Bear Creek Hotline

District Website www.pcsb.org Bear Creek Website http://www.pcsb.org/bearcreek-es

Willette Houston - Principal Nikishia Dixon - Assistant Principal Lisa Robinson - Secretary/Bookkeeper Laura Neuman - Cafeteria Manager 893-1381 School Phone 893-2332

Robert Poth, Area 3 Superintendent 588-2020 Pinellas County School Board 588-6000 Transportation - District Call Center 587-2020 Student Assignment 588-6210 Bear Creek Office Hours 8:15 AM to 3:45 PM

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Principal's Corner

June - August 2020

Dear Parents, Guardians and Friends of Bear Creek,

Wow, can you believe we've reached the end of this school year? We have been working hard learning to virtually do school work at home. The school district is actively developing plans for the reopening of schools with input from local and state medical experts. We will share information throughout the summer as it becomes available. Please stay connected to PCS communication channels, including your email, the PCS website, PCS social media, Peachjar, Bear Creek DoJo, website and Facebook page. Updates will also be posted at www.pcsb.org/coronavirus and www.pcsb.org/staffupdate.

Just a reminder that we are still registering new Kindergarteners for the 2020-2021 school year. All new Kindergarten students must turn 5 years old on or before September 1st, 2020. Please see page 3 of this newsletter or call the front office staff and they will help you with any questions you may have.

At this time we are having Virtual Summer Bridge starting on June 8th and ending on July 16th. If you would like to register your child(ren), please go to Student Registration to reserve a seat. Use the district website www.pcsb.org or the shortcut reservation.pcsb.org. Use your parent focus account username and password to log on. You may register for the seat yourself or if you need some assistance, call the front office and they can help you with the process.

We are in need of new PTA and SAC members for the 2020-2021 school year. There are still positions available. If you are interested in a position, please contact the Front Office and they will let the PTA and Mrs. Houston know you are interested. We really, really need more parents and guardians participation in order to be able to do all the fundraisers and educational fun activities the PTA provides for our school. If we cannot fill all of these positions, our PTA will not function as well as it should, and the students will not have the experiences they have had in the past.

I would like to wish all of our 5th grade students great success in Middle School and their future. This is the beginning of a new crossroad for them, Congratulations!

We are anticipating 100% success for all students. Our theme this year is "Relationships + Efficacy + GRIT = 100% Student Success!" As always, please feel free to contact the school if you have any questions or concerns. Thank you for allowing us the privilege of teaching your children each and every day they are online or in a classroom. A BIG Thank you to each of you for your continued support this school year. Thanks again, have a wonderful summer!

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Willette Houston, Principal



www.pcsb.org/safetyconcern

We are still registering for Summer Bridge for Bear Creek Students. You may use the Student Reservation System to enroll for a seat at reservation.pcsb.org. Or, you can call the front office and we can help you sign up for a seat in the Summer Bridge Program.

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Mission Statement for 2019-2020 - Providing all children with a challenging, high-guality education for their academic and vocational success.

Student In Class Hours 8:45 AM to 2:55 PM

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Mark Your Calendars

Virtual Summer Bridge

June 8 - July 16, Mon – Thurs, Virtually on Microsoft Teams

Meet the Teacher To Be Announced in

Late July Or Early August Please, make sure you have your phone number updated on your focus account so our principal, Mrs. Houston, can keep you up to date on her weekly messages to let you know when events will take place.

Wednesday, August 12th First Day of the 2020 - 2021 School Year Breakfast 8:00 - 8:35 AM Students must be in class by 8:45 AM and classes end at 2:55 PM.



Have a

safe

and fun

summer

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Stress Management Tips

Keep in mind that stress isn't a bad thing.

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to manage stress, not to eliminate it.

Talk about your problems, even if they won't be solved.

Talking about your stressors—even if you don't solve them—releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

Prioritize your responsibilities.

Focus on completing quick tasks first. Having too many "to-dos" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.





Focus on the basics.

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

Don't put all your eggs in one basket.

People who are over involved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your career,

family, friendships, and personal hobbies.

Set aside time for yourself.

Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun

every day, without interruptions.

Keep things in perspective.

In the heat of the moment, little problems can feel bigger than they are. Take a step back and think about how important your stressors are in a broader context. Will they matter in a week? In a year? Writing about your stressors will help you develop a healthier perspective.

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The school is neither endorsing nor sponsoring the above event nor approving or endorsing the views of the organization sponsoring the activity.

CALLING ALL STUDENTS!

Have fun this summer and explore the world through books! You can read books about sports, animals, science, fairy tales, poetry, famous people and many, many more topics!

We guarantee that there is a book for everyone!

All Pinellas County Schools' students have FREE ACCESS to over 6,000 digital books this summer! To learn more about our summer reading efforts and community initiatives go to: pcsb.org/summerreading





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- 2. Apply online for a Seat Visit <u>reservation.pcsb.org</u> to register for a seat.
- 3. Send Mrs. Gibbons all paperwork by sending a copy by email of the following documents:
 - Birth Certificate
 - Proof of Residency (2 forms of documentation required)
 - Florida Certificate of Immunization
 - Physical examination certificate signed by a licensed examiner (within 12 months prior to enrollment/registration)

Feel free to email Mrs. Gibbons any additional questions regarding registration. gibbonsk@pcsb.org Please call the front office staff and they will help you with any questions you may have at 893-2332.

PCS Parent Academy Website/Newsletter

Check out <u>www.pcsb.org/parentacademy</u> and find recording links to past Parent Academy Power Hour sessions on important topics such as:

Building Resilience in Challenging Times,

Oops! My Child is Off Task: Self-Discipline Strategies,

Eagle Eye: Online Safety and much more.



These webinar recordings can all be viewed at your convenience. Information on upcoming sessions as they are planned may also be found on this same page.

Also, <u>www.pcsb.org/athomeresources</u> has valuable resources and fun, supportive activities for families on the topics below. Check back regularly as new resources are added every week!

At Home Classroom Creativity Corner Family Activities Family Wellness Get Moving Show and Tell Tuesday Teen Hub Virtual Field Trips Wednesday Wonderings

