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LMS PTA News and Events

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Longfellow Middle School PTA

Join Us For A Veteran's Day PTA Meeting & Guest Speaker, Dr. Heather Tedesco

**PTA Meeting
Guest Speaker**

**Monday, November 11th @ 9:00 A.M.,
Lecture Hall**

Please join us for a PTA meeting and an **important discussion** on dealing with anxiety and stress in our lives. The PTA Meeting will last about 20 minutes followed by members of the school counseling team discussing strategies and programs used in the school to identify kids with anxiety and stress and the school resources available to students. Dr. Heather Tedesco's presentation will start at approximately 9:30.

Dr. Heather Tedesco presents - Anxiety and stress in kids: How to recognize it, cope with it, and alleviate it

The incidence of clinical anxiety in our youth is at a record high, and most children experience some degree of stress and anxiety. Our society places many pressures on kids today. As parents, we need to understand what factors contribute to stress and anxiety, how we can help our children cope effectively with these inevitable emotions, and what we can do to reduce some of the tremendous pressures they face. The bonus is that by learning how to help our children, we also learn how to help ourselves!

Join [Dr. Heather Tedesco](#) as she presents crucial information about stress and anxiety in kids. In addition, she will offer strategies to help parents nurture in their children the psychological characteristics strongly linked by research to long-term success and happiness. Please [click here](#) to read Dr. Tedesco's biography.

Longfellow Love Jam-a-thon - Buy Your Tickets



Longfellow Love

Presents

the First Annual Jam-a-thon Fundraiser

Friday, November 22

6:30-8:30 PM

Longfellow Gym

Featuring DJ, Raffles, Longfellow Teacher Dance-Off, more surprises to come...

Why?

Raising money for our Longfellow Love Student Assistance Program supporting our very own student families in need, and benefiting the Longfellow community.

[CLICK HERE](#) to learn more about *Longfellow Love*.

[CLICK HERE](#) to buy event tickets or to donate.

VOLUNTEER NOTE: We need lots of volunteers (high school students and adults) to make this event a success. [CLICK HERE](#) to sign up to VOLUNTEER on Friday, November 22.

NOTE: All donations are tax deductible contributions to the Longfellow PTA.

Yogurt Sales Friday, November 8th

This will be our last yogurt sale until the Spring.

Send your student with \$3 on Fridays in September and October. Zinga yogurt will be for sale at dismissal. This is a fun way to end the week and very popular among the students.



Have you started your Holiday shopping? Need school supplies? Shop Amazon and support LMS PTA!



[Use this link](#) every time you shop on Amazon and before adding items to your cart. Our school receives between 4 and 10 percent of the value of your Amazon purchases when you start your shopping through this Longfellow link. **Every purchase counts!**
Thank you!

Like us on Facebook!



Important Dates

- **Friday, November 1st** - Yogurt Sale
- **Monday, November 4th** - Teacher Workday Luncheon
- **Tuesday, November 5** - Lancers at the Movies - BUY YOUR TICKETS
- **Monday, November 11** – PTA Meeting (9:00 am)
- **Friday, November 22** - Save the Date - Longfellow Love Jam-a-thon

Longfellow Middle School PTA: Web | PTA Contacts

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