

# Leila G. Davis Elementary School

January 30, 2015  
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## A Message from Mrs. Hill

It has been a fantastic month at Davis! All of our students came back from Winter Break ready to get back to work. Teachers have just finished up mid-year assessments and are working hard to help all students our new Florida Standards. Although these mid-year assessments have just been completed, we have a variety of district and state assessments that K-5 students will be taking throughout second semester to check for student mastery of standards and help to drive instructional decisions in the classroom. Extra support and a variety of interventions are being provided for those students needing additional support. One important NEW assessment given this spring to our intermediate students will be the Florida Standards Assessment (FSA). All third-fifth graders will be taking the FSA Reading and Math Assessments right before and right after Spring Break. Our fourth and fifth graders will also be taking the FSA Writing Assessment at the beginning of March. In addition, our 5th grade students will be taking the FCAT Science Assessment. A more detailed testing schedule will be sent home with students in the coming weeks. Please begin talking with your child about the importance of these tests. Please show confidence in your child's ability to be successful not only in the classroom but also on state assessments. Praising a child's hard work and ability gives the child strength and self-confidence to do well. If you have any questions about the FSA or FCAT, please contact your child's teacher.

We have a very busy February ahead of us on campus. Our annual PTA Walk-A-Thon will be held on February 20th. More information about the walk-a-thon came home on Thursday this week. Our All Pro Dad's is hosting our fourth annual Daddy/Daughter Dance on February 6th at 6:30pm. Tickets will be going on sale next week. Please look for the flyer that came home this week with details about this special night for our daddies and daughters!

Finally, I want to remind families that safety is a top priority and I appreciate everyone abiding by our policies and helping to maintain a safe learning environment for all of our students. Just a few reminders...

- There is NO student drop off/pick up in the bus circle. Parents are asked to use the car circle for drop off and pick up each day. The bus circle is reserved for staff parking and for our buses and day care vans to pick up and drop off students each day.
- The Clearwater Police Department will be enforcing the "no left turn" during arrival and dismissal times. Please make sure you are only making right hand turns from the car circle onto Landmark.
- No student should be unaccompanied in the church parking lot. Parents are reminded to park and walk over to the school campus to pick up their child.
- All visitors MUST sign in at the front office when visiting campus. A visitor badge MUST be displayed while on campus.
- The district is currently installing additional security measures in our front office area. Beginning in the next 30-45 days all visitors will need to be buzzed in and out of the front office to enter the campus. We will keep you updated once we get closer to implementation. Thanks for your patience as we continue to improve our security measures.

## Lost and Found

We have many "lost" items (jackets, lunch boxes, sweatshirts, etc) that need to be "found". The lost and found is located on the bench leading to the cafeteria. If your child is missing any items, please ask them to visit the lost and found in the next week or so.

## 2014 Holiday Giving Tree

I want to write and extend a huge Thank You to everyone that donated gifts and gift cards to our Holiday Giving Tree Project. A special thanks to our PTA, as they went to great lengths to ensure that every child on the tree received their clothing wishes. Your contributions made this effort a monumental success, because of your generosity we were able to help many Leila G. Davis families during the 2014 holiday season.

Happy New Year  
-Mona McGregor  
School Counselor



## 12 Tips to Reduce Your Child's Stress and Anxiety

[Anxiety](#) symptoms are common in children and adolescents, with 10-20% of school-aged children experiencing anxiety symptoms. An even larger number of children experience [stress](#) that does not qualify as an anxiety disorder. So how can you help to reduce your child's anxiety and stress?

*1) Encourage your child to face his/her fears, not run away from them.*

When we are afraid of situations we avoid them. However, avoidance of anxiety-provoking situations maintains the anxiety. Instead, if a child faces his or her fears, the child will learn that the anxiety reduces naturally on its own over time. The body cannot remain anxious for a very long period of time so there is a system in the body that calms the body down. Usually your anxiety will reduce within 20-45 minutes if you stay in the anxiety-provoking situation. (Read more about encouraging your child to face his/her fears in [Lessons from a Toddler](#) and [Facing Fears Without Pushing Your Child Over the Edge](#)).

*2) Tell your child that it is okay to be imperfect.*

Often we feel that it is necessary for our children to succeed in [sports](#), school, and performance situations. But sometimes we forget that kids need to be kids.

