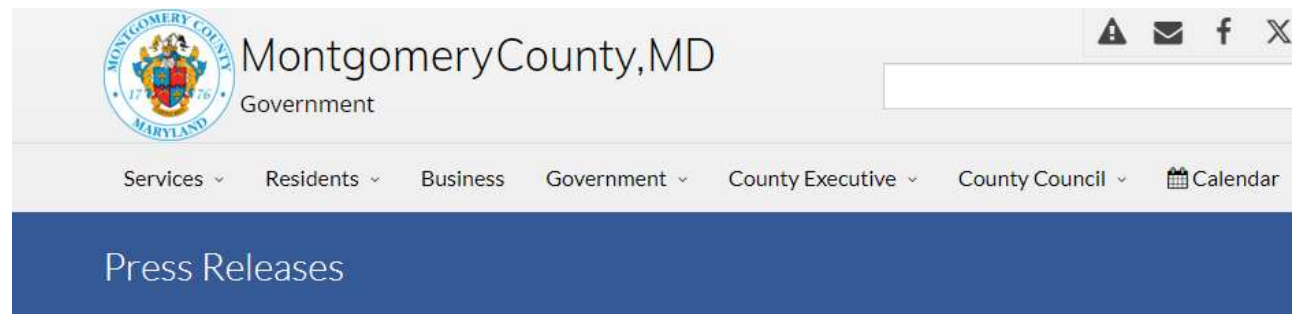


Hello! I'm Tangara your MCCPTA representative (Montgomery County Council of PTAs) for TMES. If you have questions or need assistance signing up for events, please email me at mccpta@tmespta.org.

Event- Kids Day Out starting October 9th



Montgomery County Recreation and MCPS Offer Free Days of Fun When School is Not in Session

For Immediate Release: Tuesday, September 19, 2023

Montgomery County Recreation, in partnership with Montgomery County Public Schools Out of School Time (OST), will offer out-of-school programming for students throughout the 2023-24 school year.

Kids Day Out, for elementary school students, is a day filled with fun, supervised activities, planned with an emphasis on kid-friendly, healthy recreation. Programs will take place at various locations across the County beginning Monday, Oct. 9. Locations include:

- [Bauer Drive Community Recreation Center](#) (Therapeutic Recreation programming for youth and teens with disabilities ages 6-12 and 13-21)
- [Clara Barton Neighborhood Recreation Center](#)
- [Damascus Community Recreation Center](#)
- [East County Community Recreation Center](#)
- [Gwendolyn E. Coffield Community Recreation Center](#)
- [Long Branch Community Recreation Center](#)
- [Mid-County Community Recreation Center](#)
- [Nancy H. Dacek North Potomac Community Recreation Center](#)
- [Plum Gar Community Recreation Center](#)
- [Potomac Community Recreation Center](#)
- [Marilyn J. Praisner Community Recreation Center](#)
- [Silver Spring Recreation and Aquatic Center](#) *April dates only.
- [Upper County Community Recreation Center](#)

More Info [HERE](#).

Sign up [HERE](#)

Event- MCPS Girls Summit @ Clarksburg HS Saturday 10/21/23 9am



Montgomery County Public Schools Girls Summit

Please join us for the districtwide Girls Summit on Saturday, October 21, 9:00 a.m.—1:00 p.m. at Clarksburg High School. Students in 3rd through 12th grades and caregivers (not a drop off!) are invited to multiple supportive sessions on topics including healthy relationships, healthy eating and body image, self-esteem and more! This summit will empower girls and their caregivers through exposure to vital skills and information, networking, and fun activities. In addition to the supportive sessions, the day will end with a fashion show sponsored by White House Black Market celebrating diverse body types and focusing on strong female fashion!

Sessions will be provided in both English and Spanish and will be organized by grade level. Topics include:

♦ Healthy relationships/dating violence	♦ Healthy eating
♦ Social media use and mental health (including cyberbullying)	♦ Body image
♦ Self-esteem	♦ Gardening therapy
♦ Identifying symptoms of depression & anxiety	♦ Music therapy
♦ Non-suicidal self-injury and suicide (how to get help)	♦ Zumba
	♦ Kaiser spin bikes
	♦ Kaiser health screening & flu shots
	♦ AND MUCH MORE!

