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EMPLOYMENT

PRINCIPAL

KAREN BUCKLES

(727) 469-5716

ASSISTANT
PRINCIPAL

RENEE NELLENBACH

(727) 469-5716

REGION I
ASSOCIATE
SUPERINTENDENT

PAT WRIGHT

(727) 507-4766



"Pioneers for the Future"

APRIL 2015

A note from Mrs. Buckles.....

This month's newsletter is dedicated to two Garrison-Jones staff members:

Janet Manion & Dee Louden

They will never be forgotten.

Dear PIONEER Families,

Our first and second grade students completed the SAT 10 assessments, and both third and fourth grade students have just completed the Florida Standards Assessment (FSA). Now our fifth grade students will participate in the annual FSA. The purpose of an annual assessment is to measure student progress in the standards defined by the state of Florida. Students are also required to participate in district end of year assessments to monitor their achievement. Teachers and students alike have been working very hard all year in preparation to "show off" what they know.

Please make sure your fifth grader is to school each day and on time. The FSA will begin right after the arrival bell. If a student arrives late, they will not be permitted into the testing environment and will need to make up the test after their peers.

I value your support on your child's education and their route to success. A strong home-school connection leads to improved student achievement. I thank you for your continued enthusiasm and commitment to our school community.

Sincerely,

Karen Buckles

Principal

Garrison-Jones Elementary

100% Student Success

Together We Succeed – TEAMWORK!

Counselor's Corner

Vanessa Lofstedt, M.A.

lofstedtv@pcsb.org

<http://mrslofstedt.weebly.com>

Character Trait of the Month

April: Self-Control

Managing your emotions and choosing acceptable behavior.

"You have brains in your head. You have feet in your shoes. You can steer yourself"

General Strategies to Teach Self-Control

It is important to select age-appropriate goals for children who are learning self-control. Try simple goals first, where success is expected, one goal at a time. For preschool children, appropriate goals might include not interrupting or not fighting with siblings. For early elementary school children, appropriate goals might include complying with bedtime rules or showing anger appropriately (instead of hitting or screaming).

Some general strategies that often help children learn appropriate self-control behaviors include:

Take a break: Encourage children to "take a break" or a "time out" from a situation where they are feeling angry or upset.

Teach and provide attention: Children can learn to resist interrupting others by learning how to observe when others are not talking, so that they can join in appropriately. Be sure to provide children with attention at appropriate times so that they are not "starved" for attention and more likely to interrupt inappropriately.

Use appropriate rewards: Children need consistent, positive feedback to learn appropriate behavior. Praise and attention are highly rewarding for young children, as is special time with a parent. Be sure your child knows what behavior is desired!

Use specific activities designed to teach self-regulation: Parents can help teach even young children (ages 5–8 years) the skills that foster self-control, using activities such as those that follow. These skills include dealing with "wanting something I can't have," understanding feelings, and controlling anger.

From The National Association of School Psychologists: <http://www.nasponline.org/resources/handouts/behavior%20template.pdf>