

# Somerset Prep DC

## September 2017

3301 Wheeler Road SE  
Washington, D.C., 20032

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## Back to School!

by Bhakti Doroodian

Greetings Bulldog Family! We hope our scholars had a fun, restful summer and are ready to dive into the 2017-2018 school year! Teachers and staff here at Somerset Prep DC are beyond excited to welcome our new and returning scholars to what will be the best year yet at Somerset Prep!

While scholars enjoyed their much-deserved summer vacation, our administrative and leadership team were hard at work planning for the school year ahead. You will notice many wonderful changes throughout the year, but we wanted to highlight just a few to give you a glimpse of what to expect. For starters, we are incredibly excited about the major renovations that took place this summer. On June 9th, architects from MCN Build and Perkins Eastman hit the ground running and worked tirelessly through the summer to create a truly beautiful building for our scholars. It was no easy feat, but MCN Build and Perkins Eastman

made it happen, so a big shout out to them!

Also worthy of note is Somerset Prep DC's first graduating class! Our first senior class will be working diligently with teachers and their guidance counselor to ensure all graduation requirements are completed in a timely fashion. The Class of 2018 will also have some exclusive senior activities to participate in throughout the year, so stay tuned!

Lastly, please help us in welcoming several new teachers and staff members to Somerset Prep DC! Our Somerset Prep DC family is continuously expanding, and we are excited about the ever growing talent, knowledge, and enthusiasm they will bring to our classrooms and school.

Please check out additional highlights on what to expect this upcoming school year. We cannot wait to see everyone!



### Construction Crew Hard At Work

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# Meet Our Somerset Prep DC Family!



Welcome parents and scholars to the 2017-2018 school year! The year is off to a great start, and we feel so privileged to be able to work with your child this year. We have some familiar faces on our team, but there are also many additions to our ever-growing Somerset Prep DC family. With the amount of wisdom, creativity, and enthusiasm our staff embody, we can safely say your child is in wonderful hands this year.

## Open House Dates

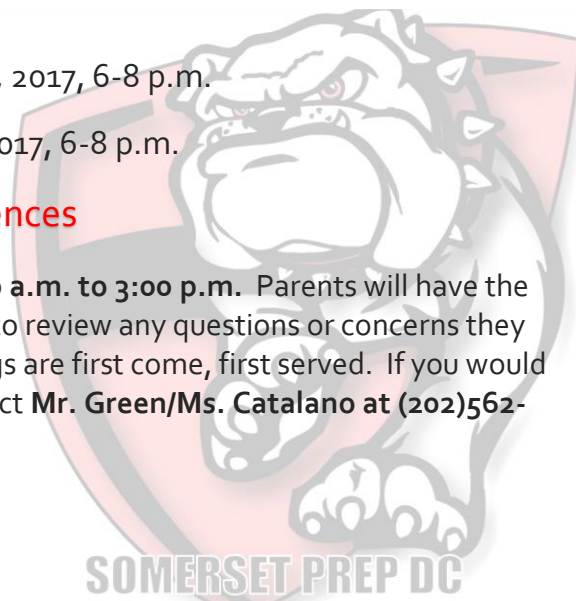
If you are a parent of a middle school or high school scholar, come on down to our Open House for a chance to meet with your child's teachers! Dates are as follows:

**\*Middle School Open House\*** Wednesday, September 6<sup>th</sup>, 2017, 6-8 p.m.

**\*High School Open House\*** Thursday, September 7<sup>th</sup>, 2017, 6-8 p.m.

## Parent Teacher Conferences

Conferences will be held on **Saturday, September 16<sup>th</sup> from 9:00 a.m. to 3:00 p.m.** Parents will have the opportunity to meet with teachers and support staff one-on-one to review any questions or concerns they may have pertaining to academics, sports, behavior, etc. Meetings are first come, first served. If you would like to schedule a brief, 10-minute appointment slot, please contact **Mr. Green/Ms. Catalano at (202)562-9170.**



# PARENT UNIVERSITY

For the first time at Somerset Prep DC, Parent University will be providing parents with information and tools to help them navigate their role in their scholars' education. Our very own Mrs. Patricia Morris (Parent Engagement Specialist) will be leading workshops on various topics quarterly and will be working towards increasing communication between the community, school, and parents in an effort to empower and encourage scholars to reach their highest potential. Workshop topics may include, but are not limited to, drug awareness, bullying, and establishing positive relationships with authority figures and peers.

