

The contents of the Tornado Times are intended to inform Malden High School students and staff as well as the greater Malden High School community. If you would like to add something please submit the contents to Principal Dana F. Brown, dbrown@maldenps.org. Stories, pictures, reminders, club, activity, and class notes are all welcome.

Malden High School Vision Statement

The Malden High School community believes in the potential of all students to learn, to grow, and to become active, conscientious participants in the 21st century global society. We believe that students learn most effectively in a safe, respectful environment that encourages diverse viewpoints, promotes critical thinking and perseverance, and establishes rigorous standards for all. We honor the diverse nature of our community, promote social awareness and community involvement, and strive to meet the needs of all students through innovative methods and continual professional development. We are committed to ensuring that Malden High School graduates are thoughtful, independent, purpose-driven, lifelong learners. We seek to equip all students with the skills and habits necessary to successfully navigate and contribute to our ever-changing world.

Students...and Staff

I want to thank students and staff for all of the seen and unseen ways they support our school. This past weekend had a few such examples. On Friday night our Malden Against Cancer Club raised over \$1000 at their Pink Out Game. Thank you Ms. Kirby and students! We dedicated the game in the memory of Karina Moreira and were honored to have Karina's father, brother, and several friends on hand during the opening moment of silence prior to the game.

On Sunday the annual Bread of Life walk attracted over 100 of our student-athletes and some staff to the event. We raised nearly

\$3000 for this worthy charity. Congratulations and thank you to all those who donated.

Karina Moreira's "Celebration of Life" service was held here yesterday. Over 1000 people jammed into the Jenkins and many of our students and staff were on hand to support the family. Thank you.

The next two weeks:

12675	Monday, October 06, 2014	Picture make-ups, House Meetings
123456	Tuesday, October 07, 2014	
712345	Wednesday, October 08, 2014	New teacher INDUCTION PROGRAM
671234	Thursday, October 09, 2014	College and Career Night for Class of 2015, 6:30 pm in Jenkins
567123	Friday, October 10, 2014	SAT Date at Malden High School, doors open at 7:30 am
xxxxxxxxx	Saturday, October 11, 2014	
xxxxxxxxx	Monday, October 13, 2014	Columbus Day, NO SCHOOL
456712	Tuesday, October 14, 2014	
671	Wednesday, October 15, 2014	GET AHEAD DAY-national PSAT DAY
234567	Thursday, October 16, 2014	
123456	Friday, October 17, 2014	
xxxxxxxxx	Saturday, October 18, 2014	EdCamp, Malden High School Alumni Association Brunch
xxxxxxxxx	Sunday, October 19, 2014	

We wish Brian Batting, Piero Pocobene, and Tristar To well wishes as they compete in the Greater Boston League Golf Championship on Monday.

From Todd Cole:

The Choral Art Society has booked a day long visit from a teacher of the "Alexander Technique". If you are unfamiliar with this, check out the website...<http://www.alexandertechnique.com/>. The video embedded in the homepage is quite interesting! In a nutshell, it is for anyone in any profession to touch base with how we hold our bodies (specifically our spine/neck/head) to encourage more efficiency and good postural habits which will in turn reduce pain and in our case allow us to sing with better tone and breath control. I wanted to invite anyone who has Period 7 (8AM), Period 3 (Long Block) or Period 4 (12:45) **on Wednesday the 8th**, to join us as a guest. The lessons will be geared mostly for our singing practice, but I'm sure anyone could benefit from being in the room. Consider a mini "free" lesson! Please let me know if you plan to come so that I may have a chair/place ready for you! It should be a great day that may transform the health and lives of many of our students!

Wednesday, October 15th is Get Ahead Day at Malden High School. The rotation for the day is 6, 7, 1. Within the next few days we will be sending out more specific information but the summary:

- **Grade 9, College Visits**
- **Grades 10, 11 PSAT**
- **Grade 12, College Panel Discussion, Naviance Assistance, CPR Review**

Desperately seeking Class Advisors for Classes of 2017 and 2018...see me if interested.

Saturday, November 15th, 1-4 pm

Malden High School Gallery

The Blue and Gold Newspaper was established in 1915 and has certainly evolved over the years. Come to Malden High School to celebrate the newspaper's 100 years with staff members and alumni.

- A display of the archives through the years
- Share your experiences so we can begin an oral history project
- Reconnect with alumni and staff
- See a preview of our special edition magazine of the history of the Blue and Gold

The computer lab H206 is now available to sign out for the **week of 10/6-10/10**. Please go to the following link to access the sign-out.
<http://techsignup.wikispaces.com/home>

Also, it was suggested that we keep a log for computers that appear to be having issues in the room. You will find a list tacked to the board near the teacher's computer. If you encounter an issue, please put it on the list so that future teachers are aware when they come in. Then, please report any problems to technology.

Also, please lock the door from the inside using your bathroom key on your way out. We have had a problem with students using computers without supervision and computer mice going missing, as well as students entering the adjacent rooms. If the door is locked when you arrive, Jenelle Baldassari in H203 has the key.

Sincerely,

Kathryn Bizier

Science Teacher Leader
Malden High School
Extension 1416
Room H416

Dear MSSAA member,

As many of you are aware, the MSSAA Board and leadership have taken on the vast topic of mental health of young people in our schools as a priority for us this school year. Dating back to last year our MSSAA board meetings have included wide-ranging discussions around the mental wellness of our young people. There is unanimous support for an increase in awareness around this topic and specific recommendations to increase support for schools.

