A Message from the Principal

I want to thank you for your continued commitment to your child’s education during this unprecedented time. Although we are not in a “brick and mortar school”, learning is still occurring each day digitally. Online learning will continue through May 1st and an update from the CDC and the School Board will let us know if we will continue the school year virtually or be able to physically attend at Highland Lakes Elementary.

The district is still moving ahead with Summer Bridge. At this time, it is still being planned to be held at school. If that changes, I will update you through School Messenger with a phone call or email. Summer Bridge begins on June 8th and continues through July 16th from 8:30-12:30, Mondays thru Thursdays, there is no Summer Bridge on Fridays. Summer Bridge is for students currently in Kindergarten thru Fourth Grade. Our Summer Bridge site is Lake St. George Elementary. If you currently have a Fifth-Grade child, they have the opportunity to enroll in Summer Bridge at their Middle School. Below is the link for more information and to register your child for Summer Bridge.
https://www.pcsb.org/Page/4032

I look forward to helping your child continue to achieve academic success for the remainder of the school year. As always, please feel free to reach out to me (virtually for now) with any questions, comments or staff kudos!

Mrs. Gehringer
Principal

ONLINE MENTOR WORKSHOPS

If you are looking for something to do while sitting at home during quarantine, Pinellas County Schools offers online mentor webinars. If you have considered becoming a mentor or want more information about the program, go to https://www.pcsb.org/mentor or contact Suzy Jones at jonessusa@pcsb.org. Webinars are offered many times during the month and provide resources to help develop fun and meaningful relationships with children. Volunteer applications are also available online. There is no obligation to mentor by joining a 90 minute webinar.
Do You Know A Family That Needs Support?

If your family or you know a family who is stressed and experiencing challenges, 211 can help. 211 has programs for families that provide support, care coordination, and financial assistance to help get back on their feet.

211 (Information and Referral Services)
Family Services Initiative (FSI)
Help Me Grow (HMG)
Homeless Helpline
Ride United
Suicide Prevention

Our 211 specialists can connect you with services if you are concerned about your child’s development, tutoring services, mentoring programs, child care, recreations programs, health and wellness services, tax preparation assistance programs, financial assistance, housing and so much more!

Get Connected Today

Call 211
From Any Phone 24 Hours A Day

Text
Your Zip Code To 898211

Or
Search for Services

https://211tampabay.org/need-help/children-families/

A Message from Ms. Sboukis, Highland Lakes School Counselor

Hello Resilient Highland Lake Panthers!

Although we are now learning virtually in our homes, I am still here to provide counseling and support you and your academic endeavors.

Any transition will create some sort of anxiety or stress. Ideas to help manage stress and keep our immune system up during this time include:

- Exercising
- Maintaining a healthy diet
- Drinking lots of water
- Sleeping
- Doing mindfulness exercises – a simple one is focusing on your breathing and doing the Five-star breath.
- Taking breaks
- Connecting with others (not in person😊)
- Limiting news intake

This new way of working and learning will take time for some more and others less. Strategies to make working at home go more smoothly include:

- Establishing a routine – where we work and when we work
- Building in rewards or incentives
- Building in breaks and choices

Just know that we will get through this! Please reach out if you want to connect with me by email, sboukisv@pcsb.org and let me know how you would like me to contact you, email, phone call or Microsoft Teams.

Let us know what you think about online learning. Emails have been sent with the link or open the link below:

Parent Survey-Online Learning
Pinellas County Schools
Food Distribution Locations

The following schools will distribute 2 days of meals (2 breakfasts & 2 lunches) on Monday, Wednesday and Thursday from 10:30am to 12:30pm

- Anona Elementary
- Azalea Middle
- Bay Point Elementary
- Clearwater Intermediate
- Dunedin Middle
- Eisenhower Elementary
- Fairmount Park Elementary
- Garrison-Jones Elementary
- Gulfport Elementary
- High Point Elementary
- John Hopkins Middle
- Kings Highway Elementary
- Largo Middle
- MK Rawlings Elementary
- McMullen Booth Elementary
- New Heights Middle
- North Shore Elementary
- Oak Grove Middle
- Plumb Elementary
- Sawgrass Lake Elementary
- Southern Oak Elementary
- Tarpon Springs Elementary


2255 Nebraska Ave. 727-789-5275
Tuesday to Friday 9am-12noon

*Residency and income Guidelines AND new clients must register and bring required documents. Trucks in certain neighborhoods on Saturdays – call for more info.

Last quarter, all students learned about keeping their heart healthy from the American Heart Association presentations. K-2 Students drew one of the Heart Heroes from the American Heart Association that was important to them. 3-5 students invented a new heart hero that had a healthy habit they thought was also important.

I really appreciate your patience as we are all navigating digital learning together. Please make sure that your students are checking their Art Team frequently. I will be posting videos, updates, additional art activities, and important information. The students’ work from the last two weeks has amazed me! They are really doing an amazing job thinking outside the box as they create at home!

I loved the variety of ways students chose to create with nature for the Environmental Art project. Using leaves, rocks, flowers, and sticks was an exciting way for students to create art with different materials.