**Workshop dates** (topics to be determined at a later date):

October 25<sup>th</sup>

January 24<sup>th</sup>

March 21<sup>st</sup>

May 23<sup>rd</sup>

Parents can also attend a **Parent Advisory Council** meeting the **2<sup>nd</sup> Wednesday of every month** to be a part of on-going school events throughout the year.

For questions pertaining to Parent University **or** the Parent Advisory Council, please contact Mrs. Patricia Morris at (202) 562-9170 Ext. 113 or [pmorris@somersetprepdc.org](mailto:pmorris@somersetprepdc.org)



# September is Suicide Prevention Awareness Month

Suicide is the second leading cause of death for young people between the ages of 10 and 24, but due to the stigma around suicidal ideations, many do not seek out the help and support they need. While this is an important topic to discuss year round, we want to take this dedicated time to share thoughts, ideas, and resources around how we can best support our scholars should they be experiencing any suicidal ideations.

## Know the warning signs

- Seemingly harmless statements like “I wish I could just disappear” or “I just don’t want to be here anymore”
- Impulsive, risky behavior
- Substance use to cope with emotions
- Aggression OR self-harm
- Isolating self from friends and family
- Mood swings
- Saying goodbye to friends and family
- Talking, writing, or thinking about death
- Giving their belongings away
- Planning and purchasing items to commit suicide

## Risk factors for suicide

- A family history of suicide
- Substance abuse
- Intoxication
- Access to firearms
- Chronic medical or mental health condition
- History of trauma or abuse
- Prolonged stress
- A recent tragedy or loss
- Age (under 24 or above 65)

## What *scholars* can do to help

- Know the warning signs!
- Listen to your friends talk about their feelings. Let them know how important they are to you
- Do not keep a secret about a friend’s suicidal thoughts or plans
- Tell an adult!

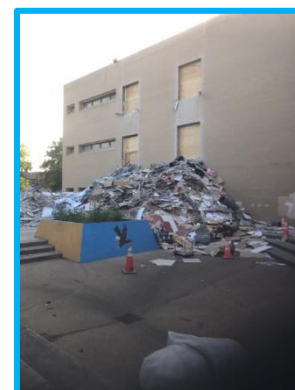
## What *parents* can do to help

- Remain calm
- Ask the child directly if they are considering suicide
- Focus on your concern for their well-being
- Listen
- Reassure them that help is available
- Remind them that they won’t feel like this forever
- Provide constant supervision until help is received
- Complete a safety sweep of the home and remove means for self-harm

**If you, or someone you know, is experiencing suicidal thoughts, help is available. Please speak with a trusted adult or contact the suicide prevention hotline at 1-800-273-8255**



## Construction Zone



Throughout the 2016-2017 school year, our administrative staff worked around the clock with architects from Perkins Eastman to draft blue prints for our new and improved building. Everything was planned diligently so that the construction crew from MCN Build could come in on June 9<sup>th</sup>, and hit the ground running. Contractors worked day and night throughout the summer to ensure the building was ready in time for the 2017-2018 school year, and boy did they deliver. The building is beyond unrecognizable; full of new classrooms, offices, and interactive technology. We here at Somerset Prep understand the importance of creating an environment that promotes learning which is why we are oh so pleased to fill these shiny new classrooms with tools and resources that will encourage each scholar to reach their highest potential. If you haven't already done so, please take the opportunity to see our new space and meet your scholars' teachers during Parent-Teacher Conferences on **Saturday, September 16<sup>th</sup> between 9 a.m. and 3 p.m.**

# September 2017



| Sunday | Monday   | Tuesday | Wednesday | Thursday | Friday   | Saturday  |
|--------|--|---------|-----------|----------|--|---|
|        |  |         |           |          | 1  | 2   |
| 3      | 4<br>Labor Day – No School                     | 5       | 6         | 7        | 8  | 9   |
| 10     | 11   | 12      | 13        | 14       | 15   | 16<br>Parent-Teacher Conferences 9 a.m. to 3 p.m. |
| 17     | 18   | 19      | 20        | 21       | 22<br>Teacher Work Day – No School for Students          | 23  |
| 24     | 25<br>1 <sup>st</sup> Quarter Progress Reports | 26      | 27        | 28       | 29<br>Perfect Attendance Event "Drive In Movie" - 6 p.m. | 30  |
|        |  |         |           |          |  |   |

**Highlights:**

**\*Parents and Scholars!** If you did not receive your PowerSchool access information during Back to School Night, please reach out to Ms. Belinfontie (high school) or the scholar's advisory teacher (middle school) to learn more

**\*DC One Cards** will be distributed next week to those who completed the necessary form. If your scholar needs a DC One Card, please fill out a request form and allow 5-7 business days to reach the school for distribution

