

November 2020

# The Bennett Breakdown



What are you most thankful for?

My Dearest MC@B Belles,

The month of November evokes so many emotions... thankfulness, gratefulness, peace, tranquility, reflection and angst. All of these emotions are rooted in day to day experiences. The heightened political climate has caused so much angst and frustration. I try to pull myself away and reflect on all that I have been given. Adopting an "attitude of gratitude," shifts me from harboring what I can't control but to reflect on how I react and respond. So, I am working to see the glass half full and not half empty.

Focusing on the health and wellness of those I hold dear and the memories that we will make, looking out of my window at the beauty that nature holds and reflecting on the wonderful times that I shared with each of you helps me keep things in perspective. Regardless of what is happening around you, please remember to take care of yourself, let the people you hold dear know that you are grateful for them, write down all that you are thankful for and focus on the positive experiences that are to come. This is definitely not an easy time, but I believe that we are #StrongerTogether and shifting our thoughts to honor what we have and not what we don't opens us up to endless opportunity.

With Gratitude, Mrs. Maxwell

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts."

— Henri Frederic Amiel

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### Remaining Connected

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### #Thankfulness

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### Race Talk

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### New Staff

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## Remaining Connected

At a time when being behind a screen encompasses so much of our time, fostering true authentic relationships often take a backseat. Ask yourself when did you last volunteer or visit with a distant family member? Think about your last outing with a close friend or maybe the last live worship service you attended. When was it? Now becoming a cliché, but 2020 is and will forever be a year we will never forget. It is important that within this tumultuous and unprecedented year that we do not forget our family, friends, and loves.

Many aspects of our lives look so very different from when we were together physically, but it is so important for bonds to remain strong and connected. Do not forget your Bennett sister!



Give her a call or text her to ask her how she is doing or if she noticed how big Mrs. Moody's head looks during the Zoom Progress meeting or if she noticed how long Ms. Faison talks during Transformation Tuesday sessions or how long does it REALLY take for Mrs. Whitaker to find those crazy pictures for our SEL opener. The point is to just drop a hello, and let your family and friends know you are there and thinking of them. Lastly, connect to those activities that bring you joy but disconnect you from technology--- meditating, photography, dance, painting, writing, reading, exercising, etc.

## MC@B SERVICE LEARNING OPPORTUNITIES

Greetings Belles! If you would like to earn SL hours, you can do so by completing the following virtual sessions and other opportunities listed:  
Attend at least 2 of the Daily Chats with Whitaker & Faison and participate in the discussion.

Attend the #transformationtuesday and #wellnesswednesday sessions which are offered twice a month. You can receive additional hours by posting the hashtag and mentioning these sessions on your social media pages!!!

NOVEMBER 2020

# RACE TALK

The Middle College at Bennett has been selected to participate in Race Talk a project through UNC-G's Dr. Stephanie Coard and her African American Strengths and Strategica research lab. During Race Talk, our young ladies, will discuss race, racism, and its social impacts. When approached with the project, we were excited for this opportunity for our girls. Though the state of our world could be better, this project is definitely fitting considering our current climate. We are excited about this opportunity!



## Meet Jazmine Brown Social Work Intern

Greetings,

My name is Jazmine Brown and I will be serving as your school's social work intern this year. I am a senior at UNC-Greensboro majoring in School Social Work with a minor in Human Development and Family Studies. I have an immense love for children. I believe that children are the future. Each child has the opportunity to play an important role in our society. They have the ability to be future doctors, educators, politicians, athletes, and so much more. It is imperative that they are nurtured and surrounded by people that care about them in a healthy environment. By the same token, there are millions of children who are not given this convenience. As a school social worker, I hope to provide children and their families with assistance that will create a space for resilience. Despite the state of our world, I look forward to providing your school with my best efforts. Please do not hesitate to send me an email with any questions.



## Thankfulness

Thankfulness is defined as the feeling of being happy or grateful because of something. Many are thankful for their family, the gift of life, a job and many other things. As the holiday season slowly approaches us it's always important to acknowledge our blessings and the things we often disregard or often take for granted. I'm personally thankful for friends and family who support me during these uncertain times, to have a job, even if at times I don't enjoy it because there are many unemployed, and for my good health because it can easily change. Take time out of your day to shortly reflect on the things that matter the most to you and show appreciation for those things. --Saniya Lyles



### Recommendation Letter Requests:

Please be aware that to provide a well written letter, it is asked that you adhere to following guidelines when requesting a letter of recommendation:

- (1) Provide a resume
- (2) Provide the name of the organization and organization contact to whom the letter will be sent.
- (3) Please allow at least 5 days to complete.

The information above may be emailed to Ms. Faison or Mrs. Moody.

## *From Ms. Faison's Desk*

During the month of October, students from across the state of North Carolina participated in College Application Month (CAM). College Application Month (CAM), sponsored by College Foundation of North Carolina provided our students with access to webinars and information sessions on applying for FAFSA, residency determination and the opportunity to apply to participating North Carolina colleges for free. I am proud to announce that our seniors have applied to over 150 schools for free. College acceptance letters have already begun to pour in and the Middle College at Bennett is excited for what's to come from the Class of 2021.



## Dates to Note

Race Talk Project: November 12 & 13 and 19 & 20

College Midterm Exams: November 16-19

Zumba Family Fun: November 19

Belle Giving: November 23

College Holiday November: 24-29

High School Holiday Break: November 25-29