



Dear Lakeview Families,

It is my sincere hope that everyone had a restful and well deserved Spring Break. As we enter the last months of this school year we will once again have the opportunity to continue the high achievement of Lakeview students through FSA testing. As you are aware the tradition of high student achievement has been transmittable as your children have been well prepared since Kindergarten to meet or exceed the expectations of the state. Lakeview's third, fourth and fifth graders are prepared and ready to apply the skills in reading, math and science that they have acquired.

FSA testing began on March 28th and continues through May. If your child is in an FSA Testing grade level it is imperative that they get a good night's sleep each night of testing, have a healthy breakfast, and arrive on time each day. Certainly all of these things, along with your faith in them, will be reinforced at home. Your support of the expectations of Lakeview for families and students is the cornerstone of Lakeview's success. On behalf of the staff and faculty of Lakeview Fundamental, I wish the best of luck to all of our very well prepared students. There is no doubt that Lakeview will continue to shine for what we are historically known for- one of the highest achieving most sought after schools in the district.

Warm regards,

Susan Garcia-Nikolova

Principal

Lakeview Fundamental

## DATES TO NOTE

### April

**April 6:** Spirit Night at Chick-fil-a (4241 Fourth St. N., St. Petersburg). Visit from 5-8 p.m. and mention you are with Lakeview. A portion of sales will be donated to the school.

**April 10:** STEM

**April 14:** No School for Students

**April 24:** STEM – End of the year party.

### May

**May 9:** Jump-Up – Joint PTA and SAC Meeting – Lakeview

**May 25:** Last Day of School 12:30/End of Fourth Infraction Period and Fourth Grading Period/Report Cards Distributed

Lakeview Fundamental Elementary  
2229 25<sup>th</sup> St. S, St. Petersburg FL 33712  
(727) 893-2139

Susan Garcia-Nikolova, principal  
Robert Poth, Region IV superintendent



*The mission of Lakeview Fundamental is to create an environment that fosters at least one year of learning gains using a fundamental and holistic approach for every child.*

## News from the Library

News from the Library

Well, the School Battle of the Books is over and the winning team is the Battling Bookworms of 4<sup>th</sup> grade. Ben, Trent, Kavonte (and an alternate to be named later), will go to the district battle on May 17<sup>th</sup>. Congratulations to all 35 participants, they all did great.

April is Poetry month and National Library Week starts April 10<sup>th</sup>. Because of testing, Library lessons will be interrupted some this month but I expect to celebrate libraries and poetry with all classes at least once this month.

The library's a FABULOUS place

There is no more wonderful space.

With books from ceiling to floor...

Who could ask for anything more....

The library's a FABULOUS place.



The featured book this month is *Lost and Found in China* by Barbara McClintock. In the spirit of “Where’s Waldo” two children accompany their uncle around China and the boy keeps losing things for the reader to find...thank goodness there are clues at the end! You can learn some interesting things about China, too!

Happy April and all that goes with our beautiful Florida spring!

Ms. Smith

## A word of thanks from Mrs. Russo

Lakeview Families,

I would like to thank our Lakeview families for the outpouring of support on February 21st for our Dine with the Dolphins event. It was a fabulous night due to the variety of donations, great company, and delicious food. The night was a success because of the countless volunteers, families, and businesses that chose to support our efforts to raise money for our KIDS! The money that was raised will further support our children and teachers by providing innovating opportunities for them to learn. Lakeview is certainly a one-of-a kind school, and it is my privilege to have my children learn in such a caring environment.

Respectfully yours,

Theresa Russo

# Teacher Appreciation Week Flower Pre-Sale

Student Council will be selling flowers for our teachers from April 24 until April 28 as a part of Teacher Appreciation Week. Pre-sale orders will be accepted until Friday, April 28, 2017. If you are interested in purchasing flowers at school, please fill out the form below and return it to the classroom teacher by Friday, April 28 *with your money (checks made payable to Lakeview Fundamental.)* Flower pick up will be Wednesday May 3, from 7:50-8:25 a.m. outside the teachers' lounge. *Your child will be able to pick up their flowers and take them to the teachers they wish to honor.* We may have a limited amount of flowers for purchase that morning. If you have any questions please contact Ms. Durant at [durantc@pcsb.org](mailto:durantc@pcsb.org).

Child's Name \_\_\_\_\_  
 Teacher \_\_\_\_\_  
 Grade \_\_\_\_\_

Roses	\$1.50 - _____	x \$1.50 = _____
Tulips	\$1.50 - _____	x \$1.50 = _____
Carnations	\$1.00 - _____	x \$1.00 = _____
Total # of flowers	_____	Total \$ _____

## The Counselor's Reef

Hello Lakeview Families!

