

A decorative banner with a dark blue background. It features several white snowflakes of various sizes and shapes, along with small white stars and dots scattered across the surface. A white ribbon-like banner is positioned horizontally across the middle of the banner.

WWH 12/14

A decorative border with a light blue background. It features several white pine branches of various sizes and shapes, scattered across the surface.

Created by the HR and Clubs Committee

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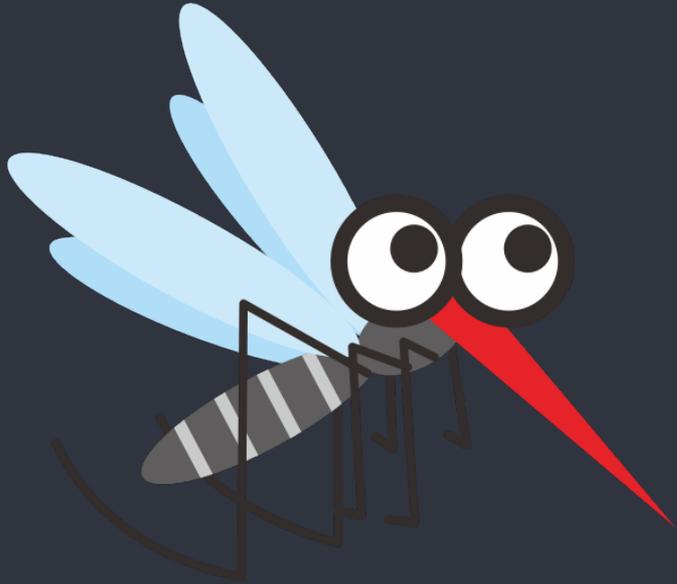
4. Winter Holiday Feature



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No Place For
Hate Lesson



No Place For Hate



Microaggressions



Objectives

- **Students will learn what microaggressions are.**
- **Students will consider how microaggressions can affect others.**
- **Students will think about ways to challenge microaggressions on our campus.**

As part of our work as the No Place For Hate committee, we are looking at different aspects of bullying and how we can help make our campus a safe and welcoming place.

Today we are considering MICROAGGRESSIONS.

With the person next to you, spend a couple of minutes discussing what you think that word means.



One Definition:

“A microaggression is a comment or action that negatively targets a marginalised person or group or shows bias towards them. Microaggressions are usually subtle and often unconscious or unintentional.”

Is this similar to what you came up with?

Some examples of Microaggressions:

“Wow, you speak really good English!” - to an Asian American

“I’m really surprised you lifted those weights!” - to a female weightlifter at the gym.

“I love your hair, it’s so exotic!” - to an African American.

Spend 1 or 2 minutes discussing any other examples with people on your table.

