is committed to providing a quality education for students by promoting rigor and innovative strategies for teaching and learning.

## Title I, Part A January 2017 Newsletter

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### Let's Move!

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let's Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping kids become more physically active.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is key to ensuring a healthy future for our children.

<http://www.letsmove.gov/learn-facts/epidemic-childhood-obesity>

### Get JAMming Family Fitness and Nutrition Workshop

On **Thursday, January 19, 2017** FAMU DRS will host Get JAMming Family Fitness and Nutrition Night in our school cafeteria at 6-7 pm. The goal of this workshop is to bring a greater awareness to our students and families about living and maintaining a healthy living. We will demonstrate easy fitness routines, provide healthy recipes, and distribute important information from local companies such as (Trader Joes, BFAAST, FAMU Student Health Services, FAMU Cooperative Extension Program, and more.)

*"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change."*

### Martin Luther King Day 2017

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. In 1994, The Martin Luther King, Jr. holiday is a perfect opportunity for Americans to honor Dr. King's legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a beloved community.

### MLK Positive Dreamer and Doer Award

The 34th Annual Martin Luther King Jr. Martin Luther King, Jr. Commemorative Dreamers and Doers Award Program was held on Friday, January 13, 2017 at the Donald L. Tucker Civic Center. Sponsored by



The Tallahassee Branch of the NAACP in partnership with Leon County Schools, students from schools around the county are recognized for their ideals that are aligned with the beliefs and ideals of Dr. Martin Luther King, Jr.



This year, FAMU DRS was represented by two elementary students - Dillyn Hogan and Dream Hogan; and two high school students - Adrian Andrews and Amandah Hudson. The students were joined at the event by each of their parents



and two of our teachers - Ms. Sybil Brow from elementary and Mrs. Pamela Moore from high school. Each student submitted a paragraph indicating how their ideals represented those of Dr. King's.

### National School Choice Week January 23-28<sup>th</sup>

FAMU DRS is one of more than 13,000 schools participating in this year's National School Choice Week. The goal of the Week is to shine a positive spotlight on all types of education options for children—from traditional public schools to public charter schools, magnet schools, private schools, online learning and homeschooling. During National School Choice Week we will take part in

- Celebrate Literacy Week, Florida!
- On Friday, Jan. 27 Mr. & Mrs. FAMU will join us for a panel discussion with our Seniors.
- Secondary students will take a field trip to AMC 20 for the viewing of "Hidden Figures".
- Please join us for our mini Student Recruitment Fair on Saturday, January 28 from 10:00 a.m. - 2:00 p.m. where you will be able to submit new enrollment applications and re-enroll current students for the next school term.

For more information please contact Ms. Melissa Leon email: [Melissa.Leon@famuedu](mailto:Melissa.Leon@famuedu)

### 2017 Black History Month Student and Educator Contests Reminder

The 2017 Black History Month student contests and educator awards will be centered on the theme, "A Recognition of the Role of African-Americans in Shaping Florida Today."

Each February, as Florida celebrates Black History Month, many of you incorporate into your lesson plans information about the significant contributions that African Americans have made to our great state. Once again, Governor Rick Scott and First Lady Ann Scott have invited all Florida students to participate in the Black History Month art and essay contests. Students in grades K-3 have a chance to win a cash prize by submitting artwork and students in grades 4-12 can earn a four-year Florida Prepaid Scholarship through the essay contest.

Additionally, students, parents, teachers and principals are invited to nominate full-time educators in elementary,

middle and high schools for the Black History Month Excellence in Education Award. The deadline for all submissions is **January 20, 2017**.

To learn more about Florida's Black History Month celebration and contests, visit [www.floridablackhistory.com](http://www.floridablackhistory.com).

### SAT Test Tip!

Own your test booklet. Scratch work is extremely important on the SAT. Don't be embarrassed about it—writing in your test booklet will help you keep your mind focused.

- Mark up geometry diagrams. Keeping track of your work directly on the page will help you avoid careless mistakes.
- When you use process of elimination to eliminate a wrong answer, cross it out! Don't leave it there to confuse you if you have to choose between two remaining answer choices.
- When you answer a question but aren't entirely confident in your choice, circle the question or put a big question mark next to it. That way, if you have time to go back at the end of the section, you can find the question easily and quickly.

The next scheduled SAT Test Administration is

- January 21, 2017
- March 11, 2017
- May 6, 2017

For more SAT test tips and practice test visit:

<https://www.princetonreview.com/college-advice/3-sat-tips>

### Beyond the Bell: Afterschool Tutoring

According to the U.S. Department of Education research has shown that well-designed tutoring programs can be effective in improving children's skills, therefore we encourage all of our students to participate in afterschool and Saturday school tutoring sessions. Tutoring will begin in February 2017. For more information please contact the various principals.

For volunteer opportunities at FAMU DRS please contact Ms. Paulette Davis email: [FAMUDRSVolunteers@gmail.com](mailto:FAMUDRSVolunteers@gmail.com) or call 850-412-5935