Dear RMS Families,

Parents - PLEASE help us prevent the COVID-19 virus from impacting the school’s students, staff, and operations.

To minimize the introduction and/or spread of the virus we have restricted visitors and deliveries to the school to only those absolutely necessary. Forgotten items such as: lunches, homework, backpacks, books, etc, cannot be accepted. PLEASE DO NOT bring forgotten items to the school to be delivered. Not only does the delivery of these items introduce risk, it also causes unnecessary disruption to classes.

If a student forgets their lunch, they can get a free one from the school (without pre-ordering).

Teachers will continue to be flexible with things like forgotten homework, books, backpacks, etc.

Thus far, RMS has been successful in keeping the school free from the virus, please help us continue to keep all of our RMS family safe!

Thank you!
Robert C. Meyer
Assistant Principal
Healthy Tips from Nurse Evans

Did you know smoothies can help you stay healthy? You can find great recipes at https://greenblender.com/smoothies/recipes?benefit=immune-boosting

I focus more on the immune boosting recipes to give my body a fighting chance should I contract the Coronavirus. I especially love the "Green Mint Refresh Smoothie Recipe," but it is very tart, so I add some honey. The sweetness and tartness make for a good combination. For "Apple Don't Carrot All Smoothie Recipe" you can find all the ingredients at the commissary.

Enjoy!
Nurse Evans
WHAT'S THE BUZZ?

THERE IS A FANTASTIC COMPETITION ON THE HORIZON AND YOUR STUDENT CAN BE A PART OF IT ALL! WITH THE HELP OF OUR AMAZING PTSA, THE NATIONAL SPELLING BEE IS HAPPENING FOR 2021- POSSIBLY VIRTUALLY AND POSSIBLY IN-PERSON- BUT IS ON! WE WILL START THE COMPETITION AT THE SCHOOL LEVEL AND THEN YOU COULD MOVE FORWARD. SPECIFIC DETAILS ABOUT THE SPELLING BEE FOR THIS SCHOOL YEAR WILL BE COMING OUT IN DECEMBER. IN THE MEANTIME, IF YOU WOULD LIKE TO ENCOURAGE YOUR STUDENT TO GIVE IT A SOLID GO AND WANT HIM OR HER TO PREPARE WITH OTHERS DURING LUNCH ONCE/WEEK.

QUESTIONS SHOULD BE SENT TO MARGOT.BENN@STUDENT.DODEA.EDU
Your involvement makes the magic happen!

Our PTSA team is committed to keeping our student programming alive, even in the age of COVID-related restrictions. We just need YOUR ideas, expertise, and that willingness to find a way!

We are currently seeking a volunteer Chairperson for the following programs:

**Spelling Bee - Reflections Art Competition - Yearbook**

Want more info on how these programs work? Send us an email at pta.rms@gmail.com!

**Picture Day Prints**
were delivered to Social Studies classrooms this week!
Questions about your order? Drop us a line!

**NEW hoodies & baseball tees**
can still be ordered, and will be delivered to 1st period teachers.
Follow the link below to reserve yours!
https://rms-spirit-wear.cheddarup.com

**Smile!**

[Image of a smiling face]

**Still need an agenda?**
See Ms. Wald of Mr. Cephus for in-person cash purchases - $5 each -
or order online at https://rms-spirit-wear.cheddarup.com

**Are you raising an ARTIST?**
Make sure to check out the Reflections Art Competition! (flyer attached)

**Mark your calendar now for our next PTSA monthly meeting on Thursday, December 3rd after school**
(Exact time TBA depending on meeting format)

Keep up with all of the latest RMS community info by checking our PTSA Facebook page:
https://www.facebook.com/RAMSPTSA
CALL FOR ENTRIES!

I Matter Because...

2020-2021

Dance Choreography
Film Production
Literature
Music Composition
Photography
Visual Arts
Special Artist

Ready to submit your work? Complete the online entry form using this link!