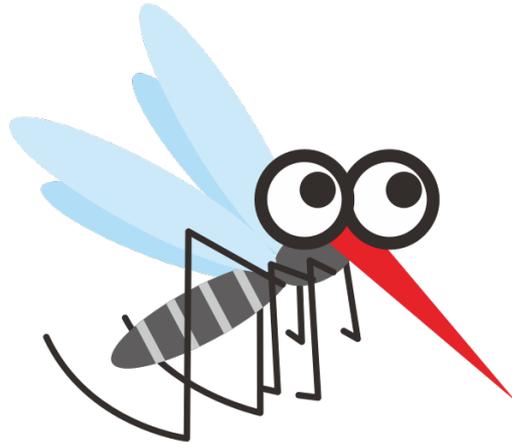


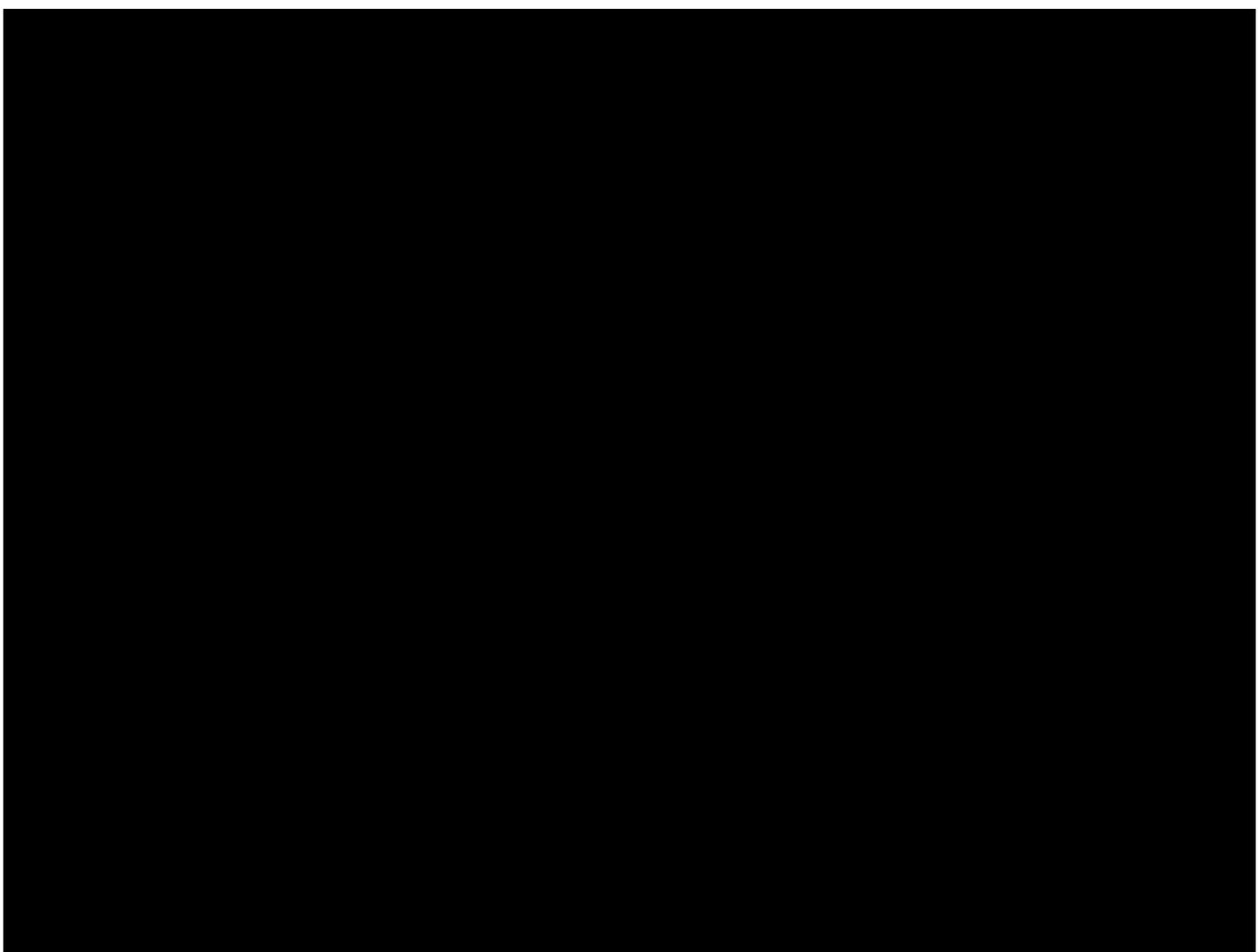
But they sound like compliments..... Don't they?

Sometimes people think they may even be complimenting the other person. So where is the harm? It's a tricky subject, isn't it?

Perhaps it's easier to try and think how the person receiving the comment might feel IF it happened every day. Or several times a day.

Watch the following video





Class Discussion Time

Spend a few minutes as a class discussing your thoughts on the video.

How did it make you feel?

Do you think it was a good way of explaining microaggressions?

Did it make you think about the language

you and others use?



So what are some things you can say when dealing with microaggressions on our campus?

Clarify what you heard - “I think I heard you say_____, is that correct?”

Try to get more information: “What do you mean by that?”

Perhaps express empathy: “It seems like you are feeling frustrated by _____”

Share how you feel: “When I hear people say that, it makes me feel _____”

Appeal to their better nature: “I know you are a kind person but what you said doesn’t really come across as kind.”



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Announcements

December Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 Late Start!	13	14 Today!	15 Holiday Howl!	16	17
18 Hanukkah Begins!	19- Spirit Week Starts! Snow Out (White out) Single Period	20 Ugly Sweaters Day! 1-3-5	21 Happy Holidays or Festive! 2-4-6	22 Minimum Day! Snowed in/Cozy Day!	23 NO SCHOOL	24 Christmas Eve!
25 Christmas Day!	26 NO SCHOOL Hanukkah ends and Kwanzaa begins!	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL New Years Eve!

School Sports

Field Hockey (Players needed)

- * Program Cost: \$235
- * TRYOUTS:
- * 3:00p.m.—4:30p.m.
- * WEEK 1 Dec. 5, 6 & 8
- * WEEK 2 Dec. 12, 13 & 15
- * Pacific Trails Field

Not too late to sign up

(my.sduhsd.net)

Running Club

- * NO CUT SPORT!
- * Tues day and Thurs days
- * 3:00p.m.—4:30p.m.
- * Pacific Trails Field
- * Program Cost: \$235

