



# Paul B. Stephens School

2935 County Road 193, Clearwater, FL 33759

Telephone: 727-725-7982 FAX: 727-725-7985

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*Fiesta...*

**First in Education, Students, Teachers, Associates**

Dear Parents and Guardians,

It's the beginning of Second Semester and a New Year. We wish everyone good health and happiness and an attitude of gratitude for 2015. Thank you for your continued support and for working with us to support and educate our students, as they grow into the best they can be.

We are looking forward to many enriching activities and a lot of fun as we begin 2015.

Thank you,

Gail Cox  
Principal

A HAPPY  
NEW YEAR

## Upcoming Events

### January 15

PTA Meeting 2:00 PM

### January 19

Martin Luther King Holiday

NO SCHOOL

### January 22

SAC Meeting 6:15 PM

### January 26

Spirit Week 1/26-1/30

### January 30

Assembly 10:30 AM

### February 16

Professional Development  
Day – NO SCHOOL FOR  
STUDENTS

### February 19

PTA Meeting 2:00 PM

### February 21

Kiwanis Lowry Park Zoo Day

### February 27

Assembly 10:30 AM

## PTA Back to School Happenings

The last two months were very busy for the Paul B. Stephens PTA! In November, our Spaghetti Dinner and Auction were very successful. In December, students played like rock stars at Steve Turner's Drum Circle. Our most recent events included the Holiday Extravaganza, featuring an amazing performance by our Glee Club, and the Holiday Shop. Both of these were successes in large part due to the volunteering efforts of our wonderful parents and staff!

Our Upcoming events include **Family Bowling** on Sunday, January 25<sup>th</sup>, at Dunedin Lanes. During the school day on Friday, February 13<sup>th</sup>, we will be having a **Valentine Dance** with a D.J. Our annual **Walk n' Roll-a-thon** will be on Friday, March 6<sup>th</sup>. As always, we very much appreciate parents who are able to volunteer for this great activity and important fundraiser for our school! Later in March, on Saturday the 21<sup>st</sup>, the **Family Picnic** will be held in scenic Philippe Park.

The **Go Green Charity Recycling** program for at-risk children has been going great! The bin continues to be housed in front of the school, so please send in or bring donations of clothing and shoes for this program.

Happy New Year to all and thank you for your wonderful participation in the Paul B. Stephens PTA!

*During the month of March, all students from 3<sup>rd</sup> grade through 11<sup>th</sup> grade will be tested using the Florida Alternate Assessment (FAA).*

## From School Health Services

As we enter the time of year when respiratory illness becomes more prevalent, please remember these health tips and share them with your staff, parents, and students:

- Wash your hands often with **soap and water** for 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve – NOT with your hands.
- Clean and disinfect all frequently touched surfaces, such as toys and doorknobs. Increase the frequency of cleaning if someone is sick.
- **Stay home when you are sick, and encourage parents to keep their students home if they show signs of illness.** This is the best way to prevent the spread of illnesses.

Following these tips can help to slow the spread of many illnesses – common cold, flu, enterovirus, and other pathogens that can lead to disease.

If you have any further questions, please contact School Health Services at 588-6320. Thank you!



## Paul B. Stephens Star Yearbook 2015

**Order forms for our yearbook** will be coming home again soon. Please consider buying a book for your student. Remember that NO copies that were not pre-ordered will be available this year. We are working with a different company to bring prices down. You can purchase a full-color yearbook this year for **only \$18.00!** Books are purchased online (follow directions on handout that will be coming home) and this company offers the option to personalize your own book with two special pages all your own.

If you prefer to order your book through the school, that option is also available, but the two personalized pages will not be included in your book.

Do not put it off too long! Get your yearbook right away. Our school can earn free books if enough people order early!

## Musical Performance

Members of the Kiwanis Club were recently treated to a musical performance by our Paul B. Stephens Glee Club. The Kiwanis Club is one of our Community Partners who offer support to our school.

**Thank you, Kiwanis Club!**



## Hello from the ART room

We recently have enjoyed hosting two guest artists who have come to work with our high school students. The artists are part of the VSA... Very Special Arts, a national program for artists with special needs. The artwork will be on display beginning January 27<sup>th</sup> at the Leepa Rattner Museum in Tarpon Springs.

2015 is the YEAR OF THE SHEEP! Art students will soon discover the art of China and celebrate "Year of the Sheep." We will also learn how to write Chinese characters, paint with the lucky color red and make black and white bears of China... the Panda!

## EMERGENCY PREPAREDNESS

### What do we do to prepare for emergencies at Paul B. Stephens School?

Like every other school we have monthly evacuation drills (commonly known as fire drills). Also each semester we practice for Lockdowns, Bad Weather ('duck & cover') and Bus evacuations. After each drill the crisis team debriefs and staff are asked for any of their concerns. This allows us to find the glitches so that if there ever is a real emergency we are better prepared.

### What if there is a real emergency?

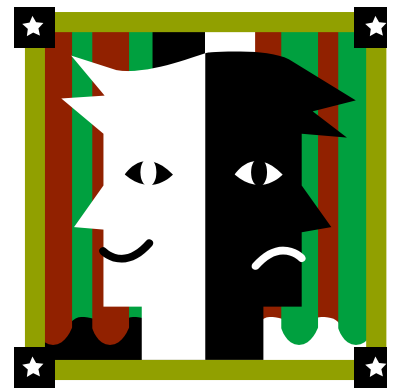
If it is a minor problem (where no one was hurt and school continues) you may receive a note home or get a call on our automated system. If there is a major emergency you will get a call from the automated system as soon as we can do it – and first responders allow. In this call we will tell you how and where to pick up your student. In some cases we may have to move students off campus and we will provide you with the specific information you need. *This is why it is important that we have current working phone numbers at all times.*

### Do you have further questions?

A copy of the Crisis Manual is located in the front office for you to look at and will soon be available on our website. If you have additional questions you may call our Assistant Principal, Janelle.