Start now! Entries are due January 2021

RMS PTSA is now accepting entries for the annual Reflections Art Competition. Works may be submitted in any of the above categories on the theme "I Matter Because...". First and second place winners in each category move on to compete at the European and National levels.
# 5 Reasons to Practice Mindfulness & Meditation

## Reduce Stress
Mindful people learn to understand their own emotions. Then, they also understand the emotions of other people better. So, they are able to react to stressful events better. Mindfulness research has shown how it can lower the incidence of Social Anxiety Disorder (SAD).

## Achieve Focus
By quietly focusing on different things we can gain awareness and control of our mind. Practicing daily will increase your ability to focus over different durations. Mindfulness trains your brain to focus and re-focus after your mind winders.

## Improve Physical Health
Studies show that mindfulness can: help relieve stress, better sleep, lower blood pressure, increase heart health, increase emotional resilience, increase immune response, reduce chronic pain and alleviate gastrointestinal difficulties.

## Improve Mental Health
Mental health professionals have found mindfulness and meditation helps to manage and decrease mental health conditions like depression, substance abuse, eating disorders, couples’ conflicts, anxiety disorders, and obsessive-compulsive disorder.

## Positively Changes Our Brains
Research has found that mindful meditation increases the density of gray matter in brain regions linked to learning, memory, create new neuronal pathways, emotion regulation, and empathy. In other studies, people reported feeling less stress, more positive emotions and participants suffering from chronic illnesses say they experience less pain afterward.

## Resources
- [Why Mindfulness Matters](https://greatergood.berkeley.edu/article/item/why_mindfulness_matters/)
- [Can Meditation Make Your Brain Stronger](https://greatergood.berkeley.edu/article/item/can_meditation_make_your_brain_stronger/)
- [Mindfulness and the Brain](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679190/)
- [Positive Psychology](https://www.health.harvard.edu/special-health-reports/Positive-Psychology)
- [Mindfulness & Emotional Intelligence](https://positivepsychology.com/mindfulness-emotional-intelligence/)

For more information, contact the ASACS counselors at Ramstein MS: Heather.Davis@dodea.edu or Shelly.Odom@dodea.edu.
A NEW ADDITION TO THE SCHOOL LIAISON TEAM

Mr. L is the newest addition to the Kaiserslautern Military Community School Liaison Team. Previously, Mr. L served as the Installation School Liaison Officer with the 18th Wing at Kadena Air Base and with the United States Marine Corps at Marine Corp Base Quantico in the Northern Capital Region. Over the past five years, Mr. L has made advocating for the rights military-connect students and families one of his top priorities as a School Liaison Officer, and he is honored to have the opportunity to support the Kaiserslautern Military Community.

Military Family Life Counselors (MFLC)

MFLCs can be found at every school in the KMC and Baumholder communities. This is a private and confidential non-medical counseling service offered to military service members, military families and military family service member’s children. This is a FREE service!

MFLCs will participate in activities with children, conduct training for staff and parents, be available for military parents to contact for guidance and support. The MFLCs may assist with the following types of issues: communication, self-esteem, bullying, relationships to name a few.

How can the School Liaison Office help you?

The School Liaison Office is the communication link between the command, the schools and the families. The School Liaisons (SL) are very familiar with the impacts families feel when transitioning and are available to assist by providing information on the school registration process, school calendars, Child and Youth Services, the Youth Sponsorship Program, School Meal Program, and community information to name only a few topics.

Here in the Kaiserslautern Military Community (KMC) we have two School Liaison Offices, representing both the Air Force and Army. Both offices will help every family, regardless of their branch of service.

Should you wish to learn more about all available school options, please reach out to the School Liaison Offices, as they can provide firsthand material and good-to-know information on all schools. This includes information on DoDEA schools, the German School System, and the International Schools in the area as well as Homeschooling in the community and resources for homeschooling families.

Check out the School Liaison’s websites:
High School Information

Due to the continued COVID-19 situation in Germany and elsewhere, the annual Kaiserslautern College Night will not occur at this time.

However, in an effort to continue providing opportunities for students to obtain information and have live interactive connection with college/university reps, we have set up a Facebook page, KMC College Search 2020-2021, the link being https://www.facebook.com/KMCCollegeSearch20202021

Colleges and Universities will be posting and updating their upcoming live interactive college fairs, some of which may be specifically for students from the Kaiserslautern area and others which will be for students from broader areas, but in every case, there will be no cost for students to access, use and join in these events. Over 100 colleges and universities have posted information. Please check it out!