School becomes driven by grades, not by enjoyment of learning if an 85 is good, but not good enough. This is not to say that striving is not important. It is important to encourage your child to work hard but equally important to accept and embrace your child's mistakes and imperfections. (Click here to read more about this in another blog post, [The Eyes of the Tornado](#)).

*3) Focus on the positives.*

Many times anxious and stressed children can get lost in negative thoughts and self-criticism. They may focus on how the glass is half empty instead of half-full and worry about future events. The more that you are able to focus on your child's positive attributes and the good aspects of a situation, the more that it will remind your child to focus on the positives. (Click here to read more about focusing on the positives in [Embracing the Worst](#)).

*4) Schedule relaxing activities.*

Children need time to relax and be kids. Unfortunately, sometimes even fun activities, like sports, can become more about success than they are about fun. Instead, it is important to ensure that your child engages in play purely for the sake of fun. This may include scheduling time each day for your child to play with toys, play a game, play a sport (without it being competitive), doing yoga, paint, have a tea party, put on a play, or just be silly.

*5) Model approach behavior, self-care, and [positive thinking](#).*

Your child will do what you do. So if you avoid anxiety-provoking situations, so will your child. If you face your fears, so will your child. If you take care of yourself and schedule time for your own needs, your child will learn that self-care is an important part of life. If you look for the positive in situations, so will your child. Children learn behaviors from watching their parents. So when you think about your child's psychological well-being think about your own as well.

*6) Reward your child's brave behaviors.*

If your child faces his or her fears, reward this with praise, a hug, or even something tangible like a sticker or a small treat. This is not bribery if you establish this as a motivator prior to your child being in the situation. If you reward behaviors your child will engage in them more often.

### 7) Encourage good [sleep](#) hygiene.

Set a bed time for your child and stick to that bed time even on weekends. Also have a 30-45 minute bed time routine that is done every night. This helps your child to transition from the activities of the day to the relaxed state necessary to fall asleep.

### 8) Encourage your child to express his/her anxiety.

If your child says that he or she is worried or scared, don't say "No you're not!" or "You're fine." That doesn't help your child. Instead, it is likely to make your child believe that you do not listen or do not understand him/her. Instead, validate your child's experience by saying things like "Yes, you seem scared. What are you worried about?" Then have a discussion about your child's emotions and fears.

### 9) Help your child to problem solve.

Once you have validated your child's emotions and demonstrated that you understand your child's experience and are listening to what your child has to say, help your child to problem solve. This does not mean solving the problem for your child. It means helping your child to identify possible solutions. If your child can generate solutions, that is great. If not, generate some potential solutions for your child and ask your child to pick the solution that he or she thinks would work best.

### 10) Stay calm.

Children look to their [parents](#) to determine how to react in situations. We've all seen a young child trip and fall and then look to their parent to see how to react. If the parent seems concerned, the child cries. This is because the child is looking to their parent for a signal of how to react to the situation. Children of all ages pick up on their parent's emotions and resonate with them. If you are anxious, your child will pick up on that anxiety and experience an increase in his/her own anxiety. So when you want to reduce your child's anxiety, you must manage your own anxiety. This may mean deliberately slowing down your own speech, taking a few deep breaths to relax, and working to ensure that your facial expression conveys that you are calm.

### 11) Practice relaxation exercises with your child.

Sometimes really basic relaxation exercises are necessary to help your child to reduce their stress and anxiety. This might mean telling your child to take a few slow, deep breaths (and you taking a few slow breaths with your child so your child can match your pace). Or it might mean asking your child to image him or herself somewhere relaxing, like the beach or relaxing in a backyard hammock. Ask your child to close his/her eyes and imagine the sounds, smells, and sensations associated with the image. For example, close your eyes and picture yourself on a beach. Listen to the sound of the surf as the waves come in and go out. In and out. Listen to the sound of the seagulls flying off in the distance. Now focus on the feel of the warm sand beneath your fingers and the sun warming your skin. Your child can do these techniques on his or her own during anxiety-provoking times.