## Behavior Tip of the Month

**Redirect, redirect, redirect.** Kids who hear "No" or "Don't" all the time tend to tune those directives out. So instead of telling your child what *not* to do, Katharine C. Kersey, the author of "The 101s: A Guide to Positive Discipline," recommends instead, offering a positive behavior to replace the misbehavior. For instance, a child acting up at the grocery store could be enlisted to help pick out oranges or rearrange the items in a grocery cart; or a kid running around a swimming pool might be challenged to walk "as if on marshmallows."



## Special Olympics



The Paul B. Special Olympic STARS SHINED at the Area Basketball Competitions held at Ross Norton Recreation Center on October 6<sup>th</sup>, 2014. They came early, and they rested. They received advice from supportive parents; they rallied together and SHINED on the court showing respect, encouragement and competitive kindness to all they met.



This is a SHINING team, and we are excitedly awaiting the County Wide Competition to be held at Ross Norton Recreation Center on January 17 at 8:30 a.m. Until then these Stars know they must practice, so they can hopefully bring home an award.

Regardless of the outcome...

## Like the STARS -THEY SHINE!



***The Skills Team: Tommy (Flying "U"), Lucas ( Super "L"), Maxine ("Max the GREAT"), Sara("Sparky"), Erik Mixon ("G.Q."), Andy ("Doc") and Jake ("Jake the Rake"). Not Pictured Nick DiMeo ("D"-Man).***

**David R. Haines**  
County Director  
Special Olympics Florida-Pinellas County

**John J. Neel**  
Program Coordinator  
Special Olympics Florida – Area 6



**Main Office:**  
2235 NE Coachman Road  
Clearwater, FL 33765  
727-669-1220, ext. 2008  
[www.specialolympicspinellas.org](http://www.specialolympicspinellas.org)

## 2014 - 2015 CALENDAR OF EVENTS

<i>Date:</i>	<i>Event:</i>	<i>Location:</i>	<i>Registration:</i>
<b>January 1 – 21, 2015</b>	<b>Publix / P&amp;G Fundraising Campaign!</b>	<b>All Publix Supermarkets</b>	N/A
<b>January 10</b>	<b>Area 6 Full-Court Basketball Tournament</b>	<b>Zephyrhills</b>	TBA
<b>January 17</b>	<b>Area 6 Team Skills &amp; 3-on-3 Basketball</b>	<b>Ross Norton Rec. Clearwater</b>	8:30
<b>February 14</b>	<b>Pinellas County Summer Games</b>	<b>Osceola Middle School</b>	8:30
<b>February 20 - 21</b>	<b>North State Basketball Championships</b>	<b>The Big House Walt Disney World</b>	N/A
<b>**February 28</b>	<b>Area 6 Equestrian Championships</b>	<b>Horses for the Handicapped, Seminole</b>	8:30
<b>March 14</b>	<b>Area 6 Summer Games</b>	<b>Lakewood High School St. Petersburg</b>	8:30
<b>April 4</b>	<b>2<sup>nd</sup> Golf Cart Scavenger Hunt Fundraiser!</b>	<b>Mainlands of Tamarac Pinellas Park</b>	TBA
<b>April 11</b>	<b>Area 6 Soccer Championships</b>	<b>Land O' Lakes</b>	N/A
<b>April 18</b>	<b>6<sup>th</sup> Annual Poker Run Fundraiser!</b>	<b>Quaker Steak &amp; Lube Pinellas Park</b>	TBA
<b>May 15 – 17</b>	<b>State Summer Games</b>	<b>ESPN Wide World Of Sports</b>	N/A
<b>June 27</b>	<b>Pinellas County Aquatics</b>	<b>Greater Palm Harbor YMCA</b>	8:30
<b>July 19</b>	<b>Area 6 Golf Championships</b>	<b>Bellevue Biltmore Golf Club, Belleair</b>	TBA
<b>August 15</b>	<b>Area 6 Aquatics Championships</b>	<b>Dunedin Highlander Pool</b>	8:30



## February is National Heart Health Month

The mission of the American Heart Association is “to build healthier lives, free of cardiovascular diseases and stroke”. That single purpose drives all they do. The need for their work is beyond question.

### Cardiovascular Disease Statistics

Estimates for the year 2006 are that 81,100,000 people in the United States have one or more forms of cardiovascular disease (CVD).

- High blood pressure — 73,600,000.
- Coronary heart disease — 17,600,000.
- Myocardial infarction (mi'o-KAR'de-al in-FARK'shun) (acute heart attack) — 8,500,000.
- Angina pectoris (AN'jih-nah or an-JI'nah PEK'tor-is) (chest pain or discomfort caused by reduced blood supply to the heart muscle) — 10,200,000.
- Stroke — 6,400,000.

### And did you know...

-that heart disease is STILL the number one killer of women, taking the life of 1 in 3 women each year?

-that heart disease claims the lives of over 433,000 American women each year?

-that there are many things you can do to minimize your risk of heart disease?

**So what can you do?** Check out the following link for the “Life's Simple 7” plan from the American Heart Association. <http://mylifecheck.heart.org>

### Life's Simple 7

- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar



## THANK YOU!

A HUGE thank you to the **Insurance Professionals of Pinellas** for their year after year dedication to our students. This year they **adopted 20** of our students for the holidays!

Thank you, Insurance Professionals of Pinellas!