PACIFIC TRAILS MIDDLE SCHOOL INVITES YOU TO THE

Holiday Howl



Showcasing

**PTMS STUDENTS IN
ART, BAND & ORCHESTRA
- JOIN IN THE FUN -
Dec 15TH - 5:30-7:30**

PLAN TO ARRIVE BY 5:00

WHAT: KICKOFF THE HOLIDAY SEASON WITH HOT CHOCOLATE,
SWEET TREATS, FOOD TRUCKS, LIVE MUSIC & OTHER ACTIVITIES

BRING
BEACH CHAIRS
OR BLANKETS
TO SIT ON

WHERE: OUTSIDE QUAD & ART ROOM

[HTTPS://PT.SDUHSD.NET/](https://pt.sduhsd.net/)

STUDENT
ART PROJECTS
WILL BE ON DISPLAY

*THIS IS AN OPEN HOUSE FOR OUR COMMUNITY. INCOMING PTMS FAMILIES ARE INVITED TO ATTEND.



Don't Forget
to Walk to the
Lunch Line!

Email Clearout

ALL STUDENTS: Please open up your school email. Take a few minutes now to delete unwanted emails. If you would like to stop receiving emails announcing your teachers posting a new assignment, here is a tutorial on how to do that.

Winter Spirit Week

Dec 19-22

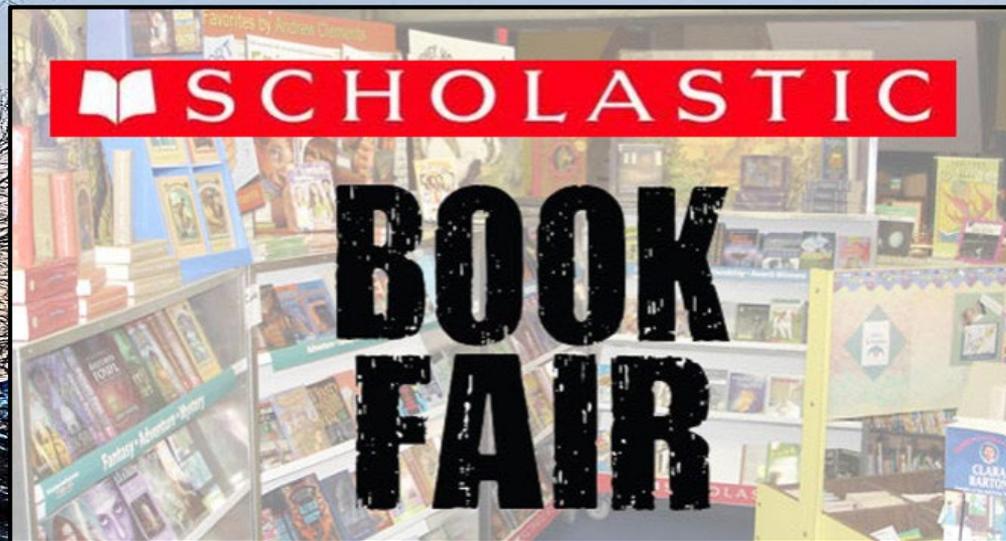
Monday: Snow Out

Tuesday: Ugly Sweaters Day

Wednesday: Happy Holidays or
Festive

Thursday: Snowed In/Cozy Day

Jan 30–Feb 3 in the LC.



Before school, @lunch, & after school

PTMS Kickball Lunch L



7th Grade Games will be on Wednesday and Friday (games start at Noon).
8th Grade Games will be on Tuesday and Thursday (games start at 12:40)
Your team will not play every day as we will only have 3 field set up.

The Kickball Champion will go against our Staff All Star Team.

You must sign up using this [google form](#). Please have team formed before you fill out form.



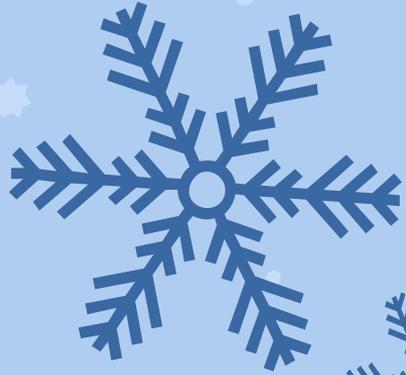
3



Birthdays

Happy Birthday!

ADD BIRTHDAYS HERE





4



Winter Holiday Feature

Hanukkah

- ✧ Hanukkah is an 8 day, 8 night, Festival of Lights
- ✧ To celebrate families light a menorah with 8 candles
- ✧ First the middle one, the shamash is lit, then that lights the rest (shamash means helper)
- ✧ Traditional foods include all foods fried in oil, mainly sufganiyot (jelly donuts), latkes (potato pancakes), and gelt (chocolate coins)
- ✧ People play dreidel, a game where you spin a top to see who gets the most gelt!



Thanks!

Have a great day wolves! Winter break countdown:
8 days!