



ROSEVILLE AREA MIDDLE SCHOOL

The Raider's Den

THE HEARTBEAT OF 623

News for February 24, 2017

AVID Burst

The RAMS PTA partnered with 5 AVID 8th grade students who volunteered to help with the Farm2Families organic carrot packaging and distribution to RAMS families. AVID students are encouraged to donate 20 hours to our school and community throughout the school year. RAMS AVID has partnerships with some of our elementary schools and their PTA's, and events in the community. By giving back to the community students learn the value of helping others, develop leadership, communication, organizational skills and sense of empowerment. Watching students building self-esteem and working with different groups of people including adults, peers, young children and the elderly helps develop a loyalty and pride in their community.



Restorative Practices

There are many ways that Restorative Practices can be used in schools. Circles is one of those ways. Circles can be used to: learn academic content, build community, improve a class atmosphere, or repair relationships. Regardless of the purpose, Circles have certain elements that encourage respect and build understanding. In the book *Circle Forward* Carolyn Boyes-Watson and Kay Pranis describe these elements.

Centerpiece

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“Circle keepers often use a centerpiece to create a focal point that supports speaking from the heart and listening from the heart. The centerpiece is usually placed on the floor in the center of the open space inside the circle of chairs. Typically, a cloth or mat serves as the base. The centerpiece may include items representing the values of the core self, the foundational principals of the process, or a shared vision of the group.

Centerpieces often emphasize inclusion by incorporating symbols of individual Circle members as well as the cultures represented in the Circle. Whatever is included in the center should convey a sense of warmth, hospitality and inclusion. ... As time goes on, centerpieces can be collectively built with more and more representations of the group and the individuals in the Circle. ... A centerpiece that includes something from every participant is a powerful symbol both of connectedness and common ground and the richness of diversity.”

Next time watch for information on the Talking Piece.



Brain Development in Young Adolescents

The "Visible" Brain

A clue to the degree of change taking place in the teen brain came from studies in which scientists did brain scans of children as they grew from early childhood through age 20. The scans revealed unexpectedly late changes in the volume of **gray matter**, which forms the thin, folding outer layer or cortex of the brain. The cortex is where the processes of thought and memory are based. Over the course of childhood, the volume of

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gray matter in the cortex increases and then declines. A decline in volume is normal at this age and is in fact a necessary part of maturation.

The assumption for many years had been that the volume of **gray matter** was highest in very early childhood, and gradually fell as a child grew. The more recent scans, however, revealed that the high point of the volume of gray matter occurs during early adolescence.

While the details behind the changes in volume on scans are not completely clear, the results push the timeline of brain maturation into adolescence and young adulthood. In terms of the volume of **gray matter** seen in brain images, the brain does not begin to resemble that of an adult until the early 20s.

The scans also suggest that different parts of the cortex mature at different rates. Areas involved in more basic functions mature first: those involved, for example, in the processing of information from the senses, and in controlling movement. The parts of the brain responsible for more "top-down" control, controlling impulses, and planning ahead—the hallmarks of adult behavior—are among the last to mature.

The Teen Brain: Still Under Construction. (2011, November). Retrieved February 22, 2017, from www.nimh.nih.gov



Date	Time	Event
February 27, 2017	7:00 – 8:30	PTA Meeting
March 03, 2017	All Day	No School - Teacher Grading Day
March 6th – 10th	All Week	No School – Spring Break

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For more information about Roseville Area Middle School and the Raider's Den, contact Dr. Brookins, Principal at tyrone.brookins@isd623.org or 651.482.5280.

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