RSVP Here: <https://bit.ly/452XEpp>



Saturday, October 21, 2023
9:00 a.m.—1:00 p.m.
Clarksburg High School
22500 Wims Road
Clarksburg, MD 20871

SSL hours available for students
Narcan training & distribution on site



More Information [HERE](#)

Event- MCPS Cumbre Femenina @ Clarksburg HS Sabado 21, de octubre, de 9am-1pm



Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

Expanding Opportunity and Unleashing Potential



Montgomery County Public Schools Cumbre Femenina

Únase a nosotros para un evento de estudiantes femeninas de todo el condado el **Sábado 21**, de octubre, de 9:00 a.m. a 1:00 p.m., en la escuela secundaria de Clarksburg. Estudiantes de grados 3 al 12 y sus padres/guardianes, (no personas que andan dejando los estudiantes) están invitados a múltiples sesiones de apoyo sobre temas que incluyen relaciones saludables, alimentación saludable e imagen corporal, auto estima y más! Este evento empoderará las jóvenes y a sus padres/guardianes a través de talleres que van a compartir habilidades vitales e información como hacer nuevas amistades, y actividades divertidas. A demás de las sesiones de apoyo, el día terminara con un desfile de moda patrocinado por White House Black Market- una tienda de ropa que celebra diferentes tipos de cuerpos y se especializa en una fuerte moda femenina. Las sesiones se brindarán en inglés y español y se organizará por nivel de grados. Los temas incluyen:

- | | |
|--|---|
| ♦ Relaciones saludables/violencia en noviazgos | ♦ Alimentación saludable |
| ♦ Usos de las redes sociales y salud mental (incluyendo acoso cibernético) | ♦ Imagen corporal |
| ♦ Autoestima | ♦ Terapia de jardinería |
| ♦ Identificar las síntomas de depresión y ansiedad | ♦ Terapia musical |
| ♦ Autolesiones no suicidas y suicidios (como obtener ayuda) | ♦ Zumba |
| | ♦ Bicicletas de spinning Kaiser |
| | ♦ Exámenes de salud de Kaiser y vacunas para el flu |
| | ♦ Y MUCHO MAS! |

Reservar su espacio aquí: <https://bit.ly/452XEpp>

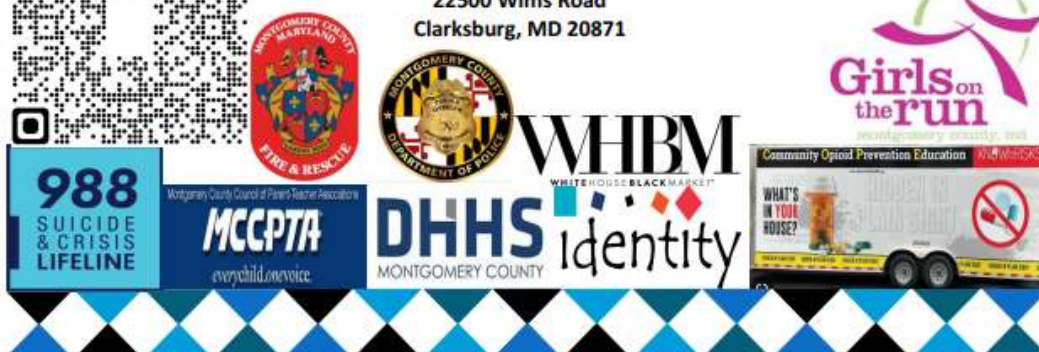


Sábado, Octubre 21, 2023

9:00 a.m. — 1:00 p.m.

**Clarksburg High School
22500 Wims Road
Clarksburg, MD 20871**

Horas SSL disponible para estudiantes
Entrenamiento y distribución de NARCAN



Más información [AQUI](#)