### 12) Never give up!

Anxiety and stress can be a chronic struggle and often the source of a child's anxiety changes over time so it can feel as though you are always putting out fires. With repetition of the anxiety and stress [management](#) techniques, your child will learn how to lower his/her anxiety level and how to cope with anxiety-provoking situations. The key is repetition so keep it up! -By Psychology Today

## The Paint Palette

Thank you to the families that came out this past Sunday to the Dunedin Fine Arts Center to celebrate the artwork of Lenu Fonkwe, Ally Tobiassen, Bryce Meier and Amarie Ahmed. Congrats Davis Artists, your art was amazing! On February 14th we will be celebrating more Davis artists at the Morean Arts Center!

Thank you for all the amazing comments to our students on Artsonia! Seems like Artsonia is a big hit this year with our students, friends and families! All of the artwork you have purchased through the website has helped us buy more art supplies for the year. Remember, Davis gets 20% back from all the great stuff you are ordering...keep it up!!

We have a few exciting projects coming up this year. Hopefully we will have some clay garden totems around campus and we are planning a silent art auction for the spring fling! Details coming soon!

Thank you for supporting the Arts at Davis!



Creatively yours,  
Miss Sullivan

## Music Notes

### Chorus

It's not too late to join Chorus for the spring concert! Any interested 4<sup>th</sup> and 5<sup>th</sup> grade students should see Mr. Martinez as soon as possible for a contract. Our spring concert is on Tuesday, May 19<sup>th</sup> at Heritage United Methodist Church. Lyrics and song files will be posted on our course Focus page soon.

### Recorders

Third graders are using the recorders to play and improvise melodies, and they should be reading notes on the treble clef staff. Our focus is on the first three notes played with the left hand - B, A, and G. Keep practicing at home if you would like, but remember to always have your recorder at school on your music day!

### "Bach" to the Future

Second grade students can access song files and lyrics on the music course page in Focus. Log in with your student R2.D2 username and s.xxxxxxxx password. Click on "Moodle" next to the music class and you should see the files listed. Contact Mr. Martinez if you are having problems accessing the files.

We still have spots for piano or violin soloists - if you take private music lessons and want to perform a Bach piece, let Mr. Martinez know as soon as possible!

### "Guitar Monster"

There are still spots in our after school "Introduction to Guitar" course provided for 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students. The staff at Music is Ageless teaches the class from 3:45-4:30 on Mondays in the music room, and the session runs from February 2 through May 11. For more information, go to [www.MusicIsAgelessOnline.com](http://www.MusicIsAgelessOnline.com) or email [MusicIsAgeless1@aol.com](mailto:MusicIsAgeless1@aol.com).

### MusicFirst

Fourth and fifth graders have access to a new online music program called MusicFirst. Students can access lessons to review or expand their knowledge, as well as explore two pieces of software that have been provided for our school. "Groovy Music" gives students a chance to "compose" their own music, and "Focus on Sound" is like an online Music Encyclopedia with hundreds of images, audio clips, and videos to help students review instruments, ensembles, and styles. Login information is posted on the Focus course web page, or you can access the site directly at [www.pcsbelementary.musicfirstclassroom.com](http://www.pcsbelementary.musicfirstclassroom.com). The R2.D2 user name can be used, but replace the "s." with the number "52" for your password. Contact Mr. Martinez or Mrs. Dykes if you have difficulty accessing the site.

Mr. Martinez and Mrs. Dykes

## Media Center News

The Battle of the Books has begun! We had over 50 students try out to be part of this year's Battle of the Books. Congratulations to the following students for making a Battle Team! 3<sup>rd</sup> Grade Ali T., KyleeAnn S. and Caleb M. 4<sup>th</sup> Grade Isaac J., Lauren B. and Alex B. 5<sup>th</sup> Grade Giuliana A., Victoria L., Maddy P., Aly T., Lenu F. and LaiLani B. Our teams will be working hard the next few weeks to prepare for the school Battle!

IStation and ST Math are available on computers and tablets. If you need directions for how to access these sites at home checkout our school <http://www.pcsb.org/davis-es> and click on the Resource tab.

The media center is collecting used ink cartridges and cell phones. We participate in a recycling program where we earn points for each toner/ink cartridge or cell phone turned in. The points are used to purchase technology items for the school.

## Media Center Collections

Don't forget to collect those Box Tops. This year each teacher is collecting Box Tops to earn an iPad or tablet for the classroom. Each Box Top helps to reach the goal of earning technology for their classrooms. The next collection date is February 27th.