Resource:

The National Association for College Admissions Counseling (NACAC) is launching a series of free virtual college fairs this fall. Each fair has over 600 colleges and is truly national. These fairs feature free college information sessions and have skilled counselors available to answer questions. NACAC also has strict standards for participating institutions that ensure the organizations offer strong educational value.

"Start your college search for free at a NACAC National College Fair near you. National College Fairs is a program of the National Association for College Admission Counseling (NACAC)." More information at: https://www.nacacfairs.org/

Elementary School Information

Have you ever checked out the DoDEA website to see what resources are available to you?
As I’m checking out all the links on this site, I found one which provides Activities for Students at Home PK-5. Check it out!


And another awesome site to support your child’s learning at home:

https://sites.google.com/student.dodea.edu/dodeasdigitallearningathome/dodeas-digital-learning-at-home/supporting-yourchilds-learning

Holiday Stress

With the holidays soon upon us, our lives become busier with more activities and events occurring. Anxiety and stress levels may increase in children. Be aware of changes in your child’s behavior.

Tips for reducing stress:

Remember the importance of routines
Be calm yourself
Exercise
Avoid overscheduling
Include your student as being a helper
Talk... maintain open communication
Play a quick game such as I SPY
THE FAFSA® PROCESS

We provide more than $1.3 trillion in grants, loans, and work-study funds each year to help you pay for college or career school. To apply for this aid, you must complete a Free Application for Federal Student Aid (FAFSA®). Arizona, state, and local governments and many colleges and career schools use your FAFSA information to award you their aid.

DID YOU KNOW?

You will need to complete a new form each year, regardless of what happened last year. Just because you are eligible for federal aid does not mean you are eligible for state aid. If you are considering a FAFSA, be sure to complete it now. You may not be eligible next year.

The FAFSA process is quick and simple when you have all the necessary information available and hand.

Fill your FAFSA form in a timely manner.

Filling out the FAFSA

GATHER THIS INFORMATION

The FAFSA asks questions about you and your family, so have the information ready:

- Social Security numbers (you and your parents)
- Bank account balances
- Employment information
- Income information
- Tax return information

DON’T HAVE ALL YOUR INFO READY YET?

You can still make a rough estimate of your income and assets. If you don’t have all the information ready, you can still fill out the FAFSA.

The FAFSA is available for the next school year. It’s important to fill it out as soon as possible to meet school and state financial aid deadlines.

MEETING FINANCIAL AID DEADLINES

Each school and state has its own FAFSA deadline. Check with your college or career school for its deadlines. You may also be eligible for state financial aid. Most states have deadlines of April 15 or April 20.

Did you know?

- You can check the deadlines for each state at FAFSA.gov.
- You can check for the deadlines at each college or career school.

Filling out the FAFSA

PROCESSING THE FAFSA

After you submit your FAFSA, your information will be sent to the colleges or career centers where you listed on the forms.

PROCESS TIMELINE

You will receive an e-mail within a few days, letting you know your FAFSA is processed.

Next, you or your school might need to complete a school form. Make sure you know which form to complete.

First-time applicants

You’ll need to submit either a Free Application for Federal Student Aid (FAFSA) or a School Accountability Report (SAR) within 30 days of receiving the SAR.

Renewal applicants

You will need to fill out only the renewal section of the SAR or the School Accountability Report. Follow the instructions on the school’s website.

Receiving financial aid

Finally, you’ll need to fill out any other financial aid forms you’re asked to fill out by the school. You might also need to complete any forms you’re asked to fill out by the school.

Contact the college for more information.

Free Application for Federal Student Aid (FAFSA®) Information

The 2021-22 FAFSA form is available! To begin your application, please visit https://studentaid.gov for more information. This is your first step in applying for financial aid. Remember, to complete the application, it is FREE!

Different types of aid is available to students:

- Grants
- Scholarships
- Loans
- Aid for Military Families
- Work-Study jobs
- Aid for International Study