

Sea Turtle Times

Safety Harbor Elementary
October 2021

Principal: Cecilia Palmer
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Principal's Pen


October is here! And so is the slightly cooler weather!

October is a busy month for us at SHES! The first grading period is quickly coming to a close (this Thursday, October 7) and I would like to encourage all parents to visit your child's **FOCUS** page to ensure that you are aware of your child's current academic performance as it relates not only to English/Language Arts, Mathematics, and Science, but to Art, Music and PE as well. If your child is missing assignments or not performing at grade level for any content area, **communication with the teacher is vital**. Our teachers have been diligent in making phone calls, sending e-mails and scheduling conferences to ensure that parents are aware of current performance and suggestions on how to improve or excel. **Parents are every child's first teacher!** Please reach out if you have any questions or if your child is struggling.

October is a busy month for awareness as well! This month is **National Bullying Prevention and Awareness Month**. This national campaign encourages action to prevent bullying in schools, communities and online. Sometimes there is confusion between conflict and bullying. Conflict is a normal part of life, whereas bullying is a harmful form of peer abuse. Conflict is generally not a repeated behavior, and there is a relatively equal balance of power between those involved. Bullying would be identified with the following criteria:

1. There is always a power differential between the bully and the victim that is acquired through physical size, strength or status.
2. There is intent to harm; the child who is bullied is put in the position of oppression by the child who bullies.
3. Finally, bullying is a repeated rather than singular event.

Adults can help kids prevent bullying by talking about it and teaching strategies on how to stand up to it safely. Also consider, "what role is my child playing in this conflict and/or bullying?" **If bullying is suspected**, visit our district website to report incidences or to seek additional resources. <https://www.pcsb.org/Page/3639> You can also discuss with your child preventative steps our school uses to support PBIS (Positive Behavior Intervention and Supports) such as morning class meetings, Sanford Harmony Curriculum and following our school wide Guidelines for Success – Safety First at Safety Harbor, Be Respectful, Be Responsible and Ready to Learn!

October is also recognized as Breast Cancer Awareness Month . Breast Cancer continues to impact the lives of many, including members of our SHES Sea Turtle family and community. Please keep all those impacted in your thoughts and **wear PINK on Wednesdays for the month of October to raise awareness!**

Finally, parents, please join me in congratulating Mrs. Melissa Walls, 3rd grade teacher, who is our SHES 2021-2022 Teacher the Year! As always, please do not hesitate to contact me with any questions. Our office number is 727-724-1462 or feel free to e-mail me directly.

Ms. Palmer, Principal



Mark Your Calendar:

- 10/6 – National Walk to School Day
- 10/7 – End of 1st Quarter
- 10/8 – School closed for students
- 10/12 – SAC Meeting, 5:30pm
- 10/19 – Report Cards go home
- 10/28 – Picture retake day! 😊
- 10/29 – Character Assembly

Looking forward:

- 11/17 – Great American Teach In

Check our website for upcoming events!

October
Character Trait:
Tolerance

Respecting the
individual
differences, views &
beliefs of other
people.

SHES PTA News

September Character Trait Winners Citizenship

Skylynn Hoggart
Jalea Shah
Kaiden Peterson
Ema Maloku
Jack Rendon-Wong
Nathan Sweeney
Emily Collashaw
Amelia Peterson
Dustyn Noe
Ryder Schwartzkopf
Oscar Foley
Alisabel Rodriguez
Michael Gahura
Aidan Shindlebower
Krish Patel
Daxton Bossarte
Georgia Nugent
Eli Rogan
Benjamin Nammour
Ja'Ceonn Lee
Marlin Barnes
Luke Larson
Colton Brumfield
Alaina Gutierrez
Omar Shala
Jack Lawson
Kenneth Patel
Madison Santiago
Ilana Brown
Melith Perez-Cruz
Kamila Thanasi
Josiah Hernandez
Karla Temoxtle-Santiago
Adara McGowan
Caleb Rodriguez-Earle
Victor Jimenez
Ta'janay Hartsfield
Vicente Martinez-Cruz
Zane Kiefer
Morgan Taylor

Wow! A tremendous THANK YOU to everyone that participated in our Fall Fundraiser! We had participation from so many families and want to thank you for raising the funds that are used for PTA programs throughout the year! We're still counting donations to get a final total but we know this year's fundraiser has brought in more funds than any of our other fundraisers...EVER! You did such a great job sea turtles!

