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HOT OFF THE WIRE

Don Clerveaux, a 5th-grade science and social studies teacher at Phyllis Ruth Miller Elementary School has been named the 2024 Francisco R. Walker Miami-Dade County Teacher of the Year at a ceremony held at the DoubleTree by Hilton Miami Airport & Convention Center. The District also recognized the 2023 Rookie Teacher of the Year. Franauiana Williams, a second-year teacher at Frederick Douglass Elementary School. She teaches 4th- and 5th-grade reading and language arts. Read more about them here.

iLead

"iLead with a team of passionate and compassionate professionals whose call to service and highest level of expectations help form the next generation of well-rounded citizens in our country. Together the South Region LEADS with pride and resolve, One Team; One Goal."

> — Rafael A. Villalobos South Region Superintendent

BODY & MIND

Caffeine intake in smaller quantities is good for mental elasticity. Drinking caffeine causes your brain to release dopamine and adrenaline but will increasingly require higher intake to achieve the same results. To avoid the health detriments caused by high caffeine intake, such as high blood pressure and irregular heart rhythm, ginseng and peppermint teas offer an excellent alternative.

School calendars for 2023-2024 have been approved. Click <u>here</u> to view. • All Miami-Dade public schools, region, and district offices will be closed Monday, February 20 in observance of **Presidents' Day.** • Discover **A Day in the Life** of your M-DCPS colleagues. Click <u>here</u> to watch.



ABOVE & BEYOND

Victor Ramos is a barbering instructor at South Dade Technical College. As a new member of the South Dade Tech team, Mr. Ramos built the barbering program from the ground up. He continues to actively recruit students at career fairs and job expos and maintains networking connections with the community to help his graduates obtain employment in the barbering industry.

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Celebrating Black History Month

Our nation celebrates **Black History Month** 2023 and its theme of **Black Resistance** with a special focus on prominent figures that "have sought ways to nurture and protect Black lives through resistance, nonviolence, education, literature, media, and legislation/politics." For generations, Miamians have honored such leaders with the founding of new public schools and renaming existing schools in which they have helped foster lasting contributions. With more than 100 years of diversification and rising above keystone challenges, M-DCPS remembers figures of **Black Resistance** for whom many of our schools are named.



Phillis Wheatley

An active poet throughout her enslavement, Wheatley was able to touch the hearts of the enslaved, the free, and slaveholders alike, including our nation's founding fathers. Through her poetry, she brought awareness to the infinite potential of Black people in America.

Frederick Douglass

Douglass was a living counterexample to slaveholders' belief that Black Americans lacked the intellectual capacity to function as independent citizens. Once free, his influential writings directly contributed to Abolition, and he was even nominated for the US Vice Presidency.



Zora Neale Hurston

A central figure of the Harlem Renaissance, Hurston's work brought awareness to social equality and integration during a critical time in history, allowing for brighter ideas to be born and for the fire of change to take form, bringing forth a future of unification.

M-DCPS Women in Sports

Participation in sports and athletics provides psychological, physiological, and sociological benefits to all genders and ages. While girls and women athletes are least represented, they are the ones who often benefit the most from team play and an active lifestyle. Founded in 1974 by Billie Jean King, the Women's Sports Foundation reports that girls who play sports are more likely to have better grades, higher levels of confidence and self-esteem, a more positive body image, and lower levels of depression than girls who do not play sports.

This year, on National Girls and Women in Sports Day, we celebrate the contribution of our women coaches and P.E. teachers to the mental and physical health of our students. Please join the M-DCPS family in celebrating our women coaches and P.E. teachers!

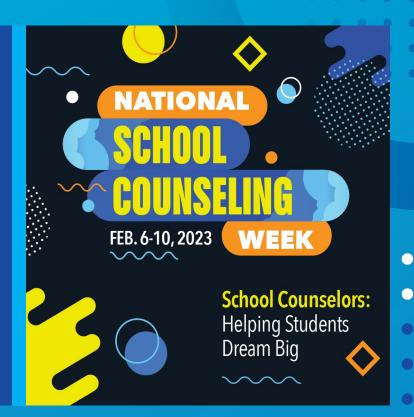
Coach FLORENCE PIERRE Kenwood K-8 Coach JONELLE COX Hammocks Middle Coach CARLA HARRIS Miami Norland Senior

Coach SUSAN CHUE Rockway Middle

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Recipe for Success

National School Counseling Week 2023, sponsored bv the American School Counselor Association, will be observed from Feb. 6–10. 2023. National School Counseling Week highlights the tremendous impact school counselors have in helping students achieve school success and plan for a career. Join M-DCPS in celebrating these educators that form an integral part of the total educational program. Read more from our school counselors here.



M-DCPS Alumni to be Honored



Seven esteemed and distinguished graduates of Miami-Dade County Public Schools will be inducted into M-DCPS' Alumni Hall of Fame this month. They are examples of the extraordinary talent cultivated in our public schools and now shine on the national stage. Get inspired by the amazing journeys of our Hall of Fame inductees, to be shared later this month on social media. Follow us on Twitter **@MDCPS**, on Instagram **@MiamiSchools**, and on Facebook at <u>MiamiSchools</u>.

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