*With all the testing this month, I thought I would put out some tips for test anxiety. Sometimes the students that I talk to in my groups and individually have anxiety before tests, especially state tests, like the FSA.*

**Tip: Helping Your Child Manage Test Anxiety**

- What Is Test Anxiety? Test anxiety is the uneasiness and tension that a child feels before, during or after a test due to uncertainty or fear of failure. Most children experience some level of anxiety during an exam. A little nervousness can actually motivate a child to study and perform well. However, when anxiety interferes with test taking, causing students to “blank out,” have trouble paying attention, and/or limit their ability to think clearly, absorb, retain or recall information, it has become an issue that requires attention.
- You can't promise a child that her fears are unrealistic—that she won't fail a test. But you can express confidence that she's going to be okay, she will be able to manage it, and that, as she faces her fears, the anxiety level will drop over time. Teach her deep breathing exercises and have her come up with a key phrase she can say to replace any negative thoughts, such as “You can do this” or “Do your best.” Have them practice it ahead of time, so it comes naturally before the test.
- Don't ask leading questions: Encourage your child to talk about his feelings, but try not to ask leading questions— “Are you anxious about the big test?” To avoid feeding the cycle of anxiety, just ask open-ended questions: “How are you feeling about the big test?”
- Encourage your child to tolerate her anxiety. Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what she wants or needs to do. It's really encouraging her to engage in life and to let the anxiety take its natural curve. We call it the “habituation curve”—it will drop over time as she continues to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.
- Try to keep the anticipatory period short. When we're afraid of something, the hardest time is really before we do it. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is nervous about something, you don't want to launch into a discussion about it two hours before; that's likely to get your child more keyed up. So just try to shorten that period to a minimum.

Pulled from <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

The character trait for April is **Self-Control**. Self-Control means managing your emotions and choosing acceptable behavior. We are in control of our thoughts and actions, so help your child choose the right ones. Teach them to stop & think about the consequences of their actions. Taking deep breaths, closing their eyes and counting to 10 are good strategies to help them calm down.

As always, if you have a concern about your student at school, you can email me at [altmank@pcsb.org](mailto:altmank@pcsb.org) and we can work together to decide the next steps. - Sincerely, Mrs. Kari Altman-Wood

## The Super Science Competition

Lakeview would like to celebrate five fifth graders that participated at The Super Science Competition on 3/4/17. These students competed against more than 45 Elementary schools. The students worked hard and were able to obtain third place in the experiment portion of the competition. These students were: Laura S., Ryleigh R., Elle O., Savanna M. and Lindsey H. Congratulations!



## Cross Creek Chronicle

Ms. Durant would like to celebrate the writers from her class who were selected to be published in the county's Cross Creek Chronicle. These students worked hard and are to be celebrated. They are: Azaria H., Charlie H., Miles D., and Sophia W. Also, Mrs. Russo would like to celebrate Elle O. for her published piece.

## Poetry and Ponderings

Let it Flow

By: Skye W.

Mrs. Carter's Class

We all need to let it flow, give your stress wings and let it fly away. Set peace of mind as your highest goal and organize your life around it. Take a deep breath, get present in the moment and ask yourself what is important. This very second. When the day is over, let it go. Don't dwell on what you could've or should've done. Tomorrow is another day; another chance. Control what you can, confront what you can't. Don't judge me by my successes, judge me by how many times I fell down and got back up. Understand this and be free; we are not in our bodies; our bodies are inside of us. Now think... should we just let it flow?

\*Some things about Skye: Her favorite color is blue. She is an only child. She is a funny, out-going person who loves to sing and just sitting down and reading. Skye's motto is: "The only person I should be better than is the person I was yesterday."\*

Let it Flow

By: Ryleigh R.

Mrs. Carter's Class

Let your self-flow. Just read like you want people to feel like they want to flow through a river. Make people feel like they are flowing through a bowl of stars. Just let it flow and also, shine.

\*Some things about Ryleigh: She is a 5<sup>th</sup> grade student in Mrs. Carter's class and her favorite animal is the dolphin.\*

# Poetry and Ponderings Continue

Let it Flow

By: Ra’Nyah B.

Mrs. Carter’s Class

Your words will flow forever more, and through the skies like birds; they’ll soar. Uplift the hearts of the broken down, let the beauty of your words be their only sound. Sweet still are the roses of the field, allow your poetry to flow and heal the hearts of all the lost and weak and shine the lights on those who seek.

Let it Flow

By: Mia W.

Mrs. Carter’s Class

You just got to let it go! You just got to let it flow! I’m waiting to meet my better day. While you stay hooked on that horrible yesterday. I watch my river hit some rocks, but it keeps flowing, ignoring my knocks. You watch your river until its gone, not even caring that your water is now a pond. I let my words flow out of my mouth, while you force those letters to get out of your house. So all you have to do is let it flow. Just let it flow.  
Let it flow.

\*Mia is currently 10 years old, she loves writing her poems and drawing. She has always and will always want to go to Paris. Mia thinks that writing poems is a stress reliever and she feels that writing poems helps her express what she’s feeling deep inside.\*

## We Need You!



PTA is looking for folks willing to serve next year in various positions of leadership on the board and chairing the many committees that make our little school great. If you are interested, please email Ann Orchard at [lakeviewfundamentalpta@gmail.com](mailto:lakeviewfundamentalpta@gmail.com). Get connected; enrich and advocate for our children!

## Student Council News

Our next meeting is April 19 at 7:45. Our final meeting will be May 17 at which time we will have a breakfast celebrating the school year. Parents be on the lookout as to what each grade level is responsible to bring. Thanks for all of your support this school year. Ms. Durant, Facilitator