

# NEWSLETTER

2ND VP REPORT - VOL. 2



# ADVANCING

*Written by Various Members of the AIMS Committee*



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UPCOMING EVENTS:

**Closest Major  
Conference: Convention  
(Feb. 28 - Mar. 1)**

## What Has MS Been Up To?

by **Siya Jain**

Middle school student leaders have been up to quite a bit in the last few months! With Fall Leadership Conference and various webinars/events, middle schoolers have been making their voice heard! Members of the Action In Middle School Committee have been working hard to put this informational Newsletter together!

## Fall Leadership Conference

by **Mikayla Torres**

The Fall Leadership Conference is a yearly event that takes place in the fall where members participate in a series of student-developed workshops to teach their peers to improve their leadership skills with activities that allow them to connect with each other, and share their ideas. This year, Middle School students were part of idea-sharing roundtables, and a mock general assembly. By attending the conference, students learned skills in student leadership that they can reflect onto their school while collaborating with other student leaders across the state.



# Student Mental Health

by **Saron Jamere**

Student well-being and success depend on good mental health. Many schools fall short in addressing mental health challenges. Schools can prioritize mental health by offering support resources, education, and a safe environment for students to discuss their struggles openly and without judgment. By addressing mental health in schools, we can promote student well-being and set them up for long-term success.

In my experience, when mental health challenges or serious problems were presented to the adults and or counselors, the situation wasn't treated with respect. Schools should provide students with access to mental health resources and academic support to promote overall well-being and success. By doing so, schools can create a more supportive and healthy environment for students to thrive in.



All workshop presenters who presented at FLC 2023

## New Opportunities

by **Sudenaz Duran & Siya Jain**

MASC Convention Workshop Presenters play a crucial role in shaping the experience for student leaders attending the Convention. Applicants that are grades 8-12, including 7th graders that want to apply must be a certified presenter, can make workshops with themes like School Activities, Leadership, and more. The absolute deadline for these make-your-own workshops are on January 14th, 2024. More information can be found on the [Convention Workshop Information page](#) on the MASC website or the website link on the first page of this newsletter!

Looking to get more involved with MASC, and take on a major leadership position? If so, consider running for MASC Office! Middle school students are encouraged to run for the 2nd-Vice President position. If you're interested, check out last year's information page (will be updated soon) to learn more, available on the first page.

In order to be a good public speaker, remember the acronym SPICED. SPICED stands for a short speech where the speaker's voice is projected, the topic is interesting, the speaker is confident, and the speech is engaging and direct.

## TIPS

By **Langston Thomas & Owen Hughes**

Remember you have to help them mentally before you help them physically.

Reach out to a local counselor with the help of your parents, it's not that scary once you get used to it!

Try to talk to your Administrators to figure out how your school is keeping its students safe!

Find better ways to cope other than using physical actions that could potentially harm someone.



## NEW: Spring Leadership Conference

by **Kayla Benjamin**

The Spring Leadership Conference unites student leaders from various areas around the state to collaborate, plan, and celebrate. In the one-day event, students collaborate through workshops, gaining understanding into their roles. This conference is a great place to evaluate how the year has progressed and how MASC can improve in the upcoming year. Unlike the Fall Leadership Conference, it honors student and school accomplishments through activities like the Hall of Ideas and Awards Program. This celebration expresses the spirit of leadership, promising a more student-involved future.

## Mental Health In Schools

by **Sukena Kirmani**

Mental health is important because it has a big role in students' education and future. This is why we need to focus more on students and their mental health. First, we need to establish a focus period, especially in middle schools. With a focus period, students can finish any homework they have, they can study for a test, they can relax, and use this time however they want—we can also implement mental health workshops and seminars to provide additional tools for students. This focus period can give students time to finish their work and not have to worry about it at home.

Another thing we could do is get counselors more involved with the students. If students can get to know their counselors, then they are more likely to talk to them about their personal problems instead of keeping it to themselves. Counselors can do this by having weekly meetings with students as an assembly or in individual classrooms. Counselors can talk to students about weekly highlights, general wellbeing, why they are here, and what they can do to help students.



## BEHIND THE SCENES: DOCUMENTS By Lola Waitt

One of the purposes of the AIMS Committee throughout the year is to create documents which support middle school leaders. These documents are written to show ways we can improve our student advocacy and leadership. Right now, the AIMS committee is working on three different documents. These documents are Representation and Diversity, Public Speaking, and Spreading Awareness About SGA. Once we complete and publish these documents, delegates will be able to share the information with people around them and also benefit their own SGA.

Carroll County Student Government Association (CCSGA) has collaborated closely with middle school students throughout the county, fostering a diverse student leadership community. Currently, CCSGA includes four middle school students, with three serving as staff roles and one holding an officer position. CCSGA embraces a community ethos, encouraging county middle school students' involvement, even without specific appointments. In CCSGA's Fall General Assembly, middle school students were invited, and participation for middle schoolers increased from ten to fifteen. All four middle school students apart of CCSGA are now part of MASC's Action in Middle School Committee.

CCSGA aspires to witness positive community change with the active involvement of middle school leaders within SGA, CCSGA, and MASC. Students, staff, and parents of Carroll County Public Schools had the opportunity to participate and share their thoughts on a Board of Education decision and which of two were middle school students outside of CCSGA. Middle schoolers have opportunities throughout Maryland that aren't seen enough, help AIMS spread Student Leadership opportunities across Maryland. As middle school students become involved with student leadership activities the Action in Middle School Committee is here to foster support.

## REGIONAL HIGHLIGHT: CCSGA By Owen Hughes



### Get Ready for Convention!

by **Sudenaz Duran**

The MASC Convention, a three-day conference, brings together student leaders from across the state for networking, and participating in student-led leadership workshops, hearing the student member on the State Board of Education and MASC officer candidates' speeches, listening to a national motivational speaker, and networking with students around the state.

### Safety Within Schools

by **Ella Tedeschi**

Safety is the biggest factor in keeping our schools healthy and promoting student success. That's why additional steps need to be taken to protect our students from violence. A few weeks ago, my school had four fights, one per day like clockwork, with Friday being the only truly safe day. This was a major concern for all students. We all wondered, "What is our school doing to stop this?" With the question still weighing on my mind, I pondered some prevention techniques that could be implemented.

Firstly, we should solve the problem from the root: verbal disagreements. The largest fight began due to a verbal dispute which led to the physical attack. Though verbally fighting or disagreeing with someone is common, there are ways we can avoid it escalating to physical means, such as having our counselors speak with those who are poorly speaking of one another before it escalates. Finally, if the fight is very large or a student serves as a threat, then the "at home suspension" should stay.

Though I recommend changing the policy for small sized fights, like if only one person was harming the other. Rather than going home those students should stay in ISS (in school suspension). Though these changes are small they may lead to a big impact on our schools safety which will lead to better performance and involvement from the students.



Have questions? Email the MASC 2nd-Vice President,  
Siya, at [siya.jain@mdstudentcouncils.org](mailto:siya.jain@mdstudentcouncils.org)!

# THANKS FOR READING!

AIMS and the MASC Community wish you a  
wonderful holiday season and happy new year!