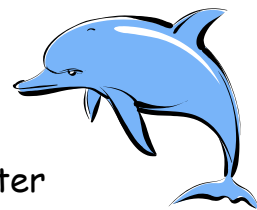


# Dolphin Digest



Mildred Helms Elementary School PTA and School Newsletter

561 Clearwater- Largo Road South • Largo, Florida 33770 • 727-588-3569

Volume IV Issue III  
November 2013

## President's Pearls



As the holiday season approaches, we are gearing up for some very exciting events. We started November collecting canned food, new and gently used clean clothing, and gently used MHES school spirit t-shirts. The canned food will be donated to Goodwill and the clothing donated to Clothes to Kids. Both of these organizations are wonderful and give amazingly to all who are in need. The school spirit shirts that we are collecting will be given to students at our school who might not otherwise be able to have a MHES spirit shirt. We will work with the staff at the school to determine which students have this need. We want everyone to be able to participate in Spirit Day each Friday. Our Holiday Shoppe is coming up fast. Please watch for flyers to be coming home towards the end of November with all of the information about this event. As always, thank you for all of your support. ❖

*Angela Browne*

## Principal's Passage

The "Parents as Partners Program" has been busy. I sincerely hope you attended both the reading and math curriculum nights at school. Parents who attended received specific data on their child and detailed information of the expectations for the year. Parents were also given materials to assist them in moving their children toward their academic goals for the year. If you were unable to attend your child's teacher will have this information available at individual student conferences.

One of the very important ways for your student to practice at home is through the numerous websites we have access to through the county. First in Math and FCAT Explorer are two sites that are available through your home computer. Students log in using their r2.d2 numbers and should know how as they have practiced it at school. Practice makes perfect and both of these websites give students practice at their appropriate grade level in reading and math. Thank you for making time for them to use home computers for educational growth.

On our website you can access our SIP (School Improvement Plan) and PIP (Parent Involvement Plan). Remember every time you attend a school event to sign your attendance card! ❖

*Mrs. Cowley*

## IMPORTANT DATES

|                                   |                                                            |
|-----------------------------------|------------------------------------------------------------|
| <b>November 16</b>                | PCCPTA Day in the Park                                     |
| <b>November 19</b>                | Meet Your Legislators                                      |
| <b>November 21</b>                | Great American Teach In,<br>Report Card and PCCPTA Meeting |
| <b>November 25-29</b>             | Thanksgiving Break                                         |
| <b>December 3-9</b>               | Holiday Shoppe                                             |
| <b>December 10</b>                | Winter Concert                                             |
| <b>December 17</b>                | Make & Take                                                |
| <b>December 20</b>                | Polar Express Day                                          |
| <b>December 23-<br/>January 4</b> | Holiday Break                                              |

## PTA BOARD

|                                                 |                                                    |
|-------------------------------------------------|----------------------------------------------------|
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## DOLPHIN DIGEST

Mildred Helms Elementary School PTA &  
School Newsletter

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All contributions should be  
emailed to [invite727@aol.com](mailto:invite727@aol.com).

**Editor:** Terri Lyn George

## Visual Arts Action

by Ms. Bauer, Art Teacher

Congratulations to the following artists whose artwork was chosen for the "I See The Rhythm" exhibit at the Morean Arts Center! They were one of 81 students selected out of 137 entries. Their art work will be on display at the Morean Arts Center, 719 Central Avenue in St. Petersburg from October

28-December 15. **Rina Dindi**

- Ms. Sutton, **Daisy**

**Stephens** - Mr. Gomez,

**Raina Widmann** - Mr.

Gomez, **Brandon Hernandez**

- Ms. Hickey, **Alora Fields** -

Ms. Hickey. Mildred Helms

has talented artists. ❖



## Health & Safety Shore

by Robert Baker

### Everyone Loves a Quitter!

The 3<sup>rd</sup> Thursday of November is marked as the Great American Smoke out by the American Cancer Society. This year on November 21<sup>st</sup>, more than 43.8 million Americans are encouraged to extinguish their cigarettes along with 13.2 million cigar smokers and 2.2 million pipe smokers.

The use of tobacco is the largest preventable cause of disease and premature death in the United States. Not only does it harm our health but it also harms the health of those around you and children are more exposed to second and third-hand smoke than adults. Almost 60% of children ages 3 to 11 or 22 million are exposed daily. Second-hand smoke is a mixture of exhaled smoke and other substances entering the atmosphere and inhaled by others. Third-hand smoke contaminates the surfaces of objects with nicotine and other components of smoke and continue to emit toxins that remain after the second hand smoke has cleared. Exposure for children results in more ear infections, colds, bronchitis, eye irritation, headaches, nausea, dizziness and respiratory problems than children raised in a "clean environment".

If you are not a smoker and do not allow the use of tobacco products in your home or vehicle - congratulations in creating a safe and healthy environment for you and your loved ones. If you currently use tobacco products and would like to quit or significantly reduce your intake you can get help by contacting the American Cancer Society or by calling 1-800-227-2345.

Be a quitter! Do it for yourself! Do it for others! Do it for life! ❖

## School Social Worker's Shore

by Michelle Glenn, L.C.S.W.

### Developing Resiliency

"Resiliency, the ability to accept and overcome challenging circumstances is a fundamental characteristic essential to healthy development. In addition to helping self-esteem and confidence, resiliency helps protect children from risk factors in their environment. Developing resiliency has been shown to be as important as eliminating/minimizing the risk factors. At times there can be an overemphasis on problem behaviors, risk factors and pathology. This can divert the energy of caregivers from the development of a more strength-based focus on fostering resiliency." Help yourself and your child grow to be more resilient with the ability to "bounce back" quickly from stressful moments. Those who are happiest, most productive, and most satisfied are those who are able to be serious, silly, funny, friendly, and aloof at times. Although we often think that people are more resilient by being "tough, assertive, and able to stand up for themselves", this is only partly true. Those who have the easiest time navigating their lives have various personality characteristics including the ability to be silly and playful. Being able to be silly, playful and FLEXIBLE are necessary components of resiliency . . . and the greater your resiliency, the happier you become! ❖



## Legislative Lagoon

by Terri Lyn George

On **Tuesday, November 19**, Pinellas County Council PTA has TWO Meet Your Legislators events scheduled. Parents, teachers, school administrators, SAC members, PTA members, and all interested community members are encouraged to attend to share concerns and exchange ideas about public education with your elected representative. Stay connected to your decision-makers in Tallahassee! Go to [pccpta.org](http://pccpta.org) to find out more details.

Please attend one of the following :

- Ridgecrest Elementary is hosting Senator Jack Latvala at 7:00 p.m.
- Brooker Creek Elementary is hosting Representative James "J.W." Grant at 5:00 p.m. ❖