

AIMING FOR THE STARS

2ND VP QTR. 2 NEWSLETTER DEC 2022



2ND QTR REPORT

Hello Maryland Middle schoolers, this is David Arowolo the 2nd Vice President of the Maryland Association of Student Councils.

In the past 2 months, I co-presented with my president Maja Durkovic at the Carroll County SGA (CCSGA) and Baltimore City Student Congress (ASCBC) general assemblies. I also presented 2 workshop sessions about mental health at FLC. In addition, I also began serving as the chair of the Action in Middle School (AIMS) committee.

WHAT AIMS IS

Action in Middle Schools (AIMS), a new group established by the Maryland Association of Student Councils (MASC), will work to increase the participation of middle school students in student government and councils. While this committee strives to connect with additional middle school students throughout the state, it also aims to develop more student leaders by serving as a springboard for completing more tasks and developing interpersonal communication skills. Recently, AIMS divided into three committees: Resources, Outreach, and Involvement, each of which will concentrate on a different area of encouraging increased middle school participation.

LINKS

[WHY MASC FOR MIDDLE SCHOOLS](#)

[MASC - BECOME A MEMBER SCHOOL](#)

[MASC RESOURCE PAGE](#)

[MIDDLE SCHOOL FOCUS WEB PAGE](#)

[MASC INSTAGRAM](#)

[FLC PICTURES](#)

[LEGISLATIVE SESSION](#)

MASC FALL LEADERSHIP CONFERENCE

On Saturday, November 19th, 2022, the Maryland Association of Student Councils hosted the annual Fall Leadership Conference. This year, the event took place at Lindale Middle School in Anne Arundel County. High school delegates who attended participated in three workshops of choice, facilitated by certified presenters. Middle School delegates participated in all of the same workshops - Mental Health, Time Management and Organization, Parliamentary Procedures. Along with workshops, middle school students were encouraged to participate in a Mock-GA (General Assembly).



AIMS PROGRESS

AIMS MEETING 10/26

The MASC AIMS Committee met digitally on October 26. I introduced myself and went over the definition of AIMS at the start of the meeting. After that, we decided that the first project we would work on would be a middle school resource project that would be published on the MASC website. We made decisions regarding the contents of the package during the meeting. Afterward, we established the following subcommittees: organization/format, editors, research, and a blurb for the monthly newsletter.

AIMS MEETING 11/30

The MASC AIMS Committee virtually met once again on November 30. I introduced myself and Mr. March at the start of the meeting. The Committee Service projects, which had been scheduled to be released before FLC, have been pushed back until February. Additionally, AIMS agreed to establish a chairperson for each committee who will report on that committee's subcommittee at general AIMS meetings. Then we debated and came up with ideas for newsletter headlines.

FUN FACT



MARYLAND
MIDDLE SCHOOLS
ARE MEMBERS OF
MASC

JOIN MASC!

HOT TOPIC

MASC DECEMBER EXECUTIVE BOARD MEETING

The executive board of the Maryland Association of Student Councils met on December 10 at Fairmont Heights High School, PRGASC to hear from all student leaders about their plans and to vote on legislation and other decisions made by MASC, such as which school and region will host the upcoming legislative session and which region will host the annual convention. In Summary, the board voted to approve the bids for Wheaton High School MCR to host the legislative Session 2023 and for WCASC to host convention 2023 at the Fountainbleau in Ocean City.



MASC LEGISLATIVE SESSION

The Legislative Session, MASC's second event of the year, will take place at Wheaton High School in Montgomery County on February 11, 2023. Delegates will vote for State SMOB finalists, examine laws, and attend workshops during the legislative session.

CALENDAR

Leg. Session Registration | Jan 4
AIMS Meeting | Jan 25
SMOB candidate Town Hall | Feb 7
Legislative Session | Feb 11

MENTAL HEALTH ARTICLE

Mental Health struggles affect one in five people between the ages of 13 and 18; making mental health one of the most significant topics for youth today. For over two years, students across the world were cut off from living regular lives. With these changes came isolation and a lack of support that was available from peers and school staff. The socialization of school is a crucial part of emotional development.

Children's mental health had been greatly impacted by COVID-19, especially middle school students who were going through significant life changes at the time. Teenagers report difficulties in coping, feeling forced to keep their misery, worry, and terror inside. Many report difficulties in concentration and confidence.

Adolescence has always been a time of change and emotional development. COVID -19 is just one major factor that could hinder students in terms of relationships. It is a sad fact that six students in a class of thirty middle schoolers may be dealing with a mental illness. Adolescence is a critical stage since it is a time when youth can be at risk due to changes in their physical, social, and emotional development as well as exposure to risk factors. It is important that parents, school staff, and peers work together to help preteen and teenagers at risk.

Now that we are back in school, we are dealing with the impacts that these two years have made on many of our lives. These days, that trauma does touch a lot of other people. The problems with energy levels, motivation, optimism, and concentration of middle school students continues to affect their mental health, resulting in problems with academics and daily functioning. If you notice someone who appears to be having trouble focusing or paying attention, ask if everything is alright. Be aware and seek support if you are unsure of what to do. There are many people and resources available to help.

You can find more information on MASC resource page.

Visit this website to locate resources if you need assistance: [Mental Health Resources for Kids & Teens!](#)

Sudenaz Duran