

# Mary Meredith K-12 Newsletter

December 2022



## Mary Meredith K-12 School

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## From the Principal

Hello Mustangs,

It's hard to believe we are almost to mid-year. The end of first semester is 12/22/22 lets help ensure all work is turned in and we finish strong. We are knee deep in the holiday season with Christmas and the New Year quickly approaching. December is a month of reflection and giving. I reflect on the year, acknowledging accomplishments and goals that I have yet to achieve. It's also a time of giving, not just presents, but giving of time, hope and compassion. We want to wish each one of you a joyous holiday season.

## MUSTANG PRIDE: Staff Spot Light

Greetings all. I am April Troutman , and I work in Mr. West's Middle school class, with the most entertaining bunch of Kiddos. I am originally from Memphis, Tn, and I am also half Jamaican. ( my father is a Rasta). I am Married with 2 beautiful girls, one that will be graduating in May. ( Praise God.) I am an IT by day and an LPN by night for my Hospice Patients. I also served in the Army for 4 years as a Medic in the ER. I also have my Associates in Social work, ( hence how I met my guy LC and his family. ) I love spending time with my family and cooking. I also enjoy cook my soul food, BBQ Memphis style, and Jamaican food as well. In closing, I may not always smile, but I assure you, I am approachable. Be Blessed

April.

# Mental Health Support



Text Talk Act (TTA)  
([pima.gov](http://pima.gov))

Students can now get self-care tips, ways to boost emotional wellbeing and learn how to help a friend by using the free interactive and anonymous text messaging activity. The activity takes one hour. We encourage all students grades 6 -12 to utilize this great community resource.

**TEXT CONNECT TO 833-429-1994**



[Who We Are](#) + [What We Do](#) + [Support Our Mission](#) + [Calendar](#) + [Let's Connect](#)

## Calendar of Events

### Parenting ~~Course~~ just for YOU!

Enrolling in a parenting class can be a scary experience. We get it. So we want to make it as easy for you to find, register and attend whatever parenting class interests you the most! Check out our Parenting Class FAQ for more info on enrollment requirements and registration. If you have any questions or difficulties please do not hesitate to contact us at [info@parentaid.org](mailto:info@parentaid.org) Or give us a call at 520.798.3304

### Featured Parenting Classes and Groups



 **Calendar of P...** [nam04.safelinks.protection.outlook.com](http://nam04.safelinks.protection.outlook.com)

Parenting classes and workshops in Tucson to help keep your parent game strong. Communication, Discipline, Health, Safety and more!

## Important Dates

- 12/23: No School, Grading Day
- 12/26- 1/6: No School, Winter Break
- 1/16: No School, MLK Observance
- 1/26: No School- Professional Learning Thursday

