

CONGRATULATIONS

ERMS Band Students Selected for Western Regional Festival—Jackson P. and Ivan G. for jazz; Chloe L., Dylan P., and Elias W. for concert band. And to their inspiring Band Teacher, Hilary Brown.

Meet East Ridge Teacher of the Year: Maureen Tyra

"I became a teacher so I could work with children. I love their energy and optimism. I truly believe if given encouragement and opportunity students can have a profound impact on our society."

[Read more here about this inspiring teacher.](#)



First Social Emotional Team at BMES

Barlow Mountain staff attended a two-day training course at Yale's Center for Emotional Intelligence. ERMS and SRMS staff has had similar training. Next year, this BMES team will work with teachers to train them in the tenets of RULER, a kindergarten through eighth-grade emotional literacy program, which stands for Recognizing, Understanding, Labeling, Expressing, and Regulating emotions.

Photo (Left to Right): BMES Team—Sarah Weirsman, Elementary Supervisor; Valerie Nezvesky, Kindergarten Teacher; Jennifer Hilderbrand Fifth-Grade Teacher; Kiera Russo, School Psychologist; and Rebecca Pembroke, Principal—holding the Mood Meter that is one of the anchor tools from RULER training. [Read more about Yale Center for Emotional Intelligence.](#)



ART GALLERY



[View ERMS Metamorphosis Drawings](#)

BOOK RECOMMENDATION

Awkward

by Svetlana Chmakova

For students going through transitions, ERMS Librarian Tanya Anderson recommends *Awkward* by Svetlana Chmakova. *Awkward* is a graphic novel about a girl named Penelope who has just moved to a new town and is starting middle school not knowing anyone. Her first day does not go according to her plan, and as she struggles to fit in, she does things she isn't proud of. Ms. Anderson writes that *Awkward* "is a wonderful coming of age story about being open and accepting of others." ★★★★★

[Read more of Ms. Anderson's Recommendations here](#)