PTA is also excited to share upcoming programs with you. We've had a slow start to our programming due to health and safety restrictions but are happy to have a few items on our calendar to share with you! On October 6th, we celebrate Walk Safely to School. We meet at the gazebo on Main Street at 7:50 am for a light breakfast and then walk to school accompanied by a city fire truck! Talk about making an entrance! Please join us!

We also hope to keep one of our long-standing traditions alive this year – the pumpkin decorating contest. Since we're postponing the annual Fall Festival, we're going to bring the pumpkins downtown! Pumpkins will be displayed in conjunction with Main Street Trick-or-Treat happening on Friday, October 29th from 4:30-6:30 pm. Each classroom will have a craft pumpkin on display and attendees can purchase raffle tickets to vote for their favorite pumpkin and possibly go home with one! We look forward to seeing your creativity shine! As always, stay tuned to our MemberHub website and Facebook page for all upcoming events and programs.

Your PTA President,

Valerie Brown

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Shespta1@gmail.com

<http://www.ourshespta.org/>

FB: Safety Harbor PTA

<https://www.facebook.com/safetyharborpta>



Thank you SHES
Classroom Partners!

The Demko Family

The Rashid Family

Tides Seafood
Market & Provisions

Safety Harbor
Outfitters

Students and staff
appreciate your
support!



Do you need a SHES
T-Shirt for Friday
Spirit Days?
Visit
PTA Member Hub!

<https://shes-pta.new.memberhub.store/store>

VOLUNTEER CORNER

Great American Teach In

VIRTUAL

(with some outdoor presentations)

Nov. 17th 8:50 am – 2:50 pm

Join a class virtually to share your job, hobby,
interesting place you have visited,
do a craft, read a book!

Some outdoor presentations available as well.

So many options available!

Contact the front office for details.



Cafeteria News:

The Food and Nutrition Department is experiencing occasional menu substitutions from our vendors. We are working closely with our partners to secure the food needed to provide our posted menus, however last-minute changes may occur. We regret the uncertainty this creates for our families and will continue to provide the highest-quality meals and service to our students. Thank you for your patience and understanding.

Food and Nutrition Assistant positions are available. The hours for these positions are 3-5 hours/day, between 7:00 a.m. and 1:30 p.m. For more information, please contact Shirley Whiting at 727-638-3242.



Kiwanis Student of the Month:

1st recipient to be selected by the PE department and announced soon!

Good Luck 5th grade Sea Turtles!



Notes from Nurse Jen!

Fruits and Veggies

School-age children (ages 6 to 12) need healthy foods and nutritious snacks. They have a consistent but slow rate of growth and should eat 4 to 5 times a day (including snacks). Many food habits, likes, and dislikes are set during this time. Family, friends, and the media (especially TV) influence their food choices and eating habits. School-age children are often willing to eat a wider variety of foods than their younger siblings. Eating healthy after-school snacks is important, too, as these snacks may contribute up to one-fourth of the total calorie intake for the day. School-age children have developed more advanced feeding skills and are able to help with meal preparation.

Did you know?

Children should have 5 servings of fruits and vegetables each day.

Vegetables provide many of the vitamins and minerals we need for good health. They are naturally low in calories, and the fiber in them help us feel full. Choosing variety is important when it comes to vegetables. Dark green leafy vegetables (broccoli, spinach and kale) provide different nutrients from orange and red vegetables (like squash, carrots and sweet potatoes).

Like vegetables, fruit contains vitamins, minerals and fiber. Together fruits and vegetables should fill half of your plate. Whole fruit is the best choice: fruit juices have more calories per serving than whole fruit and you are not eating the fiber. As with vegetables, it's good to mix up your fruit choices; a colorful fruit cup is more than just pretty, it is a nutritional power-house!

For further information see resources used:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/schoolaged-child-nutrition>