## Homework Helpline

The Pinellas County Homework Helpline, (727)547-7223, offers free homework help for students in grades 1-12. The Homework Helpline is staffed by teachers certified in math, science, language arts, and social studies. Help is available from 5:00pm-8:00pm, Monday through Thursday, on all school days. The only exception is when there is no school the following day. Please take advantage of the great resource. Best of all...it is free.



## Class/Program Sponsorship

Davis Dreamers (\$300 and above)  
Anthony's Pizza

Davis Partner (\$200-\$299)

Davis Friend (\$100-\$199)

Davis Associate (\$35-\$99)

\*If you are interested in adopting a class, please see the front office or your child's teacher for more details.



## Join our Email List!

If you have not already done so, please visit our school website at <http://www.davis-es.pinellas.k12.fl.us/> and click on Join the LGD Email List to receive valuable and up-to-date information on all the happenings here at Davis.

## Volunteer of the Month

# Lisa Zollars

Our Volunteer of the month for January is Lisa Zollars. Lisa helps on Friday morning with Blue Communication folders, volunteers in Mrs. Valby's class, has volunteered to count box tops and helped to coordinate the Duct Tape challenge from PTA to Duct Tape Mrs Hill! Thank you Mrs. Zollars for all of your help and hard work this year. We appreciate all that you do for Davis!



## Important Dates



February 5	McDonalds Spirit night 5:00 - 8:00pm
February 6	Father/Daughter Dance 6:30pm
February 16	President's Day - NO SCHOOL!
February 19	Chili's spirit night (fundraiser)
February 20	PTA Walk-a-thon! Mother/Son bowling night 6:00pm
February 24	SAC meeting 7pm
February 25	Astro Skate party 3:00 - 5:00 pm
February 27	School newsletter available

# The PTA Page

February 2015



## Message from our President

The spring Walk a Thon is our next big fundraiser. We need your support as we have many things to fund with our budget this year at Davis.

Fundraising packets just went home. NEW this year: siblings can work together to earn the prizes. The prize letter has many prizes that will be awarded to each Davis student in the same family. We understand fundraising is challenging for families with multiple children so we hope this makes fundraising easier and more exciting for you. Some prizes are on an individual basis so check your prize letter for details.

Also new this year, students can go on-line and register their own page and then email friends and family for donations paid with a credit card. This will make it easy to reach out to friends and family for their support. Be sure to post your link on Facebook and other social media for more exposure and participation from your friends.

Amy Christensen, Davis PTA President

## VOLUNTEER LUNCHEON

Attention Volunteers: We would like to honor you and all you do for Davis with a delicious, free lunch. Please join us in the media center on Friday, March 20<sup>th</sup> between 10:45 and 2:00



## JOIN THE PTA

It's not too late to join the PTA! By joining with your \$6.00 membership you are helping us fund the many projects and programs we do at Davis. You are not required to volunteer any time, but you are certainly welcome to. Help us reach our goal of 500 members. Pick up a yellow form in the front office next time you stop in.



## DADDYdaughter DANCE

It is that time of year again for our annual Father Daughter dance on Feb. 6<sup>th</sup> from 6:30 - 8:00 pm. The dance is hosted by All Pro Dads. Dads, this is an excellent opportunity for you to have a "date night" with your daughter that you will always remember. Tickets will be on sale February 2<sup>nd</sup> - February 5<sup>th</sup> in the front of the school from 8:00 - 8:30 each morning. Tickets are \$5.00 per family. This includes refreshments, a photo, and your admission to the dance. Come dressed in your Sunday best.



We don't want the boys to be left out of a special "date night" experience with their parents so we are hosting the first annual Mother Son Bowling night. Friday, February 20<sup>th</sup> from 6:00 - 8:00 pm at Countryside Lanes. Tickets will be on sale in the front lobby of the school February 13<sup>th</sup> - 20<sup>th</sup> from 8:00 - 8:30 am each day. Tickets are \$10.00 per person which includes 2 hours of COSMIC bowling and shoe rental. Get your tickets early as space is limited. Hope to see you all there ☺

## Calendar of Events

### Dates to Remember

Feb.	6	Father Daughter Dance 6:30 pm
Feb.	20	Walk for Davis Fundraiser
Feb.	20	Mother Son Bowling 6:00 - 8:00
March	3	School Pictures
March	17	ROAR Rally 8:30 am
March	20	Volunteer Luncheon
March	30	Spring Break until April 5 <sup>th</sup>