Executive Board members worked with various staff to write a position paper outlining our concerns and recommendations. We offer a link to that MSSAA Board-approved document for your review and we ask that you share the position paper with all of your constituencies including staff, students, parents, and community members.

[**MSSAA Mental Health Position Paper**](#) (*MSSAA Board approved June 10, 2014*)

This summer I highlighted the topic of mental health at our annual summer conference and I urged all of us to refocus the attention to students as people and not data points. At our annual MSSAA convocation, held recently, a panel made up of two high school students, two school adjustment counselors, and an outside clinician answered a wide range of questions around mental health issues among young people and the services needed and in place at our schools. An informal poll done at the Convocation showed that many administrators had already dealt with one or more students in a mental health crisis at the start of the school year. It is clear we have more work to do in this area.

As you continue to do the good work in your schools please take some time for your own health, both physical and mental.

Please do not hesitate to contact me or any member of the MSSAA Board or Executive staff with any questions or concerns.

Dana F. Brown

Principal, Malden High School

President, MSSAA

MSSAA Mental Health Position Paper

September 30, 2014

The membership of the Massachusetts Secondary School Administrators' Association (MSSAA) continues to be concerned about the well being and mental health of students in our school. In fact, in 2011, the MSSAA formed an Ad Hoc Committee chaired by Assistant Executive Director, Phillip Flaherty to address this complex issue. The MSSAA continues to promote improvements in the manner in which student mental health concerns are addressed and view this as a critical component of school improvement efforts.

The National Institute of Mental Health states that over 20 percent (or 1 in 5) children, either currently or at some point during their life, have had a seriously debilitating mental disorder. Over the past few decades the Massachusetts legislature and the DESE, along with other interested committees, organizations and the business community have worked tirelessly on Education Reform. The results have been impressive, as Massachusetts is widely regarded throughout the United States as the

education leader. Despite all the reforms enacted, there remain impediments to learning and issues of equity.

Mental health disorders affecting children and adolescents include but are not limited to: attention-deficit/hyperactivity disorder, autism, depression, eating disorders, schizophrenia, and bi-polar disorder. Students suffering from these ailments are at serious risk of academic failure. Students and their families are experiencing and presenting an increasing number of mental health issues that schools are ill equipped to address in isolation. The lack of internal and external resources negatively impacts the ability of the school to meet the needs of all students.

School leaders have an important stake in promoting mental health in our schools. As they do so, school administrators face an array of challenges. Unfortunately, for historical and cultural reasons, mental illness has persistently been stigmatized in our society. This stigma is manifested by bias, distrust, stereotyping, fear, embarrassment, anger, and avoidance. Addressing psychosocial and mental health concerns in schools typically is not assigned a high priority, except when a high-visibility event occurs. These challenges underscore the need for a comprehensive effort to build the capacity of schools as they help all their students reach their maximum potential.

Given limited capacity to address mental health issues, schools have historically used their resources to hire a substantial number of student support professionals. These school staff members have been the core around which programs have emerged. With increased accountability for academic results, school counselors, who represent the majority of student support professionals in schools, have seen their responsibilities shift away from mental health toward an academic focus, leaving an even wider gap in support services.

According to the *Department of Education National Center for Educational Statistics Public Elementary and Secondary School Student Enrollment and Staff Counts from the Common Core of Data: School Year 2010-2011 First Look*, in the Commonwealth of Massachusetts, the current ratio is one counselor for 441 students.

The American School Counselors Association recommends a ratio of 250 students per counselor.

Recent research confirms that school leadership affects student achievement, second only to instruction. Principals and assistant principals play a critical role in leading schools' efforts to serve each student, particularly those who are at risk.

MSSAA believes that a focused effort to invest resources in mental health at the local, state, and federal levels will address the issue at hand.

Federal, state, and local government must provide financial support to enable local communities to implement a comprehensive culturally and linguistically appropriate school mental health program that incorporates positive behavioral interventions and supports to foster the health and development of students.

The Commonwealth of Massachusetts, along with local governments should facilitate community partnerships among families, students, law enforcement agencies, education systems, mental health and substance-abuse service systems, family-based mental health service systems, welfare agencies, health care service systems, and other community-based systems. State-funded school-based wellness centers would provide students with a comprehensive health support system that would include mental health services.

MSSAA supports:

- The promotion of the social, emotional, and behavioral health of all students in an environment that is conducive to learning that encourages development of quality partnerships with parents and community resources
- The early identification of social, emotional, or behavioral problems and the treatment or referral for treatment of students with existing social, emotional, or behavioral health problems or behavioral health problems through the provision of early intervention services
- Funding that will enable school leaders to offer comprehensive staff development for school and community service personnel working in schools to promote good student mental health and appropriately address student mental health concerns
- Funding that will enable school districts to adopt the American School Counselors Association recommendation of 250 students per guidance counselor
- Funding that will enable school districts to provide more funding for in school health clinics that are staffed with professional mental health providers
- Full funding and enforcement of Chapter 321 of the Acts of 2008, An Act relative to Children's Mental Health by the Massachusetts Legislature

Adopted unanimously by MSSAA Board of Directors on June 10, 2014