Artists create amazing color wheels out of objects found around the house! Objects were used that I didn’t ever think of, including pets!

I am excited to continue to create with you digitally. I look forward to seeing what our amazing artists create!

Reminder to follow, HLE_PantherArt on Instagram! Please also check out our Artsonia, and make sure your artist has an account! Please email me at martinstay@pcsb.org if you have any questions.
WOW! It’s crazy to think we are in our last report period already and it is very different than anyone may have expected. On a positive note, we are all getting through it and our students continue to learn! We loved seeing our students comment on our posts and submit videos and pictures to us. It is so great to see smiling faces as we navigate digital learning. WE ARE SO PROUD of our HLE Panthers!

When we last saw everyone, it was FIELD DAY! It was such a fun and amazing time! THANK YOU to our parents for coming out and joining us. And for our awesome volunteers, we truly could not have accomplished such a successful Field Day without you!

With digital Physical Education, we want to remind parents and families that we are still required to have 3 days of PE. Physical Education is so much more than just Physical Activity. When we are at school, we are teaching your students different skills that relate to fitness, sports, exercises, and even things that go beyond that like sportsmanship, how to be a team player, etc. Now switching to online, we are still trying to teach your students these lessons! Please make sure your students are logging on and accessing their PE pages, at least 3 days a week, if not more, just to see what we are up to.

We miss you all dearly and hope to see everyone soon! HLE Panther Strong!

ATTENDANCE MATTERS

Although we miss seeing you all face to face, we are adjusting and enjoying our virtual connections with students and parents. We are very glad to hear that many of you are healthy and connected to us in this new way of learning.

During this time, it is more important than ever that we know what’s going on with your student, so we can offer you any potential resources that are available to address any barriers to learning your student or family may be experiencing. Please make sure that you or your student logs on Monday through Friday and answers the daily attendance question. If your child is sick, or unable to participate in school, please let us know why they will be absent. We are here to support you any way we can.

As the school social worker, I am available to parents and students as needed to provide support and resources. If you would like to speak to me privately, please send me an email at copelande@pcsb.org with a phone number and good time to reach you. I will do my best to reach out to you during that time.
Students in Kindergarten just finished their Spring Time and Nursery Rhymes concert and boy were they adorable! Not only did they look great, but they sounded spectacular too as they performed classic nursery rhyme favorites for their first time on stage. Great job Kindergarten!

First grade students performed in a heart-warming valentine’s day show in February and have been working on rhythms using percussion instruments. This is not easy to do, as it takes hand and eye coordination to watch the notes and play at the SAME time! Way to go first grade!

Students in second grade were working diligently to memorize the words for their upcoming Disney concert. Due to unfortunate circumstances, these hard-working students will not get to do their performance this year. However, word on the street is that they may get to do it as 3rd graders next year! (Shhhh...!)

Third graders are just beginning to explore the dexterous world of Ludwig Van Beethoven. Starting with a documentary called Beethoven Lives Upstairs, students were able to get a little glimpse of what it was like to live in a house with Mr. Beethoven. He was not a happy camper! Students would then begin a composition of their own, learning how to write music on staff and eventually play their masterpieces on the xylophone.

In fourth grade, students are learning about George Frederick Handel and began listening to his famous oratorios (not Oreos!!!) for voice. In the movie Handel’s Last Chance, they learned about Mr. Handel’s struggle to find members for a chorus to sing his most famous work, the Hallelujah Chorus. Students were also working on composer booklets where they could put their knowledge to the test about many other composers and their contributions to the music world.

In fifth grade are on a journey to discovering the beautiful organ music of Johann Sebastian Bach. Students got to experience the wonderful mind of Mr. Bach in a video called Bach’s Fight for Freedom. In this film, viewers are taken on a journey to understanding the musical master mind that was Bach and why no one wanted to hear his music. Students began composing one of Bach’s most famous pieces of music for piano, Pachelbel’s Canon. Then, they took their work to the xylophones and learned note by note how to play the song. We even learned a silly phrase to help us remember the order of the notes; Cute Girls Always Eat Fried Chicken. Delicious, Good Chicken!

In 4th and 5th grade chorus, these talented students were learning their new show music for their chorus concert in May called Keep Calm and Broadway On. The show features songs from various famous Broadway shows through the years such as The Sound of Music, Phantom of the Opera, and The Greatest Showman.

The order of the notes; Cute Girls Always Eat Fried Chicken. Delicious, Good Chicken!

Until our school is open again...

For now, though we must be apart,
remember boys and girls to not lose heart;
Enjoy time with family, hold them tight,
spend countless hours with them day and night;
Engage in interests, both old and new,
just think about all the things you can do;
Play card games, board games, view an old movie or three,
because, for now boys and girls, home is the place to be;
Your teachers have been working hard on your Teams site,
so stay encouraged boys and girls, don’t give up the fight;
Stay focused on family, interests, and yes, some school work too,
Just know your Highland Lakes Family is proud of you;
Until our school is open again...
We Miss you Panthers!!

Mr. Jessie